



October Newsletter

VOLUME 4, ISSUE 2

2012

UPCOMING EVENTS

OCTOBER

- 5-6 JV and Varsity Volleyball games in the JAG
- 5 Powderpuff FB & activities
- 6 XC meet 9:00 am
- VB games 11:00 am- JAG
- 6 Homecoming FB game 2:00 pm
- 6 Homecoming Dance 1930-School
- 8 **Columbus Day Holiday-NO SCHOOL**
- 10 SAC meeting 3:00 in I.C.
- 11 Early Release 12:20
- 13 FB at home vs. Woodham
- 15 Class meetings 1:30
- 17 PSAT testing- 10 & 11th grade
- 20 VB @ home vs Aviano
- 20 XC @ Vicenza
- 21-26 JHS conf. in Germany
- 22-26 Author visit, Kimberly Willis Holt
- 26 MS dance 5:30-8:30 Knights' Hall
- 26-28 XC Europeans in Germany
- 31 Halloween

NOVEMBER

- 1 PTSO meeting 9:30 at HS PTSO room
- 1-3 VB Europeans in Germany
- 2 **Teacher workday -NO SCHOOL for students**

Dear Parents,

Welcome to the fall season filled with activities and events! With homecoming, and other school-wide events, we will be keeping busy! This month is also a good time to remind students the focus should be kept on academics. The end of the first quarter is just around the corner.

We hope all parents have signed up for myDATA which allows you to view and monitor your child's attendance and academic progress. This is not only critical for our student athletes to be eligible and continue their participation in sports, but for every student as they work to achieve high academic standards. To keep you informed of your child's progress, mid-term progress reports are available for pick-up in the front office. Mid-term progress reports allow students time to improve their grades before the quarter grades are given in early November.

In this newsletter you will find sports teams schedules, activities for homecoming, and a reminder how tutor.com can be used to help with your child's academics. We greatly appreciate our Booster and PTSO parent support groups at all home events and we encourage all community members to continue to support our student athletes. The event calendar and lunch menu for October is also attached. Although events most likely will be added to our calendar during the month, we hope you find the information helpful in your planning. If you need more information about the school or school activities, please do not hesitate to call!

Alice Berard, Principal



**DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOLS**
SIGONELLA MIDDLE/HIGH SCHOOL
PSC 812 BOX 2630
FPO AE 09627
October 2, 2012



MEMORANDUM FOR PARENTS AND STAFF
SUBJECT: Notification of AHERA inspection

As required by the Asbestos Hazard Emergency Response Act (AHERA) of 1986, our buildings have been inspected or re-inspected for asbestos-containing materials (ACM). The most recent inspection was conducted on 5/29/2009 in accordance with Environmental Protection Agency (EPA) regulations and DoDEA policy. The results of the inspection indicate we have non-fibrous asbestos materials in our school, but they are located in non-instructional areas of the building. As required by EPA, a triennial re-inspection and six month periodic surveillance program is in effect for any asbestos materials that remain in place and their condition will be closely monitored. A copy of the Asbestos Management Plan, which includes the recommended management response action(s) for ACM, is kept in our office and is available for your review. If you have any questions or concerns, please do not hesitate to contact me.

Sincerely,
Alice Berard
Principal

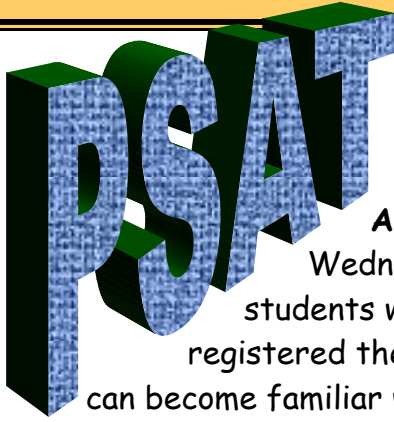
FROM THE STUDENT TRANSPORTATION OFFICE

Parents' concerns/questions regarding school bus service should be directed to the School Bus Office by calling 624-3244/3247 from 08:30 -12:30 and 13:30 to 16:00. During non-duty hours for immediate assistance parents should call Mr. Grasso at 335-777-1672 or Mrs. D'Arrigo at 335-141-5636. Parents may still call the school, but for a quick response it is best to contact the aforementioned numbers. All correspondence should be addressed to Mr. Grasso. Please note transportation is provided for students going and coming to and from school. If a temporary pass is required for unique circumstances, or a child needs to ride a different bus for a special reason, please contact Mr. Grasso at the above numbers so a temporary pass can be issued and/or arrangements can be made.

Thank you.

Mr. Grasso
Sigonella Transportation Operations Specialist, COR
DSN 624-3244



A large, 3D, blue and green pixelated logo for the PSAT test.

Wed. Oct 17

ALL current 10th and 11th graders will take the PSAT test on Wednesday, October 17th, 2012. In addition, 8th and 9th grade AVID students will be tested per AVID requirements. The school has already pre-registered these students and they have received sample test booklets so they can become familiar with the exam and format. There are a limited number of spots for 9th graders, not in AVID, to have the opportunity to take the PSAT. We would need these students to contact Ms. Ascierito and pay the \$10 fee if they would like to take the PSAT. This test is only given once a year, and there is no make-up exam, so please make sure your student is in school on this day if they are scheduled to take the test.

The PSAT is the best preparation for the real SAT and, for many students, it is the first official step towards college. The scores from the PSAT provide comprehensive and valuable feedback to both the student and the school on college-readiness skills. Students will receive individual scores in Critical Reading, Math Reasoning and Writing and a comparison on how they performed with other sophomore and junior students across the nation. If a student doesn't do well on this test, it will not hurt their chances of getting into college; this is a practice test only. If anything, the PSAT will improve their chances, since it provides personal information on the types of skills that the student needs to improve to prepare for the SAT and college-level work. In addition to their score report, students will receive free access to My College QuickStart, an online college and career planning tool; a customized My SAT Study Plan; a personality test; and personalized lists of colleges, majors and careers. For more information, visit www.collegeboard.org/quickstart.

Students who take the test in 11th grade and meet other program entry requirements may qualify for the National Merit Scholarship Corporation programs. The National Merit Scholarship Program is an annual academic competition among 11th graders for recognition and college scholarships. Only the scores on the PSAT/NMSQT from the 11th grade are used to qualify for the National Merit Scholarship Program.

Homecoming Dance Tickets

HS Students, remember to Purchase your homecoming tickets. Tickets are \$5.00 per person and can be purchased from a Student Council member, Mr. Andre, or at the door. Dress is semi-formal. Come and join the fun!

Sigonella JROTC

The Sigonella Middle High School NJROTC Color Guard unit has started a new season. Three new cadets have joined the unit. They are Cadets Fetner, Goergen, and Howard. Led by Color Guard Commander, Cadet Frianeza, and returning flag bearer Goergen, the unit has taken on a fresh look. Though the Color Guard unit might be young, their spirited attitude has certainly made up for their lack of experience. The cadets have been practicing two days a week since the start of the school year. The unit will make its debut Friday night October 5th at the Homecoming varsity volleyball game. Stay tuned for more updates from the unit.

Bullying Behavior and How It Effects Us

Bullies come in all shapes and sizes as well as different ages; however, parents report that more bullying behavior is noticeable in elementary and middle school children. A standard definition of bullying is a conscious, willful and deliberate hostile activity, intended to harm. It can be an aggressive act or more passive by leaving kids out of group activities or ignoring them. Bullying is not just about anger, or conflict. It is about contempt, which is a powerful feeling of dislike toward someone considered to be worthless, inferior or undeserving of respect. Contempt is what helps bullies target kids who are different in some way or new to a group of children. Bullies feel entitled to dominate or abuse. They also are intolerant of difference and bullies feel entitled to exclude or segregate whomever they feel is not worthy of respect or care. There are ways we adults can help children who bully: discipline which includes restitution, resolution and reconciliation; creating opportunities for children to do good—works of empathy or charity; teach friendship skills; closely monitor TV viewing, video games and computer activities; engage in more constructive and entertaining activities.

For the child who is bullied, there are some warning signs: an abrupt lack of interest in school or even refusal to go to school, grades drop, unusually hungry after school, torn or missing clothing or personal articles or money, is sad, sullen, angry or scared after receiving a phone call or an email. Remember bullying over the internet or cyber bullying is just as real and painful as face to face bullying. Children who are bullied may also have physical injuries not consistent with an explanation or he/she may complain of headaches, panic attacks, inability to sleep, or sleeps too much. Frequently children who are bullied are afraid to tell an adult as they feel ashamed and are afraid of retaliation from the bully. Also some children think that adults will not help them or that there isn't anyone who can help them. Children also see telling as "tattling" or "ratting" on their peers.

Bystanders who witness bullying and do not step in to help are the third group of players. They aid the bully by standing by idly and can actively encourage a bully through non-action. Sometimes kids who are bystanders can be pressured to join with the bully. Kids can be told and shown how they can become active witnesses, stand up for their peers, speak out against injustice and to take a sense of responsibility for what happens in their peer group. Adults can help by creating an atmosphere of justice, acceptance and tolerance.

DXM Alert

What is DXM?

DXM is a non-narcotic cough ingredient found in over 100 over the counter (OTC) products. Many products containing DXM are available on base at the NEX (but you have to be 18 years of age to purchase) and other pharmacies on the economy. 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 medications containing DXM are safe, there is a 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 may be buying or supplying DXM products for younger teens

You may also find the following websites helpful:

http://www.chpa-info.org/issues/DXM_Overview.aspx

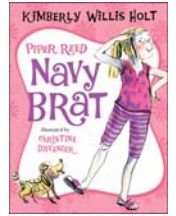
<http://checkyourself.com/>

For more information or help contact the ASACS counselor in the middle/ high school:

Ms. Doucette LCSW CAS

VISITING AUTHOR

Kimberly Willis Holt is the author of the many award-winning novels for young adults and children, including *The Water Seeker*, *My Louisiana Sky*, and *Keeper of the Night*. She is also the author of the bestselling Piper Reed series of chapter books and picture books including *Waiting for Gregory* and *Skinny Brown Dog*. *When Zachary Beaver Came to Town* was her third book and won a National Book Award for Young People's Literature. She lives in West Texas with her family.



Holt was born in Pensacola, Florida, and lived all over the U.S. and the world—from Paris to Norfolk to Guam to New Orleans. She long dreamed of being a writer, but first worked as a radio news director, marketed a water park, and was an interior decorator, among other jobs. She resides in West Texas with her family.

Yearbook

Yearbooks Are On Sale Again! Get your yearbook early before prices go up. See the attached yearbook purchase form for information and prices. Are you a senior parent interested in a congratulations ad for your senior in this year's yearbook? Senior congratulations ads are now on sale. To purchase your space contact Ms. Lewis. Space is on a first paid first served basis. Designers are available at a low price again to help senior parents to fulfill their senior ad desires. No seniors will be involved with the handling of senior ads so they will remain secret until publication. All ads must be finalized and turned in by December 1, 2012, although you can pay and register for your space at any time. Space is very limited this year, so remember your senior with a great gift that will last forever.

CHILD FIND

Do you have academic achievement or educational performance concerns about your Middle School or High School child? Are these concerns related to the way your child sees, hears, talks, learns, or processes information?



Are you concerned about the impact these things may be having on your child's education? If so, please contact Alison Cashman, Chairperson for the Child Study Committee at Sigonella Middle/High School at: 624-4249

Do you have box tops at home?

The ES is collecting box top coupons. Please collect any box top and turn them into the HS office and we will transport them over to the Elementary School. We all want to help the ES with their goal!



the difference
I can make.

From the Nurse's Nook



Medications at School

A Reminder for Parents regarding Medications at School:

If your child requires medication to be given at school, it is necessary to provide a permission form with **BOTH parent and physician** signatures. These forms are available from the School Office or the Primary Care Clinic of the Naval Hospital. The medication must be in a pharmacy labeled container with the child's name. Buses to and from school are considered an extension of school. Students should not self administer medications while on the school bus.

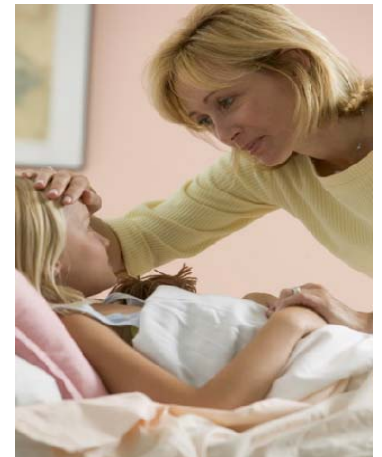
FLU VACCINES

2012 FLU SEASON AND VACCINES

DoDEA and the Command Surgeon, US European Command will again require the flu immunization for all DoDDS-Europe enrolled students. Students have 30 days from 29 Sept 2012 to receive the vaccine. The Naval Hospital will hold "FLU Clinics" on the following dates:

- 29 Sep 0900-1400 Marinai
- 09 Oct 1200-1600 Midtown
- 10 Oct 16-1900 Marinai
- 11 Oct 12-1645 Commissary
- 24 Oct 12-1600 Midtown
- 25 Oct 16-1900 Marinai

- 26 Oct 12-1645 Commissary



Goal 1: Problem solving

All students will improve math skills, the ability to synthesize and evaluate information toward problem solving, in all curricular areas, as measured by the selected system-wide and school based assessments.

Intervention: IDEA Four Step Model for Problem Solving

Goal 2: Writing

All students will improve writing skills, the ability to apply organization and use precise vocabulary to express ideas across the curriculum, as measured by the selected system-wide and school based assessments.

Intervention: 6+1 Traits of Writing

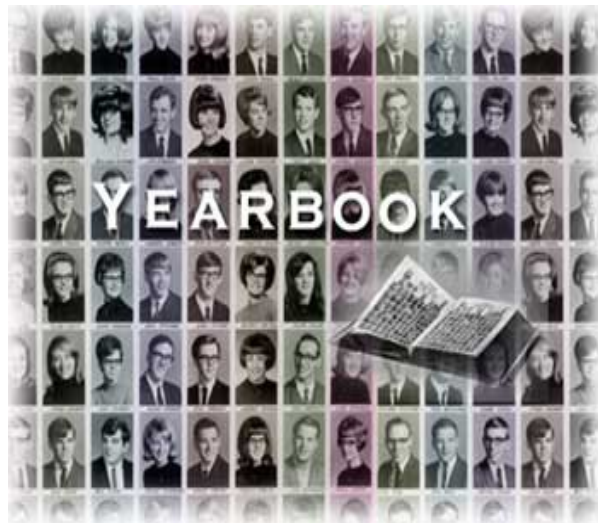
The Sigonella 2012-2013 Sigonella Middle School/ High School Yearbook is now on sale!!

Please make checks payable to the "Student Activity Fund."

Prices will be:

\$55 during August-October 15

Turn in Money and Completed Forms to Ms. Lewis (room 232) or the front office



Date Paid: _____ Receipt Number: _____

Student Name(s): _____

Grade: _____ Seminar: _____

Parent Name: _____ Phone: _____

Email Address: _____

Are you PSC'ing prior to June 1st ? Yes or No

If yes, add \$10.00 for shipping to the total and provide a mailing address for the book to be sent to:

Mailing Address: -

-----FOR YEARBOOK USE-----

How Many Books: _____ Total: _____

Check Number: _____ Cash: Yes or No

DoDEA is now pleased to offer Tutor.com /military to all students enrolled in DoDEA schools.

It is quick, easy, and best of all FREE. Now your child can get help from a professional tutor anytime they need it. You only need to know your child's Gaggle username and follow the steps below:




Tutor.com
for Families



Tutor.com
for the Military



Tutor.com
for Schools



Tutor.com
for Libraries



Custom
Tutor.com Programs



Become a
Tutor.com Tutor

- Go to www.tutor.com/military
- Click on the "for DoD Schools" button
- Login with your Gaggle username
- Note: on first login, all students should use the word "password" as the password. They will be prompted to assign another password that they will use for all future logins.

If you are not sure of your child's username for Gaggle, please contact the school educational technologist Tony.Waldbillig@eu.dodea.edu and he will be able to assist you.

- All DoDEA students continue to be entitled to free homework help and online tutoring from expert tutors in more than 16 subjects including math, science, social studies, and English - and advance placement (AP) courses.
- All children attending DoDEA schools are eligible to use the program -- even if their parents are not serving in the U.S. Military. Tutor.com provides [complimentary access for non-military students](#) because we want 100% of students in every DoDEA classroom to have access to the program.
- Tutor.com is open 24 hours per day, 7 days per week, which means your students can connect to expert tutors anytime, with no appointment, for help with any tricky homework assignments they may be facing. We have approximately 2,500 tutors on staff to help your students.
- There is no paperwork or cost for any DoDEA school, teacher, administrator, or student to participate. Simply point your students to www.tutor.com/military.
- The Tutor.com team is here to support you and your students with free training, phone and email support (via militarysupport@tutor.com).

If you have any questions, comments, or requests, please feel free to contact us directly anytime. Our job is to support you and your students.

A great opportunity for Sigonella students to prepare for the SAT/ACT exams!



SAT and ACT Exam Season is Here

To help be successful in taking these exams, eKnowledge & NFL Athletes Donate Free* \$200 SAT and ACT PowerPrep™ Programs to all Military Families

Nervous about the SAT/ACT exams?

We can prepare your student for one of the most important tests they will ever take.

Programs already in Use:	200,000+
Value of donated Programs:	\$40,000,000+

PowerPrep Programs include 11 hours of video instruction, practice tests, sample questions and over 3000 files of supplemental test prep material. Students select the training they need and study at their own pace.

Secure your donated \$200 program: www.eKnowledge.com/DoDEA

Order by phone: 951-256-4076.

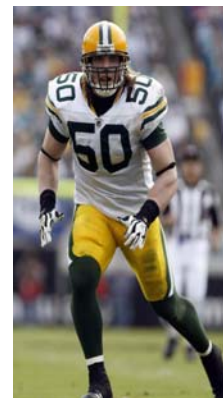
**There is a nominal charge for materials, support, shipping and handling of \$13.84 - \$19.99 per standard program.*

100+ NFL, MLB, and Corporate Sponsors

"I am grateful for the support I received from my family, coaches and teachers, when I was preparing for college. I know a good education is the single greatest predictor of success and that's why I wholeheartedly support the eKnowledge SAT/ACT donation project--." #50 A.J. Hawk Green Bay Packers

60,000+ thank you and testimonials

Great program! My son used the DVD and scored high enough on his SAT to get a 4 year academic scholarship to the University of Maryland. My daughter is next and we hope for the same outcome. Thank you so much for your support! H. Cole



My daughter used her ACT/SAT prep DVD to prepare 3 years ago - she is now a sophomore at the University of AL on a full ride academic scholarship! Her scholarship was predicated on her high ACT score. I just ordered the latest version for my son... (Let's hope lightning strikes twice!) Thanks for a wonderful resource!!! A. Raebel

MS Decades Dance this Month!

Join the National Junior Honor Society at the first MS Dance of the school year on October 26, 2012 from 5:30-8:30pm! We're going back in time with a theme of "Decade Dance". Come join in the fun and dress to the groovy nature of the 60s and 70s, or the rock-in' beat of the 80s and 90s! Discounted tickets and a special raffle for those students whose families have joined the PTSO! Prizes, food, and drinks are all part of your ticket price and there will be a contest for the "Best Dressed" student from each era. So here's the rundown:

What: MS Decades Dance

When: Friday, October 26, 2012 from 5:30-8:30pm

Where: Knights Hall, Sigonella MHS



Students may receive a permission slip to be released to Autumn Fest after the dance, so come enjoy your favorite decade before heading off to the carnival rides! Hope to see you there!

What are the MS students up to?



The 7th graders are making Non-Newtonian Fluids, otherwise known as *Goo*, in their first Design Challenge lab of the year. Students wrote up their labs from scratch, tested their substances, and found the perfect ratio! We've also been working on our metric measurement skills with a measurement mini-lab. Students practiced using the triple-beam balance, rulers, and graduated cylinders to explore everyday objects in a quantitative way! *Go Science!*



Our 8th graders completed their first Technology Design Challenge lab this month with a Tower Challenge. Students completely design the lab report from a list of materials that were supplied. Which tower held the most books? A Greek temple design held a total of 9 science textbooks successfully!

Go Science!

