

# Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 22 February 10, 2012

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 Events:** **Feb 10** 1<sup>st</sup> Semester Awards Ceremony for all grades 1330-1500hrs in small gym  
Middle School Valentine’s Dance 1800hrs Small gym  
**Feb 11** Wrestling Sectionals @ Home 1000hrs  
Basketball @ Menwith Hill  
**Feb 14** Winter Pep Rally 1330hrs Large gym  
**Feb 16 Early Dismissal for Students – 1330hrs**  
**Feb 17 No School for Students – Teacher Inservice Day**

### **From the Principal**

Welcome to the Winter Wonderland of Alconbury! The snow is beautiful, but please be careful and make sure that you keep warm. We are excited to honor our students for their outstanding achievements the first semester and look forward to seeing everyone today at 1330. We are also hosting wrestling sectionals tomorrow and our basketball teams travel to Menwith Hill, we encourage your family to come out and support the Dragons.

The second semester is off to a fast start and lots of things are happening around the school. Please check GradeSpeed and feel free to email your student’s teachers anytime to ask about grades, assignments, progress, etc... Strong partnerships between students, parents, and school staff ensure that our vision of “Quality Not Quantity” is consistent! We appreciate your support and look forward to a successful third quarter.

### **January Students of the Month**

Congratulations to Caroline Studer (Middle School) and Cassidy Hall (High School) who were selected as the January Students of the Month!

### **Military Youth Saves Program**

From Feb 13<sup>th</sup> - Feb 17<sup>th</sup>, Alconbury Middle/High School will partake in Military Youth Saves, part of the Military Saves Campaign. The Military Youth Saves focuses on encouraging youth to save money today to lead to responsible financial choices later in life. Each day a “Money Tip of the Day” and “Money Tip Exercise of the Day” will be read during announcements. Students have the choice to complete the exercise and submit their answers to the front desk. Upon completion, the student’s name will be placed in a drawing for a chance to win Fantastic Prizes. All entries will need to be submitted by Friday, February 24<sup>th</sup>. For more information, please contact Toni Geronimo @ DSN 268-3557.

### **Co-parenting at a Distance Web Conference**

Wednesday, February 29

If you are a military family that is working to maintain two-parent households in the face of deployment, join this 60-minute web conference and learn how families can be more successful at Co-Parenting at a Distance.

Family life experts, Angela Huebner, Ph.D. and Kara Newby, M.S. will:

- \* Provide an overview of the research related to communication and parenting during deployment and other parental separations
- \* Introduce new strategies, tips, and tools used to support military families who are co-parenting
- \* Use scenarios to illustrate key points for helping parents stay connected to their children during deployments
- \* Give you the opportunity to share your experiences and ideas through this interactive session

Dr. Huebner is an Associate Professor in the Department of Human Development at Virginia Tech. Her research focuses on stressors facing military families. Her scholarly work has appeared numerous empirical journals. Dr. Huebner has conducted clinical work with military families at the Fort Belvoir Chaplain Family Life Ministry and Training Center and continues to see clients at Virginia Tech's Center for Family Services. Kara Newby is a Program Specialist in Human Development and Family Science, Ohio State University Extension. She focuses on exploring ways to integrate technology into parenting education programs. Her research interest is in parenting and child development, particularly adolescents.

To attend, go to: <http://connect.extension.iastate.edu/milfam> a few minutes before the start time, 11:00 a.m. (Eastern)

### **From the AVID Department**

#### **AVID: PLAN FOR THE FUTURE**

#### **GET READY, GET SET...PLAN!**

Strategy 2. Reflecting on your time management.

What are your 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 games this week? How will you get your homework done? Keep track of your all your activities in your planner and remember to be realistic about the time needed to accomplish everything that you need to do.

### **DECA Scholarship**

The Scholarships for Military Children Program has \$1500 scholarships available – Get your application at: [www.militaryscholar.org](http://www.militaryscholar.org) or contact your local commissary at 268 3799. Deadline is Feb 24<sup>th</sup>.

### **Wrestling**

The Dragon Wrestling Team was on the road last weekend bound for Ramstein and a 6 school meet. Other schools competing were: --à K-town, SHAPE, Menwith Hill, and Lakenheath.

Dallin Cazier won a thrilling triple overtime match vs. a Ramstein wrestler. He lost to a very good K-town wrestler and came in 2<sup>nd</sup> place for the day @120lbs. Xavier Merrill won 2 of his 3 matches and Dustin Varia also won. Matt Geronimo has 2 tough matches and fought hard. Christian and Nick Dufresne represented the Middle School and did very well each capturing a win for Alconbury. We hope to see all of the Alconbury supporters this Saturday at our Northern Section Tournament, - wrestling starts @ 1000. 7 teams will compete for a place in the European Championships in Wiesbaden.

### **Youth Center**

Monday 13<sup>th</sup> February is a Q & A for the Teens on 'Money Matters after High School'

The Youth Center will be offering a free lunch to any HS Teen that attends.

**CHILD FIND** is a DoDDS program that actively seeks to locate and identify children and youth, ages: birth through 21 years of age, who may have developmental delays or educational disabilities and may need special education and related services. Child Find activities, when conducted in the school, may include teacher observations, parent observations, and conferences to discuss your child’s strengths and needs. These activities may lead to a formal process designed to further explore ways to assist your child. This process may ultimately result in a recommendation for your child to receive special education services. If you have a concern about your child, please contact Mrs. Black at 268-3335 and she can provide you with information about Child Find.

**Attachment:**

Lunch Menu

<p><b>13</b></p> <p>Turkey &amp; Mashed Potatoes Breaded Chicken Chunks ABC Salad &amp; Crackers Blackbean Burger or Grilled Cheese Roasted Vegetable Medley Steamed Carrots Melon Cup Juicy Orange Wedges</p>	<p><b>14</b></p> <p>Soft Taco &amp; Cheese Cheese Pizza Dippers Nic Nac Chicken Salad Meat Nachos &amp; Cheese Sauce Sweet Kernel Corn Steamed Broccoli Chilled Pears Mandarin Oranges</p>	<p><b>15</b></p> <p>Chicken &amp; Mashed Potato Bowl Ham &amp; Cheese Sandwich Grilled Chicken Caesar Hotdog on a Bun Green Beans Montego Bay Veggie Blend Chilled Peaches Fresh Sliced Apples Whole Fruit Juice Bar</p>	<p><b>16</b></p> <p>Hearty Pasta Bake &amp; Dinner Roll Three Cheese Boat Chicken Tender Wrap Fish Sticks &amp; Dinner Roll Flame Roasted Potato Medley Cucumber &amp; Carrots &amp; FF Dip Applesauce Banana</p>	<p><b>17</b></p> <p>Baked Mozzarella Sticks Chicken Alfredo &amp; Pasta Tuna Salad Baked Potato &amp; Cheese Garden Salad Cauliflower &amp; Carrots Fresh Seasonal Fruit Chilled Peaches Oatmeal Cookie</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. White 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.