



FALCON PRIDE

LAJES ELEMENTARY/HIGH SCHOOL

Lajes, Azores

February 12, 2010

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CALENDAR OF EVENTS

	February 1-28	National African American History Month (Events are listed below.)
Monday	February 15	President's Day (Federal Holiday)
Tuesday	February 16	Booster Club Meeting at 17:30 in the HS
Thursday	February 18	BBB v Angra Basket at 1900 in HS Gym Senior Night
Saturday-Sunday	February 20-28	Basket Ball and Cheer Europeans and Jr. Leadership Seminar
Tuesday	February 23	PTO Meeting at 1500 in School Library

SENIOR NIGHT - Please join us to celebrate our seniors and to watch our final basketball performance of the season.

SAC - The School Advisory Committee is where we can address concerns about student welfare, academic success, and other school related business. Our parents and teachers have come together to address one issue of concern brought up at our meeting about the weight of backpacks. If you have concerns about your child's backpack, there are several options available for addressing this. Perhaps only the textbooks for the classes for that day should be brought home, in some cases, a home copy of a textbook may be issued or routine cleanout of binders and backpacks. In coordination with medical professionals from the base, it is recommended that children should have at most 10 to 15% of their body weight in their backpacks. Heavy loads are more common in high school, where academic requirements are often met with the use of heavy textbooks. If you are concerned about the amount of weight being carried, please communicate this with your student's teachers. For any questions, please contact the school office or use the link to our SAC on the Lajes School Website.

LAJES EHS INTERNET SITE-Our internet site (<http://www.laje-ehs.eu.dodea.edu/>) is a source for information about LEHS. There is now a link on our internet home page to email any comment/concern you have about LEHS to our School Advisory Council. Every Monday the school newsletter and calendar are update on our site also. There are also links for students and parents as well as other information about our school. If you have questions or comments about our internet site please email the webmaster - also on the home page.

International Student Leadership Institute - On February 26, two of our students will head for Oberwesel, Germany. ISLI is a unique opportunity for young leaders from DoDDS to meet with their counterparts from schools throughout Europe. Each Institute grapples with an important contemporary issue - this year the topic is "Euthanasia" - in workshops, panel discussions, and debates. There will also be time to socialize and showcase special interests in a talent show.

COACHES CORNER - You may now access the most up-to-date Varsity sport schedule at the Lajes Elementary High School website. Select the Activities/Clubs tab on the left and then click the link to the Sports Schedule - January and February. <http://www.laje-ehs.eu.dodea.edu/> Due to scheduling issues with local basketball teams there have been numerous changes to the Varsity sports schedule. We sincerely apologize for any inconveniences these changes may have caused.

DOD TUTOR - All U.S. military families have unlimited access to Tutor.com provided by the Department of Defense. Military service members and their dependents around the world can work with a certified, professional tutor online 24/7 to get help with homework, studying, test prep, resume writing and more. For more information, please visit <http://www.tutor.com/military-programs>

NATIONAL AFRICAN AMERICAN HISTORY MONTH - National African American History Month, also called Black History Month, is celebrated each year in the month of February to recognize and appreciate the contributions African Americans have made to this nation in their struggles for freedom and equality. The DoD theme for 2010 is "The History of Black Economic Empowerment." Please join in with the Cultural Diversity Awareness Committee (CDAC) and the (NAAHM) committee in sharing African American history with our youth and telling the story of African Americans.

In conjunction with the base, here are some events that will occur in the school.

Readers will be available on 17-18 November in the AM and PM.

- A Trivia Contest for the upper elementary students which will be due 19 February.
- An essay contest for the middle and high school with the topic: "African Americans in History" or "Contributions of African American Scientist, Poet, Inventor, Educator, Artist, Musician" which are due 19 February. English and History teachers, could you talk this up with your students and possibly offer some credit to the ones who participate??
- Library Speaker on 24 February

PTO NEWS - Popcorn money is still being accepted. Please drop off your form and \$5 to the school nurse before 3pm on Wednesdays in order to get popcorn on Friday. Popcorn is delivered the last school day each week.

We received another shipment of Spirit Wear over the weekend! We have crew neck sweat shirts (adult SM-LG), Polo shirts, youth t-shirts and Adult small hoodies (the adult small are more like a youth large) The rest of the shirts/hoodies should arrive soon. Crew neck sweat shirts are \$15 (please make checks payable to Lajes PTO) Please note, I do not have change, the exact amount is needed when purchased.

2010 HIGH SCHOOL/MIDDLE SCHOOL YEARBOOK -If you have fun pictures of things you have done with your families and/or friends—outside of school—we would like to put some of them in the 2010 High School / Middle School Yearbook. We are dedicating a few pages to "Summer Fun" or other "Life Outside the School" for a feature

in the 2010 Falcon yearbook. Beach parties from summer, outings you have taken around the island, vacations you have been on away from here, other things that keep you busy while you are in the Azores. These pictures should feature middle and high school students and should be 2009 or 2010 vintage. You may send or bring the photos or digital files to me by hand or via email - neata.wiley@eu.dodea.edu. All pictures need to be identified as high school or middle school photos and be turned in by Wednesday, February 10. Help us make the 2010 Falcon Yearbook a real memory for you. ALSO if you haven't ordered your yearbook, be sure to reserve one for \$45.00. The cost will be \$50.00 when they come in May.

CSI COMMUNICATIONS COMMITTEE - Use word roots to help your child improve his or her vocabulary, and, in turn, reading comprehension. For example, the word autograph is a combination of auto (self) and graph (something written or drawn). Expand that to autobiography or computer graphics.

MIDDLE SCHOOL CORNER - Lajes E/HS students will be taking the TerraNova test in March, however, that will likely not be their first, or last, encounter with Number 2 pencils and "bubbling in." Some middle and high school students take the PSAT, then the SAT or ACT, which are required for college applications. DoDEA schools also administer the ASVAB, a great test of vocational aptitude, regardless of whether future plans include a military career. Those who go on to graduate school will face the GREs, LSATs, and MCATs.

The Lajes Middle School Team wants our sixth through eighth graders to understand the importance of these tests – class placement, college acceptance, financial aid – and to prepare them to do their best. During the Advisory period on Friday, and in the next few weeks leading up to the TerraNova, middle school teachers will be sharing strategies to help students showcase their knowledge and skills.

Below are a few of the tips we will be highlighting:

1. Always do your best. Test-taking doesn't need to be scary, but it is serious business. Placement in higher level classes can be at stake, not to mention, for high schoolers, financial assistance. At a minimum, each test is an opportunity to improve test-taking scores.
2. Use strategies to make educated guesses. Read questions carefully, and cross out obviously incorrect answers.
3. Use all the time provided. Mark difficult items, then go back if time remains.

As always, parents are the first and best teachers. Please share your test-taking tips with your children, and for more help, go to http://www.state.tn.us/education/assessment/ach_samplers.shtml.

VALENTINE'S DAY DANCE - Volunteers needed. Adult chaperones are needed at the high school St. Valentine's Day Dance. Come out and impress the teens of Lajes High School with your dance moves! They'll love it! You can volunteer to chaperone the whole dance, Friday, February 12, from 1900-2200, at Fiddler's Green, or just work a one hour shift. Either way, Lajes is counting on you, and you wouldn't want to miss this opportunity to get a glimpse into the lives of teenagers! Just think of all the glamour and excitement, call 295-57-6498 for a shift.

PARENT FORUM - Parent Forums are held monthly. These forums are a way to develop our communication and partnership with the parents, and community. In February, we will be conducting another new parent orientation for all of our new parents. Be looking forward to our March Forum where parents and teachers will come together to learn more about autism. Dates and more information will be forthcoming.

MATH TIPS - Parents: You can help your children learn their multiplication facts at www.multiplication.com. Click on the middle box "New!...", then click on the left box "Self Correcting Quiz." Your children can type in the answers, click "Finished" and find out which ones were missed! The site also has flashcards and more.

COUNSELOR NEWS -

Lajes DECA Commissary Scholarship - seniors who are dependents of a military sponsor are eligible to apply for the local Lajes DECA Commissary Scholarship. This annual scholarship is worth \$1,500. Interested seniors may pick-up a copy of the application form from the Lajes Commissary, or download the application online:

<https://www.commissaries.com> or from <http://militaryscholar.org> All eligibility requirements are listed on the application form. The deadline to submit the completed application to the Lajes Commissary is close of business on **February 17**.

Air Force Excellence Scholarship (worth \$3,000) <http://www.afa.org/aef/aid/afexcel.asp> download the 4-page .pdf application from <http://www.afa.org/aef/aid/afexcel.pdf>

Lt. Col Romeo & Josephine Bass Ferretti Scholarship (worth \$2,500) download application from this website <http://www.afa.org/aef/aid/ferretti.asp>

Student Cumulative GPA - DoDEA policy regarding a student's official cumulative grade point average specifies that one's GPA begins only with classes taken in 9th through 12th grade. Middle school students taking a foreign language, algebra I or geometry class will earn high school credit for these classes; however, the grades received for these classes are not calculated into their GPA. Only semester grades are used to calculate one's cumulative GPA. A student's official cumulative GPA is listed on their transcript, not on their report card. If you have questions regarding your child's credit status and/or GPA status, please contact the counselor at 295-57-4228.

ASACS COUNSELOR DXM Alert—

What is DXM?

DXM is a non-narcotic cough ingredient found in over 100 over the counter (OTC) products many of them available on base at the BX, etc. When used appropriately, DXM is safe and effective in self-treating cough symptoms due to common cold or flu.

What are the effects of DXM abuse?

Although the medication is safe, there is the potential for abuse. The effects of the abuse of cough medicines containing DXM vary with the amount taken. Common effects include confusion, dizziness, double or blurred vision, slurred speech, loss of physical coordination, abdominal pain, nausea and vomiting, rapid heart beat, drowsiness, numbness of fingers and toes, and disorientation. DXM abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations, "out-of-body" dissociative sensations, and loss of motor control.

What parents can do?

- Watch for the signs listed above and ask questions/take action if you notice them
- Check what over the counter medications your teen has in their possession
- If they have anything with DXM in it, take charge of it yourself and give as needed
- Stay alert to your teen and their friends having several packets of these substances.
- Be aware that some older teens are buying DXM products for younger teens

For more information or help contact the ASACS counselor at 295-57-3963, 535-3963.