

Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 2 September 2, 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 Events: **Sep 2** Back to School Dance – MS 1730-1900, HS 1930-2130 @ AMHS Large Gym
Sep3 Football Jamboree @ Lakenheath
Sep 9 Meet the Dragons 1730-1900 hrs Large Gym

From the Principal

We have had a great start this week to the school year! It's wonderful to see all of the returning students and we welcome all of our new students! Please know that I have an open door policy...if you have any suggestions or concerns, please feel free to email me (justin.white@eu.dodea.edu), call 01480-843769 or stop by the school. Please have a safe, long weekend!

The main school building had a water pipe burst on Wednesday. Until we have the “all-clear” to use the water by the base bio-environmentalist, we have bottled water for the students to drink. Bathrooms are available in the library building. We should be back to normal on Tuesday, when the students return.

Evacuation Drill

We will have our practice evacuation drill for this semester on Thursday, Sept. 8th at 1415hrs. The students will be released from school on Thursday from the base theater. The buses will be parked at the base gym.

Faculty Email Addresses

There is a correction from last week's edition – Mrs. Miller's email address is: Angie.Miller@eu.dodea.edu

Meet the Dragons

This is an event where students/parents meet the fall sports teams. The teams will be selling items for dinner/dessert and will also have fun activities for the students! Come out and support the Dragons!

School Pictures

Individual pictures will be taken on Wednesday, October 5th. Seniors will be informed regarding dress/what to bring by Ms. Heimburger, the Senior Sponsor.

Model United Nation Students

Attention all past MUN students: If you have already taken MUN as a class and would like to attend any of the three possible MUN trips this year, please see Ms. Payne in room 1 as soon as possible to pick up an information sheet. Deposits for the trip The Hague are due Sept 8th, so you and your family need to decide if you are attending ASAP! See Ms. Payne if you have any questions.

Textile Recycling Fundraising

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 September 1 to September 30. 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. All funds with go to the AMHS Athletics Department Activity Fund.

Creative Connections

Creative Connections information is now available from Mr. Claassen. Creative Connections offers High School musicians, visual artists, dancers, videographers, and actors a week-long master classes in their discipline. This is a great opportunity for anyone in the creative arts. If interested, see Mr. Claassen this week, or talk to your drama, video production, dance, or visual arts teachers. Time is short—the online applications have to be submitted before September 21st, so act NOW!

Attachments: Day 1/Day 2 schedule
AAFES Lunch Letter

Lunch Menu

<p>5</p> <p>LABOR DAY HOLIDAY NO SCHOOL</p>	<p>6</p> <p>Turkey & Veg Egg Roll Orange Ginger Chicken Bowl Asian Chopped Salad Chicken Fillet on WG Bun Ham Salad w/Crackers Mediterranean Vegetable Blend Green Beans Chilled Peaches Chilled Pineapples</p>	<p>7</p> <p>Philly Cheese Sandwich Cheese Salad Turkey Salad w/Crackers Hotdog on a Bun Mexican Chicken Salad Baked Beans Steamed Carrots Fresh Fruit Cup Applesauce</p>	<p>8</p> <p>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</p>	<p>9</p> <p>Breakfast Panini or Cheese Omelet Sausage Patty (V) Chicken Fillet Salad w/Crackers Cheese Pizza Dippers Tuna Wrap Deli Roasters Montego Bay Veggie Blend Fruit Cocktail Fresh Sliced Apples French Toast Sticks</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 or Dr. Ronald McIntire, Isles District Superintendent at DSN226-7234/7252/7224.: or COM 01638-527234/7252/7224.

Alconbury Middle High School

2011-2012 School Calendar

August 2011						
Su	M	Tu	W	Th	F	S
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January 2012						
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February 2012						
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March 2012						
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April 2012						
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May 2012						
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June 2012						
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July 2012						
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- First and Last Day of School
- School Closed/ Holidays
- Teacher in-Service Day (no school for students)
- Day 1 (periods 1, 2, 3, & 4)
- Day 2 (periods 5, 6, 7, & Seminar)
- [] 9-Week Grading Period
- * No School AMHS Only (6 February 2011)

- Dragonfest
- Early Release @1:30

Communication PRinciples for Principals

AUGUST 23, 2011

STUDENT MEAL PROGRAM PRICE INCREASE



IDEA

The Healthy, Hunger-Free Kids Act (Public Law 111-296) requires participants in the USDA meal program to raise paid student lunch prices to coincide with actual meal costs. This law amends the Richard B. Russell National School Lunch Act.

THE DOD STUDENT MEAL PROGRAM

The DoD Student Meal Program (SMP) is an overseas school program authorized under the Richard B. Russell National School Lunch Act and the Child Nutrition Act. It is a DoD program that follows many of the same regulations and guidelines as schools throughout the United States that participate in USDA's National School Lunch Program. The program provides free and reduced-price meals for students who qualify under federal guidelines.

The responsibility for the school lunch program in DoDDS currently rests with the services and commands. AAFES (The Exchange) and NEX are the school food authorities for all but one overseas meal program. The Marines operate one program in Iwakuni. AAFES and NEX operate the program as a community service on a non-profit basis. The increase in prices and the Student Meal Payment Policy are only applicable to Department of Defense Dependents Schools, which do not include Guam or Puerto Rico.

This tip sheet will provide information, talking points, and frequently asked questions to help principals answer questions locally.



THE HEALTHY, HUNGER-FREE KIDS ACT OF 2010

The Healthy, Hunger-Free Kids Act of 2010, signed into law by President Obama on December 13, 2010, mandates changes to school lunch and breakfast programs nationwide with a focus of improving child nutrition.

Public Law 111-296 (the Healthy, Hunger-Free Kids Act of 2010) requires a review and adjustment to student meal prices. The Healthy, Hunger-Free Kids Act (Public Law 111-296) requires participants in the USDA meal program to ensure that the program is providing the same level of support for lunches served to students who are not eligible for free or reduced price lunches (i.e. paid student lunches). Section 205 of this Act, "Equity in School Lunch Pricing" is a provision of this federal child nutrition re-authorization bipartisan legislation passed by Congress in 2010 which amends the Richard B. Russell National School Lunch Act.

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<http://www.dodea.edu>

COSTS

The Student Meal Program in overseas locations has not raised their prices in seven years. Even without the new congressional requirement, the increased cost of labor, food and transportation would have required a meal price increase. This new rate will just begin to cover program shortfalls. As such, each school food authority will conduct an annual food cost and labor rate analysis in order to submit recommendations for future pricing beyond the next three years.

AAFES (The Exchange) and NEX operate the SMP as a community service on a non-profit basis. Both will use a phased-in approach to implement the new prices. Beginning school year 2011-2012 the price of a full-paid meal will be raised by 50 cents to \$2.55 (ES) and \$2.70 (MS/HS). Those students who qualify for free and reduced-priced meals will not be impacted; the cost of the reduced meal will remain at 40 cents. A price increase of \$.25 per year is planned for the next two years to bring prices closer to the average price charged in Alaska (DoDDS USDA reimbursement rates are based on Alaska reimbursement rates-approximately \$4.50 per plate for free meals).

Reduced-priced meals will remain at 40 cents. The adult lunch rate will be, at a minimum, the per meal cost. It must cover the cost of the meal per federal regulations.

GETTING THE WORD OUT

Military Services along with AAFES and NEX will provide announcements through the use of social media, news releases, and command information vehicles. It is recommended that Principals coordinate with school liaison officers (SLOs) and local food service authorities to ensure that everyone is working from the same information.

TALKING POINTS WHEN RESPONDING TO QUESTIONS ABOUT THE PRICE INCREASE

- The Healthy, Hunger-Free Kids Act (Public Law 111-296) requires participants in the USDA meal program to raise paid student lunch prices to coincide with actual meal costs. This law amends the Richard B. Russell National School Lunch Act.
- By DoD Directive 1015.5, DoD Student Meal Program (SMP), there is no single agency or entity that oversees or manages the program. Each Military Service has the authority to operate its program individually. The Army and Air Force operate the SMP program through an MOA with the Exchange (formerly AAFES). The Navy uses the NEX to

provide the meals in the schools on naval installations. The Marine Corps operates one school meal program at Iwakuni, Japan. Overall programmatic decisions, such as price increases are made through a working group process.

- Through the current arrangement, DoDEA pays the difference of the cost of the meal program and the revenue that AAFES/NEX collects (payment of the meals and USDA subsidy). In FY 2010, DoDEA paid \$5M. FY 2011 prices are expected to exceed \$6M with a projected cost of over \$7M in FY 2012. The overseas SMP has not raised prices in seven years. Despite the new congressional requirement, the increased cost of labor, food and transportation would have required a meal price increase. This new rate will just begin to cover program shortfalls.
- Both DoDDS/DDESS school food authorities are required to review and adjust prices according to USDA guidance. DDESS school meal prices are determined by each local community and generally are not the same within a district. Various DDESS communities have raised prices several times over the last seven years and current SY11/12 prices range from \$1.75 to \$2.40 in elementary schools and \$2.00 to \$2.60 in high schools.
- The Exchange and NEX operate the SMP as a community service on a non-profit basis. Both will use a phased-in approach to implement the new prices. Beginning school year 2011-2012 the price of a full-paid meal will be raised by 50 cents to \$2.55 (ES) and \$2.70 (MS/HS). Those students who qualify for free and reduced-priced meals will not be impacted; the cost of the reduced meal will remain at 40 cents. A price increase of \$.25 per year is planned for the next two years to bring prices closer to the average price charged in Alaska (DoDDS USDA reimbursement rates are based on Alaska reimbursement rates-approximately \$4.50 per plate for free meals).
- Changes in the DoD Student Meal Program are being phased in over a three year period to bring students healthier food choices, while minimizing the financial impact on families.
- The DoD SMP in the DoDEA overseas schools operates under the authority of Title 10, Section 2243. It requires the SMP to maintain prices equal to the average price paid by students for equivalent meals under a comparable public school meal program in the United States. As a result of the Public Law mentioned above, the Exchange conducted a price comparison using Alaska public schools prices (USDA uses Alaska rates to reimburse the DoD SMP). In order to match Alaska's average price, the prices per meal would have to increase by at least one dollar.
- The DoD Student Meal Program will remain a subsidized, USDA-approved and nutritious option for families with school-age children.

Military Services along with AAFES and NEX will provide announcements through the use of social media, news releases, and command information vehicles. It is recommended that Principals coordinate with school liaison officers (SLOs) and local food service authorities to ensure that everyone is working from the same information.

TIPS



- The Student Meal Program is a great value for servicemembers and their families.
- Military families have peace of mind both on the battlefield and on the job because their children are provided nutritious, USDA approved meals.
- The increase in prices and the Student Meal Payment Policy are only applicable to Department of Defense Dependents Schools, which do not include Guam or Puerto Rico.

QUESTIONS AND ANSWERS

Q: Why is the DoD raising its meal prices now?

A: Public Law 111-296 requires a review and adjustment to student meal prices. This law, plus the fact that meal prices have not kept pace with the increased costs to provide meals during the past seven years have led to an increase in prices. Just like everything else, the cost of quality food, labor and equipment increase each year, and this increase will help ensure that school food authorities have funding available to support serving nutritious meals to all students.

Q: When will the new prices go into effect?

A: The price increase will be effective school year 2011-2012. Reduced-priced meals will remain at 40 cents.

Q: What are the current prices (SY 10-11)?

A: Currently, the majority of school food authorities charge elementary students \$2.05 and secondary students \$2.20 for a full price meal.

Q: How much will my child's meal price increase?

A: In order to lessen the financial impact on families, a phased-in approach to implement the new prices. Beginning school year 2011-2012 the price of a full-paid meal will be raised by 50 cents (full price will be \$2.55 Elementary Students/ \$2.70 Secondary Students and 40 cents for reduced-priced meals). School year 2012-2013 prices will raise 25 cents (full price will be \$2.80 Elementary Students/ \$2.95 Secondary Students and 40 cents for reduced-priced meals), and again in school year 2013-2014 prices will increase by 25 cents (full price will be \$3.05 Elementary Students/ \$3.20 Secondary Students and 40 cents for reduced-priced meals).

Q: My child receives reduced-priced meals; will they be affected by the price increase?

A: No, the price of reduced-priced meal remains at 40 cents.

Q: Will adult meals prices be affected?

A: Yes. The adult/visitor lunch rate will be, at a minimum, the per meal cost. It must cover the cost of the meal. Prices are based on the same portion sizes as served students. Larger portions should be priced according to cost.

Q: Why is the DoD Student Meal Program a great value?

A: On average, it costs less to buy a school lunch than to bring a lunch from home, and it is virtually impossible to purchase a comparable nutritious meal from a restaurant at even a fraction of the cost. All the meals meet USDA nutritional requirements.

Every school lunch includes five great choices:

1. *Milk – Fat free or 1% - flavored or regular*
2. *Vegetables – From roasted potatoes and spinach salad to fresh carrot sticks*
3. *Fruit – Everything from fresh strawberries to locally grown apples; often fresh*
4. *Grains – Whole grain items like rolls, buns, tortilla wraps or sandwich bread*
5. *Meat or meat alternate –Whole muscle white meat chicken, vegetarian burgers, bean chili, lean beef*

Q: What kinds of meals are served for lunch?

A: Meals served under the DoD Student Meal Program must meet nutrition guidelines based on the Dietary Guidelines for Americans.

1. *No more than 30% of calories can come from fat and less than 10% from saturated fat.*
2. *School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.*

TIPS



The DoD Student Meal Program will remain a subsidized, USDA-approved and nutritious option for families with school-age children. The Student Meal Program is a great value for servicemembers and their families.

3. *Students who eat school lunches consume fewer calories from fat than students who bring lunch from home.*

4. *Compared to lunches from home, school lunches contain:*

- *Three times as many dairy products*
- *Twice as much fruit*
- *Seven times the vegetable amounts*

5. *DoD Student Meal Program participants have substantially lower intakes of added sugars than do non-participants.*

For more information on the school lunch program, including menus, go to:

<http://www.shopmyexchange.com/community/schoollunch>