

JAGUAR UPDATE

SIGONELLA MIDDLE/HIGH SCHOOL

DODEA my DATA

Several questions have come into the office recently regarding the new DODEA “my DATA” portal. DODEA plans to make the portal available on September 14. At this time we ask parents to return the my DATA form to allow us to grant you access when the system is turned on. When DODEA officially flips the switch for my DATA you will receive two emails with access information for your account. In the past access to online grades was available after the first two weeks of school. We are attaching the my DATA quick reference guide to this update. If you have any questions regarding the use of my DATA please contact our school registrar, Irene Larson at irene.larson@eu.dodea.edu

WELCOME TO

Our new school staff

- Ms. Irene Larson - Registrar
- Mr. Steve Larson - AP Teacher
- Ms. Liz Alford - Secretary
- Ms. Marsha McCauley - HS Science



New Student Luncheon

Sigonella Middle/High School’s Student-to-Student (S2S) program will host a new student luncheon and team building activity on Tuesday, September 11, starting at 1220. New students to Sigonella MHS should report to room 266 at the beginning of lunch on the 11th.

Lunch will be provided for new students. Team building activities will follow lunch until approx. 1345 through the first part of seminar. The S2S students will be handing out invitations to new students over the next few days.



DID YOU KNOW - the jaguar’s name comes from a Native American word meaning “the killer that takes its prey in a single bound.”



FIRST DAY ASSEMBLY - On the first day of school Sigonella Middle/High School Students gathered in the JAG for an opening of school assembly.



DID YOU KNOW - Jaguars make a variety of sounds, including roaring, mewing and grunting. They are excellent swimmers, and they enjoy being in the water. They are also skilled at climbing and fishing.

MS Team Building Event

by **Christine Arnold**

Middle School Team Member

On Friday, September 1, 2012 Middle School students at Sigonella MHS worked on their Team Building skills through a series of relays and challenges. Students worked together in grade-level teams to hula-hoop and wheel-barrow their way across the gym. Students in all grades participated in a Tug of War as well.

The highlight of the event was the "What's in a Bag" relay where grade-level teams had to dress our models: Mr. Andre, Mr. Gillett, and Mr. Williams, after which point they strutted their fashions "cat walk" style back to the teams.

The grade-level teams earned points for each event win with our 8th grade students came out as

our Grand Prize winners! They won the coveted JAGUAR SPIRIT STICK as their prize.

The 6th and 7th graders have the challenge of winning it back next quarter at our second team building session.

* **School lunch, remember those days?** If you would like to volunteer to monitor lunch or eat lunch with your student please contact Mr. Williams at willy.williams@eu.dodea.edu



Sigonella Middle School Students Participate in the team building activity called "Blob Tag" at the MS Team Building Event



JAGUAR ATHLETICS: UPCOMING ACTIVITIES



Sigonella MHS Vision

Prepare life-long learners, leaders, and global citizens.

15 September 2012

Football @ Baumholder

Volleyball @ Naples

Cross Country @ Naples

22 September 2012

Football @ Home vs. Bamberg

Volleyball @ Naples

Cross Country @ Naples

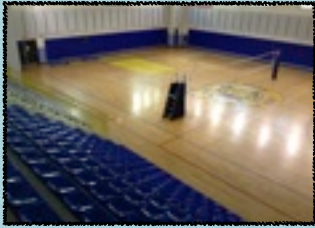
29 September 2012

Football @ Menwith Hill

Volleyball @ Vicenza

Cross Country @ Vicenza

THE JAG



Seats: Around 500

Uses: Student Assemblies, Physical Education Class, Basketball Games, Volleyball Games and High School Lunch Activities on Tuesday and Thursday

Why The Name?

“The JAG”
is short for
“JAGUAR”

JAGUARS

PTSO

Contact Information

President Lisa Marshall

Vice-President
Monika McCullough

Treasurer Keri Schumacher

Secretary Sue Peterson

Membership Nicole Vossler
email

ptsosigonella@gmail.com

[Facebook Page](#)

JAGUAR FOOTBALL GAME

SATURDAY SEPTEMBER 8 - 0900 - NAS I ANNEX FIELD



SIGONELLA MIDDLE/HIGH SCHOOL EPORTAL NOW OPEN!

Sigonella Middle/High School is the first school in DODDS-Europe to begin the process of creating public facing teacher websites

through a new system called the DODDS-Europe ePortal. Our school site is up and running and can be accessed at <http://sigmhs.mdso.eportalnow.net>

Teacher websites, as they become available, can be accessed through the central page above.

When prompted for a password on any of the Sigonella MHS ePortal pages (teacher or other) this year’s password will always be: SigonellaMHS1213 (this password is case sensitive).

Be sure to check the site often for updates and important information.

NUMBERS

Students Enrolled

196

High School Students

92

Middle School
Students

104



JAGUARS



AROUND CAMPUS



* Sigonella High School Upperclassmen excited to be starting the new school year!



Chief Burke helps to hand out schedules and planners to new and returning students on the first day



MIDDLE SCHOOL PHOTOS



Students cheer on their grade-level team during the middle school team-building competition.



Mr. Andre strikes a pose after being "decorated" at the Middle School Team Building Day.



Middle school students excited about the possibility of winning the Middle School Spirit-Stick for their grade-level team.

Admin Notes



Notes from Admin

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Mr. Williams and I would like to take this opportunity to welcome each of you back to school for the 2012-2013 school year. It is with great pride that we call Sigonella, Sicily and Sigonella Middle/High School Home! We look forward to the opportunity of working closely with each of your students this year.

QUESTIONS, COMMENTS, CONCERNS?

Do you have any questions, comments or concerns about this school year?

We are glad to take your questions and find resolution. We work for you and your children to ensure the highest quality education available is delivered daily.

We take the responsibility of educating your children very seriously and want you to know when you have concern - we have concern.

Please feel free to contact us with any comments, concerns, questions and/or suggestions regularly.

[Alice Berard](mailto:alice.berard@eu.dodea.edu)
alice.berard@eu.dodea.edu
Principal

Sept 13 Early Release

Sept 18 Open House

Sept 27 No School

Oct 6 SAT

Oct 6 Homecoming

Oct 8 Holiday

Oct 11 Early Release

Oct 17 PSAT

Oct 25 Early Release

Oct 27 ACT

SIGONELLA JAGUARS

PSC 812 Box 2630

FPO AE 09627

DSN - 624-4281

From USA - 011-39-095-56-4281



We have noticed many students consuming **caffeine infused drinks** during lunch and thought it would be helpful to provide information on caffeine to you. You can find the information on the pages below.

CAFFEINE

What is caffeine?

Caffeine is a stimulant found in coffee, tea, chocolate, and cola and energy drinks – making it one of the most widely used drugs in the world.

Caffeine concentration varies according to the plant variety, the growing conditions and the strength of the given brew. Coffee beans of the arabica strain, grown primarily in Central and South America contain approximately 1% caffeine. Robusta coffee beans, grown in Africa and Indonesia, contain about 2%. The caffeine content of tea leaves can be as high as 5%.

Although tea leaves generally contain more caffeine by weight than coffee beans, there is usually more caffeine in a cup of coffee than in a cup of tea because more coffee beans than tea leaves are used to make each regular cup. Also tea is infused, not boiled.

Most researchers now agree that there is little risk of harm when a person consumes less than 600 mg of caffeine a day. At times of anxiety or stress, or during pregnancy, many doctors now recommend consumption of less than 200 mg a day.

Beverage/Item	Container/Size	Typical caffeine content
Coffee Instant	150 ml cup	60-100 mg
Percolated/Drip	150 ml cup	100-150 mg
Espresso	150 ml cup	90mg
Decaffeinated	150 ml cup	2-4 mg
Tea	150 ml cup	30-100 mg
Cocoa	150 ml cup	30-60 mg
Cola Soft Drink	250 ml	35 mg
Energy Drink	250 ml	80 mg
Chocolate Bar	30 gm bar	20-60 mg
Prescription/over-the-counter medicines	tablet	20-100 mg

There has been a great deal of media interest in the range of energy drinks recently introduced into the market which contain caffeine. In general, the concentration of caffeine per ml in soft drinks or energy drinks is considerably lower than in coffee. A single serving of one of the many energy drinks available is equivalent to a cup of coffee.

How many people use caffeine?

Worldwide per capita caffeine consumption (including that of children) is estimated to be 70 mg per day, or approximately equivalent to one cup of coffee. Average intake for Americans is believed to be about 200 mg per day. Most Australians consume caffeine in one way or another. A survey conducted in Sydney in the mid 1980s found that the average daily intake of caffeine was about 240 mg – the equivalent of about four cups of instant coffee.

What are the short-term effects of caffeine?

The short-term effects of using caffeine may include:

- increased body temperature
- increased urination
- increased alertness
- irritability and restlessness

The use of coffee to sober up a person after drinking alcohol is not effective. It does not improve impaired motor coordination but may make the person more alert. It simply makes the intoxicated person more awake.

What are the long-term effects of caffeine?

Daily use of caffeine in low to moderate doses in most healthy adults does not appear to produce any harmful effects. Substantial daily doses – and in some people even as little as 250 mg per day – can lead to unpleasant effects such as:

- **restlessness**
- **nervousness**
- **insomnia**
- **flushed face**
- **increased urination**
- **stomach upsets**
- **muscle twitching**

Fatal overdose with caffeine is extremely rare, but it is possible. The lethal dose in humans appears to be 5 to 10 grams, although toxic symptoms may appear with lower doses. Some symptoms of caffeine poisoning include tremors (involuntary shaking), nausea, vomiting, irregular or rapid heart rate and confusion. In extreme cases, individuals may become delirious or have seizures. In these cases, death may be caused by seizures that results in an inability to breathe. In less severe cases, high doses have been associated with panic attacks.

In small children toxic effects may be observed with much smaller doses, i.e. drinking about seven cups of strong coffee.

If you think you've had a
CONCUSSION...

Don't hide it.
Report it.
Take time to recover.

HEADACHE

NAUSEA

BALANCE PROBLEMS
OR DIZZINESS

DOUBLE OR
FUZZY VISION

SENSITIVITY TO
LIGHT OR NOISE

FEELING SLUGGISH

FEELING FOGGY
OR GROGGY

CONCENTRATION OR
MEMORY PROBLEMS

CONFUSION



It's better to miss one game than the whole season.

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



CDC



WELCOME TO THE DoDEA MYDATA BUTTON PORTAL

What is the myDATA Button Portal?

The DoDEA myDATA Button Portal is a secure online tool that allows students, parents, and guardians to monitor DoDEA student's progress and communicate more effectively and efficiently. It provides instant access to grades and other information anytime and anywhere. The portal is intended to improve the availability and use of data to improve student achievement. Participation in the the use of the portal is voluntary. Parents and students will have separate accounts.

What can I expect for the myDATA Button Portal?

As a parent/guardian/student, you can use a single login/password to access the following information from any computer with Internet access.

As a part of the portal, you can electronically access the following:

- * Student Schedule
- * Daily and class attendance information
- * Contact information
- * Notification of attendance and grades
- * Student Demographics
- * Transcript (Grades)
- * Assignments

Is the information secure?

The DoDEA myDATA Button Portal is hosted on a government facility and is subject to numerous layers of security. We have carefully configured the system to ensure that your information is confidential. We mandate strong passwords, forced password resets and session time-outs to ensure secure sessions. ve 2 separate e-mails with your logon information and the web site address to the portal. If you registered multiple children, you will have access to all registered children.

How do I access the portal?

Parents must register in order to receive an account to access the portal.

Parents

To obtain an account and password, you must submit a DoDEA Student Registration - Form 700 for Consents and Authorizations to a school where your child(ren) attends. As you complete the DoDEA Form 700, you should select the option that indicates that you would like to have access to the myDATA Button portal. Please ensure that the e-mail address that you provided during the registration of your child(ren) on the DoDEA Form 600 is the same e-mail address that you use when returning the form. You may return the DoDEA Form 700 to your school by e-mail, fax, or in person. Upon the completion of the verification process, you will receive two separate e-mails with your logon information and the web site address to the portal.

Students

Registration for student access to the myDATA Button Portal in grades 4 - 12 is not required. Students will be provided their logon credentials by their school administration.

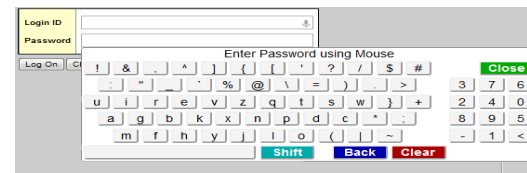
After you have received your account information, you can log on to DoDEA myDATA Button Portal from any computer that connects to the Internet.

1. Open your web browser to connect to the Internet.
2. Go to your child(ren)'s school web page.
3. Click on the DoDEA myDATA Button Portal link.



4. You will be directed to the myDATA Button Portal Dashboard.
5. Click on the myDATA Button in the right column.

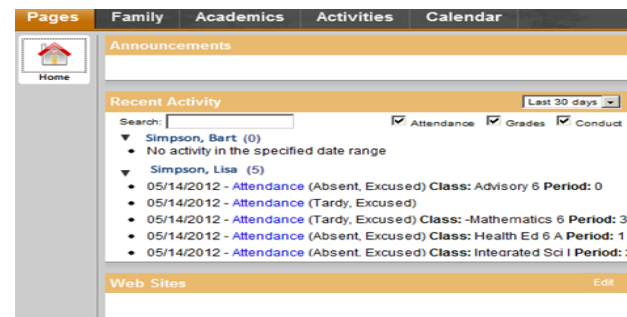
6. You will see the login screen.
7. Enter your **Login ID** and **Password** in the boxes provided. When you attempt to enter your password, a virtual keyboard will appear to help prevent keystroke detection by hidden keystroke logger software.
8. Click the **Log On** button.



The first time you log in, you will be prompted to change your password, and set your security questions for password recovery. Please follow the provided instructions. **DO NOT** share your new password with others!

How do I use the myDATA Button Portal?

After you have successfully logged on, you will first see your portal Home page. The Home page shows recent activity and the latest updates. You can choose to view activity for the current day, the last 7 days, last 30 days, or last 60 days.



Click the top-tab for general subject areas and the side-tabs to view detailed information.

