



FALCON PRIDE

LAJES ELEMENTARY/HIGH SCHOOL

Lajes, Azores

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Principal: Ms. Mary Waller
Assistant Principal: Ms. Daisy Weddle
Phone: 295-57-216/4151
DSN 535-4151
E-mail: Elizabeth.Walker@eu.dodea.edu
Mary.Waller@eu.dodea.edu
Daisy.Weddle@eu.dodea.edu

Mediterranean District Superintendent: Dr. Elizabeth Walker
DSN Phone: 634-8460

CALENDAR OF EVENTS

Friday	March 1-31 March 5	March is Music in our Schools Month Middle/High School Parent Conferences, no school for MS/HS students
Monday-Thursday	March 15-19	Terra Nova Testing, Grades 3-11 Grade 12 - Senior Seminars
Monday	March 22	"Can I Kiss You" Presentation at 1045 and 1530 at the Community Activity Center (CAC)

MIDDLE/HIGH SCHOOL CONFERENCES - Parent conferences will be held for middle/high school students on 5 March during the day from 0800-1500 in the HS gym. Parents this is a wonderful opportunity to speak with your children's teachers about their progress or any concerns you may have. Elementary grades will be in session.

TERRANOVA TESTING - All students in 3rd through 11th grade will be taking the TerraNova Achievement exam during the week of March 15th - 19th. This annual exam is administered to students in all DoDDS schools and in many stateside schools. Parents will receive a *Home Report* copy of their child's test results in May (along with explanatory information concerning their child's achievement). Additional information regarding the TerraNova testing at Lajes will be routinely provided to students and parents before the scheduled week of testing.

Senior Seminars will be held in March during Terra Nova testing (Monday, March 15th - Friday, March 19th). A schedule has been put together of informative sessions which require mandatory attendance to help prepare the seniors for life after high school. Students are expected to report to school at 7:50 a.m. and attend period 1. After period 1, they will meet in the art room #117 and then walk as a group to the scheduled seminar location for that day. These include study trips to the HAWC, the Education Center and the Chapel.

CAN I KISS YOU? - USAFE along with the Sexual Assault Response Coordinator (SARC), the School Liaison Officer (SLO) and Department of Defense Dependent Schools-Europe invite you and your dependent to participate in "Can I Kiss You?" Several books including *Help! My Teen is Dating* and *May I Kiss You* will be facilitated by the author. The founder and executive director of The Date Safe Project is located at <http://www.thedatesafeproject.org/> index.

[html](#). The project is committed to being the nation's leading organization for creating healthier dating environments, a clearer understanding of "consent," and for raising awareness of the many issues surrounding sexual assault.

The forum will address communication, dating, and sometimes the violence that comes with relationships. The intent is to help your student get more comfortable with these topics and develop skills for making the right choices.

"*Can I Kiss You*" will be presented on **March 22 at 1045**. Please complete the attached permission form and return it to school no later than February 26th.

PTO NEWS - Elementary popcorn slips can be turned into the school nurse by Wed. of each week in order to get popcorn that Friday. Popcorn is \$5 and will be delivered to the students the last day of each week.

The PTO will be having a school carnival meeting on Monday, 1 March at 1:30 in the PTO Room #123. Volunteers are still needed and ideas for booths or games are also needed. The carnival is 7May from 5:30-7:30 for all students. Home-schooled children are also invited to come for the event. You may contact 295-549-232 or e-mail lajespto@yahoo.com

Spirit Wear is for sale after school each day. Stop by room 114 at 2:30 if you'd like to purchase the new navy school apparel.

CSI COMMUNICATIONS COMMITTEE - Alphabet soup: Do you ever wonder what all those school abbreviations mean? Here are some explanations for C.S.I., or continuous school improvement. One of the acronyms to promote problem solving is P.A.R.--plan, act, and review. We also use the S.R.I., or Scholastic Reading Inventory to measure the improvement of reading comprehension across the curriculum. As part of our school improvement, we U.D.D. I. or use data to differentiate instruction. Look for more information in future editions of the eFalcon.

COUNSELOR NEWS -

Student Course Requests for 2010-2011 - Middle and high school students have been given a set of forms to take home and share with their parents concerning their course requests for School Year 2010-2011. Parents will sign the cover letter indicating whether their child will be returning and enrolled starting in August 2010. The set of forms will include explanatory information needed by the students and their parents to make course selections for next school year. **Please note:** DoDEA has instructed schools to require course requests of students who will be PCS'ing during the summer. This requirement is to provide a statistical projection of a "full enrollment" and to help the school develop a master schedule of courses to be offered. Contact information will be provided to parents if they need additional information about course selections for their children.

Spring ACT & SAT Exams - The **ACT Exam** will be administered on April 10th (deadline to register online <http://www.actstudent.org> is March 5th). The **SAT Exam** will be administered on May 1st (deadline to register online <http://collegeboard.com/sat-register> is March 25th). Applicants for the ACT can save the \$26 International fee by obtaining the ACT voucher form from their counselor. Students or parents needing assistance with the required online registration can contact the counselor at 535-4228.

Lajes Community Scholarship Program - Graduating seniors will be eligible to participate in this year's Lajes Scholarship Program. Historically, many Lajes organizations have generously provided scholarships for our college-

bound seniors. If any community member might be interested in learning more about the Lajes Community Scholarship Program and the participating Lajes Organizations, please contact the counselor at 535-4228.

Parent GradeSpeed Accounts - GradeSpeed is the DoDEA online grading program used in all schools in DoDDS (4th through 12th grade). Parents can create an online GradeSpeed account and have access to view their child's current grades. If you have not created your Parent GradeSpeed Account yet, please contact the counselor at 535-4228 to receive the information needed to create your account.

Student GradeSpeed Accounts - All middle and high school students have access to the online GradeSpeed program and have the ability to check their grades and assignments. To access the program, students need to use their assigned student GradeSpeed logins. Students who have forgotten their logins or are unsure as to whether they have a login should see our school's ET or the counselor.

MIDDLE SCHOOL CORNER - Middle schoolers need eight to ten hours of sleep each night, and it has come to the attention of the MS teachers, that many of our students are not getting their quota of shut-eye. The reason we know this are: 1. We see students trying not to nod off, and sometimes failing, and 2. They tell us!

Sleep doesn't just make kids feel good; it is crucial for their mental and physical well-being. The research is well-established: kids who get enough sleep do better in all academic areas (especially math), as well as sports and other activities. Those who do not are not only more likely to do poorly in school; they are also more prone to emotional problems and even drug addiction.

Some tips for ensuring a good night's sleep:

- *Establish a bedtime and a bedtime routine. The routine may seem burdensome at first, but the payoff is huge.
- *Turn off -- or turn in -- all screens at least an hour before bedtime. This includes cell phones.
- *No screens in bedrooms.

For more information, go to the Internet (but not within an hour of bedtime!)

Articles such as "Better Sleep is Associated with Improved Academic Success" can be found at sciencedaily.com.

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 and routine cleanout of binders and backpacks is also helpful. Medical professionals from the base recommend 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 to 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 updated 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.

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>

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.

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.