

**LAKENHEATH HIGH SCHOOL  
 SUMMER NEWSLETTER**

**“SCHOOL MATTERS”**

Volume 14, Issue 1 – September 2009



Principal: Mr. Kent Worford

Assistant Principal: Ms. Barbara Lee

**Calendar of Events**

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
10 September	1700	SAC Meeting	LHS Info Center
12 September	1200	Football Jamboree Alconbury, M.H	LHS Football Field
16 September	1630	Parent Athletic Meeting	LHS Gym
16 September	1700-1955	Open House	LHS Auditorium
19 September	1000/1300	Football Varsity and JV	Wiesbaden
19 September	1000	Volleyball Jamboree AHS/MHHS	LHS Gym
19 September	1000	Cross Country AHS/MHHS/Brussels/SHAPE/ AFNorth/St.Johns	LHS
19 September	1000	Tennis vs. Brussels and Alconbury	LHS
22 September		Senior Pictures	Cafeteria
26 September	1000 1300	Football Heidelberg Varsity and JV	LHS Football Field
26 September	1000	Volleyball	Alconbury
26 September	1000	Cross Country	Alconbury
26 September	1000	Tennis	Ramstein
10 October		Homecoming vs. Patch	

**Parent / Athletics meeting, Sept. 16 1630 in the Gym.**

-Meeting is required of all athletes and their parents.

**Open House**

**Wednesday, September 16, 2009, 1700 hrs. – 1955 hrs  
 Auditorium**

1700 --1730 PICK STUDENT SCHEDULES  
 1730 – 1750 Opening Session in Auditorium

1800 – 1810 B1  
 1815 – 1825 B2  
 1830 – 1840 B3  
 1845 – 1855 B4  
 1900 – 1910 R5  
 1915 – 1925 SEMINAR  
 1930 – 1940 R6  
 1945 --1955 R7

# Friday, 11 September-Last Day to DROP or ADD a class

## **DoDEA DROP/ADD POLICY**

Effective School Year 2008-2009, upon request of the parent/sponsor of a student under 18, or for a student who is 18 with notification to the parent/sponsor, a student may drop/add a course. The request, with justification to drop/add, must be submitted in writing to the guidance counselor within 10 days (beginning of year, beginning of semester, or within 10 days of a transfer into the school). All drop/adds must be documented. Exceptions to the guidance will be determined by the principal with advice from the guidance counselor and/or the teacher of the course. If an exception is granted by a principal it must be documented in SMS. DoDEA does not use WP/WF grades for any reason.

## **SAC is looking for parents!!**

### **We need YOU!!**

The Department of Defense encourages professional employee and family participation in the formation and operation of overseas local school advisory committees. Committee members, elected from the community and the schools, are responsible for advising the principal on education-related matters. SAC members advise the principal on school policies, program staffing as it relates to the instructional program, budget, facilities, maintenance, administrative procedures, pupil personnel services, educational resources, program evaluation, student standards of conduct, and the school meal program.

The Lakenheath High School Advisory Committee consists of four parents, four professional school employees, and one student. The Principal, Faculty Representative Spokesperson, and Support Group Commanders (or designee) serve as non-voting members. Meetings are held the first Tuesday of every month at 1600 in the Information Center. The meetings are open to the public. If you are interested in joining the SAC as a parent member, please contact Kent Worford, Principal at 226-3115 or [kent.worford@eu.dodea.edu](mailto:kent.worford@eu.dodea.edu).

## **Continuous School Improvement (CSI)**

Welcome to School Year 2009-2010. The School Improvement Leadership Team is looking for some parents to get involved. Meetings are once a month after school. We had a very successful Quality Assurance Review last year and have received the report of our commendations and recommendations. The team will begin to meet this month to look at our next steps. If you are interested in joining the team, please contact Anita Lang at [anita.lang@eu.dodea.edu](mailto:anita.lang@eu.dodea.edu) or call the office at 226-3115 and leave a message. It takes a united team to make Lakenheath High School *"More Than a Classroom."*

## **LHS Athletic Department**

LHS Athletic Department will be selling spirit wear at open house 16 Sept. Show your spirit and wear the colors!!!

- T-Shirts--\$10.00
- Long Sleeved T-Shirts--\$15.00
- Sweatshirts--\$18.00

**Ms. Ready**

## **Senior Pictures**

School pictures will be taken this month. Seniors will have their photo shoots Tuesday 22 September. Underclassman will take their pictures during their English Class. Students who attend English class on Red days will take their school picture Wednesday 23 September. Students who have English on Blue days will take their school photo Thursday 24 September. Please help your student dress appropriately on their scheduled school picture day.

Seniors must pay a \$20 sitting fee for their photo shoot. Please bring cash to pay this fee on 22 September. Seniors photo shoots will consist of 3 set changes. One set will be used for the yearbook picture, aka drape picture. Girls will need a strapless top to wear under their drape. Boys will need a white collared shirt to wear with the Tuxedo jacket and tie for their yearbook picture. Seniors are allowed two changes of clothes during their photo shoot. Seniors also need to ensure that they arrive promptly for their scheduled photo shoot and that they move from one set to the next as quickly as possible. Seniors are to return to class as soon as their shoot is completed. If you have any questions please e-mail Ms. Hume at [Erica.hume@eu.dodea.edu](mailto:Erica.hume@eu.dodea.edu).

## Creative Connections 2009

The DoDDS-Europe Creative Connections 2009 program, a Visual and Performing Arts program that focuses on dance, drama, music, video and visual art, is scheduled to take place in Oberwesel, Germany from 15-20 November 2009 this year. Students interested in applying for a position in this program should see Mr. Phelps, the POC for this activity on 18 September 2009 (the date applications are to be received). The program provides 10 workshops for 15 students each and a small group of video graphic students who document and produce a DVD of the event. The cost for the week was approximately 200.00 dollars last year which includes room, board, and all materials fees. Transportation to and from the scheduled event is coordinated and supplied for by DoDDS-Europe. More information will be forthcoming on this program after the applications have been received by the school.

**Thomas Phelps-Visual Arts Instructor**

## ADULT TUTORS FOR THE LHS AFTER SCHOOL TUTORING PROGRAM

The need for tutors in all subject areas (especially math, foreign language, computers, and science) is substantial. If you can spare any time to help tutor our students, it would be greatly appreciated. If you have further questions, please e-mail me at [stephen.kantor@eu.dodea.edu](mailto:stephen.kantor@eu.dodea.edu), leave a message at the school's main extension 3115, or call me directly at extension 5573 before 0800 and after 1500 most weekdays.

**Steve Kantor, LHS After School Tutoring Program Coordinator**

## Information on after school tutoring program for LHS students

To participate in the after school tutoring program, LHS students are recommended by their subject area teacher (and express a willingness to attend one or more sessions). Held on various Mondays and Thursdays throughout the semester. each tutoring session lasts from twenty minutes to two full hours, depending on student attendance and needs (as well as the expertise of the tutors available that day). During the first semester, the tutoring program will meet (depending on student numbers or room availability) in the LHS Library/Information Center or room #210 (Mr. Steve Kantor's classroom) in the main building on campus (#861). The dates scheduled are:

September		November	
Monday	Thursday	Monday	Thursday
	17		5
21	24		12
28		16	19
		23	
		30	
October		December	
Monday	Thursday	Monday	Thursday
	1		3
5	8	7	10

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Lakenheath High School Unit 5185, Box 45 APO AE 09461  
 DSN 226-3115 commercial phone 01638-52-3115 Fax 1638 53 3073  
 Web access <http://www.lake-hs.eu.dodea.edu/>

No School	15	15	15
19	22	22	22

January	
Monday	Thursday
	7
11	14

The schedule for second semester after school tutoring sessions will be distributed widely by mid-January 2010. The second semester sessions are tentatively set to begin on Thursday February 11, 2010. If you have any further questions, contact Steve Kantor at LXT. 3115 or e-mail [stephen.kantor@eu.dodea.edu](mailto:stephen.kantor@eu.dodea.edu).

## **ACTION PACKED SUMMER FOR JROTC CADETS!**

31 AFJROTC cadets from Lakenheath High School took part in camps over the summer to improve their leadership skills and gain an appreciation of a variety of careers and armed services. Cadets went to five separate camps including Air Force Honors and Technology Camp at Kirtland AFB, NM; Air Force Summer Leadership School at Sembach AB, GE; Army JROTC Cadet Leadership Challenge at Grafenwoehr, GE, the British Air Training Corps Camp at RAF Marham and the Isles District Drill Camp at RAF Lakenheath. Cadets participated in activities such as obstacle courses, rock climbing, flying, leadership reaction courses, high ropes, shooting, space camp, rocket launches, drill, physical fitness and athletic events. Congratulations to all those who took the time to widen their horizons and challenge themselves!

**Col (Ret) Mark Fry**

### **Air Force Honors and Technology Camp:**

Casey Lang

### **Air Force Summer Leadership Camp:**

Jarrett Bennett

Kateri O'Hare

Vanessa Hosaka

Carlos Martinez

Jacob Peters

Christine San Agustin

Ebilene Santos

Taylor Wright

### **Army JROTC Cadet Leadership Challenge:**

Alyssa Colasito

Travis Scurlock

### **British Air Training Corps Camp:**

Andrew Griesel

Kateri O'Hare

Jacob Peters

John Rodgers

Travis Scurlock

### **Isles District Drill Camp:**

Neil Atherton

KeAmber Council

Nathan Fogle

Rebekah Gamble

Vanessa Hosaka

Melissa Jumper

Trisha Peters

Christine San Agustin

Jacob San Agustin

Ben Slick

Wesley Sorrell

George Waring

Peter Waring

Kristen Winslow

Taylor Wright

# Nurse's Notes

The big concern this year for student health is of course the H1N1 (swine) flu. All schools are in close communication with our Public Health department and we are all kept informed of any new information about this flu. In general, it is like any other flu, however as it is a new strain we are likely to see more of it than most flu seasons. Frequent hand washing and "respiratory etiquette" are the best means of prevention at the moment. Vaccines currently in clinical trials are expected to be available later in the fall. There is quite a bit of information published in both the media and professional literature everyday. For the most accurate, concise and up to date news I recommend the Centers for Disease Control's website, [www.CDC.gov](http://www.CDC.gov)

If you or any family member develops a fever or other flu symptoms it is recommended to keep them at home and treat as you normally would for a virus; bed rest, fluids and Tylenol. If you or your family members are in more distress than a mild flu, contact your primary care provider, nurse hotline or school nurse before deciding to go in person to the hospital or clinics. Last but not least, return to school or work after being free from fever (without Tylenol) for 24 hours.

Feel free to call me for any concerns or questions regarding the H1N1 flu.

## ➤ Sports Physicals

If your child had one during the summer, be sure to send a copy in for our records, as well as keep a copy for yourself. Physicals are valid for one calendar year.

## ➤ Immunizations

Only a few of our returning students were due this summer for immunizations. I will contact parents directly for any missing records or other questions as I audit our health files.

## ➤ Medications at School

In general, parental consent and a Doctor/NP/PA order is required to store and administer medications during the school day. The clinics and the pharmacy are aware of the school requirements. Please do not send in unlabeled medications in a zip-lock bag. Call me and I will work with you to be in compliance with the DoDEA regulations.

I can be reached at 01638-525557 or [nancy.healy-sullivan@eu.dodea.edu](mailto:nancy.healy-sullivan@eu.dodea.edu)



# Counselors' Corner

## Are you thinking of playing sports in college?

The **NCAA Initial-Eligibility Clearinghouse Application** is required by colleges in order to participate in intercollegiate athletics. To start this application go to <https://www.ncaaclearinghouse.net/NCAA/common/index.html> ; go to "Prospective Student-Athletes." At the next screen, select "[Domestic Student Release Form](#)," and then complete the required fields. Remember the LHS School Code is 575-020. There is a fee required to process the application.

## FAFSA – Start it now!!

The **FAFSA** (Free Application for Federal Student Aid) is required by most colleges as part of their financial aid application process. The information on the FAFSA is based on your family's 2008 Federal Income Tax. It is recommended you file this application as early as possible with 1 February being ideal (Tax returns can be delayed till April 1<sup>st</sup>). The earlier you file the better Experience shows that completing the FAFSA on-line is the most reliable method. Go online to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and apply for your pin number! Remember this is a free service of the Department of Education. If there is a fee requested you are in the wrong web site.

## What is your EFC?

EFC or Expected Family Contribution is the portion of the tuition, books and living expenses that comes from your family's income. The EFC is calculated from the information you submit when completing the FAFSA. An estimate of your EFC can be calculated at the Financial Aid Estimator located at [www.act.org](http://www.act.org) or [www.collegeboard.com](http://www.collegeboard.com) . This web site also has practice materials for taking the ACT and SAT.

## FAQ of Guidance Counselors

What is the CEEB number for our school? The CEEB or school code number for Lakenheath HS is 575-020. Using this number tells colleges and other organizations that you are a student at LHS.

## Turning 18 Soon?

Upon reaching the age of 18 all boys are required to register with the Selective Service. This is required by law and can be done easily on line at [www.sss.gov](http://www.sss.gov) at no cost. Students must complete this registration before they can receive any federal financial aid for college.

## Testing Dates SY 09-10

Below are the SAT and ACT testing dates and registration deadlines for the current school year. Directions for SAT online registration are on pages 12-13. Students must pick up an ACT online registration form from the counselors. This form includes a waiver number that will allow students to waive the international fee surcharge. (If students register without this waiver, their test will cost \$22 more, and their fee cannot be refunded.) Students should see their counselor with questions.

SAT Registration Deadlines			
Date	Test	Early Registration	Regular Registration
October 10, 2009	SAT & Subject Tests		September 9, 2009
November 7, 2009	SAT & Subject Tests	Sept. 16, 2009	October 1, 2009
December 5, 2009	SAT & Subject Tests	October 14, 2009	October 30, 2009
January 23, 2010	SAT & Subject Tests	December 2, 2009	December 15, 2009
May 1, 2010	SAT & Subject Tests	March 10, 2010	March 25, 2010
June 5, 2010	SAT & Subject Tests	April 14, 2010	April 29, 2010

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## ACT

Test Date	Registration Deadline
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

### Why take an SAT subject test?

1. Many colleges require or recommend taking one or more SAT subject Tests for admission or placement.
2. Even if a college does not require Subject Tests scores, having them can only help your application.
3. Subject Tests show your mastery of a specific subject or language.
4. Colleges may exempt you from a freshman course requirement.
5. All of the above. Information from CollegeBoard.com

### Seniors and College

Narrow your college choices to 5-10 colleges. Get an application and financial aid information for each school. Make a master calendar and note test dates, fees, and deadlines. Ask for recommendations. Give each person a resume and required forms. Write first drafts of your application essays and ask teachers, parents and friends to read them. Remember: think about what you want and find a school that is a good fit. Check out College Search at CollegeBoard.com. Make an appointment with Mr. Daugherty for help.

### Official Transcripts for college applications

Students must fill out a (yellow) transcript request form available in the counseling office that must be signed by both the student and their sponsor and returned to the office. For requests that official transcripts be mailed to colleges, the college address must also be printed legibly on the transcript request form. Remember to submit official transcript requests and other college application forms well before deadlines to allow time enough to complete and send to the college of your choice.

### Seniors

#### If you are busy getting college applications together—think about this

In a recent College Board survey, 4-year colleges ranked their admission criteria based on responses from 1,917 institutions. The following criteria are considered “very important”:

- School achievement 83%
- Test scores 59%
- Recommendation 19%
- Essay 17%
- Interview 14%
- Activities 4%

Source: College Board Annual Survey of Colleges, 2005-06

# Freshman Parents Need to Know

## 1. FRESHMAN YEAR COUNTS!

Did you know that freshman grades are more important than senior grades for college admission? Most college applications are made before seniors have completed their first semester. The transcript sent with the initial college application has ALL FRESHMAN GRADES and no senior grades! See how important freshman year is!

## 2. STUDYING vs HOMEWORK

How many times have you heard “Mom/Dad - I have finished (or do not have) homework!”? This may be true but as the graduation requirements have become more rigorous (26 credits and minimum 2.0 GPA) and subjects are more complex (Remember geometry? How about Punnett Squares in biology?), students find completing homework is not enough practice to really know and understand the material. An hour of studying every night reviewing, re-reading textbooks, practicing second language vocabulary and phrases, rewriting notes and essays, and doing extra problems can really pay off come test day. Reading current event magazines/newspapers or a book from the DoDEA reading list during this study hour are other ways of preparing students for the rigors they will find in the classroom.

## 3. NOW IS THE TIME!

Freshman year is the time to start planning for meeting the cost of college. Families are expected to help pay for college along with any financial aid that might be received. This means looking at your family budget and the cost of college; discuss with your daughter/son the big decisions that need to be made. Too many times counselors hear parents and students say “I wish we had known this earlier!” Freshman year IS the year to start. Take advantage of school programs and counselors as well as the great resources found on the Internet.

## Online Resources

Lakenheath HS students have remote access to the following online resources. The URL and login information is available from the information center (library). Please contact the IC staff by phone at 226-3903 (01638-523903) to request this information. These are excellent tools for research.

### Newsbank

<http://infoweb.newsbank.com>

### ProQuest / Social IssuesResourceSeries

<http://www.proquestk12.com/>

Select the button Go To: My Products Page

### Thomson Gale Resources

<http://infotrac.galegroup.com/itweb/lakehs>

### World Book Online

<http://www.worldbookonline.com>

### Columbia Grangers

### World of Poetry Online

<http://www.columbiagrangers.org>

## LAKENHEATH HIGH SCHOOL e-mail Roster

In an effort to facilitate communication between home and school, we are providing the following email addresses for all teachers. E-mail addresses for LHS faculty and staff follow this pattern: [firstname.lastname@eu.dodea.edu](mailto:firstname.lastname@eu.dodea.edu). If you have any questions about e-mail addresses, don't hesitate to contact the front office at DSN 226-3115 or 01638-523115.

<a href="mailto:Ronna.Arellanes@eu.dodea.edu">Ronna.Arellanes@eu.dodea.edu</a>	<a href="mailto:Marjorie.Huntington@eu.dodea.edu">Marjorie.Huntington@eu.dodea.edu</a>
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<a href="mailto:Greg.Mako@eu.dodea.edu">Greg.Mako@eu.dodea.edu</a>	<a href="mailto:Gail.Johnson@eu.dodea.edu">Gail.Johnson@eu.dodea.edu</a>
<a href="mailto:Earl.Price@eu.dodea.edu">Earl.Price@eu.dodea.edu</a>	<a href="mailto:Stephan.Kantor@eu.dodea.edu">Stephan.Kantor@eu.dodea.edu</a>
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<a href="mailto:Darryl.Brock@eu.dodea.edu">Darryl.Brock@eu.dodea.edu</a>	<a href="mailto:Louis.Martin@eu.dodea.edu">Louis.Martin@eu.dodea.edu</a>
<a href="mailto:Danell.Harrison@eu.dodea.edu">Danell.Harrison@eu.dodea.edu</a>	<a href="mailto:Matt.Martinez@eu.dodea.edu">Matt.Martinez@eu.dodea.edu</a>
<a href="mailto:Anne.Buckner@eu.dodea.edu">Anne.Buckner@eu.dodea.edu</a>	<a href="mailto:Otis.McCloskey@eu.dodea.edu">Otis.McCloskey@eu.dodea.edu</a>
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<a href="mailto:Kathy.Daly@eu.dodea.edu">Kathy.Daly@eu.dodea.edu</a>	<a href="mailto:Mike.Mickenberg@eu.dodea.edu">Mike.Mickenberg@eu.dodea.edu</a>
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<a href="mailto:Oscar.Davis@eu.dodea.edu">Oscar.Davis@eu.dodea.edu</a>	<a href="mailto:Caletha.Mitchell@eu.dodea.edu">Caletha.Mitchell@eu.dodea.edu</a>
<a href="mailto:Bill.Dawson@eu.dodea.edu">Bill.Dawson@eu.dodea.edu</a>	<a href="mailto:Jeanne.Neupert@eu.dodea.edu">Jeanne.Neupert@eu.dodea.edu</a>
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<a href="mailto:Robyn.Eaves@eu.dodea.edu">Robyn.Eaves@eu.dodea.edu</a>	<a href="mailto:Jay.Reed@eu.dodea.edu">Jay.Reed@eu.dodea.edu</a>
<a href="mailto:Mark.Fry@eu.dodea.edu">Mark.Fry@eu.dodea.edu</a>	<a href="mailto:Sabrina.Adkins@eu.dodea.edu">Sabrina.Adkins@eu.dodea.edu</a>
<a href="mailto:Erica.Hume@eu.dodea.edu">Erica.Hume@eu.dodea.edu</a>	<a href="mailto:Mike.Skiles@eu.dodea.edu">Mike.Skiles@eu.dodea.edu</a>
<a href="mailto:John.Gilmore@eu.dodea.edu">John.Gilmore@eu.dodea.edu</a>	<a href="mailto:Phyllis.Stubbs@eu.dodea.edu">Phyllis.Stubbs@eu.dodea.edu</a>
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# News from the Lakenheath High School Round Table

The LHS Round Table is a Parent/Teacher organization for Lakenheath High School with members consisting of parents, teachers, and students. The next Meeting is 1700 hours, 10 September 2009, Thursday in the Media Center Lakenheath High School Library; but are normally are held the first Thursday of every month at 1700.

What good does it do for anyone to join? You are helping the school to raise funds for the numerous academic and athletic requests from the teachers and students throughout the year. Second, your attendance at the monthly meetings provides you an opportunity to help make decisions and suggestions as to how LHS Round Table funds will be utilized to help assist our students, teachers, and school. Membership is only \$5 for a single member and \$10 for a family. That means if you have more than one student in high school you still pay only \$10 for your family's membership.

What else does the LHS Round Table do? Besides having membership drives, we operate the food van at all home games for football, volleyball, tennis, soccer, wrestling, basketball, softball, and track provided we have enough volunteers to open. This is a great opportunity for parents to help support a student's athletic event. We do not ask that you volunteer while your student is playing the game, but rather before or after a game. We have a sign-in log to help keep track of the volunteer hours everyone accumulates. This is a great way for students to earn volunteer hours for their resumes. Students from extra-curricular clubs and athletic teams can come out and volunteer if they think they will be asking the Round Table for any assistance with funding requests.

What did the Round Table do for the students, teachers, and the school last year? We provided funds for foreign language recorders, college night, JROTC color guard/drill team equipment, Odyssey of the Mind travel expenses to competition, Europeans for sports events, Green Team racing car supplies, Junior Science Symposium, flags for the front of the school, Prom, Teacher Appreciation week, JROTC leadership camp, Graduation programs and scholarships. None of these requests could have been met without the support of the teachers, parents, students, and staff members. The majority of the funds were raised by membership drives and the food van. Unfortunately, we were unable to open for every shift, due to a lack of volunteers.

What can you do to support the LHS Lancers? Join the LHS Round Table and volunteer at the food van, participate at the monthly meetings, and/or offer your time to chair a position within the Round Table. We must all work as a team to provide the best we can for our Lakenheath High School students. The Lancers need you.

Thank you for your support,  
Craig Sweeney, Round Table President

Go LANCERS!!!

**The next Round Table meeting will be held at 1700 on  
Thursday,  
10 September, in the LHS Information Center (library).**

# Round Table Membership

Membership Type: \_\_\_\_\_ Family \$10 \_\_\_\_\_ Individual \$5

Name: \_\_\_\_\_

Address: PSC \_\_\_\_\_ Box \_\_\_\_\_ APO AE \_\_\_\_\_

Phone: Work \_\_\_\_\_ Home \_\_\_\_\_

E-mail: \_\_\_\_\_

Student(s) name / grade(s):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please make checks payable to:

LHS Roundtable

Check # \_\_\_\_\_ Cash \_\_\_\_\_

**\*\*This is not in conjunction with the Sports Pass\*\***

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**\*\*This is not in conjunction with the Sports Pass\*\***

## Receipt for LHS Round Table Membership Dues

Received from \_\_\_\_\_ in the amount of \_\_\_\_\_  
for LHS Round Table Membership dues for the 2006-2007 school year.

\_\_\_\_\_  
(Sign and date)

Check # \_\_\_\_\_ Cash \_\_\_\_\_

**Lakenheath High School  
Unit 5185, Box 45  
APO AE 09464**

## **Parent's Viewpoint**

Dear Parents,

The Purpose of this page is to seek comments about LHS from you. We hope to improve our school by asking for and listening to your views.

Please feel free to make comments and return them to LHS. E-mail this page to [principal.lakenheath.hs@eu.dodea.edu](mailto:principal.lakenheath.hs@eu.dodea.edu); you can also mail this page to the address above.

Kent Worford  
Principal

Comments:

Name (optional):

Date:

Phone (optional):

If you would like a direct response or answer, please provide your name and a telephone number where you can be reached during the day.

(Mailing address: Lakenheath High School, Unit 5185 Box 45, APO AE 09461.)

# LAKENHEATH STUDENTS REGISTERING FOR THE ACT/SAT ON LINE

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## ACT ONLINE REGISTRATION

\*\*Students must pick up an ACT International Surcharge Waiver (DoDDS) from Ms Bangs or your counselor before completing your on-line registration.\*\*

1. Go to [www.act.org](http://www.act.org) and check on THE TEST
2. ACT Student Account – sign up/log in (first time users create a new account)
3. Your account info: create user id/password/provide email account
4. Your information: US  
PSC Number and Box Number  
City =APO  
State=Armed Forces Europe  
Zip=APO zip (use only first 5 digits)  
Yes=legal resident of APO AE  
Leave phone blank  
HS graduation year  
Gender  
Ethnic background (optional)
5. Find Your High School Section  
HS code=575 020  
Then SEARCH  
(2<sup>nd</sup> screen) Lakenheath HS – SELECT
6. Verify your information
7. Your high school summary – Size of your class is 100-199 & estimate your class rank
8. College plans, interests, special interests, extra curricular, paying, background, out of , class activities, interests = fill in as you can. This requires about 20 minutes.
9. Select where to test – ANOTHER COUNTRY
10. Read terms and conditions, click on “I understand and agree”
11. Select Test Date and options – THESE ARE UNIQUE TO LAKENHEATH  
ACT (plus writing) on Oct 25, Dec 13 and Apr 4 ONLY  
ACT (no writing) on June 13 ONLY  
No testing available on Feb 7<sup>th</sup>
12. Okay High School test release scores
13. Select current grade level and your high school courses and grades
13. Search for **Test Center** by using 866130. Select Lakenheath High School for the Test Center.
14. Check details and change or click continue.
15. **Registration Summary Page** – use the number at the top right hand corner of the ACT International Surcharge Waiver in order to avoid the Overseas Surcharge by \$25. Click the Apply button.
16. **VERY IMPORTANT!** After registration student must complete the surcharge registration form and give it to Ms D’Abreu or your counselor. Losing this sheet (each form has a unique number) or failure to turn in this form may void the \$25 credit.
17. Complete the **Credit Card Information** and Click the Submit Button.
18. Print the **Admissions Ticket**. You will need to bring this with you on the test day.

# SAT ONLINE REGISTRATION

Go online to [www.collegeboard.com](http://www.collegeboard.com)

## INTRO PAGE

- \* Click on Registration Online For SAT

## SAT REGISTRATION PAGE

- \* Click on Register Now

## SIGN IN PAGE

- \* If you have an account with College Board then sign in with your User Name and Password and skip down to SAT REGISTRATION AND SCORES
- \* If you do not have an account click Sign Up on the bottom right corner

## SIGN IN PAGE II

- \* Select student and then click the submit button

## SIGN IN PAGE III

### Step 1: Enter Your Information

- \* Complete the profile  
Select **Outside the US** Overseas phone numbers do not work so leave blank.

### Step 2: Select User Name and Password

- Make sure you make note them somewhere

### Step 3: Connect to College Board Services

- \* Your option

## SAT PERSONAL INFORMATION

- \* Complete the information – if you already have a profile with SAT be sure to check your address is correct (according to these directions)
- \* Under address use APO for city and select the AE or **American Forces Canada** in the pull down options
- \* **Do not complete the Outside the US address blanks.**

## SAT QUESTIONNAIRE

- \* This is a five-page questionnaire where you must complete some of the fields but not all.

**SAT REGISTRATION and SCORES** - Select button for **NEW REGISTRATION**  
(You may also choose to Edit Your Questionnaire at this time)

## SAT TERMS AND CONDITION

- You must review this material and check each box after you have read the terms. Select continue

## CHOOSE TEST

CHOOSE TEST AND TEST CENTER LOCATION

Select *SAT I* or *SAT II* (most students take *SAT I* and some will take the *SAT II* if their college requires it.)

Select Test Center Location **OUTSIDE US**

HIGH SCHOOL

Select Grade Level

Select **Search for High School Name**

New Screen

Search by High School Code

Fill in **575020** (LHS School Code) and select the **SEARCH** button

OR

Search by Country selecting **United Kingdom**

Search Results -

Highlight **Lakenheath High School DOD**

Select **Save & Continue** button

Testing Accommodations – select **NO** or talk to a LHS Counselor

Fee Waiver – select **NO** or talk to a LHS Counselor

Select **Save & Continue** button

### CHOOSE TEST DATE

\*Select the date desired and select **Save & Continue** button

### TEST SERVICES

\*Read the information and select **Yes** or **No** then select **Save & Continue** button

### CHOOSE TEST CENTER

Choose Search for a Test Center

New Screen

Search by Test Center Code and enter 57169

Select **Lakenheath High School DOD** and then select **ADD** button

**DO NOT** select a Second Choice there will always be available spaces

Select **Save & Continue** button

### SEND SCORES

\* Your test scores can be sent to four colleges as part of your test fee. Search by Code (your counselor has the codes), College Name or Location. Select from the **Search**

\* **Results** and **ADD** the college to your **Send Scores To** list. This may be done later.

\* Select **Save & Continue** button

### REASOURCES

This section offers materials that may be purchased from College Board.

**NO** is the default selection. Select **Save and Continue**

### FINAL REVIEW

❖ You can review your Registration Information and update if you desire.

○ The cost should be \$43 for LHS students taking the SAT I.

○ Complete the Credit Card Information

○ Select **Save & Continue** button or **Cancel**

### CONFIRMATION AND ADMISSIONS TICKET

**\*\*Print this screen and take the Admissions Ticket with you the day of the test**

**\*\*NOTE:** You can **CANCEL** at any point in the registration process and your information will be saved and can be completed at a later time.

# Lakenheath High School 2009

## Fall Sports Schedules

Date	Event	Opponent	Time
Sept 12	Football Jamboree	Alconbury, M.H.	1200
Sept 19	Football Volleyball Cross Country Tennis	@Wiesbaden Varsity and JR. Varsity Home -- Jamboree AHS/MHHS Home-- AHS/MHHS/Brussels/SHAPE/ AFNorth/St.Johns Home vs. Brussels and Alconbury	1000/1300 1000 1000 1000
Sept. 26	Football Volleyball Cross Country Tennis	Home Heidelberg Varsity and JV @Alconbury @Alconbury @Ramstein	1000 1300 1000 1000 1000
Oct. 1-2	Golf	@ Rota	
Oct 3	Football Volleyball Cross Country Tennis	Home--KTown JV and Varsity @AFNorth @AFNorth @SHAPE	1000/1300 1000 1000 1000
Oct. 10 <u>HOMECOMING</u>	Football Volleyball Cross Country Tennis	Home vs. Patch Varsity and JV Home vs. Alconbury and Menwith Hill Home vs. Rota, Cobham, Menwith Hill, and Alconbury Home vs. AFNorth	1000/1300 1000 1000 1000
Oct 15-16	<u>Golf Championships</u>	At Wiesbaden	
Oct. 17	Football Volleyball Cross Country Tennis	@KTown JV and Varsity @SHAPE @Wiesbaden @ISB	1000/1300 1000 1000 1000
Oct. 24	Football Volleyball Cross Country Tennis	Home vs. Ramstein @KTown @Alconbury @Alconbury	1000
Oct. 29-31	<u>Tennis Championships</u>	Wiesbaden	
Oct. 31	Volleyball <u>Cross Country</u> Football	Home vs. Alconbury and Menwith Hill Championships at Heidelberg Championships 1 <sup>st</sup> round--TBD	1000
Nov. 5-7	<u>Volleyball Championships</u> <u>Football Super 6</u>	KTown Baumholder	

\*\*\*Home Cross Country Matches: 1100--Middle School; 1130--Girls; 1200 Boys

Homecoming weekend game times may be adjusted for SAT testing

Away game times are always subject to changes of the host team but SHOULD be the times established by DoDDs.

# Barracuda Swim Club



Want to eat like Michael Phelps?  
Want to travel all over Europe, including Spain, Italy and Germany?  
Want that Michael Phelps body?  
Want a JV or Varsity letter?  
Want your picture in the yearbook?



**If yes, then join the Lakenheath Barracuda Swim Club!**

**We travel to places like Naples, Rota (Spain), Munich, Sigonella (Sicily), Venice, Berlin and many more**

Come out and join the Lakenheath High School Swim Team. Swimmers can earn JV or Varsity letters.

Practice begins this week and swim meets start mid-September. Please contact

[laken.barracudas@yahoo.com](mailto:laken.barracudas@yahoo.com) for more information or see our website at [barracudas.moonfruit.com](http://barracudas.moonfruit.com)

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Lakenheath High School Unit 5185, Box 45 APO AE 09461  
DSN 226-3115 commercial phone 01638-52-3115 Fax 1638 53 3073  
Web access <http://www.lake-hs.eu.dodea.edu/>

# Barracuda Swim Club

The Barracuda Swim Club is part of the European Forces Swim League and competes against teams across Europe. Practices are held at RAF Honington which is located between Bury St. Edmunds and Thetford. Home meets are held at the Bury St. Edmunds Leisure Center pool. High school swimmers can work towards a junior varsity or varsity letter.

For more information regarding the team and practice schedule, please contact the team at [lakenbarracudas@yahoo.com](mailto:lakenbarracudas@yahoo.com) or go to [barracudas.moonfruit.com](http://barracudas.moonfruit.com).

## Barracuda Swim Meet Schedule

12 September	Away @ Baumholder, Germany Versus Kaiserslautern, Eifel and Wiesbaden
26 September	Home @ Bury St. Edmunds Pool Versus Kaiserslautern, Rota, SHAPE and Geilenkirchen
11 October	Away @ Sigonella (Sicily), Italy Versus Sigonella and Naples
24 October	Away @ SHAPE (Mons), Belgium Versus SHAPE, NATO and Naples
25 October	Away @ NATO (Brussels), Belgium Versus NATO, SHAPE, ESB, and Naples
8 November	Away @ Naples, Italy Versus Naples, Aviano and Vicenza
27 November	Away @ Aviano (Lignano), Italy Versus entire league
28 – 29 November	Away @ Aviano (Lignano), Italy European Forces Swim League Long Distance Championships
6 December	Away @ Berlin, Germany Versus Berlin and ESB
12 December	Home @ Bury St. Edmunds Pool Versus SHAPE, NATO, Mildenhall and Ipswich

# Barracuda Swim Meet Schedule

9 January	Home @ Bury St. Edmunds Pool Versus SHAPE, Mildenhall and Ipswich
16 January	Away @ SHAPE (Mons), Belgium Versus SHAPE, Kaiserslautern, ESB and Vilseck
17 January	Away @ ESB (Brussels), Belgium Versus ESB, SHAPE and NATO
23 January	Away @ SHAPE (Mons), Belgium Divisional Championships Versus SHAPE, NATO, ESB and Geilenkirchen
13 - 14 February	Away @ Eindhoven, Netherlands European Forces Swim League Championships