



Osan American High School

Cougar Update

Friday, October 12, 2012

RED RIBBON WEEK OCTOBER 22-26, 2012



*Osan American Schools are
alcohol, tobacco and other drug free!*

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

Friday, October 12, 2012

*The Armed Services YMCA
Is proud to announce the*

2013 ASYMCA Essay Contest!



“My Military Hero”

- ❖ Volunteers will be reading all of your essays and will award the 1st prize in grades 1-8 category with an iPod Touch! Winners in Grades 9-12 will receive an IPAD.
- ❖ Children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter.
- ❖ Grades 1-8 should write an essay of at least 100 words but not more than 300 words!
- ❖ Grades 9-12 should write no less than 300 words and no more than 500.
- ❖ All mailed entries must have an essay entry form found in this packet and also at the ASYMCA website: www.asymca.org
- ❖ All entries must be postmarked by March 15, 2013.



Mail Entries to:
ASYMCA

Attn: 2013 Essay Contest
7405 Alban Station Court, Suite B 215
Springfield, VA 22152



- ❖ Email Entries may be sent to MFM2013@asymca.org by March 15, 2013. Entries must include all the information that is on the entry form!
- ❖ If you have any questions at all, please feel free to email Susan Simms -- ssimms@asymca.org

All of the Essays become property of the Armed Services YMCA
and will not be returned.
Visit the Armed Services YMCA website at www.asymca.org
for complete rules and extra entry forms.



Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

Friday, October 12, 2012

It's time for the Armed Services YMCA

2013 Art Contest!

“My Military Family”



2012 Military Family Month Poster

- An Elementary School age child from an Army, Navy, Marine, Air Force, Coast Guard & National Guard/ Reserve family will win a iPod Touch!
- The winning entries will be used on the Military Family Month Poster for November 2013.

You could win an iPod Touch!



Who can enter? Kindergarten through sixth grade children of Military Families in the Army, Navy, Marines, Air Force, Coast Guard & National Guard/Reserves. The military parent must be active duty or retired (with 20+ years of service).

What to do? Drawings should be of the student's family and in color on a 6 by 8 inch template. Oversized and three-dimensional entries will not be judged. Entries should illustrate the student's military family. Please do not identify family members on the drawings.

Facts to know! Art contest entry forms are included in this packet and may also be found on our website: www.asymca.org and should be included with the entry. Entries without an Entry Form will not be judged, so make sure it is filled out completely and sent in with your artwork.

When is the deadline? All drawings *must* be postmarked by February 15, 2013.

Questions? Email to ssimms@asymca.org.

All artwork becomes property of the Armed Services YMCA and will not be returned.

Completed Entry forms with 6" x 8" artwork may be sent to:

ASYMCA
Attn: Art Contest - 2013
7405 Alban Station Ct, Suite B 215
Springfield, Virginia 22152



GEICO

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

Friday, October 12, 2012

Osan American High School

Picture Day is Coming: October 18-19-20

(Oct. 18: Underclass pictures – Oct. 19-20: Senior portraits)



It's time again for our annual school photos. You are invited to take this opportunity to order school photographs for Christmas or friends. We have contracted with *Campus Photography International* to provide this service to our school. **All** students will be photographed regardless of purchase.

To order portraits of your children, go to www.cnipphoto.net or use the order form that will be sent home two or three days prior to our picture day(s).

- Make your package selection in advance.
- Order online or return the envelope and payment with your child on the photo date. (Do not return order envelope to school if you order online.)
- Your child, order envelope, and payment must arrive together at the camera if not ordering online.
- Please use *one envelope per student*, NOT one envelope for multiple children.
- Please make checks payable to *CAMPUS PHOTOGRAPHY*, NOT the school.
- Post-dated checks up to two weeks are accepted.
- Only pre-paid orders are produced and returned to school. Proofs are not provided.

Your advantages with the pre-pay program are; you receive the actual package, not just a small proof. Your satisfaction is guaranteed or you will receive a 100% refund. This program allows a faster return of the finished package.

Additional 2x3 (wallet size) photos, an 8x10 and/or 2-5x7 portraits may be added to your package selection.

A telephone number and email address for any questions will be on the flyer/order form. Please use either of these for any questions you may have regarding the school portrait program.



Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

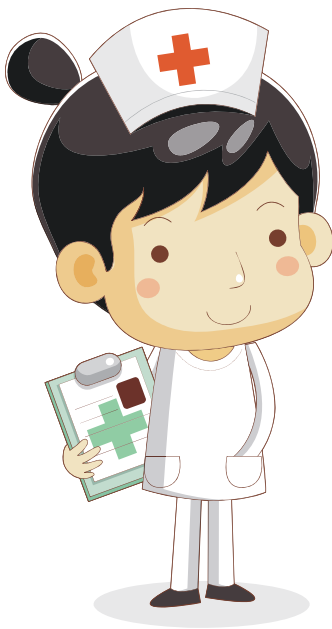
Friday, October 12, 2012

Parents and Guardians,

According to DoDEA policy, students are not allowed to bring any medications to school. Also, a doctor's letter is required to leave medications at the school health office. This includes not only prescribed medication but also over the counter medication such as Tylenol, Motrin and cold medication.

For those who need to take medication for common cold symptoms, please have your child take medication in the morning and after school at home if needed. Not at school unless you have a doctor's note.

Please contact Nurse Ms. H.E. at (784-9117,784-7244) or e-mail for any questions or concerns. (Please refer to sharepoint cougar update for e-mail address)



Note From the Nurse

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

Admin Notes

Chaperones needed for the Homecoming Dance!

Parent chaperones are needed for the Homecoming Dance, Saturday Oct 13 from 7-10. If you could assist for even an hour or two, we would appreciate it. Please contact michelle.mundy@pac.dodea.edu

Great Leadership Opportunity for Young Men!

We have received the 2013 information on the American Legion's Boys State of Missouri (MBS) program. The program offers a unique leadership and citizenship opportunity for selected individuals who have successfully completed their junior year of high school and who are attending high schools Outside the Continental United States (OCONUS). If you/anyone have/has questions about the program, please contact

Teacher's Notes

Doc R. H.

Is your student interested in participating in the premier academic enrichment activity, 2013 OAHS Harvard Model Congress Asia? Contact Doc R.H. or visit the website:

<http://www.docholley.com/HARVARD-MODEL-CONGRESS-ASIA.html>

Ms K. A. -

The fine arts department is producing a musical, "Schoolhouse Rock Live" on October 23, 24, 25. Over 55 students will perform in this fun show, which runs about an hour. Don't miss it!

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



Osan American High School

Cougar Update

Friday, October 5, 2012

Week at a Glance:

Monday, October 15 - "B" Day

Tuesday, October 16 - "A" Day

Wednesday, October 17 - "B" Day

Thursday, October 18 - "A" Day

Friday, October 19 - "B" Day

Upcoming Events:

13 October - Homecoming Dance

14-20 October - Far East Journalism

17 October - PSAT

18-20 October - School Pictures

23 October - PTSO Meeting 1800 before Drama Production

23-24 October - Drama Production of "Schoolhouse Rocks (Live)"

15-19 October

Monday

Meatball Sub
Chicken & Veggie Alfredo
Vegetable Alfredo (V)
Turkey Salad
Pears
Carrot Sticks
Orange Wedges
Pineapple
Banana Bread

15

Tuesday

Southwest Taco Bowl
Chicken Parmesan
Beef or Black Bean (V) Tacos
Mexican Chicken Salad
Steamed Zucchini & Squash
Green Beans
Apple Slices
Peaches

16

Wednesday

Chicken Fryz
Philly Cheese Steak Sub
Buffalo Chicken Wrap
Pierogy Salad (V)
Garden Salad
Sweet Potato Crinkles
Grapes
Mandarin Oranges
Banana Bread

17

Thursday

Hamburger
Grilled Ham & Cheese
Chicken or Chik'n (V) Patty
Sandwich
Crazy Turkey Apple Salad
Baked Beans
Steamed Carrots
Banana
Appleauce
Oatmeal Raisin Cookie

18

Friday

Cheese Pizza (V)
Pepperoni Pizza
Chicken & Mini Dumplings
Ham Salad
Broccoli
Tomato & Cucumber Salad
Fresh Fruit
Peaches
Fruit Swirl Cup

19

Email: PRINCIPAL.OSANHS@pac.dodea.edu

Website: <http://www.osan-hs.pac.dodea.edu>



WHAT IS THE VOICE OF DEMOCRACY PROGRAM?

Since 1947, the Voice of Democracy has been the Veterans of Foreign Wars' (VFW's) premier scholarship program. Each year, more than 50,000 high school students compete for more than \$2.3 million in scholarships and incentives. Students compete by writing and recording a broadcast script on an annual patriotic theme. This year's theme is, *Is Our Constitution Still Relevant?*

WHY SHOULD I ENTER?

Prizes and scholarships are awarded at the local, district, state and national level. Department (State) winners receive an all-expense paid trip to Washington, D.C., March 2-6, 2013, to tour the city, meet our nation's leaders, be honored by the VFW and its Ladies Auxiliary and receive their portion of \$152,000 in national awards, the top scholarship being \$30,000.

THE RULES

Who can enter?

The Voice of Democracy is open to students in grades 9-12, who are enrolled in a public, private or parochial high school or home study program in the United States, its territories and possessions; or in an overseas U.S. military/civilian dependent school. Foreign exchange students, students age 20 or over and previous Voice of Democracy first place state winners are ineligible.

What do I need to enter?

Record your original 3-5 minute (+ or - 5 seconds max.) essay on a standard cassette tape or CD. One student per CD or cassette. Preferred format for CD's is the audio CD format. When burning your CD, make sure that "Create Audio CD" option (or similar) is selected so the program can properly convert your sound file and burn it to CD. After it has finished, be sure to play back your audio CD on a system other than your computer, such as a standard radio or car CD player, to verify that the conversion/burning process was successful. Label the recording, neatly typed essay and attach this completed entry form. Provide these items to your school/group competition or local VFW Post for judging. All recordings must be in your own voice. Hearing/speech impaired students should contact the Voice of Democracy National Office at (816) 968-1117 for special instructions. No music, singing, poetry or sound effects are allowed. The body of the essay must not identify you in any way, although the recording & typed essay should be labeled with your name, to show ownership. You may enter only one Voice of Democracy competition per year.

Where do I submit my entry?

All entries begin at the Post level. The only exception is where schools/classes/youth groups have large numbers of students and wish to conduct their own competition, submitting one winner for each 15 students to the local VFW Post competition. Individual students may submit their entry directly to the Post providing they have not competed at a school/class competition.

One winner for every 15 entries from each Post advances to District and one District winner advances to the state (Department) competition. State winners are invited to Washington, D.C where their essays compete in the finals competition.

If you need help finding a participating VFW Post in your area, call (816) 968-1117, e-mail to kharmar@vfw.org or visit our website at www.vfw.org.

2012-13 OFFICIAL ENTRY FORM VOICE OF DEMOCRACY COMPETITION MUST BE COMPLETED BY ALL CONTESTANTS

Name: First, M.I., Last

Address

City, State, Zip

()

Home Phone

E-mail

Date of Birth

Grade In School

School Name, City, State

First Name You'd Like on Your Badge

Jacket Size

TO BE COMPLETED BY STUDENT'S PARENT/GUARDIAN

Parent/Guardian Signature

Date

()

Parent/Guardian's Daytime Phone

Parent/Guardian's E-mail

I HAVE READ AND UNDERSTAND THE RULES (ON OPPOSITE SIDE)

I certify that I am the sole author of the enclosed audio/essay entry and that I have only entered the competition once.

I understand that if it is found that I have entered any other Post's competition or used this essay for another VFW competition, I face elimination from the competition and will return any and all prizes or incentives awarded.

Signature of Student Participant

Date



OFFICIAL RULES FOR STUDENTS ADVANCING TO NATIONAL LEVEL

If selected as a first-place state winner, I have the consent of my parent/guardian and school to attend the Voice of Democracy National Finals in Washington, D.C. as a guest of the VFW National Organization. I understand that state winners who do not attend as stated above will forfeit all rights to compete in the National Finals and will be replaced by their state's second place winner.

In the event my tape is selected for entry into the National Voice of Democracy Competition, I do hereby for myself, for my heirs, executors, administrators and assignees: waive, release and discharge all rights and claims which I have or which may hereafter accrue against the Veterans of Foreign Wars of the United States (VFW) and/or the several Departments (state organizations) of the Veterans of Foreign Wars and their respective officers, agents, successors and assigns from any damages which may be sustained by me in connection with my participation in or association with the VFW Voice of Democracy Competition and/or arising out of my travel to and during the Competition. In the event of sickness, accident or injury in connection with the Competition, I consent to and accept the services of a duly licensed medical, surgical or dental specialist selected on my behalf and for such treatments, as they may deem necessary. I understand that VFW will not be liable for such treatment. I further understand that the Veterans of Foreign Wars of the United States retains non-exclusive rights to use my tape, essay and likeness in the promotion and execution of the organization's programs and activities.

TO BE COMPLETED BY THE VFW/AUXILIARY POST

I certify that this student is an authorized entry in our VFW Post Level Voice of Democracy Competition.

Post Commander's/Chairman's Signature _____ Post # _____

Ladies Auxiliary President's/Chairman's Signature _____

Post Address _____

City, State, Zip _____

No. of students participating _____

No. of winners advanced to District _____

Am't. of Post/Aux. scholarship awards \$ _____

Am't. of Post/Aux. additional expenses (banquet, pins, etc.) \$ _____

TO BE COMPLETED BY THE VFW/AUXILIARY DISTRICT

I certify that the student named in the previous section is the duly selected winner of the Voice of Democracy Contest District Competition and is our sole entry into the Department finals.

District Chairman's Signature _____ Dist. # _____

Address _____

City, State, Zip _____

() _____ Phone _____ Email _____

TO BE COMPLETED BY THE VFW DEPARTMENT CHAIRMAN

I certify that the student named in the previous section is the duly selected first-place winner of the Voice of Democracy Department Competition, is our sole entry into the National Judging and will attend the National Finals in Washington, D.C.

Department Chairman's Signature _____

() _____ Daytime Phone _____ () _____ Fax _____

Email _____

The winner has been will be (check one) notified that they are the first-place Department winner on _____. Note: National Headquarters will contact your winner after this date to make travel arrangements for them to be in Washington, D.C.

What is the deadline for my entry?

All entries competing at the Post level must be in the hands of that VFW Post by midnight, Nov. 1, 2012. It is the responsibility of the student to meet this deadline by submitting their entry to the proper location by ensuring it is a participating Post.

WHAT ARE THE JUDGING CRITERIA?

Originality is worth 30 points:

Treatment of the theme should show imagination and human interest.

Content is worth 35 points:

Clearly express your ideas in an organized manner. Fully develop your theme and use transitions to move smoothly from one idea to another.

Delivery is worth 35 points:

Speak in a clear and credible manner.

THE IMPACT OF THE VOICE OF DEMOCRACY

National finalist Stephanie D'Abruzzo Shemin is a graduate of Northwestern University in Speech and a performer with the Jim Henson Company's Muppets.

"What VOD did was prepare me for college and the real world. I saw how I could find my place in this world."

Past national winner Dr. Gary Belkin is a psychiatrist and ethicist at Harvard and Brown Medical Schools.

"The whole Voice of Democracy program was an experience that is still with me."

The National Association of Secondary School Principals (NASSP) has again approved this contest for its National Advisory List of Contests and Activities.



Veterans of Foreign Wars & Ladies Auxiliary
 Kansas City, Missouri
 816.968.1117
 E-Mail: kharmer@vfw.org
www.vfw.org

EMBLEM AND SUPPLY ORDER NO. 4420
 Revised 1/2012

LOCAL VFW POST INFORMATION:

CONTACT: _____

PHONE: _____ **BEST TIME TO CALL:** _____

ALTERNATE CONTACT: _____

PHONE: _____ **BEST TIME TO CALL:** _____