

Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 5 September 23, 2011

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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 23** PSAT/SAT Math Prep Night 1730 AMHS Library
Sep 24 Football v. Brussels 1300hrs
Tennis v. AFNORTH 1000hrs
Cross Country v. Brussels, Menwith Hill & Lakenheath
Volleyball @ Menwith Hill
Sep 27 SAC Meeting/Training 1530hrs AMHS Library
Sep 27/28 Balfour Representative @ AMHS

From the Principal

I'm happy to announce that we have received login names and passwords for all students to receive a Tutor.com account! We will begin uploading students and demonstrating how to utilize this tool over the next few weeks. However, must have parent permission for all middle school students. If you have a middle school student, please complete the attached permission slip and have your student return it to the front office. We are excited about this program and look forward to students having an additional resource.

We will have our first School Advisory Committee (SAC) meeting next Tuesday at 3:30, in the library. We invite you to come out and learn more about how the SAC supports our school. Our booster club is up and running, but our attendance is down. Our next meeting is at 6:00 on October 5th. Please make plans to attend.

We appreciate your service and look forward to seeing you at one of our upcoming events!

DoDEA Community Strategic Plan

The Department of Defense Education Activity (DoDEA) has embarked on the process of developing a new Community Strategic Plan (CSP) for 2012-2016, which will be critical in refining the mission, vision, goals, guiding principles, and initiatives that DoDEA will undertake to deliver a high quality, student-centered education.

DoDEA has launched a CSP feedback website <http://cspfeedback.dodea.edu/>. We are interested in the thoughts and opinions of not only parents, teachers, military leadership, and individuals directly supported by DoDEA schools, but of those that support military families and their children that attend non-DoDEA Schools.

Spirit Wear is Here!

Our new shipment of spirit wear has arrived! We have new hoodies and new sweatshirts (w/o hoodies). Prices are \$35 for the hoodies and \$25 for the regular sweatshirts. They will be sold this weekend at the football game or you can come in to the office to purchase yours!

Balfour Representative

The Balfour Representative will be at our school on Sep 27 and Sep 28 in the main entryway from 1100-1530hrs. If you wish to order a class ring or letter jacket, she will be taking orders and can provide any additional information.

University of Dubuque

On Tuesday September 27th, Bob Broshous – the University of Dubuque recruiter will be at Alconbury Middle/High School. This is a wonderful opportunity to talk to a university advisor and recruiter. Dubuque is a small private university in Iowa (1500 students). They are predominantly a liberal arts school. They have an average class size of 15 students and have a consistent population of DoDDS graduates each year (three of our ex-Alconbury Dragons are currently attending and there are many other DoDDS students from around the world). 95% of UD students receive financial assistance - so don't let the words "Private School" scare you! Come and talk to Mr. Broshous - see what the University of Dubuque might be able to offer you!

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 will go to the AMHS Athletics Department Activity Fund.

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

Football

In football, the Alconbury Dragons lost the battle against the Bamberg Barons with an official score of 41-0. Our capable defense really came alive the second half of the game and shut down the Barons. However, we were not able to get a touchdown. In general the Bamberg defense was stifling, forcing a total of 5 turnovers. Defensive leaders for the Alconbury Dragons included Alex Grussing (12 tackles), Kahlil Williams (8 tackles), Chris Lanphear (6 tackles), and Johannes Wimmer (5 tackles).

Cross Country

Alconbury's Jonathan Lee and Ben Nelson ran outstanding races in a cold and windy downpour that added at least two minutes to all the runners' five-kilometer time. Placing 1st and 2nd, Jonathan and Ben lead Alconbury Cross-Country Team to a win over Division III rival, Menwith Hill and almost upset Division I powerhouse, Lakenheath, with a close second place finish.

The Running Dragon Boys Team have been working hard since school started and the effort has started to pay off, as Zack Nelson, Edison Kupec, Erik Martin, Madison Brann and Tyler Rocha all also had good performances.

The Running Dragons Girls Team of Alex Sherenco, Imogen Weaver and Kayci Kavanagh, all turned in good performances, but were not able to score as a team with less than the required four team members. Next week, Ashley Cazier (who needs one more required practice) will add her considerable talent to the girls' team.

Tennis

Congratulations to the Tennis Team. They beat Lakenheath 9 to 8 this past weekend. Although Lakenheath had a five point head start due to the Dragons not having enough boys to compete this weekend, our players stepped it up and took the lead right before the final matches were called due to lightning. For the boys, Ronnie Behr and Isaiah Beltran won at the #1 and #2 seed. They then teamed up to win the #1 boys' doubles. For the girls, Ashley Hand, Nichole Pisierra, Caitlin Cash, and Malina Dana all won their singles matches. Ashley and Caitlin then teamed up to win the #2 girls doubles. Our 3rd seed doubles team, Malina Dana and Elly Hammond, were in the lead 4 to 1 to give the Dragons the win while Nichole Pisierra and Allison Cavin played the #1 doubles and were tied at 1 set each when the matches had to be called due to the weather. Way to Go Dragons!

The Tennis team will host AFNORTH this Saturday. Matches start at 10:00.

Volleyball

The Lady Dragons had a great pre-season event at Lakenheath's Jamboree on Saturday. With lots of opportunity to try their strategies and practice their skills, the varsity played a close match with Lakenheath. After a shaky opening game against the Lancers in which our Dragons were full of jitters and 1st game nerves, they evenly played them in the second game, coming up just a little short. We won the 3rd game. In the second match, the Dragons were very competitive against the Menwith Hill Mustangs. With some fine-tuning on skills and strategy, we expect to win regular season games against them.

The JV Lady Dragons had a rough start against Lakenheath, with many of our young athletes taking the court in competitive volleyball play for the very first time. But by the time they met the Mustangs, they were ready! Although the JV Dragons didn't win, they played well and worked together as a team. The future is bright for the JV squad.

Attachments:

Lunch Menu

<p>26</p> <p>Baked Chicken w/Dinner Roll Blackbean Burger on a Bun Nic Nac Chicken Salad w/Crackers Meat Nachos w/Cheese Sauce Turkey Caesar Wrap Flame Roasted Potato Medley Sweet Kernel Corn Chilled Pineapples Melon Fruit Cup Banana Bread</p>	<p>27</p> <p>Cheese Pizza Chicken Fillet on WG Bun ABC Salad w/Crackers Hamburger Sliders Ham Salad w/Crackers Carrot & Celery w/FF Dip Tomato & Cucumber Salad Fresh Fruit Cup Chilled Pears</p>	<p>28</p> <p>Spaghetti w/Meat Sauce & Bread Stick Three Cheese Boat Chicken Caesar Salad w/Crackers Hotdog on a Bun Turkey Salad w/Crackers Green Beans Garden Side Salad Fresh Sliced Apples Juicy Orange Wedges Whole Fruit Juice Bars</p>	<p>29</p> <p>BBQ Riblets w/Dinner Roll Breaded Chicken Chunks w/Dinner Roll Chef Salad w/Crackers Cheese Pizza Dippers Chicken Tender Wrap Mashed Potatoes w/Gravy Steamed Broccoli Chilled Peaches Banana</p>	<p>30</p> <p>Lasagna w/Garlic Toast Fish Sticks w/Garlic Toast Chicken Fillet Salad w/Crackers Baked Potato w/Cheese Tuna Salad Steamed Carrots Green Beans Pineapple Fruit Cocktail</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.