

**LAKENHEATH HIGH SCHOOL
 SUMMER NEWSLETTER**

“SCHOOL MATTERS”

Volume 14, Issue 2 – October 2009



Principal: Mr. Kent Worford

Assistant Principal: Ms. Barbara Lee

Calendar of Events

Date	Time	Event	Location
1 October	1600	SAC Training	LHS Information Center
1 October	1700	Roundtable meeting	LHS Information Center
2 October	0800-1530	Parent Conference Day-No School for Students	LHS
3 October	1000/1300	Football vs. K-Town JV and Varsity	LHS Football Field
3 October	1000	Volleyball	AFNorth
3 October	1000	Cross Country	AFNorth
3 October	1000	Tennis	SHAPE
10 October		SAT	LHS
10 October	1000/1300 1000 1000 1000	HOMECOMING Football Home vs. Patch Varsity and JV Home vs. Alconbury and Menwith Hill Home vs. Rota, Cobham, Menwith Hill, and Alconbury Home vs. AFNorth Volleyball Cross Country Tennis	LHS High School
12 October		Columbus Day-No School	
15-16 October		Golf Championships	Wiesbaden
17 October	1000/1300	Football JV and Varsity	K-Town
17 October	1000	Volleyball	SHAPE
17 October	1000	Cross Country	Wiesbaden
17 October	1000	Tennis	ISB
24 October	1000	Football vs. Ramstein	LHS Football Field
24 October	1000	Volleyball	K-Town
24 October	1000	Cross Country	Alconbury
24 October	1000	Tennis	Alconbury
29 October		ACT	LHS
29-31 October		Tennis Championships	Wiesbaden
31 October	1000	Volleyball vs. Alconbury and Menwith Hill	LHS Gym
31 October		Cross Country Championships	Heidelberg
31 October		Football Championships	1 st round--TBD

31 October		Teacher Recording Day- No School for Students	
5-7 November		Volleyball Championships	K-Town
7 November		Football Super 6	Baumholder
11 November		Veterans Day- No School	
13 November		Professional Development Day-No School for Students	
25-26 November		Thanksgiving Day- No School	

Parent Conferences

On Friday, October 2, 2009, LHS will hold parent conferences. During the morning, teachers will schedule conferences specifically with parents of those students who are making below a **grade of C in their class**. Teachers will be given a lunch break from 1130 to 1230. Parents may drop in without an appointment from 1230 to 1515. Conferences will be kept to a maximum of 15 minutes. Parents who would like a longer conference may schedule an appointment with a specific teacher for another day during that teacher's planning period or after school. Appointments may be made by emailing the teacher directly or by emailing the guidance counselors. Guidance counselors will be scheduling meetings with multiple teachers for parents of those students who are receiving a grade lower than C in more than two classes. Guidance counselors, and their email addresses, are: Jamie.Henshaw@eu.dodea.edu for 12th and 11th grade A-J, Kent.Daugherty@eu.dodea.edu for 11th L-Z and 9th grade and Kay.Hilley@eu.dodea.edu for 10th grade.

Prior to conference day on Thursday, October 1, 2009, you may review your child's midterm grades in Gradespeed.

Continuous School Improvement (CSI)

What comes to mind when you hear the initials "C.S.I.?" No doubt a popular television program. CSI at the school level is not so different. DoDEA has tasked each school with looking at data (evidence) and determining where the deficiencies are. Data comes from many sources; student, parent and teacher input, standardized test scores, report card grades, and general school information. It is essential that all are involved in the process of determining the goals on which we will focus.

Three years ago, school faculty and staff got together to look at the data and decide what goals we should work on. We decided on the following:

Student Performance Goal 1: All students will demonstrate a basic understanding of written materials across the curriculum.

Student Performance Goal 2: All students will improve their critical thinking skills across the curriculum. All teachers are able to integrate school improvement into their curricula with these goals.

Once the goals were established, they needed to be fine-tuned. Goal one basically talks about reading comprehension but as that is such a broad topic, it needed more specifics identified. Thus, an "essence" was added to each of the goals for clarification.

Essence for Goal 1: Students will analyze main ideas and their supporting details.

Essence for Goal 2: Students will utilize written materials to formulate an organized written or oral response.

Now that the goals were more detailed, interventions had to be aligned to help attain the goal. Research was done by a variety of individuals and departments. Professional development opportunities also provided opportunities for reaching consensus on the interventions. Currently, the following interventions have been employed:

Interventions for Goal 1: KWL graphic organizer and differentiated instruction

Interventions for Goal 2: Socratic Seminar and peer tutoring

Regularly, data is reviewed as it becomes available and modifications are made to the school improvement plan. It is VITAL that all members of the Lakenheath High School community are involved in CSI decision making. Students are being recruited. Parents, if you are interested, please contact Anita Lang, CSI Chair, at anita.lang@eu.dodea.edu or Kent Worford, Principal, at kent.worford@eu.dodea.edu.

Teen Read Week – Read Beyond Reality

This year's teen read week is October 18-24. To celebrate, the information center is having a new book reception before school (0730-0800), during lunch (1105-1155) and after school (1500-1530) on Wednesday, October 21 where we will have many of our new books on display (We have received over 1,000 new books in the library this fall!) and refreshments for all to enjoy. We will have an anagram contest to give students a chance to win new books and other goodies! Since this year's theme is "Read Beyond Reality," we thought it would be fun to add a Halloween challenge to the mix and give students another chance to win goodies! Entry forms for the contests can be picked up beginning Monday, October 19 and must be submitted by 1500 on Monday, October 26. Winners of the contest will be announced and prizes given out during Seminar on Tuesday, October 27.

Carrie Titus, Library Tech

Balfour Company

Karen from the Balfour company will be at school on Monday and Tuesday--November 16th & 17th to take orders for class rings and letter jackets. She will be in the Main Entryway from 10:30 - 15:30. She will also be at College Night in the Cafeteria on Tuesday evening, November 17th.

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, 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:

October		November	
Monday	Thursday	Monday	Thursday
			5
5	8		12
No School	15	16	19
19	22	23	
		30	
December		January	
Monday	Thursday	Monday	Thursday
	3		7
7	10	11	14
15	15		
22	22		

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.

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 1st). 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 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 or 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 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

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 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; students are welcome to pick up the bookmark in the IC. These online resources are excellent tools for research--check them out!

ProQuest / Social Issues Resource Series
<http://www.proquestk12.com/>
(select the button Go To My Products Page)

ABC-Clio Databases
<http://www.socialstudies.abc.clio.com/>

Thomson Gale Resources
<http://www.worldbookonline.com>

World Book Online
<http://infotrac.galegroup.com/itweb/lakehs>

Newsbank
<http://infoweb.newsbank.com>

Columbia Grangers World of Poetry Online
<http://www.columbiagrangers.org>



DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS Office of the Principal

October 1, 2009

MEMORANDUM FOR: All Staff and Parents

SUBJECT: Notification of AHERA Re-inspection

1. As required by the Asbestos Hazard Emergency Response Act (AHERA) of 1986, our buildings have been re-inspected for asbestos-containing materials (ACM). The most recent inspection was conducted on 26 & 27 February 2009 in accordance with Environmental Protection Agency (EPA) regulations and Department of Defense Education Activity (DoDEA) policy.
2. The results of the re-inspection indicate we have the following asbestos materials in our building(s).
3. As required by the EPA, a periodic surveillance program is in effect for asbestos materials that remain in place and their condition will be closely monitored.
4. A copy of the Asbestos Management Plan 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.

Kent Worford
Principal
Lakenheath High School

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. If you have any questions about e-mail addresses, don't hesitate to contact the front office at DSN 226-3115 or 01638-523115.

Ronna.Arellanes@eu.dodea.edu	Marjorie.Huntington@eu.dodea.edu
Pat.Ballew@eu.dodea.edu	Shona.Jamadi@eu.dodea.edu
Greg.Mako@eu.dodea.edu	Gail.Johnson@eu.dodea.edu
Earl.Price@eu.dodea.edu	Stephan.Kantor@eu.dodea.edu
Jennifer.Crane@eu.dodea.edu	Doug.Rehak@eu.dodea.edu
Gail.Brady@eu.dodea.edu	Anita.Lang@eu.dodea.edu
Jeri.Brittain@eu.dodea.edu	Barbara.Lee@eu.dodea.edu
Darryl.Brock@eu.dodea.edu	Louis.Martin@eu.dodea.edu
Danell.Harrison@eu.dodea.edu	Matt.Martinez@eu.dodea.edu
Anne.Buckner@eu.dodea.edu	Otis.McCloskey@eu.dodea.edu
Alan.Campbell@eu.dodea.edu	Linda.McIntyre@eu.dodea.edu
Deborah.D'Abreu@eu.dodea.edu	Belkis.Mezquita-Stallings@eu.dodea.edu
Kathy.Daly@eu.dodea.edu	Mike.Mickenberg@eu.dodea.edu
Kent.Daugherty@eu.dodea.edu	Linda.Mills@eu.dodea.edu
Oscar.Davis@eu.dodea.edu	Caletha.Mitchell@eu.dodea.edu
Bill.Dawson@eu.dodea.edu	Jeanne.Neupert@eu.dodea.edu
Kathy.Douma@eu.dodea.edu	Bob.Parkerson@eu.dodea.edu
Karen.Drake@eu.dodea.edu	Thomas.Phelps@eu.dodea.edu
Joel.Drouet@eu.dodea.edu	Janis.Ready@eu.dodea.edu
Robyn.Eaves@eu.dodea.edu	Jay.Reed@eu.dodea.edu
Mark.Fry@eu.dodea.edu	Sabrina.Adkins@eu.dodea.edu
Erica.Hume@eu.dodea.edu	Mike.Skiles@eu.dodea.edu
John.Gilmore@eu.dodea.edu	Phyllis.Stubbs@eu.dodea.edu
Barbara.Graff@eu.dodea.edu	Jean-Marie.Taylor@eu.dodea.edu
Jason.Gusler@eu.dodea.edu	Idell.Tong@eu.dodea.edu
David.Hagander@eu.dodea.edu	Richard.Trantham@eu.dodea.edu
Nancy.Healy-Sullivan@eu.dodea.edu	Eileen.Uram@eu.dodea.edu
Jamie.Henshaw@eu.dodea.edu	Roger.Volk@eu.dodea.edu
Kay.Hilley@eu.dodea.edu	Kent.Worford@eu.dodea.edu

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, 1 October 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, 1 October, 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****

****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 2009-2010 school
year.

(Sign and date)

Check # _____ Cash _____

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/>

**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; 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

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 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
(2nd 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 7th
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

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
Oct. 1-2	Golf	@ Rota	
Oct 3	Football	Home--KTown	JV and Varsity 1000/1300
	Volleyball	@AFNorth	1000
	Cross Country	@AFNorth	1000
	Tennis	@SHAPE	1000
Oct. 10 <u>HOMECOMING</u>	Football	Home vs. Patch	Varsity and JV 1000/1300
	Volleyball	Home vs. Alconbury and Menwith Hill	1000
	Cross Country	Home vs. Rota, Cobham, Menwith Hill, and Alconbury	1000
	Tennis	Home vs. AFNorth	1000
Oct 15-16	<u>Golf Championships</u>	At Wiesbaden	
Oct. 17	Football	@KTown	JV and Varsity 1000/1300
	Volleyball	@SHAPE	1000
	Cross Country	@Wiesbaden	1000
	Tennis	@ISB	1000
Oct. 24	Football	Home vs. Ramstein	
	Volleyball	@KTown	1000
	Cross Country	@Alconbury	
	Tennis	@Alconbury	
Oct. 29-31	<u>Tennis Championships</u>	Wiesbaden	
Oct. 31	Volleyball	Home vs. Alconbury and Menwith Hill	1000
	<u>Cross Country</u>	Championships at Heidelberg	
	Football	Championships 1 st round--TBD	
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 for more information or see our website at barracudas.moonfruit.com

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 or go to barracudas.moonfruit.com.

Barracuda Swim Meet Schedule

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