



# WOODGROVE HIGH SCHOOL

## Principal's Message

February 2017

### Woodgrove High School

36811 Alder School Road  
Purcellville, VA 20132

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Main Office:  
**540-751-2600**

Attendance Office:  
**540-751-2602**

Guidance Office:  
**540-751-2607**

Athletic Office:  
**540-751-2610**

Clinic:  
**540-751-2606**

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**William S. Shipp**  
Principal

**Daryl Cummings**  
Assistant Principal

**Don Keener**  
Assistant Principal

**Tim Panagos**  
Assistant Principal

**Geri Fiore**  
Director of School  
Counseling

**Rusty Lowery**  
Athletic Director

Believe it or not, February is already here! Planning for next year is already well underway. Please note that our course selection night is scheduled for Monday, February 13<sup>th</sup>. Additional information for this evening is included in the Counseling section of our newsletter.

Please note that Report Cards will be sent home on Wednesday, February 8<sup>th</sup>.

Before moving forward into February, I do want to take a moment and reflect on several notable milestones many of our students achieved this past month. Our ninth graders have completed their first semester of high school and have adapted very well to life at Woodgrove, while our seniors have but one more semester to go and the excitement for graduation grows daily as news of college acceptances and other post high school plans present themselves. In addition, this first semester offered excellent athletic and academic competitions on our fields and in our classrooms. While on our stage, superb concerts and plays were performed by our students and they were, of course, exceptional. Overall, the first semester brought many remarkable and newsworthy events at Woodgrove. With the beginning of our second semester, we expect February to bring many more positive activities and opportunities - I do encourage you to attend these events and support our students in their endeavors.

We are looking forward to an outstanding second semester and spring - best wishes to everyone and I thank you again for your support!

William S. Shipp  
Principal



# Woodgrove High School

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36811 Alder School Road  
Purcellville, VA 20132  
540-751-2600



Dear Woodgrove Parents;

Loudoun County Public Schools is currently administering the Annual Student Survey for the 2016-2017 school year to select students. This instrument will help us measure elements of school culture in domains such as student relations, rules and expectations, school safety, teacher-student relations, and opportunities for social-emotional learning.

At Woodgrove High School, students have been selected at random to participate in this survey. They will be taking this survey on February 9<sup>th</sup> or 10<sup>th</sup> during 9<sup>th</sup> Grade Meeting Time or DenTime.

Results will be made available to school communities to evaluate and plan for future school needs. Please contact the school administration if you have any questions.

# WOODGROVE HIGH SCHOOL

## School Counseling News

### WELCOME

Beginning February 21<sup>st</sup>, the School Counselors will be meeting with students individually to review their course selections for the **2017-2018** school year. Please have a conversation with your son or daughter regarding their classes. After you review their teacher recommendations, please contact their teacher if you have any questions regarding their suggestions. **Please note the final date to make changes to course selections for next year will be June 1, 2017.** Your change request must be provided in writing to your son or daughter's counselor.

Thank you for your support and please let us know if you have any questions or need any assistance.

#### 2017 WHS Scholarship Handbook

The 2017 WHS Scholarship Handbook is officially complete. Most, if not all **scholarship deadlines** from the handbook, fall on or after **April 3, 2017**. You can find an electronic copy and fillable application forms on the Career Center website [here](#). We have received hard copies of the booklets, which are now available for pick-up in the Career Center.

As for the LCPS County-Wide Scholarship & Financial Aid Handbook, you can access the most up to date opportunities by visiting their website [here](#). As soon as the electronic copy is available it will be updated on our website. At that time, we will be receiving hard copies of their booklets.

#### Request for Transcript & Counselor Report

Seniors, as a reminder if you are planning on applying early action, early decision or regular decision to a college many of those deadlines are fast approaching. All requests for an official transcript and secondary school report/counselor statement **must be submitted at least 3 weeks prior to the deadline**. Please remember you must submit a completed and signed **BLUE** form and \$3.00 for each *mailed* transcript request.

COLLEGE DEADLINE	REQUEST FOR TRANSCRIPT & MATERIALS DUE TO COUNSELOR AND/OR TEACHER
March 1 and Beyond	February 8

### Upcoming Events

#### Course Selection Night

Monday, February 13, 2017 students and parents are invited to make curriculum selections for the 2017-2018 school year. We welcome 8<sup>th</sup> graders at 6:00pm & 9<sup>th</sup>-11<sup>th</sup> graders at 7:00pm. Contact the School Counseling Office if you have any questions.

#### Monroe Technology Center Applications

The 2017-2018 Online Application for Admission to Monroe Technology Center (MTC) is now available. Links to the general (green) and nursing (blue) applications can be found on the homepage of their [website](#). Applications must be completed in one sitting. The deadline is March 31<sup>st</sup> for the general application. If you have any questions, please reach out to your Counselor or stop by the Career Center.

#### Career Center Visits & Info

Visits this year will take place mainly during the Den Time block.

**Students *must* register for visits through [Naviance](#) / [Family Connection](#).**

Those who are not on the list will not be permitted to attend. Attendees will receive a Den Time pass prior to or can print their registration from Naviance to serve as your pass. Please visit Mrs. Sutphin in the Career Center with any questions.

2/2 at 11:00 am	US Navy Recruiter
2/7 at 10:00 am	Northern Virginia Community College
2/14 at 11:00 am	US Marine Corps Recruiter

#### Summer Residential Virginia Governor's School

VPA (Visual and Performing Arts)

*\*nothing at this time*

Academic Programs

*\*nothing at this time*

For more information about the program click [here](#). For application forms stop by the Career Center.



Don't wait get connected! Learn more about this comprehensive program that will help navigate you and your student through the post-secondary process.

# WOODGROVE HIGH SCHOOL

## School Counseling News

Students' username should both be their **6-digit student ID number** and their password is their birthdate in the **mmddyy** format. Parent's login should be their **email address** that we have on record as the username and **woodgrove** (all lowercase) as the password. For more information, visit the Naviance FAQ page at <http://www.lcps.org/Page/37870> located on the WHS website or contact Rachel Sutphin at [rachel.sutphin@lcps.org](mailto:rachel.sutphin@lcps.org)

### It's Never Too Early to \$tart Thinking About \$cholarships

Visit the [LCPS School Counseling](#) webpage for up-to-date county wide scholarship postings.

- [The NHS Scholarship](#) – Due 2/1/17
- [Gloria Wille Bell and Carolos R. Bell Charitable Trust](#) – Due 2/1/17
- [VMDAEC Education Scholarship Foundation](#) – Due 2/10/17
- [Coolidge Scholarship](#) – Due 2/22/17 – for juniors only
- [Virginia State Golf Association-VIP Scholarship](#) – Due 2/22/17
- [VIP Women In Technology Scholarship \(WITS\)](#) – Due 3/1/17
- [2017 Fort Meyer Thrift Shop Scholarship](#) – Due 3/23/17
- [2017 Legacy of Life Essay & Video Scholarships](#) – Due 3/31/17

### Interested in the Military?



Take the **ASVAB** (*Armed Services Vocational Aptitude Battery*) a comprehensive career exploration and planning program that includes multiple aptitude tests, an interest inventory, and various career planning tools designed to help students explore the world of work. Tests will take place throughout Loudoun County.

If interested, you can register or get more information [here](#).

### Monthly Military Visit Schedule

				
3 <sup>rd</sup> Tuesday 12:00 PM	1 <sup>st</sup> Thursday 11:00 AM	3 <sup>rd</sup> Tuesday, every quarter 11:00 AM	2 <sup>nd</sup> Tuesday 11:00 AM	2 <sup>nd</sup> Thursday 12:30 PM

### 2016-2017 SAT/ACT Test Dates



[www.collegeboard.com](http://www.collegeboard.com)

Test Date	Registration Deadline	Late Registration
March 11	2/10	2/28
May 6	4/7	4/25
June 3	5/9	5/24

\* Class of 2017, be sure to check your college/university's website regarding SAT scores for the new test format. To learn more about the new, redesigned SAT test, visit <https://collegereadiness.collegeboard.org/sat>.



[www.actstudent.org](http://www.actstudent.org)

Test Date	Registration Deadline	Late Registration
February 11	1/13	1/20
April 8	3/3	3/17
June 10	5/5	5/19

### Looking for SAT/ACT Prep Options?

The **Purcellville / Loudoun Valley Community Center** will be offering two SAT Prep Classes in the coming weeks. Mondays 6:30-8:30pm starting on January 30<sup>th</sup> and Wednesdays 6:30-8:30pm starting on February 1<sup>st</sup>. The cost is \$350 per six-week session. Classes will be taught by Jennifer Bergel, [jbergel@aol.com](mailto:jbergel@aol.com), and Lina Cahan, [cahans@verizon.net](mailto:cahans@verizon.net). Those interested may email or call (Bergel 703-298-9204, Cahan 540-533-9740) to find out more information.

Spring SAT and ACT dates are only weeks away. **Kaplan** classes are now up to \$150 off and tutoring is up to \$500

# WOODGROVE HIGH SCHOOL

## School Counseling News

off through January 17<sup>th</sup>. Visit <http://www.kaptest.com/sat> or call 1-800 KAPTEST to find options in your area.

**The Hunt Course** is offering small group and quick review classes in the Purcellville Baptist Church located at 601 Yaxley Drive. Seating will be limited. Early registration suggested. Visit [www.huntprograms.com](http://www.huntprograms.com) for more information today!

### **Leadership, Volunteer & Job Opportunities**

*For all job, internship and volunteer opportunities check out the board in the Career Center.*

#### **Papa John's**

Papa John's is now hiring Customer Service Reps and Drivers. Insiders must be at least 16 years old. Delivery drivers must be at least 18 years old. For more information contact Bob Gammache at 703-307-6916.

#### **Town of Leesburg Employment**

The Town of Leesburg is reaching out to local high school students interested in flexible part-time Parks and Recreation job opportunities. The Career Center will be posting weekly job advertisements available to students interested in applying. Stop by and check out the list!

#### **Claude Moore Community Builders (CMCB)**

The Builders, a group of 30 Loudoun County high school students, have to commit to 100 volunteer hours to graduate the program. Builders give 50 hours to an individual nonprofit, 50 hours to community service events, and 20 hours to professional training days. The program runs June - March.

The Loudoun Cares Volunteer Center Portal is where students can look for volunteer opportunities in Loudoun County and log their hours all at the same place. Visit our website at [www.loudouncares.org](http://www.loudouncares.org) for more information about the Volunteer Center and the Claude Moore Community Builders program.

Applications for the CMCB program will open **March 15, 2017**. If you have any questions. You can reach Valerie Pisierra, Program Coordinator, by e-mail at [valerie@loudouncares.org](mailto:valerie@loudouncares.org) or phone at (703) 669-2351.

#### **Loudoun Gymnastics Seeking Talented High School Gymnasts or Cheerleaders for Coaching Employment**

We are opening a gymnastics gym and are currently accepting applications for positions in our Recreational and Team Programs. We are seeking fun, energetic and reliable coaches to teach boys' and girls' Preschool and School Age Gymnastics classes, Trampoline and Tumbling classes, and also lead Birthday Parties, open

play times, Parent's Night Out and No School Day Camps. Part-time to Full-time opportunities for the right candidate. Must have high school or equivalent education. For more information contact the Office Manager at 703-444-9298.

#### **J. Crew Leesburg Outlet Job Opportunity**

Part-time applicants must be 18, be available on weekends and holidays and feel comfortable in a fast paced environment. We are super flexible and offer a great discount. If you are interested call 703-737-6703 or email [Store.052@jcrew.com](mailto:Store.052@jcrew.com).

#### **More Than Cheer**

More Than Cheer is currently expanding and hiring additional staff. If you know any past or present students or staff with (fall or winter) cheer, dance, or gymnastics experience looking for a part-time or full-time job please send them our way. The pay is VERY competitive and we work around the high school cheer schedules of all of our employees. Interested candidates can email us at [Loudoun@morethancheer.com](mailto:Loudoun@morethancheer.com) or call our studio at 571-210-5323.

### **Summer Program Opportunities**

*For all summer program opportunities check out the board in the Career Center.*

#### **The Experiment in International Living**

Offers several innovative summer abroad programs for high school students. They deliver a range of programs with a particular focus on critical global issues. Programs are offered in Africa, Asia, Europe, Latin America, the Caribbean, North Africa and the Middle East. For more information stop by the Career Center for a 2017 catalog or visit their website at [www.experiment.org](http://www.experiment.org).

#### **Randolph-Macon Young Women's Leadership Retreat**

An exclusive scholarship opportunity is now open for the [Young Women's Leadership Retreat](#) at Randolph-Macon College in historic Ashland, Virginia, from July 13-16, 2017. [Apply by February 1 for early consideration.](#)

Hosted by the Network of Enlightened Women (NeW), this extraordinary opportunity prepares young women to be effective leaders in the cultural and political climate in college. The Young Women's Leadership Retreat offers two tracks: one for rising college freshmen (high school seniors) and another for current college students. The two tracks merge at points during the Leadership Retreat for panel discussions, leadership training, and team-building events.

Acceptance to the Leadership Retreat includes a full scholarship to attend, which covers admissions, lodging,



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## School Counseling News

and board. Transportation to Randolph-Macon College must be provided by the student. A select number of students will be admitted, so [apply today!](#)

For more information about the retreat, contact myself or Kendall Wolfson, Director of Operations, at [kendall@enlightenedwomen.org](mailto:kendall@enlightenedwomen.org).

### **Summer Enrichment Program (SEP)**

The University of Curry School of Education announces the upcoming season of the SEP for gifted and high-ability children rising into 5<sup>th</sup> through 11<sup>th</sup> grades. The online application will be available until February 15<sup>th</sup>. Applications are completed online at <http://curry.virginia.edu/sep>.

### **Rutgers Pre-Engineering Summer Academy**

Rutgers University–New Brunswick is excited to announce an opportunity for students interested in engineering. The Rutgers School of Engineering is offering the chance for students to participate in a new [Pre-Engineering Summer Academy](#) to develop their knowledge and skills through real-world field experiences.

This intensive one-week certificate program will introduce students to a variety of engineering areas including:

- Aerospace
- Biomedical
- Civil
- Computer
- Electrical
- Forensic
- Mechanical

Eligible students must:

- Be between the ages of 16-18
- Have completed courses in pre-calculus and physics
- Submit an [online application](#) - *students may apply between December 15 - May 31*

Interested in learning more? Attend an online [information session](#) or visit [Pre-Engineering Summer Academy](#).

### **FIDM 3 Days of Fashion**

Experience fashion through the eyes of a college student in our immersive summer program! Register now at [www.fidm.edu/go/summerprogramc](http://www.fidm.edu/go/summerprogramc) or text FIDMSummer to 57682.

### **Banson NYC High School Fashion Summer Camps**

We are excited to offer 2 NYC Fashion Summer Camps for high school students in 2017. They are designed for teens entering 9th through 12th grades. Each week-long session will teach the students the fundamentals of the fashion industry by providing an insider's

perspective. The students will stay at the LIM College Residence Hall on the Upper Eastside. Each morning the group will be picked up at the dorm by a Banson NYC representative. From there we will depart for our visits, seminars and activities of the day. Each evening will have group activities planned. Enrollment is limited to 20 campers per session. We accept applications on a first come, first served basis. [Click here to be directed to our website.](#)

### **2016-2017 Counselor Assignments**

	<u>Students</u>
Ms. Astrid Willemsma	A-C
Mr. Steven Cohen	D-Ha
Mrs. Donna Kelly	He-Mc
Mrs. Barbara Bell	Me-Sa
Mrs. Katharine Warehime	Sc-Z
Mrs. Geri Fiore	Director of School Counseling
Ms. Teresa Holland	Administrative Guidance Secretary
Mrs. Stephanie Butler	Guidance Secretary
Mrs. Rachel Sutphin	Career Center Assistant

Visit the [Counseling](#) webpage for more helpful resources.

# WOODGROVE HIGH SCHOOL NEWS

## *SOL News*

All students enrolled in English 11 or 11<sup>th</sup> graders enrolled in AP Lang will take the online SOL Writing test in March. The SOL Writing test has two components; multiple choice and essay.

11<sup>th</sup> grade students will be administered the Multiple-Choice component of the SOL Writing test during their English 11 or AP Lang class on Monday, March 6, and Tuesday, March 7, 2017.

The essay portion of the SOL Writing test will then be given during their English 11 or AP Lang class on Wednesday, March 8, and Thursday, March 9, 2017.

**Attendance is highly important.** Any questions please contact Justine Jarvis, School Test Coordinator.

Please note: This is an 11<sup>th</sup> grade SOL test. Seniors who are enrolled in AP Lang will not test as they already tested in English 11 last year. Also, TestNav has been upgraded. Students are encouraged to access information on the website to review the new TestNav features.

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## From the Global Ambassadors Club

Woodgrove families,

We are so fortunate to be hosting International students



again this year for our annual Woodgrove Global Conference! Last year was a huge success! Our students will be able to form cultural friendships with students from Panama, Hungary, and China!

It is imperative that we find parents who would be willing to host a student from March 24<sup>th</sup> to April 2<sup>nd</sup>, 2017. Without you, we can't make this happen!

If you would kindly consider this, it would be much appreciated. Please contact Diana Miner, Heidi McPhillips or Maggie Mulloy at their school email. Thank you!





# Woodgrove High School

Justine Jarvis  
Testing Coordinator

36811 Alder School Road  
Purcellville, VA 20132  
540-751-2600



Dear Parent(s) and Student(s):

The following reference sheet will provide you with materials that are available to you as you prepare for the Standard of Learning (SOL) tests that you are scheduled to take during the Spring Testing Window. Also, please be advised TestNav has been upgraded and students should preview the enhancements prior to test day: from school, any instructional computer or from home (<http://download.testnav.com>)

Students are encouraged to utilize the following resources in preparing for their scheduled SOL's.

## History SOL Review

**Review @ Home or School:**

### 1. Loudounvision.net

**Search: World History 1 or World History 2 or VAUS History**

**Enrollment Key: wolverines**

The site includes practice sets along with specific strands to help students focus on weaknesses.

### 2. Virginia Department of Education – Released SOL tests

Go to: [http://www.doe.virginia.gov/testing/sol/released\\_tests/index.shtml](http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml) for released tests. The answers can be found on the last page.

## Science SOL Review

### 1. Virginia Department of Education – Released SOL tests

Go to: [http://www.doe.virginia.gov/testing/sol/released\\_tests/index.shtml](http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml) for released tests. The answers can be found on the last page.

## English SOL Review

**1. Study Island** – all students scheduled to take the English 11 SOL test were given Study Island account information and are currently scheduled for review help during DENTime. Students enrolled in basic skills will be utilizing this resource as well.

### 2. Virginia Department of Education – Released SOL tests

Go to: [http://www.doe.virginia.gov/testing/sol/released\\_tests/index.shtml](http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml) for released tests. The answers can be found on the last page.



## Math SOL Review

### 1. Loudounvision.net

**Search: PVH Math SOL remediation**

\*\* The site includes practice sets along with videos to help students recall the skills needed for all subjects.

**Search: HTH – SOL Review**

\*\*There three individual courses that will provide the student with review material and videos for the SOL. Search for the course that applies to you and ENROLL in the course.

**HTH – ALL Algebra I SOL Review**

**HTH – ALL Algebra II SOL Review**

**HTH – ALL Geometry SOL Review**

### 2. Virginia Department of Education – Released SOL tests

Go to: [http://www.doe.virginia.gov/testing/sol/released\\_tests/index.shtml](http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml) for released tests. The answers can be found on the last page.

**3. Jefferson Lab -** Jefferson Lab is an online program that provides students with sample questions similar to the SOL. Once the student completes the test, the incorrect questions have an explanation for clarification. Go to: <http://education.jlab.org/solquiz/>

**4. Khan Academy:** Extensive library of videos to better explain concepts covered in each course.

*If you should have any questions please contact the department chair of the specific content:*

*English: Dr. Cuzzo, ([Christopher.Cuzzo@lcps.org](mailto:Christopher.Cuzzo@lcps.org))*

*History: Ms. Shay, ([Diana.Miner@lcps.org](mailto:Diana.Miner@lcps.org)) – room 207*

*Science: Ms. Gemmer ([Kathryn.Gemmer@lcps.org](mailto:Kathryn.Gemmer@lcps.org))*

*Math: Ms. Gresh ([Kelly.Gresh@lcps.org](mailto:Kelly.Gresh@lcps.org))*

# May 2017

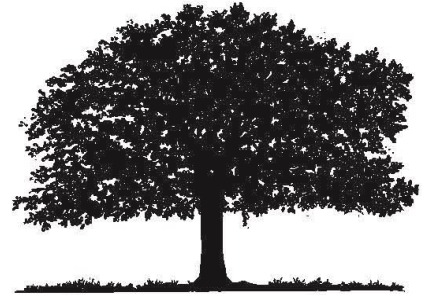
## SOL/AP Testing

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
30	1 (A)  AP Chemistry (AM) AP Psychology (PM)	2 (B)  AP Comp.Science (AM) AP Spanish (AM)	3 (A)  SOL Reading  AP Eng.Lit/Comp (AM)	4 (B)  SOL Reading  AP US Govt. (AM)	5 (A)  SOL Geometry  AP German (AM) AP US History (AM) AP Studio Art (PM)	6
7	8 (B)  SOL Geometry  AP Biology (AM) AP Music Theory (AM) AP Physics C (PM)	9 (A)  SOL Algebra 2  AP Calc.AB/BC (AM) AP French (PM)	10 (B)  SOL Algebra 2  AP Eng.Lang/Comp(AM) AP Macro Economics (PM)	11 (A)  SOL Algebra 1  AP Comp.Govt. (AM) AP World History (AM) AP Statistics (PM)	12 (B)  SOL Algebra 1  AP Human Geo. (AM) AP Microeconomics (AM) AP Latin (PM)	13
14	15 (A)  SOL BIO SOL VAUS	16 (B)  SOL BIO SOLVAUS	17 (A)  SOL ES SOL CHEM	18 (B)  SOL ES SOL CHEM	19 (A)  SOL WH 1 SOL WH2	20
21	22 (B)  SOL WH 1 SOL WH2	23 (A)  Makeups	24 (B)  Makeups	25 (A)  Expedited Retakes Reading	26 (B)	27
28	29 NO SCHOOL☺ 	30 (A) Expedited Retakes Math	31 (B) Expedited Retakes Science	1 (A) Expedited Retakes History	2 (B)	3

2017



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# WOODGROVE HIGH SCHOOL

*Home of the Wolverines*

36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601



## February 2017

In January, the Student Council started off the year with many fun events! After the members came back from break, we began by preparing and whipping up a pancake brunch to the winning DENTime of Ms. Sieren's room for winning the Holiday Door Decorating Contest! The lead designer of the door, Lorallye Partlow, explains that "the hard work paid off in the end, and I know everyone appreciated the pancakes as the prize for the contest. It got a lot of people out and working together in their homeroom who they otherwise might not talk to." A huge thanks to Kyle Miller and Ellie Cirillo who did all of the flipping of the pancakes for the hungry sophomore winners.



The Senior Class Council hosted a Faculty v. Senior's basketball game on the 13th. It brought many Woodgrove students out in order to see the heated competition and raised over \$800 for the class. Congrats to the Senior Class of 2017 for pulling out the victory!

Also on the 13th, the Student Council had its regular General Assembly meeting for the month. In addition to having the most productive open forum session in seven years, the eligible voting members voted on the SnowComing Spirit Week theme days, which were the following:

- Monday, January 30: Warm and Cozy (PJ) Day
- Tuesday, January 31: Kaleidoscope (Crazy Colors) Day
- Wednesday, February 1: Solid Color Day
- Thursday, February 2: America Day
- Friday, February 3: Class Color Day

For the month of February, the Council is planning the 100th day of school on **Thursday, February 9**. The 100th day of school celebration will involve the annual door decorating contest with "100" as the theme, as well as include a large giveaway of tons of hundreds of small gift items during students' arrival in the morning, and during our next General Assembly meeting in the auditorium during open lunch. We are hoping to have a great celebration for that week.

And last but not least for February...DodgeBall! Registration forms are due February 9, and the tournament action takes place on Friday, February 24. All the results coming next month. Go, Wolverines!

# WOODGROVE HIGH SCHOOL

## **Drivers Ed Available - No Waiting**



Attention Sophomores, Juniors and Seniors who have not taken behind-the-wheel . . . . Why take it privately and pay more? We have immediate openings in the morning and afternoon.

See Mrs. Holland in Guidance to sign up . . . No Wait!!



# INFORMATION ABOUT NOROVIRUS FOR PARENTS

At this time of the year, families are seeing an increase in gastroenteritis which is an inflammation of the stomach, small intestine, and large intestines. Although it may have many causes, the most frequent one appears to be “Norovirus”. The following information from the Virginia Department of Health may prove helpful in understanding it.

## WHAT ARE NOROVIRUSES?

Norovirus is a virus that causes the “stomach flu”, or vomiting and diarrhea, in people. This can sometimes be confusing because influenza (flu) symptoms include: headache, muscle aches and pains, cough, fever > 100.0, but influenza does not involve the gastrointestinal tract. The term “stomach flu” presumes a viral infection, even though there may be other causes of the infection. Viral infections are the most common cause of gastroenteritis but bacteria, parasites, and food –borne illnesses (such as shellfish) can also be the offending agents.

## WHAT ARE THE SYMPTOMS OF ILLNESS CAUSED BY NOROVIRUSES?

Norovirus illness usually begins 24-48 hours after exposure, but can appear as early as 10 hours after exposure. Symptoms usually include nausea, vomiting, diarrhea, and stomach cramping. Sometimes there may be a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness is usually brief, with symptoms lasting only 1-2 days.

## HOW SERIOUS IS THE NOROVIRUS?

Norovirus disease is usually not serious, but people may feel very sick. Most people get better within 1-2 days, and have no long-term health effects from the illness. Sometimes individuals are unable to drink enough liquids to replace what they have lost through vomiting and diarrhea, and they can become dehydrated and need to see a doctor. This problem usually occurs only among the very young, the elderly, and persons with weakened immune systems.

## HOW IS IT SPREAD?

Noroviruses are very contagious and spread from person to person. The virus is found in the stool, and vomit of infected people. One can become infected in several ways, including eating food or drinking liquids that are contaminated by infected food handlers, touching surfaces or objects contaminated with norovirus and then touching their mouth before handwashing, or having direct contact with another person who is infected and then touching their mouth before hand washing. Outbreaks also have occurred from eating undercooked oysters (shellfish) harvested from contaminated waters- cooking kills the virus. Drinking water contaminated by sewage can also be a source of these viruses. Persons working in day- care facilities or nursing homes should pay special attention to children or residents who have norovirus illnesses. This virus can spread quickly in these places.

## HOW LONG ARE PEOPLE CONTAGIOUS?

Individuals infected with norovirus are contagious from the moment they begin feeling ill to at least 3 days after recovery. Some people may be contagious for as long as 2 weeks after recovery. Therefore, good handwashing is important. Persons infected with norovirus should not prepare food while they have symptoms and for 3 days after they recover. Infected people do not become long-term carriers of norovirus.

## WHO GETS NOROVIRUS INFECTION?

Anyone can become infected with these viruses. Because there are many different strains of norovirus, norovirus infection and illness can re-occur throughout a person's lifetime.

## WHAT IS THE TREATMENT?

Currently, there is no specific medication or vaccine for norovirus. Norovirus infection cannot be treated with antibiotics. By drinking fluids, such as water or juice, individuals can reduce their chance of becoming dehydrated. Sports drinks do not replace the nutrients and minerals lost during this illness.

## DO INFECTED INDIVIDUALS NEED TO BE EXCLUDED FROM SCHOOL, WORK OR DAYCARE?

Since the virus is passed in vomit and bowel movements, students should not go to school and children to daycare while they have diarrhea or vomiting. Once the illness ends, they can return, but handwashing is essential. Persons who work in nursing homes, take care of patients, or handle food should stay out of work until at least 3 days after symptoms end.

## CAN NOROVIRUS INFECTIONS BE PREVENTED?

You can decrease your chance of coming in contact with noroviruses by:

- frequent hand washing with warm water and soap
- promptly disinfecting contaminated surfaces with household chlorine bleach-based cleaners
- washing soiled clothing and linens
- proper hand washing following a bowel movement or handling a soiled diaper
- avoiding food or water from sources that may be contaminated
- cooking oysters (shellfish) completely to kill the virus

As always, if you have any questions or would like to discuss a health concern of your child, please give me a call at 540-751-2606 (clinic).

Stephanie Lovasz, RN

## WOLVERINE SPORTS MEDICINE

Volume 7, Issue 6

February, 2017

### Sports Injuries

#### Hamstring Strain

Hamstring injuries occur frequently in athletes especially in sports that require sprinting, such as track, soccer, and basketball. A hamstring strain is an injury to one or more of the muscles at the back of the thigh. Muscle strains are graded according to their severity. A grade 1 strain is mild and usually heals readily where as a grade 3 strain is a complete tear of the muscle that may take months to heal.

The main cause of a hamstring strain is muscle overload. This can happen when the muscle is stretched beyond its capacity or more often challenged with a sudden load. Hamstring muscle strains often occur when the muscle lengthens as it contracts, or shortens. This is called an "eccentric contraction".

The primary risk factors for hamstring strains are muscle imbalance, poor conditioning, muscle fatigue and improper warm-up. When the muscles in the front of your thigh (quads) are more powerful than your hamstrings, especially during high-speed activities, the hamstrings fatigue faster. This fatigue can lead to a strain. If your hamstrings are weak, they are less able to cope with the stress of exercise and are more likely to be injured. Also, a cold muscle is less pliable and may be more prone to injury as well. That is why it is very important to warm-up properly before any vigorous activity. A good rule of thumb is to make sure you break out into a light sweat before you do any full speed sprinting activities.

Treatment of hamstring strains will vary depending on the severity of injury you have, however, most hamstring strains heal very well simply with rest and rehabilitation plan. Early treatment with a plan that includes rest and physical therapy has been shown to result in better function and quicker return to sports.

February, 2017

## Nutrition

### Gut Bacteria

New research indicates that foods affect everyone differently. As a result, some athletes may fuel more efficiently with non-traditional foods. And gut bacteria could be the key to predicting how people will respond to certain items. To come to this conclusion, a research study tracked 1,000 athletes for a week each over the course of two years. As expected, athletes blood glucose levels were affected by the foods they ate. Carbohydrates typically increasing blood glucose while fats decreased it. However, the research showed a great variation for how food impacted each person. Some individuals could eat a bowl of ice cream or a slice of pizza and have very low blood glucose responses. And those same individuals who ate white rice caused a significantly raise in blood glucose levels.

The study identified 137 biomarkers that influenced individual responses to foods. Along with items such as cholesterol and physical activity, they found gut bacteria to be an important factor. Factoring in gut bacteria, the researcher developed an algorithm to predict which foods would lead to spikes in blood-glucose levels for an individual. This type of information could allow athletes to tailor their meals and know which foods they could eat to keep their energy levels high and which foods to avoid to prevent a spike and then a crash.

One important take away message from this study could be that the traditional sports performance fuel, like bars and gels, may not be necessary for some athletes. This information could allow some athletes simply to eat white rice instead of consuming a sports product. It could also drive companies to create products with different types of carbohydrates that cater to individual needs.

The association between gut bacteria and blood glucose levels isn't without critics however. Before buying in, some believe that more research is needed to examine other gastrointestinal factors.

# Dress and Grooming

*Students are expected to dress appropriately.*

Clothing which distracts others from learning or which endangers safety is unacceptable.

**Clothing which exposes cleavage, midriffs, private parts, or exposes undergarments is unacceptable.** These include, but are not limited to: Sagging or low-cut pants or skirts, tube tops, halter tops, backless shirts or shirts with only ties in the back, see through shirts, extremely short shorts or skirts, muscle shirts, or low-cut necklines that show cleavage.

Clothing with inappropriate images, statements, or inferences related to profanity, alcohol, drugs, tobacco, weapons, or messages which are sexual, threatening, harassing, or inflammatory are not permitted.

**Hats and headgear are not allowed unless approved by the administration for special occasions.** It must be removed upon entering the building and placed in backpacks or lockers.

No towels, shirts, or other like items may be draped over the neck.

Chains and studded jewelry are not permitted as accessories.





# HELP BUILD ON OUR SUCCESS...JOIN THE

## WOODGROVE HIGH SCHOOL



# PTSO

## Parent Teacher Student Organization

**JOIN ONLINE TODAY!! [www.lcps.org/Page/69200](http://www.lcps.org/Page/69200)**

***Woodgrove PTSO: How we contribute to our school and Community:***

- Award academic scholarships to seniors and CAMPUS program graduates
- Fund teacher requests for equipment, curriculum, online instructional programs and support materials
- Fund extra-curricular club participation in regional competitions
- Sponsor staff appreciation functions
- Support our Parent Liaison to assist students in need and their families
- Provide volunteers for various WHS sponsored events

***With your support, we will continue to:***

- Help fulfill the needs of our WHS learning community by supporting projects not funded by the school budget.
- Recognize, publicize and celebrate our school's successes in all avenues.
- Publish the Woodgrove Weekly newsletter to keep you informed all WHS happenings (please "like" us on Facebook too!)
- Ask for your help and assistance in areas of need—our volunteers are very important to our school's success.

**Dues are only \$25 a family or \$10 for individuals and \$5 for students and faculty.**

**MEMBERS NAME(S):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **(REQUIRED FOR WOODGROVE WEEKLY SUBSCRIPTION, ALL ADDRESSES WILL REMAIN STRICTLY CONFIDENTIAL)**

**PHONE NBR:** \_\_\_\_\_ **AMT ENCLOSED:** \_\_\_\_\_

**(Please return to WHS front office)**  
**(ADDITIONAL DONATIONS are WELCOME and are TAX FREE)**

**JOIN ONLINE  
TODAY!!**  
[www.lcps.org/  
Page/69200](http://www.lcps.org/Page/69200)





## SUBSCRIBE TO THE WOODGROVE WEEKLY

**The Woodgrove Weekly** is your best tool for staying informed about everything that takes place within the Woodgrove Community.

The Woodgrove PTSO's weekly newsletter, the Woodgrove Weekly, will keep you up to date about school news and events as well as PTSO activities. The newsletter goes out by email every Monday, and you can sign up in only a minute by putting this address into your web browser:

<http://tinyurl.com/woodgroveweekly>

You do not have to join the PTSO in order to get the newsletter. This is a PTSO service for our whole school community. We will never share your contact information, and you can easily unsubscribe at any time.

The newsletter will come to you from this e-mail address:

[WoodgroveHighSchoolPTSO@gmail.com](mailto:WoodgroveHighSchoolPTSO@gmail.com)

*Remember to add this to your address book or trusted contacts  
so it doesn't end up in your spam or junk folder.*

## Giant, Harris Teeter & Target Reward Programs

Help Woodgrove earn money to supplement the school's educational needs. The school is registered with Giant's A+ School Rewards Program, Harris Teeter's Together in Education Program and Target's Take Charge of Education Program. Woodgrove has earned thousands of dollars through these programs, so please re-enroll today! You can sign up online any time or visit the tables at Back-to-School night.

The earlier you register, the sooner Woodgrove can start earning credit toward purchasing needed equipment and supplies to benefit our students and teachers. Please follow the directions listed below to sign up for either one of both of the programs online. Please be sure to enter the school code when you sign up.



**Giant**  
**School ID 09152**

Feel like you have already done this? Giant cards must be re-enrolled each year!

<http://giantfood.com/savings-and-rewards/rewards-program/aplus/>



**Harris Teeter**  
**School code: 1613**

[https://www.harristeeter.com/other/my\\_harris\\_teeter/login\\_page.aspx](https://www.harristeeter.com/other/my_harris_teeter/login_page.aspx)

Woodgrove High School is still participating in **Target's Take Charge of Education Program**. Join now and help us raise money for our school.



**Target Reward Program**  
**School ID 152094**

Target's Take Charge of Education Program

Here's how it works: visit <https://www.secure.target.com/redcard/tcoe/home> or call 1-800-316-6142 to designate our school. Woodgrove's school ID is 152094. Use your REDcard (Target Visa Credit Card, Target Credit Card, or Target Check Card) whenever you shop and Target will donate up to 1% of your purchases back to Woodgrove. Don't have a REDcard? It's easy to apply. Get started in person at any Target store or go to [Target.com/redcard](http://Target.com/redcard). Relatives, friends & neighbors are all welcome to participate in this program. The more people involved the more money raise for our school. Check our school's progress anytime at [Target.com/tcoe](http://Target.com/tcoe).

Any questions please email [WoodgrovePTSOFundraising@gmail.com](mailto:WoodgrovePTSOFundraising@gmail.com). Thanks for your support!



LCPS MENUS ARE ONLINE  
AND CAN BE ACCESSED BY  
[CLICKING HERE](http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus)

<http://www.lcpshealthycafe.org/index.php?sid=2407151445268563&page=menus>



INFORMATION FOR SCHOOL  
BUS ROUTES CAN BE FOUND  
[BY CLICKING HERE.](http://www.lcps.org/Page/172774)

<http://www.lcps.org/Page/172774>

# Woodgrove High School Bell Schedules 2016-2017 School Year

Period	Normal Day				One-Hour Delay Day		Two-Hour Delay Day	
	Regular Schedule		FACEtime/Clubs Schedule		Time	Min.	Time	Min.
1 or 5	8:55 - 10:30	95	8:55 - 10:20	85	9:55 - 11:16	81	10:55 - 11:59	64
2 or 6	10:35 - 12:03	88	10:25 - 11:45	80	11:21 - 12:34	73	12:04 - 1:02	58
FACEtime or Clubs			11:50 - 12:20	30				
Open Lunch			12:20 - 12:53	33	12:34 - 1:07	33	1:02 - 1:35	33
3 or 7	12:08 - 2:10	92	12:58 - 2:18	80	1:12 - 2:25	73	1:40 - 2:39	59
Lunch Shift 1	12:03 - 12:33	30						
Lunch Shift 2	12:35 - 1:05	30						
Lunch Shift 3	1:07 - 1:37	30						
Lunch Shift 4	1:39 - 2:10	31						
4 or 8	2:15 - 3:43	88	2:23 - 3:43	80	2:30 - 3:43	73	2:44 - 3:43	59

## Notes concerning a Delay Day:

1. If a Delay occurs (or if school is cancelled) on a day that is planned as FACEtime or Clubs, the FACEtime/Clubs will be postponed **one day**, unless that rescheduled day already has an event planned. In this case, the FACEtime/Clubs meeting will be cancelled for the week.
2. If the rescheduled day also has a Delay (or if school is cancelled), the FACEtime/Clubs meeting will be cancelled for the week.

	A Days	B Days
Lunch Shift 1	Fine Arts, English, Counseling, CBI, Basic Skills, Func. Skills, and Copley, Jose, Glover, Gresh, Gustafson, Shildneck, Fortney	Science, Counseling, CBI, Functional Skills, Photo Journalism, Noland
Lunch Shift 2	World Languages, CTE, Math	World Languages, English
Lunch Shift 3	Social Sciences	Social Sciences, and Grove, Bales, Mobley
Lunch Shift 4	Health / PE, Science and L. Spicer	Health / PE, Music, CTE, Newspaper, and Morgan, Demark



# Loudoun County Public Schools

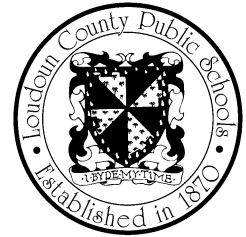
## Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

(571) 252-1280\*\* (571) 252-1432 fax

E-mail: [LCPS-BUS-RISKMGMT@LCPS.ORG](mailto:LCPS-BUS-RISKMGMT@LCPS.ORG)



### **ATTENTION: STUDENTS, PARENTS, FACULTY & STAFF**

#### **Loudoun County Public Schools' Insurance Does Not Provide Coverage for Students' and Employees' Personal Property Brought to School.**

Each year the LCPS Procurement/Risk Management Office receives claims where school students and employees have lost valuable personal property brought to school. Every type of personal property is subject to loss by accident, theft, or vandalism.

Examples of personal property include:

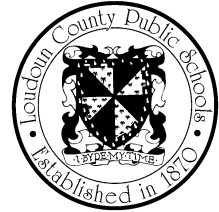
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff nationwide.

**Losses Covered:** The plans cover loss or damage, occurring during the policy period, to personal property, which you own or have leased. See policy for items excluded from coverage. Coverage may be purchased on a "cash value or replacement cost" basis with a deductible as low as **\$50 per occurrence**.

**What about Coverage Under Your Homeowners Policy?** If you have questions about your homeowner's policy, ask your agent to go to the ***Worth Avenue Group*** website for more information and then to give you advice. These plans are typically **primary** to the homeowner's coverage and can be used to cover high insurance deductibles.

For further information on this coverage please call **1-800-620-2885** or visit <http://www.worthavegroup.com/> and read about the **various available coverages**.



**ATENCIÓN: PADRES Y ESTUDIANTES**

**El Seguro de las Escuelas Públicas del Condado de Loudoun No Cubre la Propiedad Personal de los Estudiantes Llevada a las Escuelas.**

Cada año, las oficinas de adquisiciones y manejo de riesgos de LCPS reciben reclamos de estudiantes y empleados que han perdido propiedad personal de mucho valor en las escuelas. Ejemplos de propiedad personal incluye **iPods, iPads, teléfonos, cámaras de fotos, ordenadores portátiles. Cada tipo de propiedad personal esta sujeta a pérdidas por accidente, robo ó vandalismo.**

*Worth Avenue Group* esta proporcionando programas de seguros a miles de estudiantes en este país desde 1971. El plan de seguro de propiedad personal ha sido utilizado por muchas escuelas y universidades. Recientemente ha sido **disponible para los estudiantes de las escuelas públicas a nivel nacional.**

**Cobertura de pérdidas:** El Plan cubre pérdidas o daños a su propiedad personal, de la cual usted es dueño o alquilo, incluyendo materiales de valor en su poder, estas pérdidas deben ser durante el periodo vigente de la póliza. Verifique los artículos excluidos en su cobertura. El seguro podría ser comprado en base de "dinero en efectivo" o "a costo de reemplazo" de la propiedad personal y con un deducible tan bajo como \$50 por caso.

**Propiedad No Cubierta:** Algunos ejemplos de propiedad **no cubierta** por el plan son:

- **Coches (incluyendo los equipos estereofónicos de los coches), motocicletas, barcos, motores, aviones o partes; billetes de transportes u otros billetes; Dinero en efectivo o monedas, evidencias de deudas, cartas de crédito, documentos de pasaportes, notas o valores; lentes de contacto, dientes artificiales o miembros.**

**Y Qué Sobre la Cobertura Dentro de la Póliza de Seguros del Hogar?** Si usted tiene preguntas acerca de lo que cubre su seguro del hogar, enséñele el folleto a su agente de seguros y pídale su consejo. *Worth Avenue Group*, esta cobertura es siempre primaria a lo que cubre su póliza de hogar y puede ser usada para cubrir altos deducibles de los seguros.

**Para mas información sobre esta cobertura, por favor visite la página web:**

**<http://www.worthavegroup.com/>** 1-800-620-2885, y lea sobre el Plan de Propiedad Personal del Estudiante.