

Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 11 November 13, 2009

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“Success for ALL Students”

Upcoming Events: **Nov 16** Mandatory Winter Sports Meeting for Parents/Athletes 1800 Large Gym
Nov 17 Early Release Day for Students 1120 hrs – Teacher Training ½ Day
Nov 18 Fall Sports Awards Night 1745-1945 Large Gym
Nov 19 College Night 1730 AHS

From the Principal

Bully behavior in some students has long been a disruptive element in schools world wide. At Alconbury High School we are no different than other Middle/High Schools in the states or here in the UK in that we too have some children who can be verbally aggressive and engage in bullying behavior.

In the next few weeks we will begin an Anti-Bullying Campaign that will address diversity and help students feel that they have control over what is happening to them or to others. We will address not only students who engage in bullying behaviors, but the victims as well. However, it is reported that 85% of students in all schools are neither bullies nor victims. This “caring majority” of students, though, observe the behavior and interactions of bullies, live with an uncomfortable feeling about their own safety, and often believe that if they get involved the aggressive actions will be transferred to them. Fear and Power struggles are a reality in middle and high schools, and one of the goals within schools must be to bring these issues in line so they are manageable. The actions and influence of this caring majority are a powerful resource with which to maintain the value of kindness and decency. They are the untapped reservoir of strength, the leverage for impacting change in creating a safe school environment for all children.

Our Anti-Bullying Campaign will focus on developing the caring majority’s intervention skills so they feel confident to be involved, to help victims learn about how to best deal with situations when they feel they are being bullied and to address the bullies and how we can help them to understand and redirect their negative behaviors.

Accelerated Withdrawal due to PCS

Please contact the registrar if your student(s) is leaving Alconbury Middle/High School. An acceleration request must be made 4 weeks prior to the student’s last day of school. Acceleration only applies to students who are PCSing and who have orders. All class work must be turned in two days prior to withdrawal from school. The earliest date for withdrawal before the holidays is Dec. 17th. The student must be in school all day on December 17th.

Lost & Found

We are accumulating a great deal of clothing, shoes, sleeping bags and other materials in our lost and found. Please ask your children to check lost and found for any items they may have lost. We will send all unclaimed lost and found items to a charity on November 25th.

From the Counselor

Parents and Students: don't forget to come out and support your Alconbury Middle/High School College/Career Night on November 19th from 5:30-7:30 p.m. in the large gym. We will have staff and community members representing over 20 universities, local UK Regional Colleges and military academies. We will also have more than 10 professions represented! Come and talk to our representatives about the college application process, specific school information and learn about careers in Engineering, Teaching, Nursing, Dentistry, and more! We will also have several military recruiters present. For a mere \$6.00 have a delicious BBQ sandwich meal deal - all money goes to support our very own Model United Nations!

From the AVID Department

Tips on Taking Lecture Notes

These will help you to know what to look and listen for during lectures and discussions.

<p style="text-align: center;">Be an active listener</p>	<p>Think about what is being said. Think about how what is being said relates to other points in the lecture, ideas from discussion/reading/other subjects. Ask questions.</p>
<p style="text-align: center;">Be aware of lecturer/speaker organization</p>	<p>Listen for the speaker to reveal organization of the lecture (e.g., phrases like "Today I want to talk about," or "By the end of this lecture, you should be convinced that"). Look for lecture outlines on the board or handouts. Use arrows/lines/circles/numbers to connect related ideas.</p>
<p style="text-align: center;">Use the speaker's style to identify important points</p>	<p>Become familiar with the speaker's style Listen for important points that might be emphasized when the speaker: Pauses or slows down. Repeats a point. Changes the volume of her/his voice Uses introductory phrases (e.g., "The four main points are "or "Note the relationship"). Writes on the board. gestures or uses visual aids.</p>
<p style="text-align: center;">Keep up with the speaker</p>	<p>Write only the important ideas such as names, places, dates, events, examples, terms, definitions, causes, effects, evaluations, cross references: make it brief but clear. Following are examples of how to do this.</p>
<p style="text-align: center;">Student Guide example:</p>	<p>Speaker says: Notes say:</p>

Football

The Alconbury Dragon Football Team once again stunned the European Football Community with a 31 – 13 victory of the Menwith Hill Mustangs this past weekend at the Super 6 European Football Championships. Congratulations to the entire Dragon Football Team for an amazing season and the school’s first football championship since 1998...! Special thanks to all of our seniors, We will miss you all....

Volleyball

The Lady Dragon volleyball team played well this weekend, but came up one good match short, taking 3rd place overall in Division III. The Dragons started strong, winning the first 5 matches they played, but fell short in the Semi-finals on Friday afternoon, losing to Sigonella in 3 straight games. The Lady Dragons bounced back on Saturday and impressively beat Rota in the consolation round to claim the 3rd place plaque. Congratulations go out to all the Lady Dragons for an impressive season of 14 wins and only 5 losses.

Attachment: NAEP Results

Lunch Menu:

<p>16</p> <p>Soft Taco w/Cheese Grilled Cheese Sandwich Nic nac Chicken Salad Meat Nachos w/Cheese sauce Turkey Caesar Wrap Sweet Kernel Corn Steamed Broccoli Chilled Pineapples Craisins Roasted Vegetable Pilaf</p>	<p>17</p> <p>Early Release for Students</p>	<p>18</p> <p>Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Turkey Salad Hogtdog on a Bun Grilled Chicken Caesar Green Beans Montego Bay Veggie Blend Chilled Peaches Fresh Seasonal Fruit Oatmeal Cookie</p>	<p>19</p> <p>Hearty Pasta Bake w/Dinner Roll Turkey Club Panini Chef Salad Cheese Pizza Chicken Tender Wrap Flame Roasted potato Medley Cucumber & Carrots w/FF Dip Applesauce Banana Hearty Vegetable Soup</p>	<p>20</p> <p>Grilled Cheese Sandwich Chicken Alfredo w/Pasta Chicken Fillet Salad Baked Potato w/Cheese Tuna Salad Garden Salad Cauliflower & Carrots Chilled Pears Mandarin Oranges Fruited Jello</p>
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If you have any questions about our school policies or comments you would like the principal to know, please contact Dr. Coyle using the following email address: AlconburyHS.Principal@eu.dodea.edu or Dr. Ronald McIntire, Isles District Superintendent at DSN226-7234/7252/7224.: or COM 01638-527234/7252/7224.