



WOODGROVE HIGH SCHOOL

Principal's Message

March 2017

Woodgrove High School

36811 Alder School Road
Purcellville, VA 20132

Main Office:

540-751-2600

Attendance Office:

540-751-2602

Guidance Office:

540-751-2607

Athletic Office:

540-751-2610

Clinic:

540-751-2606

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

After a fantastic February which witnessed a number of successes for the students and staff at Woodgrove, we move into March with a number of activities planned. Spring is always a very busy time – I encourage you to view the school's calendar on our website for upcoming events and opportunities.

We have many new drivers and with regards to safety, for those parents or guardians who have a son or daughter driving to school, please continue to review with them the importance of safe driving. The beginning and end of the day are very busy times in our parking lots and students, staff and parents must be diligent so that we can avoid any accidents. Your assistance with this is certainly appreciated.

March also brings with it the SOL English Multiple Choice Test and the SOL Direct Writing Test for our Juniors during the week of March 6. We have devoted many resources to ensure that all of our students are prepared to take and pass the SOL Tests. Please be sure your child gets sufficient rest, eats breakfast, and is on time to school during these testing sessions.

Once again, many thanks for your ongoing support and encouragement.

William S. Shipp
Principal

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School Counseling News

WELCOME

On February 21st, the School Counselors began 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](#). The electronic copy is available on our website. We have a limited number of hard copies of their booklets in the Career Center.

Upcoming Events

Monroe Technology Center Open House & Applications

Thursday, March 2, 2017 at 7:00-8:00 PM at Monroe Technology Center in Leesburg, VA. Talk one-on-one with MTC faculty. Learn how MTC can prepare students for college and careers. Explore dual enrollment opportunities. For more information visit their [website](#).

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 31st for the general application. If you have any questions, please reach out to your Counselor or stop by the Career Center.

Apprenticeship & Workforce Night

Will be held on Tuesday, **March 21, 2017**, at 7:00 pm in the Heritage High School Auditorium. This year we are excited to add workforce information to support students who may be considering entering the workforce upon graduation. Our goal is to assist a broader spectrum of students in exploring and understanding their postsecondary opportunities. A list of community representatives attending the event can be found at <https://www.lcps.org/Page/187226>.

2017 Town of Leesburg Youth Career EXPO

The 5th Annual Career Expo for Students and Recent Graduates will be on Saturday, April 15th, 2017. Many local businesses will be hiring on the spot for full-time, part-time, seasonal, and intern positions. The Career Expo is free for job seekers. Attendees should wear business attire and bring copies of their resumes. Mark your calendars and take advantage as local businesses bring the jobs to you! For Information, please contact: Ashton Echols at AEchols@leesburgva.gov.

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.



3/2 at 11:00 am	US Navy Recruiter
3/2 at 12:00 pm	ASVAB Interpretation with SFC. Beasley
3/14 at 11:00 am	US Marine Corps Recruiter

Summer Residential Virginia Governor's School VPA (Visual and Performing Arts)

- *Mid-April, 2017 – Students will receive letters concerning their status: invited or alternate/wait list*

Academic Programs

- *Mid-April, 2017 – Students will receive letters concerning their status: invited or alternate/wait list*

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

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

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

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

- [Varsity Tutors Scholarship - \\$1,000 winner each month](#) – Due the 1st – 15th of each month
- [McDaniel College Educator's Legacy Scholarships](#) – Due with preferred college deadline date
- [VIP Women In Technology Scholarship \(WITS\)](#) – Due 3/1/17
- [2017 Fort Meyer Thrift Shop Scholarship](#) – Due 3/23/17
- [The Ophelia Foundation Scholarship](#) – Due 3/31/17
- [2017 Legacy of Life Essay & Video Scholarships](#) – Due 3/31/17
- [Esperanza Education Fund Scholarship](#) – Due 4/1/17
- [2017 Federal Water Quality Association Environmental Scholarship](#) – Due 4/10/17



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.

March 4, 2017 @ LVHS

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

Monthly Military Visit Schedule

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

2016-2017 SAT/ACT Test Dates



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

Test Date	Registration Deadline	Late Registration
April 8	3/3	3/17
June 10	5/5	5/19

Looking for SAT/ACT Prep Options?

Spring SAT and ACT dates are only weeks away. **Kaplan** offers occasional specials to reduce the price for their classes. Visit <http://www.kaptest.com/sat> or call 1-800 KAPTST to find options in your area.

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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 for more information today!

Leadership, Volunteer & Job Opportunities

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

PRCS Summer Job Fair

PRCS will hold a summer job fair Thursday, March 9, from 10 a.m. – 2 p.m. at 20145 Ashbrook Place, Suite 170, Ashburn, VA. Seasonal job opportunities include summer camp supervisor, summer camp leader, adaptive recreation summer camp leader (working with special needs), summer maintenance worker, lifeguard and (sports) facility supervisor. Interested applicants should visit www.loudoun.gov/jobs to review position requirements and submit an online application prior to the job fair. Applicants should bring a hard copy of their application(s) to the fair. Interviews will be conducted on site. For more information, call 703-777-0343 or email prcs@loudoun.gov.

VIP Boarding Kennel is Hiring Soon!

Kennel Attendants Needed for Fun, Social Dog Kennel. Duties include supervising dog playtime & activities; cleaning dog kennels and play areas. We also board cats and small mammals and reptiles. Must be comfortable with animals and have basic cleaning skills. Scheduling is flexible, but weekend and holiday shifts are required. Fax employment application to 540-882-4034 or email info@vipboarding.com. Employment applications can be found on the Contact Us page of our website. www.vipboarding.com.

Explainers Program at the National Air & Space Museum

Are you a student over the age of 16? Is your GPA 2.7 or higher? Can you interact with diverse groups of people from all over the world? If you answered yes to these questions, you'd probably make a great Explainer. The Explainers Program at the National Air and Space Museum's Steven F. Udvar Hazy Center is seeking motivated, engaging students to inspire life-long learners by connecting them to the stories about the science and technology that make aerospace innovation possible. Explainers engage visitors with hands-on activity carts and interactive demonstrations on topics such as the forces of flight or humans in orbit. Explainers also respond to visitor questions submitted to the How Things Fly website. There's even the chance to teach people how to land a space shuttle or fly a Wright Brothers airplane! The Explainers at the Steven F. Udvar-Hazy Center work

every weekend and some weekdays. Hours are flexible according to your academic schedule. For more information and to apply, visit <https://airandspace.si.edu/support/get-involved/student-jobs>.

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 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 or phone at (703) 669-2351.

Summer Program Opportunities

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

UVA Society of Women Engineers

The Society of Women Engineers at the University of Virginia invites high school juniors, sophomores, and seniors to apply to our High School Visitation program on Saturday, April 1st, 2017. The program gives young women a comprehensive look at engineering fields and UVA's engineering curriculum through informative speakers and hands-on design activities. The program is designed to benefit participants with all levels of engineering experience, but we particularly target those students who are not yet familiar with the field and may

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be interested in applying to engineering schools or pursuing a STEM career.

To apply, students should complete the [HSV Spring 2017 Application](#). This spring session particularly targets high school juniors, but sophomores and seniors can also apply. Students who have previously applied to HSV, are in the targeted grade level, and demonstrate a strong interest in engineering through their essay will receive priority acceptance and priority consideration for an overnight stay.

The attached flier provides more information about the event and instructions on how to apply online through our [website](#).

The application must be completed online by 11:59 pm on Saturday, February 25th, 2017.

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.

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, 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.

Leadership in the Law Program

The Thomas D. Horne Leadership in the Law Program is a unique opportunity for students to learn firsthand about the legal system. The program is designed to allow rising high school seniors to work with local judges, lawyers, law clerks and other professionals to learn about the law. The program runs from June 18-23, 2017. Applicants will be selected based on their application. Only 24 students will be chosen. Interested students must complete an application and postmark it by April 4th. Stop by the Career Center for an application today!

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 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,

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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 11th 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.

11th 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 11th 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.

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 24th to April 2nd, 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 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 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 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 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)

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

Science: Ms. Gemmer (Kathryn.Gemmer@lcps.org)

Math: Ms. Gresh (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

Juniors Once Again Researching Western Loudoun History!

For our third year running, students in 11th grade Honors and Academic English will wrap up the year with an interdisciplinary project in their English and U.S. History classes that focuses on local history. Last spring, this project was highlighted as one of the best examples of the district's One to the World initiative. To see the video the county made about our project, click here: <https://vimeo.com/174711775>.

To kick off the project, we are again partnering with staff from the Mosby Heritage Area Association, the Northern Virginia Regional Parks Association, Journey Through Hallowed Ground, and Oatlands Plantation to offer students an engaging, interactive full day field trip.

Because of transportation and timing constraints, this year we can only take 120 students on one field trip on **Thursday, March 30**. We will leave at 9:00 and return by 3:00. We will take the first 120 students to bring in a signed permission slip and \$5.00 field trip fee.

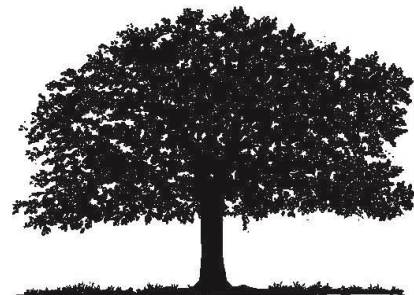
We will need several chaperones for the trip as well. If you have any interest in history at all, this is a very engaging look into our own local history, at nine stations in three different locations (Oatlands Plantation, Mt. Zion Church, and Aldie Mill). Please contact Dr. Cuzzo, our English Department Chair, if you are interested in being a chaperone (Christopher.Cuzzo@lcps.org).

After SOL exams are done in mid-May, students will select topics and begin research in small groups. The project culminates in the groups creating short documentary films about places, people, or events in western Loudoun history, and connecting them to the larger contexts of state, national, and world history. Our goal is to be able to post these films on the websites of our western Loudoun towns. Click here to see a great student example from last year, about the history of Lovettsville: <https://www.youtube.com/watch?v=HuLP0wH-vYI>

Please feel free to contact Dr. Cuzzo with any questions about the field trip or the project.



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WOODGROVE HIGH SCHOOL

Drivers Ed Available



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

**Drivers Ed is also
available during the
summer.**

PINK EYE (CONJUNCTIVITIS)

What is conjunctivitis?

Also known as pink eye it is an inflammation or irritation of the conjunctiva, the thin tissue covering the white part of the eyeball and the inside of the eyelid.

What are the signs or symptoms?

There are more than 3 million cases per year, it spreads easily and is treatable by a medical professional. Conjunctivitis can be extremely contagious and spread by contact with eye secretion of someone who is infected ;skin to skin contact, for example: handshake or by touching a surface contaminated by respiratory tract secretions and gets into the child's eyes.

There are several kinds of conjunctivitis and the signs and symptoms are:

BACTERIAL: may affect one or both eye(s)

- Red or pink, itchy painful eye(s).
- Green or yellow discharge from eye(s).
- Crusting around the eyes, or crusted shut especially in the morning.
- Treatment may be antibiotic medication to the eye.

VIRAL: (may affect only one eye).

- Symptoms may be pink, swollen, watering eye(s).
- There may also be sensitivity to light.

ALLERGIC: (usually both eyes).

- Redness, itchiness, excessive tearing.
- Antihistamines may be ordered by medical professional.

CHEMICAL:

- Red, watery eyes, especially after swimming in chlorine water.

IMMUNE: mediated, can be related to a systemic disease.

WHAT ARE THE INCUBATION AND CONTAGIOUS PERIODS?

Depending on the type:

- Bacterial: is unknown because the bacteria that causes the conjunctivitis are commonly present in most persons and do not usually cause infection.
- Viral: Sometimes occurs early in the course of a viral respiratory tract illness that has other signs and symptoms. The contagious period continues while the signs and symptoms are present.
- Allergic: Occurs in response to contact with the agent that causes the allergic reaction. There is no contagious period.
- Chemical: Commonly appears briefly after contact with the irritating substance. There is no contagious period.

HOW DO YOU CONTROL IT?

Consult your health care provider for a diagnosis and possible treatment. It is important to maintain careful handwashing before and after touching the eyes, nose, and mouth. In addition, careful sanitation of objects that are commonly touched by hands and face for example: tables, desks, doorknobs, telephones.

It is important to complete the course of medication, if prescribed, for bacterial conjunctivitis.

Exposed family members should observe themselves for signs and symptoms.

REMEMBER: THE BEST METHOD OF PREVENTING THE SPREAD OF INFECTION IS GOOD HAND HYGIENE.

WOLVERINE SPORTS MEDICINE

Volume 7, Issue 7

March, 2017

Sports Injuries

Thoracic Outlet Syndrome

The thoracic outlet is the space between your collarbone and your first rib. This narrow passage is crowded with blood vessels, muscles, and nerves. If the shoulder muscles in your chest are not strong enough to hold the collarbone in place, it can slip down and forward, putting pressure on the nerves and blood vessels that lie under it. This causes a variety of symptoms which together are known as thoracic outlet syndrome. It is more common in women than in men and poor posture and obesity can aggravate the condition.

Symptoms from pressure on the nerves may cause a vague, aching pain in the neck, shoulder, arm or hand. It may also cause tingling and numbness on the inside of forearm and in the fingers. Symptoms from pressure on the blood vessels can reduce the flow of blood out of your arm resulting in swelling and redness of your arm. This pressure may also reduce blood flow into your arm and hand make them feel cool and easily fatigued.

Treatment for thoracic outlet syndrome usually does not include surgery. Physical therapy to strengthen the muscles surrounding the shoulder and postural exercise to help you stand and sit straighter can help. The use of NSAIDS and weight loss may also help the condition.

If you have symptoms of thoracic outlet syndrome, avoid carrying heavy bags over your shoulder because this depresses the collarbone and increases the pressure of the structures in the thoracic outlet. Some simple exercises to keep the shoulder muscles strong and improve posture include: corner stretch, neck stretch, shoulder rolls, and neck retraction.

March, 2017

Nutrition

Vitamin D

Recently, vitamin D has been getting a lot of publicity. Vitamin D deficiency is making a comeback and is currently considered an epidemic in the US. Even with this publicity, vitamin D is still largely ignored in athletes. This deficiency can lead to osteopenia, osteoporosis, muscle weakness and weakened immune function.

Some people are at a greater risk of vitamin D deficiency than others. First on the list are people with limited sun exposure. Athletes who practice and play indoors, or keep their skin covered preventing sun exposure are unlikely to obtain adequate vitamin D from sunlight. Another factor that affects the production on vitamin D is melanin. People with darker skin color have reduced ability to produce vitamin D from exposure to sunlight as well.

One problem that is a direct cause of vitamin D insufficiency is that very few foods contain vitamin D. Fish and fish oils are some of the best sources. Small amounts of vitamin D are found in beef liver, cheese and egg yolks. However, milk remains the leading source of vitamin D in the American diet.

Unless someone eats oily fish frequently and drinks a substantial quantity of milk, obtaining sufficient vitamin D from natural food sources alone can be difficult. For many people, dietary supplements might be required to meet the daily need for vitamin D. To maintain adequate vitamin D levels, athletes should get 1700-2000 IU per day. This can be achieved with a good multivitamin and a vitamin D supplement.

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

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

*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

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](https://www.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](https://www.target.com/tcoe).

Any questions please email 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.
	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

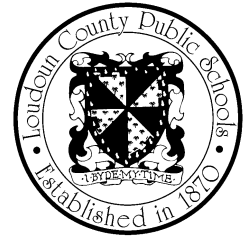
Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

E-mail: LCPS-BUS-RISKMGMT@LCPS.ORG



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.

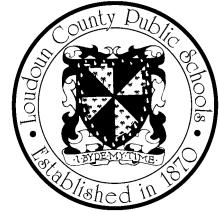
The ***Worth Avenue Group*** has been providing insurance programs to thousands of students and staff across the country since 1971. Their personal property insurance plans have been utilized by many colleges and universities and have been made available to public school students, faculty, and staff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

Las Escuelas Públicas del Condado de Loudoun
Servicios de Negocios y Financieros
División de Administración de Riesgo
21000 Education Court, Suite 301
Ashburn, VA 20148
(571) 252-1280** (571) 252-1432 fax



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.