



FALCON PRIDE

LAJES ELEMENTARY/HIGH SCHOOL

Lajes, Azores

February 5, 2010

Principal: Ms. Mary Waller
Assistant Principal: Ms. Daisy Weddle
Phone: 295 57 6216/ 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

	February 1-28	National African American History Month (Events are listed below.)
Monday	February 8	No School for Students (CSI Day) GBB v TAC at 1900 in HS Gym BBB v Terceira at 2030 in HS Gym
Tuesday	February 9	Odyssey of the Mind Night at 1830 in the Multi-Purpose Room
Thursday	February 11	GBB v Boa Viagem at 1830 in HS Gym BBB v Angra at 2000 in HS Gym
Friday	February 12	Valentine Dance at Fiddler's Green, at 1900-2200
Monday	February 15	President's Day (Federal Holiday)
Thursday	February 18	GBB v Boa Viagem at 1830 in HS Gym BBB v Angra at 2000 in HS Gym
Saturday-Sunday	February 20-28	Basket Ball and Cheer Europeans and Jr. Leadership Seminar
Tuesday	February 23	PTO Meeting at 1500 in School Library

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 - The PTO has gotten a shipment of new Spirit Wear adult long sleeved t-shirts (sizes sm-2XL) in! Anyone can purchase them in the PTO room after school. The other order of adult/youth t-shirts and hoodies are on the way, watch the newsletter for more information.

Popcorn deliveries for elementary students have started! It's not too late to still bring in your \$5 to the school nurse. For \$5 per child, popcorn will be delivered to elementary students the last day of each week, beginning on February 4 for 10 weeks.

The school carnival is scheduled for May 7 from 1730-1930, **many volunteers are needed** in order to make this happen for our students! Please call 295-549-232 or e-mail lajespto@yahoo.com to volunteer. We would really appreciate any groups/nonprofit organizations to volunteer to do a booth or game.

The next PTO meeting is set for Tuesday, February 23, at 1500 in the school library.

If you are interested in being on the PTO Board, please let us know by emailing lajespto@yahoo.com We are in the process of signing up volunteers for a smooth PTO turnover this coming May. Positions available include President, Vice President, Secretary, Treasure, Scholastic Books and Box Tops Representatives, and volunteer coordinator.

Elementary Year book sales are still only \$13. Prices will go up soon so please get your order in soon.

School Staff and parent volunteers for the upcoming spring carnival are needed. Please call 295-549-232 or e-mail lajespto@yahoo.com to sign up.

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 - A key to reading comprehension is vocabulary, so why not encourage your child to use the Spanish or Portuguese he or she already knows to improve English vocabulary? For example, *nadar*, in Spanish and Portuguese means to swim. Did you know that a *natatorium* in English is an indoor swimming pool? A *pescador* is a fisherman. In English, a *piscivorous* animal eats fish.

ODYSSEY OF THE MIND - Odyssey of the Mind (OM) will host a fundraiser evening on Tuesday, February 9. All six Odyssey of the Mind teams will perform in the multi-purpose room at 1830. Reservations can be made by calling 295-57-6425 or 295-57-6475 for \$3.00 a person. Come support OM and see what it's all about!

CONTINUOUS SCHOOL IMPROVEMENT DAY (CSI) - On February 8, teachers will discuss interventions and make revisions on our CSI plan to best meet the needs of our students. It is this process that makes our school continue to grow and improve.

MIDDLE SCHOOL CORNER - The human body has two types of sweat glands: eccrine and apocrine. The eccrine glands are located all over the body and the perspiration they produce is clear and odorless. These glands help control body temperature and help the body eliminate water, salt and other waste products by releasing perspiration through the pores. The apocrine glands are located primarily under the arms and in the genital area. They become active at the onset of puberty and produce a milky-looking perspiration. Perspiration from the apocrine glands causes body odor when it comes in contact with bacteria on the skin.

As middle school students begin puberty, their past hygiene practices are no longer adequate. Bathing or showering frequency increases, as does the need to be more diligent with soap and shampoo. Beginning to use deodorant/antiperspirant needs to be strongly considered. Wearing your favorite shirt as often as possible is fine, as long as it is laundered between each wearing.

Over the past few months it has become very evident that more and more of our middle school students are entering puberty without making any changes to their hygiene routines. Our School Nurse addressed this issue with our students during Advisory on Friday and we hope parents will also address this at home.

VALENTINE GRAMS (PRE-K TO 12 GRADE) - Would you like to send a special message to your son or daughter this Valentine's Day? Would you like them to have a little treat to brighten their day? Do you want them to know you care enough to send the very best? Then send them a Valentine Gram! The Sophomore class is sponsoring Valentine's Grams for Lajes school. For the low, low cost of one for \$1.25 or two for \$2, you can send a message with a candy treat attached to family and loved ones. Parents are invited to send one to children. Students may want to say "thanks" to a teacher, friend or family member. You may just want to let someone know you appreciate them. All proceeds go to the sophomore class. Valentine Grams will be sold during lunch and during basketball games, or send your money and message in an envelope to the school in care of room 306. Don't miss this easy opportunity to let them know you care! Delivery will take place on Friday, February 12.

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.

MENTORING PROGRAM - The M & M's Mentoring Program is back again. All Lajes students are eligible to enroll. This wonderful and effective program will provide your son/daughter with a volunteer mentor. Middle School students can benefit greatly from participation in this program. Our mentors are willing to provide academic, social, and emotional support to our student. This program takes place in the school's Information Center, on Thursdays from 1430 until 1530, each week. Please contact the Mentoring coordinator at 295-57-4151 for additional information.

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.

"SCIENCE MATTERS" - a program by the National Science Teachers' Association, is an internet site dedicated to promoting science education at home. "Tips for busy parents" lists easy, concrete ways that parents can encourage science learning. Check out the link: <http://www.nsta.org/sciencematters/tips.aspx>
Here is an example from the website.

Myth #3: I'm not a scientist and don't know enough about science to help my kids.

You do not have to be a scientist to help your children learn science. The majority of parents in this country are not scientists, but it doesn't mean they can't help their children learn science. Questions like Why is the sky blue? Why does ice float? Or how does a Frisbee soar through the air? are just a few examples of science questions you can explore with your children. The most important starting point is to ask: "Why?"

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>

ACT & SAT Exams - The last ACT Exam will be administered on April 10 (deadline to register online <http://www.actstudent.org> is March 5). The last SAT Exam will be administered on May 1 (deadline to register online <http://collegeboard.com/sat-register> is March 25). 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 online registration can contact the counselor at 295-57-4228.

Parent GradeSpeed Accounts - GradeSpeed is the 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 295-57-4228 to receive the information needed to create the 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 login. If a student has forgotten their login and/or is unsure as to whether they have a login, they should see our school's ET or the counselor who will quickly get them into their GradeSpeed account.

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.