

# Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 27 March 18, 2010

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## “*Success for ALL Students*”

Upcoming Events: **March 19 No School for students – Teacher In-Service Day**  
**March 19 Junior/Senior Auction** 1700hrs AHS Small Gym  
**March 22** Visiting Author Assembly 1340hrs Large Gym  
**March 24** Course Selection makeup 1335hrs AHS Library  
**March 26** SAC Meeting 1530hrs AHS Library

### **From the Principal**

We have been enjoying the sunshine and look forward to spring. As the weather improves students spend more time outside and start shedding their winter clothes. This is a good time to stress some school and base rules that will contribute to the academic atmosphere, not detract from it. First I would like to address some issues that involve the base. Students have been climbing over the fence that is blocking the road into the housing area. This area is under construction and people are not to climb over or around the fence. We have also been asked to remind students that they are not allowed in the dorm building, dorm walkway or to walk on the grass area between the dorm and the old Teen Center. Students are walking through the dorm walkway and on the grass area between the dorm (building 652) and the Teen Center. This is primarily a problem after school when students are cutting through in large groups. Many of the people who live in the dorms work nights and are sleeping during the day.

Recently there has been an increase in public displays of affection at school. Public displays of affection (PDA) at school, on school grounds, or during school events are not appropriate. Students who are seen engaging in PDA will receive a disciplinary consequence.

Students' dress and appearance are the responsibility of students, their parents, staff and the administration. The student and their parents should both ensure that neither dress nor appearance pose a health, sanitation or safety hazard to the student or cause disruption to the educational process. All students are expected to adhere to common practices of modesty, cleanliness and neatness; to dress within the acceptable standards of the community and not disrupt the educational environment.

Appropriate modest attire is expected of all students. Inappropriate clothing includes, but is not limited to: PE type shorts, tank tops, spaghetti straps, mesh shirt, muscle shirts, head covers/hats in the building, short shorts/skirts/dresses, cropped tops, bare midriffs, revealing clothing, form fitting clothes, sagging pants, or attire picturing or advocating drug use of any type or displaying obscene language or graphics

1. Midriffs must be completely covered by primary clothing (i.e. that which is next to the skin) *and not* secondary clothing (i.e. jacket, sweater, etc.).
2. Sleeveless tops must be at least three finger widths wide and there must be no visible cleavage.
3. All tops must cover the sternum to the waist making sure to *completely cover the chest and the midriff*.
4. Skirt/dress/shorts lengths must NOT extend more than four inches above knee (using staff's measuring criteria.).

5. All undergarments must be fully covered by clothing.

- The student's sponsor may be requested to bring appropriate clothing for his/her student.
- If necessary and available, students will be provided temporary appropriate attire.
- **Students who continue to dress inappropriately will receive disciplinary action.**

#### **From the Counselor**

SOS/Signs of Suicide – Suicide Prevention Program

The teen years are marked by a roller-coaster ride of emotions- difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil: however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double. To proactively address this issue, Alconbury High School is offering suicide prevention training as part of the SOS Suicide Prevention Program. This program has been used by DoDDS schools over the last four years. It has proven successful at increasing help seeking by students concerned about themselves or a friend and is the only school-based suicide prevention program to show a reduction in suicide attempts in a randomized, controlled study (*American Journal of Public Health*, March, 2004).

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To provide students training in how to identify serious depression and potential suicidality in themselves or a friend
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns

During the next few weeks the Guidance Counselor and ASACS Counselor- will present a short video and engage students in group discussions about suicide prevention. These lessons will take place during seminar and will involve all high school students as well as 8<sup>th</sup> graders.

If you have any questions or concerns about this program please do not hesitate to contact me at 01480-843769/268-3769

#### **Visiting Author**

On Monday March 22<sup>nd</sup> during seminar we will host a guest author. Jennie James is an author of teen novels, whose family was stationed here at RAF Alconbury until just last summer. She is rewriting/modernizing all of the Jane Austen novels for teens. Her first book of *The Austen Diaries, Northanger Alibi*, will be released on June 1<sup>st</sup>. Mrs. James has graciously offered to come and speak to our students about what it is like to be an author.

This is the link to her website (<http://authorjennijames.com/>), so you can preview the book.

Her goal is to show how dependents of active duty military families can make their dreams come true, and of course, inspire the students to write.

#### **Course Selection Make-Up**

On Wednesday March 24<sup>th</sup> from 1:35-3:00 in the library we will hold a course selection meeting for all students who were unable to attend their previously scheduled grade level meeting.

#### **From the Nurse**

The DoDEA immunization requirements are based on the policies of the Advisory Committee on Immunization Practices (ACIP), Department of Health and Human Services, and information from the National Center for Disease Control. DoDEA policy regarding immunizations is to provide screening to new students and to monitor the total immunization screening program through student registration.

All students ages 11 – 18 are required to have initiated the following immunizations:

- **Hepatitis A** – 2 doses given 6 months apart.
- **Meningitis** – 1 dose given between ages 11 and 12. If your student’s vaccinations are delayed or missed entirely, they should be given as soon as possible.
- **Varicella** – Unvaccinated students who lack a reliable history of Chickenpox should be vaccinated at age 11-12 years. Persons 13 years and older should receive 2 doses at least one month apart.
- **Tdap** – 1 dose given between ages 11-12 years and a booster every 10 years after the initial dose.

Should you decide to vaccinate your student this month, please call Upwood Clinic to confirm that they will have the available dosages needed. The extension is 01480-844503 or 268-4503. Currently the Immunization Clinic hours are Tuesday and Thursday 0800-1600hrs. Please remember to bring an updated copy of the vaccination record to the nurse. Please feel free to contact me at extension 3389 if you have any questions or concerns about immunizations. Thank you for your patience and cooperation in maintaining our student body health.

**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)**Acceleration must be applied for 30 days in advance of the last day the student will be attending school. This only applies to students who will PCS.**

**Attachments:** AVID Notes

**Lunch Menu:**

<p><b>22</b></p> <p>Corn Dog            Chicken Drumsticks            w/Dinner Roll            Nic Nac Chicken Salad            Chicken Fryz            Veggie Wrap            Montego Bay Veggie            Blend            Cauliflower            Chilled Peaches            Melon Fruit Cup            Chicken Noodle Soup</p>	<p><b>23</b></p> <p>Chicken &amp; Cheese            Quesadilla            Turkey Tetrazzini            Ham Salad            Chicken Fillet on a Bun            Asian Chopped Salad            Deli Roasters            Romaine &amp; Tomato Salad            Mandarin Oranges            Fresh Sliced Apples            Blueberry Muffin</p>	<p><b>24</b></p> <p>Beef &amp; Broccoli Bowl            Mac &amp; Cheese Entrée            Turkey Salad            Turkey Salad            Hotdog on a Bun            Mexican Chicken Salad            Steamed Carrots            Garden Side Salad            Fruit Cocktail            Seasonal Fruit</p>	<p><b>25</b></p> <p>Mini Chicken Sandwiches            Sliced Turkey w/Dinner            Roll            Chef Salad            Turkey Wrap            Ham Submarine            Green Beans            Sweet Kernel Corn            Applesauce            Banana            Chocolate Chip Cookie</p>	<p><b>26</b></p> <p>Pepperoni Pizza            Wedge            Lasagna w/Meat            Sauce            Chicken Fillet Salad            Cheese Pizza Dippers            Tuna Wrap            Broccoli, Carrots &amp;            Cauliflower            Carrots &amp; Celery w/FF            Dip            Juicy Orange Wedges            Chilled Pears</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](mailto:AlconburyHS.Principal@eu.dodea.edu) or Dr. Ronald McIntire, Isles District Superintendent at DSN226-7234/7252/7224.: or COM 01638-527234/7252/7224.