



FALCON PRIDE

LAJES ELEMENTARY/HIGH SCHOOL

Lajes, Azores

September 11, 2009

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CALENDAR OF EVENTS

Wednesday	September 9	School Advisory Committee (SAC) Meeting at 1500
Thursday	September 10	Open House Grades 4-5 at 1530 in rooms 148 and 150
Tuesday	September 15	First Day of School for Sure Start
Friday	September 18	Student Dismissal at 1115, Teacher Training
Thursday	September 24	Parent Forum at 0930

PARENT FORUM - There will be a Parent Forum at 0930, in Room 302A

SCHOOL HOURS -

- Students in grades 6-12 will start school each morning at 0750 and will dismiss at 1430.
- Students in grades K-5 will start school each morning at 0800 and will dismiss at 1430.

SURE START - We want to welcome our Sure Start students. The first day of school for Sure Start students is Tuesday, September 15.

LAJES EHS SCHOOL ADVISORY COMMITTEE NEEDS YOU!!!

The School Advisory Committee is an elected body of three parents and three teachers, who advise the principal on school matters. These parents and teachers represent you! For the 2009-2010 school year our SAC will need two teacher representatives and one parent representative. One teacher member, (Mrs. L. Ciranni), and one parent member (Ms. D. Bebeau), will be returning to serve the remainder of their two-year terms. Mr. Colby Benedict has been elected to serve as a parent member for the 2009-2010 and 2010-2011 terms.

Eligibility to run for SAC requires nominees to be able to serve the entire two year term. Nominees must also submit a brief bio stating reasons for their desire to run for this position, (approximately 100 words). Bios should be submitted to Angela Grant, (Angela.Grant@eu.dodea.edu) or Alicia Bryant-James, (Alicia.Bryant-James@eu.dodea.edu)

James@eu.dodea.edu. The deadline for bio submissions has been extended to September 14, 2009. Submission of the bio will indicate acceptance of your nomination to run for one of the open positions.

FUNDING EDUCATION BEYOND HIGH SCHOOL - the 52 page Guide to Federal Student Aid, 2009-2010 booklet is available for student and parent use. If you would like to have a free copy, just come by the School Office and ask the school counselor for your copy. This publication is a useful resource to identify the many different sources of federal and public student aid programs.

DODEA GRADUATION REQUIREMENTS - DoDEA Regulation 2000.1 outlines the graduation requirements, specifying the number of credits to be earned in each Subject Area and the minimum 2.0 cumulative Grade Point Average (GPA) needed to graduate. If you have questions concerning the credits needed and/or the 2.0 GPA requirement, please contact the counselor at 295-57-4228.

TARDIES AREN'T PERMITTED (TAP) - Lajes Elementary High School is a community of dedicated learners. All of our students are expected to demonstrate excellence in their learning. One of the expectations for students in the middle and high school grades is that students arrive in class on time and ready to learn. This maximizes their instructional time. We will begin issuing TAPS on September 17. Students who are tardy will be assigned a one-hour after school detention (TAP) at 1430 on the day they are tardy. Students will call their parent to notify them of the assigned TAP.

PARENT COMMUNICATION - Communicating with your child's teacher or the school administrators is easy. The email addresses are listed at the top of the page. Teachers' email addresses are FirstName.LastName@eu.dodea.edu Please email us with any questions and/or feedback.

SHOE SAFETY REMINDER - Students must have gym shoes to participate in Physical Education. While shoe selection is a parent/student decision, shoes such as tennis shoes, shoes with heel straps, and shoes with covered toes are highly recommended. Wear safe shoes (no sandals or crocs) and appropriate clothing to P.E.

SCHOOL LUNCHES - AAFEEES will continue to provide school lunches for students. Parents are encouraged to open lunch accounts for their children at the BX. Information regarding the lunch program can also be obtained there. AAFES will allow a student to charge a lunch if there is no money in his/her lunch account, but this should rarely happen. Please ensure your child has a sack lunch or money in their account each day.

STUDENT/PARENT HANDBOOK - The Student/Parent Handbook is posted on our website for your reference. <http://www.laje-ehs.eu.dodea.edu/>

STUDENT DROP-OFF POINT - Parents are to use the designated drop off point when bringing students to school. Please DO NOT drop off children on the main road. Enter through the gate and proceed as far as possible along the side of the curb before stopping to let students disembark. This will help keep the traffic moving. Please do not leave car unattended in front of the building between 0730-0830 and 1400-1445.

NURSES CORNER - As you may know flu is spread easily from person to person and school-age children are among the groups most affected. The flu season will soon be upon us and we are taking steps to prevent the spread of flu within our school. We need your help to do this. Here are a few things you can do to help minimize the spread of flu within your family, our school and our community:
Teach your children to wash their hands often with soap and water.

Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues.

Know the signs and symptoms of the flu. (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Don't send children to school if they are sick. Children should be fever free for 24 hours without any fever reducing medication being given before they return to school.

For more information, visit www.flu.gov for the most current information about the flu.

Should you have any questions or concerns, please do not hesitate to call the school nurse at 295-57-6108.

MIDDLE SCHOOL CORNER - Lajes Middle School came together during Advisory period on Wednesday, September 9, to watch President Obama's Address to Students Across America. After watching the speech, students and teachers discussed the importance of education, the setting of goals, and the maintenance of high academic standards. The students developed their own academic goals and determined the steps needed accomplish them. Middle School students' academic goals are displayed in their respective Advisory/Seminar teacher's classroom.

COACHES' CORNER – You already know that playing sports helps keep you fit. You also know that sports are a fun way to socialize and meet people. But you might not know why the sports physical, each athlete will have to take at the beginning of the sports season, is so important. The exam helps determine whether it's safe for the athletes to participate in particular sports.

DoDEA requires that all athletes have a yearly sports physical before they can start a new sport or begin a new competitive season. Please ensure that your child has an up-to-date physical submitted to the school nurse prior to the start of the sports season.

Middle schoolers have several opportunities to get involved in athletics at Lajes E/HS. Intramural Cross Country, Golf, Volleyball, and Tennis are currently being offered. Students can participate in Middle School Basketball in the Winter as well as Middle School Soccer and Intramural Softball in the Spring. Please call 295-57-4151 if you have any questions or concerns.

TENNIS - The Lajes intramural tennis team is up and swinging. The team is open to Middle and High School students attending Lajes E/HS. The team meets and practices daily from 1500 to 1700. When the weather is bad the team meets in the Coaches' classroom to learn scoring and court strategy. All team members must have a Sports Physical to participate. Due to extremely limited court space the team has been limited to 8 members. Interested students should call 295-57-6514 to ask about joining the team.

VOLLEYBALL - Volleyball is another team sport offered at Lajes, and it is offered to females in grades 9-12. Practices will be on Monday - Friday, from 1530-1700. Hopefully, there will be two games a week. The teams we play are mostly from Praia. Our focus is to work as a team competitively, while having fun. We will be gearing up for the Dodd's European Volleyball Tournament in October. Any high school female who thinks she has the desire and dedication to play volleyball should come out to the first practice this coming Monday at 1530. Hope to see you there!

CROSS-COUNTRY - The Lajes High School Cross Country team will meet Monday through Friday at 1600 for workouts. The workouts will last approximately one hour each day and the runners will be running on base during these times. Please call 295-57-4151 if you have any questions. Hope to see you there!

ADVANCED PLACEMENT(AP) CLASSES - AP classes are an opportunity for your child to experience the rigor of college-level study and possibly earn college credit. Research shows that students who take AP classes are more likely to gain college admission and to have a successful college experience. Courses offered this year are Calculus,

Chemistry, English Language and Composition, English Literature, Spanish, and United States History. Please call 295-57-4228 for more information.

COUNSELOR NEWS -

PSAT/NMSQT Testing - the Preliminary SAT/National Merit Scholarship Qualifying Test will be administered to all 10th, 11th and selected AVID students on Wednesday, October 14. Students taking this test will participate in a general PSAT orientation to familiarize them with the general nature of this pre-SAT type exam. Students will also receive the *Official Student Guide to the PSAT/NMSQT* booklet containing a complete PSAT practice test that provides them with actual test questions from previous PSAT exams. All juniors taking the PSAT exam will have their tests scores entered into the National Merit Scholarship Program. This program identifies high-achieving juniors who will be potentially eligible for scholarships administered through the National Merit Scholarship Corporation.

Parents of the students taking the PSAT Exam will receive explanatory information about the testing, and will have the opportunity to participate in a PSAT Exam Orientation for parents. DoDEA will pay for all 10th & 11th graders taking the PSAT Exam. Any MS AVID and/or 9th and 10th grade students wanting to take the exam will need to pay the \$13 test fee. More information about the PSAT/NMSQT will be included in future newsletters.

October SAT & ACT Testing - The first SAT I Exam will be administered on Saturday, October 10. The deadline to register online is September 9 (midnight). The first ACT Exam will be administered on Saturday, October 25. The deadline to register online is September 19. The SAT I Exam will cost \$45 and the ACT Exam is \$47. If more information about registering online for the SAT or the ACT Exam is needed, please call the counselor at 295-57-4228. **NOTE:** late online registration will result in an addition \$30 late testing fee being applied.

SAT-ACT Test-Prep activity will be available for this school year. Students will have the opportunity to participate in a comprehensive and challenging test-prep program that will help students prepare for actual SAT-ACT testing.