

Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 25 March 5, 2010

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“Success for ALL Students”

Upcoming Events: **March 8** Winter Sports Awards Night 1800 Large Gym
March 9 SAB (School Board) Meeting 1515 hrs AES Library
March 11 Spring Band Concert 1900 hrs Large Gym

From the Principal

Alconbury Middle High School will administer the *TerraNova* Multiple Assessment, Third Edition from March 15 to March 18th. The assessment will start each morning at 8:20 and be finished by 11:20 each day. The length of the testing varies daily and some days assessment is finished before 11:20.

There are several things you as a parent can do to help your child do his/her best on this norm-referenced test.

- Encourage your child to develop good study habits throughout the year. These include reading and following directions carefully, avoiding careless errors, and rechecking work.
- Explain the purpose of the test, which is to find out which skills the students have learned and which skills need further development. Remind your child that this is not a test that they can fail. Rather, it is an opportunity to show what they have learned in school.
- Let your child know that the test is a “snapshot” of the many things he or she has learned so far. Last minute studying won’t help very much because the tests cover a wide array of information.
- Let your child know that it is important for her/him to do her/his best on the test. However, the test is only one measure of what your child knows.
- Reassure your child that he/she need not worry about the test. Students who are self-confident and calm do better on tests.
- Be sure your child gets plenty of sleep and has a nourishing breakfast and lunch. Taking tests takes energy.
- Be sure your child drinks plenty of water every day. The brain thinks better when it is well hydrated.
- Make sure your child gets to school on time. Rushing or worry about being late may affect test performance.
- Please avoid scheduling doctor or dentist appointments during testing times.
- Ask your child about testing at the end of each day.
- At the end of the school year when the test results arrive, discuss your child’s scores with the teacher or counselor and your child. Afterwards, ask the teacher to suggest activities that can be done at home to improve your child’s skills and knowledge.

“Can I Kiss You?” Presentation

USAFE along with Mrs. Kimberly Dickman, Sexual Assault Response Coordinator (SARC), Mrs. Felicia Kersh, the School Liaison Officer (SLO) and the Department of Defense Dependent Schools-Europe invite you and your dependent(s) to participate in “Can I Kiss You?” facilitated by Mr. Michael Domitrz. All students in grades 9 through 12 will be invited to attend a session on April 1st during seminar at 1335 to 1500. Mr. Domitrz will also have an evening presentation at school on April 1st at 18:30 in the small gym. The evening presentation is for parents and they are welcome to bring their middle school and/or high school children.

Any high school student wishing to participate in the day presentation must return a signed permission slip. The permission slip is attached. Mr. Domitrz has written several books including Help! My Teen is Dating and May I Kiss You?. Mr. Domitrz is the founder and Executive Director of The Date Safe Project, <http://www.thedatesafeproject.org/index.html>. The project is committed to being the nation’s leading organization for creating healthier dating environments, a clearer understanding of “consent” and for raising awareness of the many issues surrounding sexual assault.

The forum hosted by Mr. Domitrz will address communication, dating, and sometimes the violence that comes with relationships. The intent is to help your student get more comfortable with these topics and develop skills for making the right choices. Please see the attached article provided by the Sexual Assault Response Coordinator and the School Liaison Officer. We will continue to provide additional information about the "Can I Kiss You?" program in the next three Dragon Tales.

Junior/Senior Auction Update

Thank you, parents and faculty! We are so grateful for the support we are getting from you for our March 19th Junior/Senior Auction.

Below are the fantastic goods and services that have already been contributed by parents and faculty members:

Professional Photography Package (Value: \$250)

Movie Night Basket

Movie Night Basket

Movie Night Basket

Spa Day

Day of Pampering at Cambridge Regional College Graduate Beauty Salon

Homemade Italian Dinner for Four (Meat or Veggie Lasagna, Garlic Bread, Salad, Beverages)

Custom Charcoal Sketch from photo of your choice (Value: \$150)

Cheesecake

Professional Photography Package (Value: \$250)

Scrapbook/Craft Basket

Gift Certificate for a Luxurious Facial from Natural Beauty in Hartford, Huntingdon

Chocolate Lovers Basket

Picnic in the Park Gift Basket

Dorm Survival Kit Basket

We will keep you posted each week on updates in Dragon Tales.

The viewing period will be from 5:30-6:30, followed by a live auction from 6:30-7:30. The students have been discussing food options for the viewing period, and would like to serve h’ordeuvres. Anyone who might be willing to donate food, beverages or would be willing to help the students with service on the night, we will gladly accept your assistance! Again, thank you for supporting the Classes of 2010 and 2011. Please feel free to contact the Junior Class Sponsor or Senior Class Sponsors for more information.

PCSing Early? Not Returning Next Year?

If your student(s) is not returning next year or you will be PCSing, please email the registrar to notify the school. If you have any questions about accelerating (PCSing before the end of the school year, but receiving full credit for the semester)

From the Counselor

During the last 8 weeks the middle school students have been working with the AH/MS Counselor, ASACS Counselor and SARC Counselor participating in educational activities aimed at ending name-calling of all kinds as well as bullying. Our goal was to provide the students and teachers the tools and inspiration to launch an on-going dialogue about ways to eliminate bullying in school and in the community. The students have participated in about 8 lessons per grade level and have learned a lot about what is and what is not considered bullying. During their last lesson this week they worked collaboratively to write anti-slur policies and character statements for their grade level and next week they will vote on one policy and statement that will represent the entire Alconbury Middle School. On March 18, 2010 the middle school will participate in an afternoon of fun and team building to conclude our No Name Calling/Anti-bullying program.

Alconbury Middle/High School administration and teachers would like to thank the SARC counselor for volunteering her time to come and work with our middle school students. We truly appreciate all of her work and effort. The students have enjoyed participating in her lessons and look forward to seeing her again.

Winter sports award night will be held on March 8th. We will start in the large gym at 1800 and then move to separate locations for each individual sport celebrations. You will receive more information from the coaches regarding the evening.

Yearbook Update

The AHS Yearbook 2010 is now taking orders for personal ads. Parents may purchase a one-half page ad for \$30 and a full-page ad for \$50. Please order your ads through the Yearbook Teacher. Checks should be made payable to "AHS Activity Fund: Yearbook 2010."

Parents may design their own ads and send them electronically, or send digital pictures and the text of the ad to Mr. Hansen so that a member of the yearbook staff can design the ad for you. Materials for ads need to be in to the yearbook staff by Friday, March 12.

Also, parents of seniors need to remind their students that materials for the senior pages need to be in to the yearbook staff by Friday, March 12.

If you have not yet purchased a copy of the 2010 Yearbook, a check for \$50 will secure your order. Checks should be made payable to "AHS Activity Fund: Yearbook 2010" and given to the Yearbook Teacher or to the main office.

Money Tip of the Day Winners

Congratulations to BV and TV for winning the Money Tip of the Day. They each won a \$50 savings bond. Thanks to all of the participants.

From the Cafeteria

Lunch account payments may be made at the cafeteria or at the BX.

Payments may be made in the cafeteria between 8:00a.m - 10:00 am.

From the AVID Department

Revisiting Cornell Notes

Your success in class is based on good notes.

Class and book notes form the foundation for student success in academic classes and for study groups.

Former students have said that their ability to take good, Cornell style notes helped them to be successful in high school, college, and also their future careers.

Take Your Notes in This Format

Format for Cornell notes	write the date, class, topic of notes, source of notes (e.g., lectures, book, film) and page number for each page of notes at the top of a page of lined paper
	mark a wide left margin (approx. 1/3 of page)
Consider the left hand column the place for study questions	consider the right hand column the place for detailed information
	while taking notes, write in the right hand column
	use abbreviations
	summarize content in your own words, but simplify writing
	use symbols (arrows, circles, underlining) or highlight important information, ideas/words that are unclear, relationships between ideas/information
	include graphics (e.g., diagrams, charts) when needed
	skip lines between ideas
Within 24 hours of taking notes, develop study questions and identify main ideas about specifics in right hand column; write study questions/main ideas in the left hand column	

Look for Tips on Taking Lecture Notes in the next issue of the Dragon Tales.

Attachments: “Can I Kiss You?” Permission Slip/Info

Lunch Menu:

8	9	10	11	12
Hamburger on a Bun French Bread Pizza Nic Nac Chicken Salad w/Crackers Chicken Fryz Veggie Wrap Deli Roasters Steamed Broccoli Mandarin Oranges Melon Fruit Cup Elf Grahams	Turkey & Veg Egg Roll Orange Ginger Chicken Bowl Ham Salad w/Crackers Chicken Fillet on WG Bun Asian Chopped Salad Mediterranean Vegetable Blend Green Beans Chilled Peaches Chilled Pineapples Brown Rice	Philly Cheese Sandwich Baked Chicken w/Dinner Roll Turkey Salad w/Crackers Hotdog on a Bun Mexican Chicken Salad Baked Beans Steamed Carrots Fresh Fruit Cup Applesauce	Chicken Sliders Pepperoni Pizza Chef Salad w/Crackers Turkey Wrap Ham Submarine Sweet Potato Wedges Spinach & Tomato Salad Chilled Pears Juicy Orange Wedges Italian Pasta Salad	Breakfast Panini Cheese Omelet Chicken Fillet Salad w/Crackers Cheese Pizza Dippers Tuna Wrap Deli Roasters Montego Bay Veggie Blend Fruit Cocktail Fresh Sliced Apples

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.