

Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 2 September 3, 2010

Unit 5570 Box 60

APO AE 09470

Dr. Justin White, Principal

Telephone: 01480 843769

DSN: 268 3769

Fax: 01480 843183/3237

“Quality Not Quantity”

Upcoming Events: **Sep 3 Welcome Back to School Dance 1700-1900 Middle School Students
1930-2130 High School Students**
Sep 6 No School – Labor Day Federal Holiday

School Safety/Evacuation Drill

The school is responsible for the safety of students and staff when they are on school premises. We practice normal procedures for fire drills, emergency evacuations, bus loading/unloading and other emergency drills. We have a fire drill every week the first month of school and then once per month throughout the remainder of the school year. The bus office will be providing bus safety training in the upcoming weeks. Next Thursday, September 9th, we will have an all school emergency evacuation exercise at 1430 hrs. Students and staff will leave the school and go to our emergency evacuation assembly point. Students will receive an antiterrorist force protection briefing at this time. This training is required for all students and is mandatory before students are allowed to travel on school athletic or curricular trips.

Continuous School Improvement

Please join our Continuous School Improvement team to help raise achievement for our students.

This year Alconbury MHS will be undergoing an accreditation visit. An accreditation visit is basically an inspection of how the school interacts with students, teachers, parents, and community members to enrich the students' education. To meet accreditation expectations, we need the parental community to be aware of our mission, vision, and educational goals. To learn more, please take a moment to review the CSI cheat sheet.

Please become active with the Alconbury MHS Continuous School Improvement (CSI) program. We meet monthly and our next meeting will be September 13 at 3:15 in the Alconbury MHS library.

Thank you for your time,

Tamie Grimage and Kyle Siftar (CSI Chairs)

Welcome Back to School Dance

Dragons don't forget to come to the Back to School Dance sponsored by your Student Council today. Middle School 5pm - 7pm; High School 5:30 pm - 9:30 pm. Tickets are \$5 at the door, bring a batch of baked goods and pay only \$4. We could use your support in setting up and cleaning up so see Mrs. Pisierra or Mrs. White if you are interested in helping out. LET'S DANCE!!!

From the Counselor

SAT for all seniors interested in testing on October 9th - must register online by September 10th to prevent having to pay a late fee. Juniors only take the SAT after they have completed the PSAT in October.

PSAT is around the corner: if you are a sophomore or junior you are automatically registered for the exam and DoDDS pays for your test fee. However, if you are in 8th or 9th grade you may still test but, will have to pay the 10.00 test fee and register with Mrs. Mitchell, the counselor. We encourage all 8th and 9th grade students who plan on attending college or university to take the PSAT as it is a great tool to help you start looking at what the SAT exam is all about.

The deadline to register for the PSAT as an 8th or 9th grader is Friday October 10th! Don't forget- bring your check for \$10 made out to the Alconbury Student Activity Fund and give it to Mrs. Mitchell before next Friday.

2010 College Day Event Details:

USA College Day 2010 is being held in partnership with Richmond, the American International University in London. In its 33rd year, College Day is the oldest and largest fair of its kind in Europe. Attracting over 3,000 visitors and 100 exhibitors each year, this event is not to be missed!

This free event provides thousands of students, parents and advisors interested in undergraduate study in the US with the unique opportunity to meet representatives of American universities and educational service providers in London.

Date: Saturday, 25 September 2010

Time: 11 am - 4 pm

Where: Kensington Town Hall, Hornton Street, London W8 7NX

Cost: Free to attend if you register in advance. £5 at the door for those who do not register in advance.

Visitor registration is now open.

Register at: <http://www.fulbright.co.uk/advising-events/fulbright-fairs/show/id/35>

School Pictures

Individual pictures will be taken on Wednesday, September 22nd. The 6th graders will be on their field trip, so the make up date for pictures is Wednesday, October 27th.

Tutor.com info

Tutor.com is a resource provided by the Department of Defense and available free of charge to U.S. active duty military service members and their dependents, U.S. military reservists on active duty in a deployed status and their dependents, U.S. National Guard personnel on active duty in a deployed status and their dependents, and DoD civilians in a deployed status and their dependents. By registering for the free, online program at <http://www.tutor.com/military> students and parents have round-the-clock access to professional tutors who can assist with homework, test preparation, resume writing, and more. The site is open to students of any age – from kindergartners to high school seniors – for one-on-one help in math, science, social studies and English. The *Tutor.com* Military Programs website - <http://www.tutor.com/military-programs> – has information to help families of each branch of the Armed Forces obtain a password to log-in to the service.

Gradespeed

Alconbury Middle High School is piloting a new electronic student data system called ASPEN. We will continue to use Gradespeed and parents will be able to access their students' grades. After logging in, parents will be able to see grades for their own children. Currently, the Parent Connection and Student Connection sites are turned off and should be turned on within the next two weeks (when the volume of student schedule changes settles down). Student Gradespeed accounts will be recreated after the first few weeks of school. Parent Gradespeed accounts from last year should work, but Parent connection accounts that have not been used for the previous 60 days will be purged in mid October. We will keep you posted and will send out the directions for connecting and accessing GradeSpeed when it is operational in the next few weeks.

AMHS Athletic Department Textile Recycling Fundraiser

Fall is the perfect time to get rid of old clothing and support the school's athletic department! We will be collecting textiles (clothes, belts, shoes, bedding, rags/towels, curtains, soft toys, handbags) for recycling from August 30 to September 17. You can include textiles that are old, worn, torn, stained, etc... We will get paid by the trash bag (not weight), so please fill as many trash bags as possible and drop off at AHMS. You can drop off Monday – Friday in the front office between 7:30 – 16:30.

What: All textiles in trash bags (old, worn, torn, stained, etc) – clothing, belts, shoes, bedding, rags/towels, curtains, soft toys, handbags

When: Now through Sept 17

Drop Off Times: 7:30 – 16:30 (Monday – Friday)

Drop Off Location: Alconbury Middle High Front Office

We appreciate your support of the AMHS Athletic Department!

From the AVID Department

AVID STRATEGIES FOR SUCCESS

Managing Time

Developing time management skills requires that students analyze how they spend their time, decide what their priorities are, and start to plan ahead. Over time, many students become very involved in school including rigorous course work, extracurricular activities, and sports. Some students often work part-time and participate in community service as well. Developing a time management system will be crucial to their success and developing organizational skills is part of time management.

The following questions should be kept in mind when developing your time management plan.

What kind of a person am I?

You know when you are most productive and when you need down-time. Decide if you are a morning or evening person, and plan accordingly. (For example, if you are a morning person, don't plan to get started on your homework at 10:00 p.m. Get up early and do it in the morning!)

What are my goals?

Keep your activities in line with your goals while you are planning your week. Do you have a major project due? Are you playing three away games this week? How will you get your homework done?

How much rest do I need, and when is dinnertime?

Most people need between six and 10 hours of sleep each night to function at their optimum during the day. Be sure to include some time for meals and rest. You will be much more productive and alert when you are eating right and getting enough rest.

What if I don't finish everything I've planned to do?

You should build "catch-up time" into your schedule. This is time set aside for you to finish items in your schedule that are taking more time than you expected. Also allow for time between back-to-back meetings or appointments for travel and overtime.

When is playtime?

You need a balance between work and fun. Too much work and you will "burn out" and become less productive. Too much fun and nothing will get done.

Attachments: Continuous School Improvement hand out
Senior Class picture of 2011
Asbestos Letter

Lunch Menu:

6 Labor Day No School Federal Holiday	7 Turkey & Veg Egg Roll Orange Ginger Chicken Bowl Asian Chopped Salad Chicken Fillet on WG Bun Turkey Caesar Wrap Mediterranean Vegetable Blend Green Beans Chilled Peaches Melon Fruit Cup Brown Rice	8 Philly Cheese Sandwich Cheese Pizza Turkey Salad w/Crackers Hotdog on a Bun Mexican Chicken Salad Baked Beans Steamed Carrots Fresh Fruit Cup Applesauce	9 Chicken Sliders Meatball Sub Sandwich Chef Salad w/Crackers Turkey Wrap Ham Salad w/Crackers Sweet Potato Wedges Spinach & Tomato Salad Chilled Pears Juicy Orange Wedges Italian Pasta Salad	10 Breakfast Panini Sausage Patty Tuna Wrap Cheese Pizza Dippers Turkey Salad Deli Roasters Montego Bay Veggie Blend Melon Fruit Cup Fresh Sliced Apples
-----------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

If you have any questions about our school policies or comments you would like the principal to know, please contact Dr. White 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.