

# Dragon Tales

Alconbury Middle/High School  
NEWSLETTER

Issue 7 October 16, 2009  
Unit 5570 Box 60  
APO AE 09470

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## *“Success for ALL Students”*

**Upcoming Events:** **Oct 17** Cross Country & Volleyball @ Menwith Hill  
Tennis v. Brussels @ home 0930 hrs  
Football @ Rota  
**Oct 19** School Advisory Board Mtg 1630 AES  
**Oct 23** Pep Rally 1330 Large Gym  
Homecoming Parade 1515  
Booster Club Meal 1630 Small Gym

### **From the Principal**

#### **Graduation and Beyond**

Our school counselor has met with all seniors to review their graduation status and is now beginning to meet with all other high school students. She has held parent nights for all high school students and parents to discuss graduation course requirements and post high school plans. Each student will be given a brochure of DoDEA's Graduation and Beyond Guide. This document is a good resource to plan the best path through school and beyond. It lists all required courses and credits, grading scales, high school assessments, explains the Advancement via Individual Determination (AVID) program, Professional Technical Studies, on line learning, and support classes. It also includes a six year plan so students can plan their courses for each year starting in seventh grade. Your child will receive their DoDEA Guide to Success next week. Please review this important resource and call the school if you have any questions or would like to schedule an appointment with the counselor.

### **Gradespeed**

At the end of the day on Friday, October 30, we plan to run a process that will delete any Parent Connection account that has not been used in the last 60 days. This is a Europe-wide process done annually to clean up accounts of students who have graduated or withdrawn. We wait until school has been in session for two months to insure that active accounts are not mistakenly deleted. This process cannot be reversed so parents who have not used their account in the last 60 days will need to log into their account before Oct 30 or apply for a new account if their old account is deleted.

### **School Pictures**

School picture proofs were handed out to students on Weds. Oct. 7<sup>th</sup>. Please return the proofs with payment as soon as possible, if you wish to purchase pictures. The retake day will be Wednesday, October 28<sup>th</sup>. Please email the registrar or have your student sign up in the office if they wish to have their school picture retaken.

**Middle School Yearbook:** The 2010 Alconbury Middle School Yearbook will go on sale Tuesday, October 20<sup>th</sup>. The yearbook will cost \$25, but if you place your order by Friday, October 30<sup>th</sup>, you will receive a 10% discount. Have your student bring a check for \$22.50, made payable to "AHS Activity Fund: Yearbook 2010," and a member of the yearbook staff will visit his or her class during the school day to pick it up. Alternately, you can drop a check by the main office.

## **Homecoming Dance**

Attention all Students in grades 9 – 12:

The Alconbury High School Homecoming Dance will be held at The Stuckley Inn on Saturday, October 24<sup>th</sup> from 7:30 – 10:30 pm. Remember that dress code is semi-formal or formal – that means NO JEANS or TRAINERS! Anyone who wants to bring a guest must obtain the proper form from the office and have it approved in advance. Student Council will be selling Dance Tickets during lunch every day from now until Friday, October 23<sup>rd</sup>. Get your tickets in advance for \$15 each because they will be \$20 at the door! With your ticket purchase, you will receive information about professional pictures you can get right at the dance! Any questions, see a member of Student Council.

## **AVID**

AVID Strategies that can help your child become successful in all classes.

1. **“SLANT”** in all of your classes!  
Sit in the front.  
Lean forward.  
Ask questions.  
Nod your head.  
Talk to the teacher.
2. Keep a notebook!  
Have your notebook open and ready to take full advantage of **SLANT**.  
Spend homework time on your notebook.
  - Add calendars, assignment sheets, blank lined paper
  - Make sure your notes and class handouts are in order by date
  - Three-hole pinch and then put returned assignments, quizzes, and tests with the notes that they refer to.
  - After you have taken a test on a chapter or a unit, take the papers out of your notebook and put them in a manila folder. Mark the topic or chapter on the tab. Continue to add to this folder. You will have everything you need for tests or final exams.

## **Cross Country**

### Alconbury High School Boys:

Alconbury's Cross Country runners ran well this past weekend. The Boy's Varsity took second place out of five teams. They also finished ahead of Division I Lakenheath and Division III schools, ROTA and Menwith Hill. It was an exciting race, with all five of the varsity boys contributing to the team effort over the five-kilometer course. Two runners have individual qualifying times for the DODDS European championships. All five runners have also qualified as a team for the championships, which will be held at Heidelberg, Germany, October 31, 2009.

### Alconbury Middle School Boys Finish First:

Alconbury boys ran away with the meet, with all runners doing well on this hard, 2-mile course. Led by 2<sup>nd</sup> place runner.

Alconbury High School Girls: The steadily improving twosome ran well until one got a muscle cramp and had to dropout halfway through the five-kilometer course. At that point, the other went on to finish 19<sup>th</sup> in her second sub 28 minute race.

## **Tennis**

The Tennis team had a tough loss to the defending Division I European Champions, ISB, 3 to 15. The girls lost 3 to 6, and the boys lost 0 to 9. The team will host Brussels American School this weekend.

## Volleyball

The Lady Dragon volleyball team traveled to Lakenheath this weekend to take on the Lancers and the Menwith Hill Mustangs. First up, the Lady Dragons defeated the Mustangs 25-9, 25-14 and 25-9. The Lady Dragons next took on the much taller Lancers and fought hard, but lost 10-25, 18-25, and 20-25. The JV team showed lots of improvement, but also lost to Lakenheath 18-25 and 8-25. The Dragons travel to Menwith Hill next weekend.

## Attachment:

### Lunch Menu:

19	20	21	22	23
Soft Taco w/Cheese Cheese pizza Dippers Nic Nac Chicken Salad Meat Nachos w/Cheese sauce Turkey Caesar Wrap Sweet Kernal Corn Steamed Broccoli Chilled Pineapples Craisins Roasted Vegetable Pilaf	Turkey w/Savory Herb Stuffing Breaded Chicken Chunks w/DR Ham Salad Hamburger on a Bun ABC Salad Roasted Vegetable Medley Steamed Carrots Melon Fruit Cup Juicy Orange Wedges Dinner Roll	Chicken & Mashed Potato Bowl Ham & Cheese Sandwich Turkey Salad Hotdog on a Bun Grilled Chicken Caesar Green Beans Montego Bay Veggie Blend Chilled Peaches Fresh Seasonal Fruit Oatmeal Cookie	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	Baked Mozzarella Sticks Chicken Alfredo w/Pasta Chicken Fillet Salad Baked Potato w/Cheese Tuna Salad Garden Salad Cauliflower & Carrots Chilled Pears 100% Fruit Juice Fruited Jello

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.