

# Dragon Tales

Alconbury Middle/High School

NEWSLETTER

Issue 8 October 14, 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:**
- Oct 14** Pep Rally – AMHS Lg Gym 1340 hrs  
Homecoming Parade 1640hrs (See Homecoming details below)
  - Oct 15** Football v. Menwith Hill – 1300 hrs  
Tennis v. ISB – 1000 hrs  
Cross Country v. Lakenheath/Menwith Hill @ Hinchingsbrooke Park 1030hrs  
Volleyball v. Menwith Hill 1000 hrs – AMHS Large Gym
  - Oct 20** Early Dismissal for Students – Students dismissed @ 1330hrs

### **Homecoming**

Our Homecoming festivities start at 4:40 pm with the Homecoming Parade. Everyone is invited to watch the parade as it travels from the high school past the bowling alley and back to the school. Please also join in the Car Smash immediately following the parade, at the high school. The proceeds will benefit the Booster Club. The junior class will be selling chili and the fixings for dinner. At 7:30, there will be a family movie night in the small gym with the student council selling popcorn and snacks. Come out and join the fun!

### **Dress Code**

Currently we are seeing dress code violations each day. We need everyone's assistance to ensure that students are not called out of class for a dress code violation, and we thank you in advance for that assistance. The current policy has been in effect for several years and requires modest dress that does not detract from the learning environment. The following are some general guidelines:

- Appropriate fit: Nothing form fitting - there should be a visible gap between the clothing and the body. Nothing sagging.
- Limited skin exposure: No spaghetti straps, low cut (showing cleavage), bare midriffs, holes in the thigh portion of jeans.
- Appropriate length: All shorts and skirts must be within four inches of the knee.
- Appropriate insignias: Nothing profane or resembling prohibited items.
- Headwear worn only outside.

Students who are referred to the office for a dress code violation will be asked to change into clothing that meets the dress code. This may require that the student contact a parent to bring clothing to school. Students who repeatedly violate the dress code may receive disciplinary actions. It is our expectation that students will come to school in modest dress that meets the specifications of the policy, and that violations will be few and far between. To clarify this expectation, we have formed a faculty committee to review the dress code. We will also be seeking input from the student council and the School Advisory Committee over the next couple of months. It is our sincere hope that by working together, we can eliminate these issues, and we appreciate your assistance.

### **Picture Retake Day**

Fraser Portraits will be at the school on October 26<sup>th</sup> for picture retakes. Please contact Mrs. Cloum or have your student sign up in the office if they missed the picture day or wish for a picture retake.

Pictures (proofs) are being sent home with students today....if you wish to purchase the pictures, please return the order and check by Oct. 26<sup>th</sup>.

### **Cross Country**

Remaining undefeated in division III, Alconbury Boys' Cross Country Team placed ahead of division III, Menwith Hill, while taking second to SHAPE, division I's undefeated leader.

All of the Running Dragons improved their times over the cold, windy 5-kilometer cross country course, to finish ahead of Menwith Hill and remain undefeated in Division III.

Ben Nelson was the top Dragon, placing 9<sup>th</sup> out of 40-plus runners. Running the 5 -km course in 18:50, he is the first Dragon to break 19:00 minutes this season.

Senior, Jonathan Lee, placed 11<sup>th</sup>, coming off a 2-week leg injury. He almost broke the 19:00 minute barrier, with a 19:04 time. Tom Irby, showing strong improvement, placed 14<sup>th</sup> in 19:22, for the 3<sup>rd</sup> best Dragon time.

Zach Nelson, another big improver, placed 15<sup>th</sup> in 19:53. Josh Schappert, tied most improved, 21<sup>st</sup> place in 20:11.

Erik Martin, tied most Improved, 22<sup>st</sup> place in 20:15. Eddie Kupec, Tyler Rocha and Madison Brann are all recuperating and should be back in action for our homecoming meet at Hinchinbrook Park this coming Saturday.

Ashley Cazier was the top Dragon, placing 2nd for the high school girls with an outstanding time of 21:09. This is early one minute under the individual qualifying time for the European X-C Championships.

Senior, Alex Sherenco, placed 8th for the girls in 24:53, improving her time nearly a minute.

Ashley and Alex, along with recuperating Dragons, Imogen Weaver and Kayci Kavanagh, have all previously qualified for the European Championships as a team. The Alconbury boys have also qualified.

### **Tennis**

The Tennis team tied Bitburg last Friday, 9 to 9. Ronnie Behr and Matt Thrasher won both their singles matches and their doubles match. The team will host ISB on Saturday.

### **Volleyball**

The Volleyball Lady Dragons had a busy weekend. On Friday night, the varsity team split games with Bitburg during a scrimmage, winning the first game 25-20 and losing the second 21-25. The JV team also played two games, and after losing the first game by a big margin, they took the 2nd game to an exciting 26-28 loss, adjusting to the level of play and forcing the Barons to come up with some great points to close out the match.

The Dragons traveled to Menwith Hill for an early game on Saturday. Although the varsity match was closed out by the Mustangs in three games, the Ladies had the opportunity to work a different rotation and play all players, increasing versatility and game experience across the bench. The JV again played a closer second game than first, and they continue to improve with every game played.

Join us for our Homecoming Game this Saturday

### **ASVAB**

On Tuesday, November 1<sup>st</sup>- AHS will offer the ASVAB test for any interested student who is **at least 16 years of age**. You must provide your name, SSN and date of birth to Mrs. Mitchell no later than Thursday, October 20<sup>th</sup>. This is a great interest/career inventory tool as well as the test that all US Military branches use to determine enlistment eligibility.

**Lakenheath College Night**

Attention all parents and college bound students!!! During dead week this November (no sports practice for any teams) Alconbury Middle/High School will team up with Lakenheath High School to combine our great student bodies and communities for a one night event---College Night 2011!

Date: November 9th

Time: 1800hrs – 2000hrs

Location: Lakenheath High School

Transportation:

- Self drive

- Bus will be provided for the first 55 students and or parents interested and who sign up and pay 10 pounds each- if your child wants to attend without an adult please fill out parent permission form (see attached) and send to the AMHS office along with the £10.00. Sign up now for a spot on our BUS- please send in your money in check (made out to the Student Activity Fund- note that it is for Bus for College Night in the bottom left corner of the check) or cash- to the counselor by October 21<sup>st</sup>.

**Attachments:**

Lunch Menu

<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Corn Dog Club Submarine Nic Nac Chicken Salad Chicken Fryz Veggie Wrap Montego Bay Veggie Blend Cauliflower Chilled Peaches Chilled Pineapples	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 Carrot Bread	Beef & Broccoli Bowl Mac & Cheese Entrée Turkey Salad Hotdog on a Bun Grilled Chicken Salad Steamed Carrots Garden Side Salad Fruit Cocktail Seasonal Fruit	Chicken Tenders w/Dinner Roll Beef Ravioli Chef Salad Turkey Wrap Ham Salad w/Crackers Green Beams Sweet Kernel Corn Applesauce Banana Chocolate Chip Cookie	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

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.