



# WOODGROVE HIGH SCHOOL

## Principal's Message

May 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

Woodgrove is certainly in full bloom and thriving with a number of exciting activities planned for May.

Before moving forward however I do want to thank our Fine Arts Department for a superb spring showing of *Beauty and the Beast*. The show broke all previous attendance records – it was a wonderful performance! I continue to be amazed and proud of what are students and staff accomplish here. This show was exceptional!

Also, please check our school calendar as the celebration of the Arts will continue in May as we host our spring music concerts. In addition, on Friday, May 19, our WMAA is hosting a Fine Arts Gala – this enchanting evening will include musical and theatrical performances by our students. This is a fundraiser for the WMAA and I hope that you can take time to come out and enjoy this evening and support our students

In addition, May brings with it conference, regional and state competitions for our athletic teams. Please be sure to check the school calendar and come out to Woodgrove to cheer on the teams. Also, thank you to the WWABC for hosting the Fore the Wolverines Charity Golf Classic on Monday, May 1, at the Stoneleigh Golf Course. Proceeds from this event support our athletic programs and provide scholarships for our students.

I also am very pleased to share that our PTSO is in the midst of finalizing plans for our Seniors' Graduation Party. This party is for graduating Seniors only and it will be held at Woodgrove on Thursday, June 1, beginning after the Senior luncheon.

Graduation is scheduled for Tuesday, June 13, at 8 AM. Seniors need to be at school by 6:30 AM.

Also, this year we are continuing our senior capstone projects. Seniors will have the opportunity to complete a senior project for the school or community as a way of giving back to the Woodgrove community. To be eligible, students must have met the same criteria to be exempt from the final summative assessment. All seniors have received this information. In addition, teachers and parents will have to sign off indicating their approval of their son's or daughter's participation in the senior project. The projects will begin on Wednesday, May 17 and go through Thursday, June 1. Students working on campus will still arrive to school each day and report to either their 1<sup>st</sup> or 5<sup>th</sup> block. We are looking forward to seeing what our seniors accomplish this year!

During May we also will honor the work our teachers have performed throughout



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## Principal's Message - continued

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the year. Much of our success can be attributed to the dedication and devotion our teachers give to our students daily. Woodgrove is fortunate to have such extraordinary adults guiding our students. We will begin our celebration with our Teacher Appreciation Week on May 8 - May 12. We encourage students, parents and the community to take time during this week to share an expression of gratitude to a teacher or some other member of the faculty. Thank you to the PTSO for their amazing contributions to this celebration!

Standards of Learning (SOL) tests and Advanced Placement (AP) tests will be administered in May. Included in this newsletter is information regarding our testing schedule and on-line testing. These tests are important and we have devoted many resources to ensure that all of our students are prepared to take these tests. Please be sure your son/daughter gets plenty of rest, eats breakfast and is on time to school during these testing sessions.

With regards to spring and the warm weather which is here to stay, we have reminded students of our dress code. Please take time to discuss appropriate school attire with your son/daughter.

Lastly, as we head into the final month of our school year, we would like to have you provide your thoughts on Woodgrove High School. Below is a link for our school survey and I ask that you take a few moments to share your thoughts with us.

<http://www.lcps.org/cms/module/selectsurvey/TakeSurvey.aspx?SurveyID=7745>

Best wishes to everyone and thank you for your support.

William S. Shipp  
Principal

# WOODGROVE HIGH SCHOOL

## School Counseling News

### WELCOME

Loudoun Valley Community Center's Advisory Board is now qualified to certify and approve the President's Volunteer Service Award (PVSA) for our local students. Students who are eligible for this program include Blue Ridge and Harmony Middle School students who have completed at least 50 hours of community service and Loudoun Valley and Woodgrove High School students who have completed at least 100 hours of community service between May 1, 2016 and April 30, 2017.

All volunteer hours must be submitted [online](#) or the completed forms and \$6.25 turned into Mrs. Sutphin in the Career Center no later than Wednesday, **May 3<sup>rd</sup>** in order to be eligible for an award. Stop by the Career Center for the *Instructions for Students Applying for the President's Volunteer Service Award* and *The Volunteer Record of Service* form or if you have any questions.

### Upcoming Events

#### Advanced Placement Testing

Advanced Placement (AP) testing will begin on Monday, May 1<sup>st</sup> – Friday, May 12<sup>th</sup>, for more specific details regarding times and classes please reference the **May 2017 SOL/AP Testing** calendar included in this month's newsletter.

#### NOVA Dual Enrollment Placement Test Dates

NVCC is offering Math and English Virginia Placement Test (VPT) dates at Woodgrove High School. Pick a session from the below dates and sign up [online](#). Limited seating available! Sign up soon to reserve a spot!

- Saturday, May 20, 9:00am
- Saturday, June 3, 9:00am

#### 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.



*\*no visits at this time\**



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](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.



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

# WOODGROVE HIGH SCHOOL

## School Counseling News

### 2016-2017 SAT/ACT Test Dates



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

| Test Date | Registration Deadline | Late Registration |
|-----------|-----------------------|-------------------|
| 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 |
|-----------|-----------------------|-------------------|
| June 10   | 5/5                   | 5/19              |

### Looking for SAT/ACT Prep Options?

**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.

### Volunteer Opportunities at Ken Culbert Elementary

Are you in need of volunteer hours? Then check out the opportunities at Kenneth Culbert Elementary School [www.SignUpGenius.com/go/10C0F4AA4AA2EA2F85-talent](http://www.SignUpGenius.com/go/10C0F4AA4AA2EA2F85-talent)

### Become a SHINE Mentor

SHINE for Girls is an 8-week program that combines dance with a tailored math curriculum to create an environment for young girls (grades 5-8) to explore math in a unique and creative way. We strive to not only improve mathematic skills, but also empower our students with the confidence to chase after their passions. SHINE for Girls turns the "I can't" around by creating an environment in which girls not only realize that they can, but that they want to. If you are a sophomore, junior, or

senior girl who is interested in mentoring, please email [shineforgirls.dc@gmail.com](mailto:shineforgirls.dc@gmail.com) for more information.

### Looper Golf

At LOOPER Golf we are about creating opportunities.

- Opportunities for youth to have a great job opportunity on their terms.
- Opportunities for expanding playing opportunities for our youth.
- Opportunities for golfers to experience golf at its best.

Currently seeking golf caddies. For more information visit our website [www.looper.golf](http://www.looper.golf).

### 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](mailto:info@vipboarding.com). Employment applications can be found on the Contact Us page of our website. [www.vipboarding.com](http://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

# WOODGROVE HIGH SCHOOL

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## School Counseling News

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!

### **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).

### ***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](#).

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

#### Students

Ms. Astrid Willemsma  
Mr. Steven Cohen

A-C  
D-Ha

Mrs. Donna Kelly  
Mrs. Barbara Bell  
Mrs. Katharine  
Warehime

He-Mc  
Me-Sa  
Sc-Z

Mrs. Geri Fiore  
Ms. Teresa  
Holland  
Mrs. Stephanie Butler  
Mrs. Rachel Sutphin

Director of School Counseling  
Administrative Guidance  
Secretary  
Guidance Secretary  
Career Center Assistant

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



# WOODGROVE HIGH SCHOOL NEWS

## National Latin Exam Results

Congratulations to the following Woodgrove students who earned awards on the National Latin Exam, an international exam taken by over 149,000 students:

Gold Medal, Summa Cum Laude: Ariel Bernal

Silver Medal, Maxima Cum Laude: Claire Crossfield, John Friberg, Hunter Hurt, Jodi Snare, Megan Beach, Rachel Cohen, Rebecca Faletti, Miranda Huffer

Magna Cum Laude: Alina Dawood, Lauren Johnson, Genevieve Yeates, Noah Hyland, Jada Theodore, Sophia Livelsberger, Miles Comras, Sam Payne, Natalie Bailey, Erika Berlik, Autumn Birch, Mason Smith, Olivia DePerna, Riley Parsons, Leanna Libby, Ryan Smith, Mason Coates, River Stone, Ryan Maad, Calle Junker, Elizabeth Clark, Olga Romanenko, Bailey Brooks, Declan McCormack, Emily Franklin, Allison Marrs, Sarah Snare

Cum Laude: Everly Soyka, Hazel Clinard, Mustafa Mahfooz, Emma Fredericks, Sarah Frie, Kendall Briscoe, R Arlington, Melissa Stuckey, Nicole Stutt

## **New Student Drivers and Road Safety**

Those students that drive to school need to consider how the weather conditions affect their commute.



Due to various reasons, there tends to be more cars on the road and conditions are changing during wet or rainy mornings. Cars are moving slower due to the amount of vehicles, limited visibility, and the wet road conditions. It is important to make it to your destination safe and on time!



### **Tips for Student Drivers:**

- ✓ Leave early to make it on time.
- ✓ Drive slower and increase your following distance.
- ✓ Be more alert
- ✓ Be sure your windshield wipers are in good shape
- ✓ Don't use cruise control
- ✓ Use headlights



# WOODGROVE HIGH SCHOOL NEWS

## WHAT AN ADVENTURE!

### 10 French Students visit Morteau (France) and Zurich (Switzerland).

On April 5, 10 students took off from Dulles International Airport en route to Morteau, France. After a tumultuous trip during which their luggage was lost, and they had to run to catch flight and train connections, they finally made it to Morteau around 9:30 p.m. on April 6. They were welcomed at the train station by their host families.



From there, the adventures began. They got to visit a French general and technical school and spend the day going from class to class, experiencing what a typical French student goes through in a school day. Then, they took trips to Besançon and Colmar where they learned about these very old cities that are part of the World Cultural Heritage. A trip to Neuchâtel (Switzerland) acquainted the with the history of the settlements in that region. The students also took a cooking class with a one of France's Top Chef, and they made an "escargots" dish, a delicacy



of the French cuisine, for their host families!! Students also took the

time to tour a cheese factory and a sausage factory where everything is still made the way they were a few hundred years ago.

A week after their arrival, they had to say goodbye to their new friends and head to Switzerland for a tour of Zurich. Three days later, as they were heading back to the US, they got stuck in Iceland for two days. They took that opportunity to tour Reykjavik! What an adventure!

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## We're All Human Survey

We would like to hear from you! Please take a minute to take the We're All Human Survey so we can continue to improve our outreach

[https://docs.google.com/a/lcps.org/forms/d/e/1FAIpQLSdPDr-UOLFCqESs\\_gzNBYGyfJ34BM-8bxX7dvTn-wKVnR4APA/viewform?c=0&w=1](https://docs.google.com/a/lcps.org/forms/d/e/1FAIpQLSdPDr-UOLFCqESs_gzNBYGyfJ34BM-8bxX7dvTn-wKVnR4APA/viewform?c=0&w=1)

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

2017



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*Home of the Wolverines*

36811 Alder School Road Purcellville, VA 20132

P: (540) 751-2600 • F: (540) 751-2601



## May 2017

The Woodgrove Class Councils and Student Council had three major events during April, to help starting bringing this record-breaking year to a close: Class Council Elections, the final points for the Wolverines Spirit Plate, and Student Council Elections for next year's Executive Board.

A record 38 students completed paperwork and ran for the 15 elected positions for next year's Sophomore, Junior, and Senior Class Councils. Students were required to obtain necessary signatures and complete finance documents before beginning their campaigns. Once going, candidates hung posters, distributed election trinkets, and were also required to have a social media campaign "presence" this year – an added expectation. On Monday and Tuesday, April 24 and 25, the current three underclasses gathered and heard the campaign speeches from their classmates and then immediately voted. Congratulations to next year's Class Councils:

### ***Senior Class of 2018***

Daniel Shelton, **President**  
Elizabeth Aramayo, **Vice President**  
Meghan Cleary, **Treasurer**  
Matt Geier, **Public Relations**  
John Burroughs, Ellie Cirillo,  
Lance Czarnecki, Juan Garcia,  
Cristina Gaylord, and  
Frank Ricker, **At-Large Members**

### ***Junior Class of 2019***

Colin Hoffer, **President**  
Sam Payne, **Vice President**  
Elizabeth Clark, **Sec./Historian**  
Thomas Kleebe, **Treasurer**  
Brent Rittner, **Public Relations**  
Nino DeBarros, Grace Kostal,  
Shelby Kostal, Cole Marsh,  
Michael McKim, Caden Paterson,  
and James Shockey,  
**At-Large Members**

### ***Sophomore Class of 2020***

Billy Hughes, **President**  
Kyle Caylor, **Vice President**  
Nathan Rand, **Secretary/Historian**  
Devin Santikarma, **Treasurer**  
Grace Vest, **Public Relations**  
Liesl Bergel, Alina Bhatti,  
Delaney Coates, Nick Cooper,  
Sophia David, Katherin Gomez,  
Maryam Khan, Katherine Powell,  
Elyssa Talkington, and  
Jaylen Washington,  
**At-Large Members**

The last week of April saw Spring Fever Week, with each day dedicated as a spirit day. The students dressed in such seasonal outfits as The First Day of Kindergarten, Sports or Jorts, and Country v. Country Club. During lunch shifts, representatives from each class competed in the Lunch Games – the final chances for each grade to earn points for the year-long Spirit Plate prize. Balancing a basketball on a plunger, catching gummy bears in your mouth, and the Oreo Face-Off game were among the spirited contests that saw the **Freshman Class of 2020** prevail in the end. This was historic in the sense that the Plate has never come down to being decided in the *last* game on the *last* day of the competition, and that the current ninth grade has never won. Congratulations! The class will reap the benefits with their class party on June 2.

Finally, the current members of the Student Council elected the Executive Board members for next school year. These officers will take their oaths of office and begin their leadership roles at the Banquet coming later this month. Congratulations and we look forward to a great 2017-2018.

Derek Shockey, **President**

Grace Kostal, **Administrative Vice President**

Lizzie Clark, **Communications Director**

Maryam Khan, **Community Service Director**

Kawal Tiwana, **Marketing Director**

Sam Payne, **Student Activities Director**





## Woodgrove High School WINS the 2017 GOLDEN BOOK TROPHY!

Loudoun County Public School teens wrangled in the twelfth annual **Battle of the Books** competition in April. Woodgrove High School won the Golden Book Trophy. Congratulations to the Woodgrove team and to all of the Battle of the Books high school participants.



Woodgrove High School Battle of the Books Team wins 1<sup>st</sup> Place 2017 Competition

The ***Battle of the Books*** competition promotes literacy throughout our Loudoun County Public high schools. To prepare for this Battle, our teens read ten selected books. The high school team answering the most questions about the books wins the competition.

Here are point score results for 2017. Woodgrove High School won the final competition against five teams with a high score of 545 out of 600 possible points, taking home the coveted golden book trophy. It was an exciting and tense battle! Briar Woods landed 2<sup>nd</sup>

place with 510 points. Loudoun Valley scored 505 points, Rock Ridge banked 495 points, Stone Bridge tallied 380 points, and Dominion racked up 370 points. Three cheers to all of the teens who participated in the **2017 Battle of the Books Competition!**





# ATTENTION:

## AFFORDABLE SPORTS PHYSICALS...



VHSL sports physicals for all high school athletes and youth football players will be performed by local health care providers!



Loudoun Valley and Woodgrove Athletics

These physicals will satisfy the 2017-2018 pre-participation examination requirements for all high school athletes and youth football players. Come to:

### **Loudoun Pediatric Associates**

205 East Hirst Road Suite 302  
Purcellville, VA 20132

**JUNE 1, 2017**

### **New ONLINE REGISTRATION!**

High School <https://webinter.lcps.org/SPAR/>



|                               |         |
|-------------------------------|---------|
| ULYFL Players                 | 5:00 PM |
| Rising 9 <sup>th</sup> Grade  | 5:30PM  |
| Rising 10 <sup>th</sup> Grade | 6:00PM  |
| Rising 11 <sup>th</sup> Grade | 6:30PM  |
| Rising 12 <sup>th</sup> Grade | 7:00PM  |

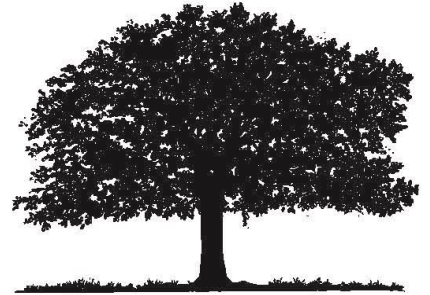
**PRE-REGISTER FEES-CASH/CHECK ONLY; NO CC!**

**\$30** for the first athlete in the family...**\$25** for each additional athlete in the family! **\$35** walk-ins.

Please Contact the LVHS Athletic Department with any questions (540) 751-2410



LONE OAK



COFFEE CO  
ARTISAN ROASTERS

# COLD BREW ICED COFFEE

**Regular - Vanilla - Caramel**

NOW  
AVAILABLE!

**Only \$3.00**

LOCALLY ROASTED  
LONE OAK COFFEE • 22 W BOND STREET • WINCHESTER, VA 22601





# **DRIVERS ED**

LESSONS FOR THE ROAD OF LIFE

## **Behind the Wheel Available All Summer**



**BTW** is offered  
throughout the summer.  
Get your forms turned in  
soon.

See Mrs. Holland in Guidance to  
sign up for BTW.

**BTW is also  
available during the  
summer.**

## Clinic News

The end of the school year is fast approaching. I will be sending you a letter if your child has any medication remaining in the clinic at the end of the school year. You will need to drop by the clinic to pick it up before school ends. Clinic hours are between 8:30am and 4:00pm daily. Students are not allowed to transport medication home. Medication that is not picked up by the last day of school, (June 9<sup>th</sup>) will be discarded as per LCPS.

If your child needs medication or health related care at school for the 2017-2018 school year, the appropriate LCPS Physician Order/Health Care Plans will be required. A NEW form is required for each school year. These forms need to be completed by you and your physician PRIOR to the start of school in August 2017. The completed form must be returned to the clinic of the LCPS your child will be attending by the first day of school. All schools in Loudoun County require that appropriate physicians forms be on file prior to dispensing medication or giving health related care at school. Please remember that all medicine must be brought to school by a parent/guardian. The medication must be in the original container with the appropriate label.

Physicians order forms for medication, severe allergy, asthma, diabetes and seizures are available in the WHS Clinic and on the LCPS web site on line at [www.lcps.org](http://www.lcps.org). Click on the Parents" tab (upper right hand corner of page) and click on STUDENT HEALTH SERVICES (in alpha listing). Health forms will be there.

If you request a copy of your child's immunization record for summer camps, sports, etc., please give me at least a 24-hour notice. These records may not be faxed; they can only be copied and sent home with you or your child.

I am available to receive new physician orders/health care plans and medications when I return to work at the end of August. I will be attending meetings the first week that I'm back so it may be best to call the clinic before coming to school to insure I am able to meet with you.

Please feel free to contact me at, 540-751-2606 with any questions.

It has been a pleasure to care for your child this past year. Have a healthy and enjoyable summer.

Regards,  
Stephanie Lovasz, RN,MSN, BSN

## WOLVERINE SPORTS MEDICINE

Volume 7, Issue 9

May, 2017

### Sports Injuries

#### Compartment Syndrome

Compartment syndrome is a painful condition that occurs when pressure within the muscles builds to dangerous levels. This pressure can decrease blood flow, which prevents nourishment and oxygen from reaching nerve and muscle cells. Compartment syndrome can be either acute or chronic.

Acute compartment syndrome is a medical emergency. It develops when swelling or bleeding occurs within a compartment either from a fracture, bad bruise, over constrictive bandages and anabolic steroid use. Because the fascia does not stretch, this can cause increased pressure on the blood vessels, nerves, and muscles in the compartment. Unless the pressure is relieved quickly, permanent disability and tissue death may result.

Chronic compartment syndrome, also known as exertional compartment syndrome is most often caused by exercise. Athletes who participate in activities with repetitive motions, such as running, biking, or swimming, are more susceptible. This is usually relieved by discontinuing the exercise, and is usually not dangerous.

Symptoms of compartment syndrome include: intense pain, tingling or burning sensations in the skin, muscle tightness, visible muscle bulging, and decreased strength or inability to move the body part.

Treatment for acute compartment syndrome is an emergency fasciotomy where the doctor will cut open the skin and fascia to relieve the pressure. Treatment for chronic compartment syndrome usually involves physical therapy, NSAIDS, and cross-training to incorporate more low-impact activities.



**May, 2017**

## **Fitness**

### **Bad Posture**

Bad posture can be influenced by a lot of things, including genetics, hand dominance, past and current injuries, illness, emotional stress, sitting at a computer, texting, driving, wearing a backpack and even playing a sport. If you think of a high school student-athlete almost all of these influences are present, so it makes sense that we see a lot of student-athletes coming into the athletic training room with poor posture.

In general terms, bad posture equals bad body alignment. Poor alignment means that stabilizing muscles are stretched, which weakens them while putting other muscles under heavier stress. When muscles are under heavy stress for a length of time, misuse results and injury can occur.

The most common type of bad posture seen in student-athletes is kyphosis-lordosis (KL). KL posture is present when the head thrusts forward, upper back is rounded or slumped, shoulder blades press out from the ribcage as if they were wings, thumbs rotate toward the posterior, pelvis is anteriorly rotated. Student-athletes with KL usually have tight low backs and hip flexors and weak abdominals and gluteals. These unbalanced weak links translate to inefficiencies in movement and over time can create overuse injuries.

Good posture is defined as head in neutral position, shoulder blades back and down the thorax, spine with natural curvature, palms facing the body with thumbs anteriorly rotated, pelvis in neutral and knees straight ahead. Muscles are balanced and relaxed, movement patterns are normal and joints are open and loose with the core stable to allow energy to flow through the body unhindered.

Good posture can also be developed anywhere and anytime during the student-athlete's day...during class, while driving, or while doing homework, for example. As the student-athletes grow more aware and conscious of their bodies, they will be able to practice great posture throughout the day.

# 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.*

# Grocery & Shopping Reward Programs

**Help Woodgrove earn money to supplement the school's educational needs.**

Woodgrove High School is registered with [Giant's A+ School Rewards Program](#), [Harris Teeter's Together in Education Program](#), and [AmazonSmile](#). Woodgrove has earned *thousands of dollars* through these free programs, so please enroll or confirm this year's participation today!

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 online.



## **Giant A+ School Rewards (School ID 09152)**

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

Select *Register Your Card* to sign up or *Confirm Your Schools* to check which schools you support

## **Harris Teeter Together In Education (School Code 1613)**

<https://www.harristeeter.com/together-in-education>

Click *Link Your School Today* to register or re-link your VIC card



## **AmazonSmile**

<https://smile.amazon.com>

Choose *Woodgrove High School PTSO* as your charitable organization. Every eligible purchase you make through [smile.amazon.com](https://smile.amazon.com) will result in a donation to the PTSO.

Please contact [WoodgrovePTSOFundraising@gmail.com](mailto:WoodgrovePTSOFundraising@gmail.com) with any questions.





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 |      | Day                |      | Day                |      |
|                   | 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

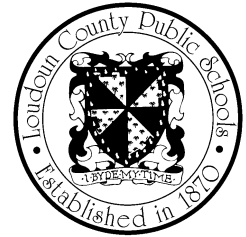
## Business & Financial Services

21000 Education Court, Suite 301

Ashburn, VA 20148

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

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

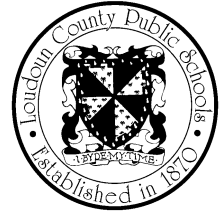
**iPods, iPads, cell phones, cameras, tablets, lap top computers, etc.**

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.