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# SCHOOL MATTERS

Volume 10, Issue 1 – September 2008 –

Principal: Mr. Kent Worford – Assistant Principal: Ms. Barbara Lee

Lakenheath High School Unit 5185, Box 45 APO AE 09461

DSN 226-3115 commercial phone 01638-52-3115 FAX 01638-53-3073 <http://www.lake-hs.eu.dodea.edu/>

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## News from the Nurse

We are still catching up with incomplete immunizations, mainly Hep A and meningitis. Don't forget that Hepatitis A has 2 in the series, six months apart. So if you were immunized here at school in the spring (March registration), the second dose is due the last week of September. Please double check your records and don't hesitate to call me for any questions."

## Balfour Rep Visit

Karen from the Balfour company will be here on Monday, Tuesday and Wednesday, 8 - 10 September to take orders for class rings and letter jackets. She will be available from 1030-1530 in the Entryway to building 816. She will also be available during Open House on 9 September.

## School Pictures

Underclassmen school pictures will be taken on 24 and 25 September during English classes. Please dress appropriately for your school photograph. Senior pictures will be taken on 23 September. A \$20 sitting fee to be paid in cash when the picture is taken. If you have any questions or concerns, the POC is Mrs. Hume, DSN 226-5566 (01638-525566).

## Are You an 18-year-old male?

Register for the selective service at [www.sss.gov](http://www.sss.gov).

## FYI—School Year 2008-2009

19 December 2008	Last day of school before Winter break
5 January 2009	School resumes after Winter break
22 January 2009	End of first semester

For a complete listing of the SY 08-09 dates, visit the DoDEA website  
<http://www.dodea.edu/students/calendars.cfm>

## Open House

### Auditorium Grand Opening

The LHS Open House will be held on Tuesday, 9 September, beginning at 1700 in the Auditorium. We will have the official opening for our newly renovated auditorium at that time. Student schedules will be distributed in the Auditorium "fish bowl" beginning at 1630. Parents/sponsors will follow their student's class schedule; each class will be 10 minutes long. Open House is an ideal opportunity for you to learn more about LHS. There will be a meeting for all parents of athletes at 1600 in the auditorium.

## FYI

SAC training will be held on 4 September at 1530 in the LHS Information Center. The first SAC meeting is 2 October at 1600. The first LHS Round Table meeting is 4 September at 1700. Both meetings are held in the LHS Information Center (library).

## Useful Websites

LHS Website

<http://www.lake-hs.eu.dodea.edu/>

MyRoad

<http://www.MyRoad.com>

CollegeBoard

<http://www.collegeboard.com> (LHS code is 575020)

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## Lakenheath Athletic News

Our seasonal parent meeting is **Sept 9 at 1600 in the High School Auditorium**. We will meet prior to Open House so you will have time to visit with your coach and then go to visit your student's teachers.

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**Isles District Office** <http://www.isle-dso.eu.dodea.edu/>  
Superintendent Dr. Ronald McIntire  
Asst. Superintendent Judith Allen

## Counselor Assignments

Below is a list of the counselor assignments by grade Don't hesitate to contact your student's counselor; see e-mail addresses on page 11.

Grade 9	Mr. Hagander
Grade 10	Mrs. Henshaw & Mr. Daugherty
Grade 11	Mr. Daugherty
Grade 12	Mrs. Henshaw

## What's Your Type? Find Out on MyRoad

Explore your future on MyRoad. Answer questions about yourself online and discover new interests. With MyRoad's Personality Profiler you get a research validated report on your personality type. You'll also get lists of suggested college majors and careers that you can learn more about on MyRoad. See your counselor for sign-up procedures or to reactivate your account and **CHECK IT OUT!**  
(remote access).

## 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](http://CollegeBoard.com)

## Online Resources

LHS students have access to numerous online databases provided by DoDEA and LHS. The URL, Username and Password for each is available in the Information Center (library).

or  
encourage your student to stop by the IC for a bookmark listing this information. Programs available include: Newsbank, ProQuest, Thomson Gale Resources, World Book Online, and Columbia Grangers World of Poetry Online. These are all available at school and at home (remote access).

# ASACS NEWS

ASACS – Adolescent Substance Abuse Counseling Service continues another year at Lakenheath High. ASACS is funded by AFMOA and ADAPT. ASACS provides educational information, drug awareness campaigns, and counseling for teens and families who are using substances or are affected by someone else's substance use. ASACS also identifies youth at risk for addictions. Addictions can be food, gambling, alcohol, illegal substances, and legal substances used illegally. Due to the physical and mental development of the teen body, addiction can occur in a very short time.

## TIPS FOR PARENTS

1. Teens need parents not friends. Don't confuse their physical size with maturity.
2. Think of adolescent years as the "terrible twos" in a larger body.
3. Teens today are exposed to more world poverty and dangers than your generation. Teens can feel discouraged by the world events and give-up interest in planning for the future.
4. Teens live for the moment and ARE NOT good at delaying gratification.
5. Introduce projects for planning for the future: one week, one month, one year, five year goals with flexibility for change.
6. Know your teen's whereabouts at all times AND check the information
7. Staying over night at a friend's house can be great, but be sure the parents are home and aware of the invitation. Introduce yourself and ask what the rules are at their house regarding staying out and supervision.
8. Know the first and last names of your teen's peers and where the peers live.
9. Understand a mobile phone doesn't substitute for looking eyeball to eyeball and talking to your teen.
10. Spend at least 15 minutes a day talking to your teen with open ended questions
11. Teens require limit setting to feel safe. It also provides a safe answer to peers and peer pressure.
12. Plan weekly family time- a requirement no matter how much your teen complains.
13. Be sure to discuss the family rules: No Alcohol, Tobacco, and Marijuana use. If you don't discuss, teens think you are not concerned. (England and RAF Lakenheath base legal age for alcohol purchase is 18. Discuss and set your family standard, not the country standard.)
14. The National Youth Anti-Drug Media Campaign's online parenting resource, [www.theantidrug.com](http://www.theantidrug.com), lists possible answers AND FACTS FOR PARENTS.
15. Many teens have a webpage on [www.myspace.com](http://www.myspace.com) and several others. Check what your teen is telling the world about himself/herself on the personal webpage. This is a chat room where teens can post a photo and description of their life. ASACS can offer help on accessing myspace.
16. Teens need limit-setting, incentives, success experiences, responsibility and accountability for their behavior. This is a process that occurs for all teens in all cultures and all socio-economic groups.

## Annual Asbestos Notification

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Memorandum for all Parents, Teachers, and Staff:

Each year, all schools in DoDEA are required to notify parents and employees of the asbestos removal programs in their facilities. Lakenheath High School has been very careful in monitoring asbestos and the removal of suspicious materials and has complied with the AHERA DoDEA Asbestos Management Program.

Triennial inspections of asbestos containing building materials (ACBM) are made by RAF Lakenheath Engineers and contracted companies who specialize in Asbestos detection and removal. The last inspection

was completed in 2008. All projects are completed under strict Asbestos Hazard Emergency Response Act (AHEAR) guidelines. At no time have students, staff or community members been exposed to asbestos.

There are not projected construction projects that will require an asbestos removal at this time. Please contact me if you have any questions or concerns.

Mr. Kent Worford, Principal



**Office of the Director, DoDDS-Europe  
Diana J. Ohman, Director**

Parent Newsletter Article for September 2008

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Principals: Please include the following article in your September parent newsletter.

**Welcome Back to School**

Welcome back to school. The summer is an opportunity for everyone associated with schools to relax, re-charge and prepare for the new school year. I am certainly ready to begin the new year with renewed enthusiasm and commitment, and know that the administrators, educators, and staff across DoDDS-E feel the same.

Over the past several years DoDDS-E has closed, consolidated, and opened new schools across Europe to accommodate the ever-changing face of the Department of Defense in Europe. These changes brought many challenges and I am proud of all DoDDS-E staff members for continuing to provide a stable learning environment during these transitional years. Regardless of what comes our way this year, our teachers will continue the traditional business of teaching. Our students will continue the exciting business of learning.

Although we have been faced with shrinking resources, military base transitions, and numerous deployments within our communities, our students continue to excel. The recently released *TerraNova* scores show that DoDDS-E students score well above the national average in all subject areas, in all grade levels, and in all ethnicities. However, we cannot rest on our laurels. Curriculum specialists are developing more challenging courses to better prepare our students for the fast-changing world they will face after school. Manpower specialists are reviewing staffing needs to ensure that our schools have adequate staffing, not only for the academic areas, but in the areas of visual and performing arts, and health and physical education. Facilities specialists are working with base officials, engineers, and contractors to ensure that the school facilities are safe, secure and conducive to learning. Our teachers will participate in professional and staff development sessions to improve skills and remain up-to-date on curriculum and current educational trends.

Even with all our resources, manpower and training, we still need and want your help and involvement in your child's educational program. Involved parents can make a substantial difference in the academic life of their children and in our school and community. The entire school community has a role to play in supporting parental engagement in our schools. Please do all you can to maintain positive, regular and open communication with your child's teachers throughout the year. Together our educational community will continue to prove that ALL students can succeed.

Have a great year.

**DIANA J. OHMAN**

Director, DoDDS-Europe

**Lakenheath High School  
Unit 5185, Box 45  
APO AE 09461**

## **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 SAT ON LINE

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.