Dragon Tales

Alconbury Middle/High School
NEWSLETTER
Issue 25 February 25, 2011
Unit 5570 Box 60
APO AE 09470

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"Quality Not Quantity"

Quality Through:
Rigor - challenging curriculum and instruction
Relevance - assignments with a purpose
Relationships - mutually respectful interactions

Upcoming Event **Feb 28 – Mar 4** Dead Week for Sports
Feb 28 SAC Meeting 1530 AMHS Library
Mar 3/4 Balfour Representative at AMHS 1100-1530 Main Entrance

From the Principal

I would like to congratulate all of the students who've worked so hard and represented in recent activities AMHS! Our students are involved in a variety of activities that develop a well rounded student. Please continue to encourage your students to seek opportunities to get involved in the various activities offered at the school and in the local community.

We are working on "Respect & Acceptance" and held our first training session with middle school students this week. Each grade level (6,7,8) will attend training sessions during seminar for the next month. We will hold a culminating activity at the end of the month to celebrate the lessons learned. Please talk with your child about these sessions and how we all have a part in creating an environment that promotes Respect & Acceptance.

Our school's Quality Assurance Review (QAR) visit will occur April 25 – 28 and you may have noticed posters about our school's vision "Quality Not Quantity" around the community. If you would like to learn more about how you can get involved in our Continuous School Improvement (CSI) process, please contact me or Dr. Whitaker.

Reporting tardies and absences

Please keep in mind that if your child is going to be late reporting to school or absent from school, sponsors must to notify the office by 0900 (DSN: 268-3769 or commercial: 01480 843 769). If your child will be out for a planned absence, they need to come to the office to pick up a form for you to complete prior to the absence. The student will then take the form around to their teachers and then the form is turned in to Dr. White for approval. This all needs to be completed a minimum of one day before planned absence. In most cases this takes a couple of days to complete, so please encourage your child to get the form several days before a planned absence.

Recently, we've noticed an increase in incorrect or disconnected home and work contacts. It is necessary that we have current contact information for students, in case of emergencies. Please contact the front office if your contacts (phone, email, address) have changed to update this information. Your assistance with this will be greatly appreciated.

Weight Lifting
Are you serious about improving your overall level of fitness? Starting Monday March 7th the AHS Weight Lifting Club will begin. The Club will meet Monday through Thursday every week for the remainder of the school year from 6:00 to 7:30 am in the school weight room. The club is only open for 9th-12th graders at this time. For more information and to sign up please see Coach Black.

Girls Basketball
Congratulations to the Girls Basketball team for their performance last weekend at RAF Lakenheath. They beat Lakenheath's JV team 19 to 12. Savanna Fourhman led the Dragons with 13 points.

From the AVID Department

AVID STRATEGIES FOR SUCCESS

MORE TIPS ON TAKING ESSAY TESTS

IF:

- all essay questions are equal in point value, give equal time and attention to each of them. Be sure to keep track of your time.
- some essay questions are worth more points than pothers, spend more time answering the higher point questions. More is expected from you in the higher point questions.
- you are given a choice of essay questions, choose the questions that are higher in point value whenever possible. READ THE DIRECTIONS! Do not mistakenly answer all the essay questions when, for example, you only had to answer 3 out of 5.
- you must select essay questions that total a certain number of points, MAKE SURE the questions you choose to answer TOTAL that number of points or more. Be aware of your time limitations. Choosing to answer tow questions may be a better use of your time than answering five questions equaling the same amount of points.
- As you read the essay questions, look for KEY words that give you clues to what you must write about:
  - Analyze, comment, compare, define, describe, discuss, explain, prove, and respond are key words to help you approach the subject
  - Some key words ask for OPINION, some ask you to PRESENT INFORMATION, some ask you to FOCUS ON ONE IDEA, while others ask you to DEAL WITH SEVERAL IDEAS OR DETAILS. KNOW WHAT APPROACH a question asks for.
  - Some key words tell you WHAT KINDS OF FACTS TO INCLUDE. "Who?" asks for names; "When?" asks for dates; "Why?" asks for reasons; and "How?" asks for cause. Sometimes NUMBERS or ADJECTIVES are used with these words, like FIVE dates or SUPPORTING details. Be sure you have the number of items asked for or the details that support your main idea.
  - Some key words such as development, relation, significance, cause, and effect all LIMIT THE SUBJECT for you. You need to learn what they mean so that you can focus on what you have to write about in your essay answer.

Check out the next issue of the Dragon Tales for more on TIPS ON TAKING ESSAY TESTS.

Attachments:

Lunch Menu:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Baked Chicken w/ Dinner Roll Blackbean Burger on a Bun **(V)**	Cheese Pizza **(V)** Chicken Fillet on WG Bun	Spaghetti w/ Meat Sauce & Bread Stick Turkey Sandwich	Breaded Chicken Chunks w/ Dinner Roll Turkey Panini	Lasagna w/ Garlic Toast Fish Sticks w/ Garlic Toast

Nic Nac Chicken Salad w/ Crackers Meat Nachos w/ Cheese Sauce Turkey Caesar Wrap	Ham Salad w/ Crackers Hamburger Sliders ABC Salad w/ Crackers	Grilled Chicken Caesar w/ Crackers Hotdog on a Bun Turkey Salad w/ Crackers	Chef Salad w/ Crackers Cheese Pizza Dippers **(V)** Chicken Tender Wrap	Chicken Fillet Salad w/ Crackers Baked Potato w/ Cheese **(V)** Tuna Salad
Vegetarian Options Blackbean Burger on a Bun **(V)** Fruit & Yogurt Parfait* **(V)** Cheese Salad **(V)**	***Vegetarian Options*** Cheese Pizza **(V)** Fruit & Yogurt Parfait* **(V)** Cheese Salad **(V)**	***Vegetarian Options*** Spaghetti w/ Sauce & Cheese **(V)** Fruit & Yogurt Parfait* **(V)** Cheese Salad **(V)**	***Vegetarian Options*** Chik'n Nuggets **(V)** Fruit & Yogurt Parfait* **(V)** Cheese Salad **(V)**	***Vegetarian Options*** Baked Potato w/ Cheese **(V)** Fruit & Yogurt Parfait* **(V)** Cheese Salad **(V)**
Gluten Free Options Baked Chicken w/ GF Bread **(GF)**	***Gluten Free Options*** French Bread Pizza **(GF)**	***Gluten Free Options*** Mac & Meat Sauce **(GF)**	***Gluten Free Options*** Chicken Nuggets **(GF)**	***Gluten Free Options*** Fish Sticks **(GF)**

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.