

Dragon Tales

Alconbury Middle/High School
NEWSLETTER
Issue 4 September 17, 2010
Unit 5570 Box 60
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“Quality Not Quantity”

Upcoming Events: Sep 17 ½ Day School for Students...Students released at 1120hrs

(1/2 day Teacher Work Day)

Sep 18 Cross Country v. MWH, Lakenheath, SHAPE, AFNORTH, Brussels

Football v. Menwith Hill 1300

Tennis @ Lakenheath

Volleyball v. Menwith Hill, AFNORTH, SHAPE, Brussels (see below details)

Sep 20-22 6th grade trip to Grafham Water

Sep 22 Picture Day ** see details below

From the Principal

I would like to thank all of those who have already supported our school through volunteerism in the school and through the Booster Club. I look forward to working with each and every student and parent this year. If you have not already joined the Booster Club, contact the main office to do so. The Booster Club members work to help fund all activities in the school, not just the sports teams. We are off to a great school year!

School Pictures

On Wednesday, September 22nd, school pictures will be taken for the entire school. Senior males need to bring a white shirt, tie or bow tie. (Tux jacket is available, but may want to bring your own). Senior females need to wear/bring a top that they can wear underneath the cape/wrap that will not show in the picture (such as a camisole). Seniors will have their cap & gown picture, regular school picture, and a formal picture. All other grades will have a traditional school picture. Make up day for pictures will be October 27th. If you have any questions, please call Mrs. Cloum.

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

Balfour:

Balfour is visiting our school on September 29th & 30th. You may order school rings and jackets at that time. If you would like to browse their catalog or price list, please come to the office to pick up the information. The Balfour representative is in the entryway of the school on those dates from 1100-1500hrs.

From the AVID Department
AVID STRATEGIES FOR SUCCESS

Taking Notes: Some Tips on How to Take Notes

Learning to take thorough, usable reference-handly notes from lectures, books, discussions, films, etc., takes time, practice and familiarity with the strategies outlined below.

HOW TO TAKE NOTES

<i>Format for Taking Notes</i>	<i>write the date, class, topic of notes. Source of notes (e.g., lecture, book, film) and page number for each page of notes at the top of a page of lined paper</i>
	<i>Mark a wide margin (approx. 1/3 of page)</i>
<i>Study questions Main ideas Information</i>	<i>consider the left hand column the place for; study questions, main ideas and specific information</i>
	<i>while taking notes, write in the right hand column</i>
	<i>use abbreviations</i>
	<i>paraphrase to capture content but simplify writing</i>
	<i>use symbols, arrows, circles, underlining) or highlight important information, ideas/words that are unclear, relationships between ideas/information</i>
	<i>Include graphics (e.g., diagrams, charts) when relevant</i>
	<i>skip lines between ideas</i>
	<i>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</i>

Check out the next issue of the Dragon Tales to see a sample of ***Taking Notes: Some Tips on Lecture Notes***

Volleyball

Come out and cheer on the Lady Dragon Volleyball team as they host the UK Jamboree on Saturday.

ALCONBURY VOLLEYBALL JAMBOREE – SEPT 18, 2010

10:00 – Lakenheath vs. Alconbury - Varsity

11:00* - Lakenheath vs. Menwith Hill - Varsity

12:00* - Alconbury vs. Menwith Hill - Varsity

13:00* - Lakenheath vs. Alconbury - JV

All matches are best 2 of 3 games - first 2 games to 25 / 3rd to 15 if needed.

All times after 10:00 are approximate and matches will be played no later than 15 minutes after the finish of the prior match, including warm-up.

Attachments: Youth Supervision Policy

Lunch Menu:

20 Corn Dog Club Submarine Nic Nac Chicken Salad Chicken Fryz Veggie Wrap Montego Bay Veggie Blend Cauliflower Chilled Peaches Melon Fruit Cup	21 Chicken & Cheese Quesadilla Turkey Tetrazzini Asian Chopped Salad Chicken fillet on a bun Turkey Caesar Wrap Deli Roasters Romaine & Tomato Salad Mandarin Oranges Fresh Sliced Apples Blueberry Muffin	22 Beef & Broccoli Bowl Mac & Cheese entrée' Turkey Salad Hotdog on a Bun Grilled Chicken Caesar Salad Steamed Carrots Garden Side Salad Melon Fruit Cup Fresh Fruit Cup Brown Rice	23 Chicken Tenders w/Dinner Roll Beef Ravioli Chef Salad Turkey Wrap Ham Salad w/Crackers Green Beans Sweet Kernel Corn Applesauce Banana Chocolate Chip Cookie	24 Pepperoni Pizza Ranch Turkey/Cheese Wrap Tuna Wrap Cheese Pizza Dippers Turkey Salad Broccoli, Carrots & Cauliflower Carrots & Celery w/FF dip Juicy Orange Wedges Chilled Pears
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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. 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.