

CAVALIER CONNECTION

April, 2011

www.bedford.k12.va.us/jfhs

From the Principal

This past weekend two exciting events took place. The prom was held at the James River Conference Center on April 9 with approximately 550 students and guests attending. A special thanks goes out to the parents and staff who worked to make this a memorable night for our students. Following the prom, students and their guests attended the after-prom event from 12-4:00 a.m. at the high school. The PTSA did a wonderful job of providing our students with a safe and fun atmosphere. Students participated in games and laser tag and were also able to socialize at the coffee bar. Most importantly, all of those who attended arrived home safely.

May is a busy month for students and staff. AP testing will begin on May 2 and conclude on May 13. These tests are extremely important as they determine college credit for these students. Our SOL testing window begins on May 17 and ends on June 1. These tests are used by students to fulfill graduation requirements. It is imperative that all of our students involved in testing demonstrate their abilities by achieving the highest score possible.

Sincerely,

Tony Francis

Important Dates

April 18-22	Spring Break
April 27	Senior Graduation Orders Delivered All Day – Auditorium
	Senior Cap and Gown Pictures
April 30	AP Science Prep at JF – 8:00 a.m.-12:00 p.m.
May 2-13	AP Exams
May 5-7	JF Theatre's "The Crucible" – 7:30 p.m.
May 8	JF Theatre's "The Crucible" Matinee – 2:30 p.m.
May 9	4 th Week Interims for 4 th 9 weeks Go Home
May 17-June 1	JF SOL Testing

Prom: a Great Vegas Event

Thanks to JF staff and all the parents who made the 2011 "What happens in Vegas..." Prom a success!!! It wouldn't have been possible without the help from everyone!

If you are a junior or senior, and you or your guest did not receive a t-shirt at the Prom, please pick one up in Ms. Carey's room.

After Prom's "Jungle" a Huge Success

By Lisa Elliott and Jeanne McKeague,
JFHS-PTSA After Prom Co-Chairs

Wow! What a night it was...After Prom was a huge success because of a lot of hard work from a great committee, lots of parents and sponsors. This year's After-Prom theme was "Jungle".

Welcoming over 500 students as they entered were Tarzan Francis, Jane Calvert, Gorilla Doss and Safari Hunter Johnston. Live bamboo transformed the school into a jungle inside and out. The students wandered through bamboo palms as they made their way around the lobby of the school.

New this year for activities were "minute-to-win-it" games, a swinging ropes course and Jungle Idol. Our goal of providing a safe and fun evening for our students was surpassed. Feedback has been very positive from both students and those who volunteered their time during the night.

We would like to recognize the **committee leaders** who tirelessly provided the planning and leadership necessary for After-Prom.

Activities: Lynda Locatelli and Sue Cox

Decorations: Leslie Broman

Food: Ellen Bohn, Sandy Leach and Wendy Stratton

Prizes: Lynette Brooks and Sherrill McDaniel

Fundraising: Shirley Lee

Publicity: Sharon May

Security: Cheryl Toler

Volunteers: Melissa Jones

Thank-You Notes: Sharon Saunders and Lisa Taylor

Tickets: Jeanne McKeague and Margaret Flynt

Senior Wall: Holly Honeycutt

Casino: Tim and Kathy Oswald

We know they also appreciate the parents who stepped forward to help them months before and during this endeavor. Everyone who helped with After-Prom was special to this event and contributed to its success!

In addition to those who gave of their time, there were **many JF families who made monetary donations:** Mark and Nancy Balchik, Sidney and Melissa Jones, Kenneth and Lisa Baity, Richard and Brenda Carter, Greg and Judy Burns, Barbara Nash, Luke and Mary Dubois, Kurt and Sarah Heideman, Scott and Julie Nagley, Linda and Paul Smith, Ricky and Lisa Moorefield, Keith and Margaret Flynt, John and Denise Plazak, Christopher and Judith Taylor, Peter and Lisa Smith, Lee and Trudy Haag, Eric and Michelle Brittigan, Roland and Mary Hill, and Shekar and Barbara Jannah.

Others were Donna Ragland, Stanley and Pamela Levinson, Richard and Joy Rochow, David and Traci Blido, Suzette Jones Markland, John Scott Precious, Randall and Jean Frank, Steven and Barbara Johnson, Sally Curtis, Donald and Debra Maddox, Edwards and Anita Combs, Deborah Moseley, George and Kim McDaniel, George and Susan Myrick, Robert and Lois Kennedy, William and Sandy Leach, Scott and Anne Marie Kadak, Jeffry and Pamela Powers, Regina Scott, Robin Hicks, Katherine Saville, Tracie Robinson, Bryan and Sarah Buchholz, and Jeff and Melissa Rogers, CPA.

Area businesses making monetary donations include Women of Grace Memorial Episcopal Church, Garland Gentry DDS, L.R. Robey-Aflac, Century Beverage Distributor, Tim and Beth Groover on behalf of the Brittany Groover Scholarship Fund, Bedford Woman's Club, Lynchburg Ready Mix and Concrete Co, Inc, Novatech, Staton & Sons Auto Service, Inc, Rainfrost Nursery, Michael's Carpet World, RR Donnelley, Central VA Orthodontics, Herb's Tool Grinding and Sales, Bedford Moose Lodge, Cintas, Community Credit Union, Blue Ridge Floors, Inc., CB Fleet Company Inc., Boonsboro Elementary PTA, John Lynch Lodge No 34-FOP, Chip Harvey Insurance Agency, Inc., Forest United Methodist Church Women, New London Ruritan Club, Duval Auto Parts, Inc, Lacks Auto Service, Inc, Lacks Auto Body, Forest Accounting Services, Goode Ruritan Club and Forest Middle School PTA.

Other entities are Gary's Garden Center, American Eagle Outfitters, The Travel Team, JFHS Cross Country, Wet N' Wild Emerald Pointe, Arthur's Flower Cart, Jack Henley Portrait Design, Lynchburg HillCats, Bed Bath and Beyond Corporate Office, Kings Dominion, Wintergreen Resort, LaHaye Ice Center, Kings Island Restaurant, Jefferson Forest High School-Troy Doss, Nancy Claudio, Mike Hoisington and Tony Francis, Amy Nails, Applebee's, Apple Market, Auto Zone, La-Villa Pasta-Grill, Benjamin's, Bob Evans, Brooks Food Group, Bull's, Carol's, Cavalier Automotive, CiCi's Pizza, CineMark - Movies 10, Jamerson YMCA, Ivy Hills Golf Club, Dairy Queen, Framery, Jersey Mikes, Cracker Barrel, Crossroads of Lynchburg, Crown Sterling, Golden Corral, Lynchburg Car Wash, Larry's Tire & Auto, Burger King, Cracker Barrel, Cavalier Club, Lori's, Charley's, China Royal, and Colonial Golf Club.

Still other businesses making donations are Dickey's Barbeque Pit, Hibachi Buffet, Lee's Garden, Forest Automotive, LaCarreta (Forest), Goodyear Auto Service Center, Hot Spot Tan & Spa, Mr. Shipp's Pizza, Maurice's, LynLinks, London Downs, Lil Cucci's Pizza, Putt-Putt, Olive Garden, Mister Goodies, Make & Take, Mark Hubbard Photography, McDonalds, Monkey Joes, Neighbor's Place, New London Message,

O'Charleys, Penelope's, Popular Forest Golf, Play It Again Sport, Quizno's (Forest), Ruby Tuesday, Rue 21, Snowflex, Studio Style and Spa, Tournesol Tanning Studios, Taco Bell/Pizza Hut, Target, Texas Road House, TGI Fridays, The Art Box, Trimmers Hair Designs, Upper Crust, Waterlick Garage, MASA Corporation, Crofton Duplicating, W&W Novelty, Sandy Codrea, Dana Owen, Tim Groover, Pat Harrington, Pat Lester, Anne Saloka, Mr. and Mrs. Spencer White, Will and Lynn Brunson, Mark Elliott and the Bamboo Harvest Team and the 130 parents who worked the event.

Food was graciously donated by the following area merchants: Kroger, Food Lion, Sam's, Wal-mart, Sheetz, Pepsi Bottling Group, Upper Crust Pizza, Hawaiian Sno Shack, Frito Lay, Cynthia Tabian, Patti Grier, Beth Laughlin, Jackie McGaughy, Cheryl Grissom, Kathy Oswald, Holly Honeycutt, Lucy Resendes, Betty Lynn Muszynski, Peggy Schimmoeller, Cheryl Haney, Melissa Jones, Cheryl Toler, Shirley Lee, Lynette Brooks, Lisa Elliott, Jeannie McKeague, Wendy Stratton, Sandy Leach, Barb Jordon, Char Burkett, Linda Smith, Maribel Ebeling, Vicki Faix, Ellen Bohn, Julia Hubbard, Sharon Acquafredda, Mary Wallman, Ann Saloka, Ann Thompson, Debbie Pociuluyko, Mary Imron, Greg and Judy Burns, Barb Nash, Nita Abdshah, Theresa Price, Cheri Bing, Auri Jones, and Mr. Doss.

Appreciation also goes to the parents, JFHS administration and staff who encouraged the students to attend the After-Prom Celebration and the students that made it part of their prom night. It was a time for juniors, seniors and their guest to have fun together.

Thank you again for demonstrating one of our community strengths- the support of our JFHS students!





Coles Takes First in County VSBA Art Contest

By Pat Lester

Brandon Coles's photograph of a water droplet entitled "Rainbow Drop" won the Virginia School Board Association (VSBA) Art Contest for Bedford County. This competition starts with the selection of a single artwork at the school level. Then the compositions are brought to the Bedford County School Board for judging.

As the winning submission for the county, **Brandon's** piece will now go on to compete at the state level. We congratulate **Brandon** on his win and wish him the best of luck at the next level.

On April 1, the CVCC Chalk Drawing Competition, held in conjunction with the CVCC Art Fair, was won by Jefferson Forest High School. The winning team in 90 minutes completed a 4 foot by 5 foot mural on the theme of "April Fools". The team, captained by **Allison Saloka**, did a trompe l'oeil rendering of a girl falling through the floor. The team members **included Emily Dugger, Erika Lawton, Katelyn Jones, Shannon Bing, and Beverly Were.** The team trophy as well as their composition are on display in the main office at the school. Please congratulate these fine student artists.

The JFHS art students also excelled at the CVCC Art Fair. This competition pits all of the art departments from area high schools of Central Virginia against each other. JFHS art students took home more first place awards than any other of the eight schools.

The winners include:

First Place in 3-D Design - **JoJo Villa**

Second Place in 3-D Design - **Emily Wheeler**

First Place in Photography - **Brandon Coles**

First Place in Drawing -- **Brian Ramsey**

Congratulations are due these fine artists as well!

The next art competition will be the Bedford County High School Art Show to be held during the month of May at the Bowers Center in Bedford, VA.

Music Association Names JF Blue Ribbon School

By Dave Webb

Jefferson Forest High School has earned the distinction of Virginia Music Educators Association Blue Ribbon School for 2011.

In order to qualify for Blue Ribbon status, the "top" performing group from each division of a school's Music Department must achieve a "Superior" rating at their respective District Concert Assessments. As it happens, all four performing groups from JF---Concert Choir, Bella Voce Women's Ensemble, Symphonic Band, and Wind Symphony--- received unanimous "Superior" ratings at their respective assessments last week. This is the first time Jefferson Forest High School has earned VMEA Blue Ribbon status!

The JFHS Choirs are under the direction of Jeremy Craft. The JFHS Bands are under the direction of David Webb.

Unity Club's 1st "Challenge Day" a Hit!

By Ameka Cruz

The first JFHS "Challenge Day" sponsored by the Unity Club was a tremendous success. Over 50 students and nine members of the JF faculty participated in this event April 5 in the library.

Each student participating had been recommended by one of his or her teachers. Student and faculty participants spent the day discussing how to improve relations within the school. The day was filled with team building activities, and small group discussions regarding racial barriers, stereotypes, and bullying.

David LeFebvre, a facilitator from the Virginia Center for Inclusive Communities, helped lead the day's discussions. It was definitely a wonderful learning experience for all those participating.

The Unity Club is looking forward to planning another Challenge Day next school year for a different group of students and faculty members.

Who'll be Dunked for Disaster Relief?

The JF Key Club's Red Cross Disaster Relief fundraiser began April 4 and will continue through April 15. Containers in the main office hold donations for those brave souls who have graciously agreed to possibly be seated in the dunking booth.

Faculty members participating include Mr. Troy Doss, Officer Ryan Hilbish, Ms. Jean Marie Johnston, Coach Steve Mills, Coach Sarah Watts, Coach Don Rice, Mr. Andrew Hutcheson, Mr. Scott Behm, Ms. Jessica Barger, Mr. David Webb, Mr. Bill Wheeler and Ms. Allison Witt!

We will find out the lucky faculty member's name after spring break. The dunking event will be held on Friday, April 29.

Krista Wilson, Key Club sponsor, comments that "many people do not realize funds raised through the Virginia Chapter of the American Red Cross are used to support local services." The funds raised from this fundraiser will stay in the local chapter and be used to support local services.

The JF Key Club is one of 256 volunteers to help raise funds for the local chapter. The funds raised support services in Bedford City and County, as well as Amherst, Appomattox, Campbell County, and Lynchburg City. Services the local chapter provided last year included blood supplied from blood drives, disaster relief, health and safety such as lifeguard and CPR training, and support to the armed forces.

PTSA Talent Show to Pick Next "Cavalier Idol"

The JF PTSA will be hosting a school-wide Talent Show based on the theme "Cavalier Idol" on Sunday, May 15, at 6:00 p.m. in the auditorium. Admission is \$5.00. Auditions will be held on Wednesday, May 11, after school. Mark your calendar now for this fun, entertaining event complete with a panel of wacky judges and performances that will amaze you!!

PTSA News: Nominations Open for Board

Nominations are open for PTSA Board. If you are interested in serving on the Board or know someone who is, please contact Clare Terry or Jeanne McKeague.

There are also committee chair positions available, and it is always possible to co-chair a committee. Please consider serving and supporting your children's school and future. The time commitment is minimal for the impact and results you will receive.

Pull out those UPPER CRUST pizza cards and get them to the school. Please turn them in to the office by the end of May. We want to receive the \$1 for every punch! We know there has been a lot of pizza eaten!!!!

CONGRATULATIONS!! to Roxana Hasanat who won the Reflections contest Award of Excellence at the state level for her entry of "Together We Can: The Video Game" Her entry will go on to the national level.

CONGRATULATIONS to the VOLUNTEER OF THE YEAR – Lynda Locatelli!!! Lynda put in many hours of time to make this year's 'Jungle' After Prom a success! Thank you Lynda!

It's not too late to join the PTSA!! Your support is always welcome!

Ring Dance: Thank You from the Sophomore Class

By Patti Kese

Thank you to all of the JF parents, faculty and administrators who helped make Ring Dance a HUGE success. Volunteers helped by sending in items, decorating, chaperoning and cleaning up afterwards. We couldn't have done it without every single one of you. It was great practice for next year as the Junior class is in charge of Prom, so we'll see you all in April, 2012.

Competition Cheer to Host Clinics

By Sarah Watts

The Competition Cheerleading squad is hosting competitive cheer clinics on Saturday, April 30 and again on Saturday, May 28, from 8:00 a.m. to 12:00 p.m. for any students interested in competitive cheerleading. Stunting, tumbling, dancing, and cheers will be taught.

The cost is \$5.00 per clinic. Please see Mrs. Watts in Room 3041 C in the morning before school or after school to sign up.

These clinics are strongly recommended for any student who plans on trying out for the 2011 Competition Cheerleading squad.

Senior Social Has Great Turn-out

Thanks to everyone who donated food items and helped with the senior social. We had a great turn-out! We really appreciate everything!!

-Sharon, Sue, and Kris

Money Donations to be Accepted for Senior Breakfast

Friday, June 10, at 8:30 a.m. before graduation practice, the annual JF Senior Breakfast will be held in the cafeteria. In past years parents have sent in food for the breakfast. This year we are asking for money donations instead of food donations.

This is such a busy time for the seniors' parents. Everyone is planning parties and having guests come in for the graduation. This year we are planning on purchasing the food for the breakfast.

Any donations that can be sent would be greatly appreciated. Donations can be mailed to Sharon May, 1450 Smoketree Drive, Forest, VA 24551. Please include your email address with all donations so that we can send you a confirmation that we have received it.

Anyone who would like to volunteer to help with the breakfast may contact Sharon May at kmay3x@verizon.net, or another committee member.

Senior Cap and Gown Pictures Scheduled for April 27

All seniors will be photographed in cap and gown on April 27 in the auditorium. Students who don't have government at JF should go to the auditorium anytime during the day for pictures.

Guys should wear a shirt and tie. Girls should wear a collarless blouse.

Seniors will receive proofs to order pictures. Orders may be placed with Mrs. Singleton in 3072D by Friday, May 6 or online.

Senior Group Picture/Awards Assembly to be June 3

Senior group pictures will be taken on June 3 at 8:30 a.m. in the gymnasium before the Awards Assembly. Seniors should wear caps, gowns and appropriate graduation attire. **Seniors should arrive on time in order to be in line by height before 8:30 a.m. Remember to park in the student parking lot or your car may be towed.** Proofs and purchasing information will be mailed to each senior's home after graduation. Please contact Mrs. Singleton at wsingleton@bedford.k12.va.us or check the JF website <http://www.bedford.k12.va.us/jfhs> for additional senior information.

The Awards Ceremony will take place in the auditorium immediately following the senior group picture. Family and friends of the senior class are invited to attend.

Senior Class 2011: Mark Your Calendars!

Please mark your calendars for these important **end-of-year events for seniors**.

Week of April 25, 2011 - There will be a display of the senior portraits which will be shown at the Baccalaureate Service and prior to the Graduation Ceremony. The portrait montage will be shown on a TV outside Mrs. Singleton's room. Seniors should check and make sure the portrait is the one they want used at baccalaureate and graduation.

April 27, 2011 - Caps, gowns, graduation announcements and any other ordered items will be delivered, and photos of seniors in cap and gown will also be taken that day during government classes. If a senior does not take government at JF, he/she needs to come to the auditorium some time during the day and pick up his/her order and have his/her photo taken. Balance due on graduation items must be paid at this time to the Herff Jones Co. Cash, credit card, or money orders will be accepted. ***NO personal checks will be accepted at this time.*** If you have questions concerning your order or you have not placed an order yet, contact the Herff Jones Co. at 540-444-7323 or email them at info@valleygradserv.com. Mrs. Smith cannot answer your questions about graduation orders.

June 3, 2011 at 8:30 a.m. - Seniors gather for a group photo in the JFHS gym. Caps, gowns and appropriate graduation attire must be worn for the class photo.

June 3, 2011 at 9:30 a.m. - Senior Awards Assembly and Reception will be held where seniors are recognized for academic achievements and individual scholarships. Seniors are reminded that they need to inform their guidance counselors of all scholarships and/or awards they receive. All seniors and their families (only siblings will be excused from class at JF) are invited to attend. Seniors need to wear caps, gowns and appropriate graduation attire

June 5, 2011 at 2:00 p.m. - The baccalaureate service will be held at the Tree of Life Ministries, 2812 Greenview Dr., Lynchburg (located off of Timberlake Rd.; turn at Kentucky Fried Chicken). Seniors are asked to wear dresses, skirts and blouses, jackets, dress slacks, ties. **This is not a school sponsored event**, but a Senior Parents' sponsored event. Mandatory practice on May 29, 2011 at 2:00 p.m. for those seniors who signed up to lead/participate in the service. Practice will be at Tree of Life Ministries.

June 5, 2011 from 6-9 p.m. - Senior Class Night Dinner at Phase 2 (formerly Cattle Annie's) located at 4009 Murray Place, Lynchburg. Dress is casual (Please follow the school dress code.) A few seniors still need to pay their class dues of \$20. **Dues must be paid in order to attend Senior Class Night.** Mrs. Smith is still accepting payment for class dues.

June 10, 2011 at 8:30 a.m. -Senior Breakfast* and Graduation Rehearsal - - Breakfast will be in the cafeteria, and rehearsal will be in the JFHS gym . Graduation practice is mandatory and is the Friday before graduation (this is the Friday after the last day of school).

June 11, 2011 at 9:30 a.m. – Graduation at Liberty University’s Vines Center. There is no limit to the number of guests a senior may invite.

DRESS REQUIREMENTS for the 2011 Graduation Ceremony June 11, 2011 and Senior Class Picture on June 3, 2011.

Gentlemen:

1. Dark colored dress pants (black, navy blue or dark gray preferably) - **Khaki is not a dark color.**
2. White (or light-colored) dress shirt and **dark tie.** All gentlemen must wear a tie.
3. Black or brown dress shoes (does not include sandals, flip-flops, work boots, athletic shoes) and dark socks.

Ladies:

1. Dress (preferably dark with no pattern)
2. Dark dress shoes (preferably “closed-heel” and does not include flip-flops, athletic shoes, etc.). We recommend low-heeled shoes due to the steepness of the stairs at the Vines Center.

****Additional dress requirements****

1. NO camouflage clothing of any type.
2. NO t-shirts, NO shorts
3. NOTHING is to be written on, glued on, drawn on, or attached to your graduation cap in *any form or fashion.*

Any student needing assistance arranging appropriate clothing for graduation should contact Mr. Francis. ANY STUDENT FAILING TO MEET THE DRESS CODE FOR GRADUATION WILL NOT MARCH IN THE COMMENCEMENT EXERCISES.

Seniors need to check with their guidance counselors to verify that all information has been turned in for diploma seals and possible awards. This information is needed as soon as possible. You can find more information on diploma seals in the Program of Studies on the Bedford County Public School website under Diplomas Seals, Page 13 of the document. Scholarships are still available in the guidance office. Please contact your guidance counselor or Mrs. Belden if you have any questions.

Mrs. Smith will be mailing a letter to parents after Spring Break with more information regarding graduation.

****This year there will be a change in the procedures for the Senior Breakfast. Please refer to the article on the next page.***

Yearbook Order Deadline Approaching

The deadline to order yearbooks will be here soon. The cost of the 2011 yearbook is \$75.00. Please place your order by using the link on the home page of the JF website (<http://www.bedford.k12.va.us/jfhs>) or phone Jostens at 1-866-282-1516. Online orders can also be placed at Jostensyearbooks.com.

Please contact Wendy Singleton at wsingleton@bedford.k12.va.us if you have any questions. Order forms are available in Room 3072D.

Class of 2012: Time for Senior Portraits

Rising seniors (Class of 2012) will receive picture information by mail in June. All seniors must be photographed by WingIT for school records and some publications.

Pictures will be taken at the James River Conference Center on July 13, 14, 15 and July 25, 26, 27. The letter will give a date and time for your picture.

You may substitute a photo from a local photographer for yearbook and senior slide shows if you have been photographed by WingIT. Details about senior photo substitutions and submissions will be sent in the next *Cavalier Connection*.



Spring Has Sprung!

Enjoy Your Spring Break!

April 18 – 22



Important Guidance Information

www.bedford.k12.va.us/jfhs/guidance

Your child should have already registered for his/her classes for next year. If you have any questions regarding this please contact their guidance counselor as soon as possible.

The student breakdown for the counselors is as follows:

- A-B Elizabeth Newby
- C-He Meg Watson
- Hi-Pi Sally Baum
- Pl-Z Brittany Copeland

The **Secondary Program of Studies**, which has a description of all courses offered next year, is posted on the Bedford County Public Schools web site for anyone having internet access. The website is <http://www.bedford.k12.va.us/>

- Students who plan to take **dual-enrollment classes at CVCC** next year should make an appointment to meet with Mrs. Lowry or their guidance counselors **asap**. At this time they will obtain the necessary paperwork to enroll at **CVCC**. Dual enrollment students must take the CVCC placement test. If students enroll in classes at CVCC that conflict with their selected courses at JFHS, they will need to change their CVCC classes as we will not be able to change the master schedule of when classes are offered at JF. We encourage students to register for classes in the early morning or afternoon/evening at CVCC to minimize scheduling conflicts.
- Students may go to the CVCC Lynchburg campus to take the English and math **placement tests**. The walk-in testing hours are Monday – Thursday 8:00am – 5:00pm and Friday 8:00am – 3:00pm. The cost is \$7 for both sections. Please take a picture ID and your CVCC student ID number with you. You may obtain a CVCC student ID number by applying for admission online at <http://apply.vccs.edu>.
- For those students interested in taking the **SAT's**, the last time it is being offered this school year is **June 4th** at LHS and ECglass. Please check the website at www.collegeboard.com for registration information and deadlines.

- **Scholarships** are updated weekly and are posted on the JF website under Guidance. Print outs of the scholarships are also available in the guidance office and posted in Government classes. Please contact your guidance counselor or Mrs. Belden if you have any questions.
- **Summer Enrichment Programs** are now posted on the JF website as well. They will be updated as we receive new information.
- **Senior Exit Surveys** will be given to students in their government classes sometime in May. Students, please be sure to give accurate information when filling these out. The college you write down as the one you will be attending in the fall is where we will send your **final transcript**. Also, when requesting **transcripts**, your **first five are free**. You are **required to pay \$4.00 for each additional one you request after five**. If you have already requested more than five and haven't paid for them, please be sure to come by the guidance department as soon as possible to do so.
- Seniors are eligible to earn a **Board of Education Seal for Excellence in Civics** if they have met the following criteria:
 - 1) Satisfy the requirement to earn a Standard diploma or an Advanced Studies diploma; AND
 - 2) Complete Virginia & US History and Virginia & US Government courses with a grade of "B" or higher; AND
 - 3) Complete 50 hours of voluntary participation in community service or extracurricular activities. Activities that would count include:
 - a) volunteering for a charitable or religious organization that provides services to the poor, sick or less fortunate
 - b) participating in Boy Scouts, Girls Scouts or similar youth organizations
 - c) participating in JROTC
 - d) participating in political campaigns or government internships, or Boys State, Girls State, or Model General Assembly
 - e) participating in school-sponsored extracurricular activities that have a civics focus

Any student who enlists in the US military prior to graduation will be deemed to have met this community service requirement.
AND
 - 4) have good attendance and no disciplinary infractions as determined by local school board policies

Please see your guidance counselor for additional information regarding the Civics Seal.

AP Exam Dates for 2010-2011

	<u>8:00 am</u>	<u>12 noon</u>
Mon., May 2	Chemistry Environmental Science	Psychology
Tues., May 3	Computer Science A Spanish Language	Art History
Wed., May 4	Calculus AB Calculus BC	Chinese Language and Culture
Thur., May 5	English Literature & Composition	Japanese Language and Culture Latin: Vergil
Fri., May 6	German Language US History	European History
Mon., May 9	Biology Music Theory	Physics B: (12:00) Physics C: Mechanics (12:00) Physics C: Electricity & Magnetism (2:00)
Tues., May 10	US Government & Politics	Comparative Government & Politics French Language
Wed., May 11	English Language & Composition	Statistics
Thur., May 12	Macroeconomics World History	Microeconomics

Fri., May 13

Human Geography
Spanish Literature

JF Spring 2011 SOL Schedule

All classes will be taught during the Standards of Learning (SOL) testing window and attendance of all students is expected during this time. Teachers will let students know when and where their classes are testing. Some classes will be testing in the morning and some will be testing in the afternoon. Please make every effort to ensure that your child is present during the testing window. Students can access released practice tests at http://www.doe.virginia.gov/testing/sol/released_tests/index.shtml. If you have any questions about SOL testing requirements for your child or the SOL testing schedule, please contact your child's guidance counselor at 525-7305.

TIME	
8:25-8:35	Attendance Taken Immediately. Moment of Silence, Pledge of Allegiance, Announcements.
8:35	Students taking SOL tests dismissed
8:40-10:00 (80 minutes)	Morning SOL Session/1 st Period
10:06-10:45 (39 minutes)	2 nd Period
10:51-11:30 (39 minutes)	3 rd Period
11:35-12:55	4 th Period/Lunch
	11:30-11:55: 1 st Lunch
	12:00-12:25: 2 nd Lunch
	12:30-12:55: 3 rd Lunch
1:01-2:21 (80 minutes)	Afternoon SOL Session/5 th Period
2:27-3:05 (38 Minutes)	6 th Period

<u>Tuesday, May 17</u> World History II	<u>Wednesday, May 18</u> Biology, Chemistry, Reading 8, US History, World History II, Makeup Testing & Retakes	<u>Thursday, May 19</u> Biology, Math 8, US History	<u>Friday, May 20</u> Biology, Chemistry
<u>Monday, May 23</u> Algebra I, Chemistry, Earth Science	<u>Tuesday, May 24</u> Algebra I, Reading 11	<u>Wednesday, May 25</u> Reading 11, Makeup Testing & Expedited Retakes	<u>Thursday, May 26</u> Geometry, Makeup Testing & Expedited Retakes
<u>Friday, May 27</u> Geometry, Makeup Testing & Expedited Retakes	<u>Tuesday, May 31</u> Algebra II, Geometry Makeup Testing & Expedited Retakes	<u>Wednesday, June 1</u> Algebra II, Makeup Testing & Expedited Retakes	<u>June 2-June 3</u> Makeup Testing & Expedited Retakes (Regular Schedule)

- AM BSTC students who do not have an SOL test will leave JF at 8:25 AM and arrive at BSTC at 8:50 AM. They will leave BSTC at 10:50 AM and arrive at JF at 11:25 AM. The morning group will go to 4th period upon arrival.
- PM BSTC students who do not have an SOL test will report to room 2002 with Ms. Fulk at 12:00. They will leave JF at 12:13 PM and arrive at BSTC at 12:38 PM. They will leave BSTC at 2:40 PM and return to JF at 3:05 PM.

Clinic News: Allergy Season Has Begun

By Kamella Peirce: kpeirce@bedford.k12.va.us
 Donna Hensley: dhensley@bedford.k12.va.us

Spring is upon us! We are now dealing with pollens, molds and other allergens.

With the onset of allergy season, we want to remind you that we ***do not*** have allergy or cold medicines in the clinic. Should your child require an allergy or cold medicine, please medicate him/her *prior to* his/her arrival at school.

The benadryl we do stock is for emergency allergic reactions involving acute respiratory distress **only**. (i.e.: bees, peanuts, etc...) It is not given for stuffy noses or itchy eyes.

Tick season is in full swing, too. Check yourselves after coming in from the outdoors. Should you find a tick, grasp it firmly at the base and pull with constant tension. It will let go!

Be aware of the poisonous plants, like poison ivy, poison oak and poison sumac. This website shows pictures of them all.

<http://walking.about.com/od/medfirstaid/ss/poisonoakivy.htm> If you think you have come in contact with one of these plants, go inside and immediately wash the area with soap and cold water.

Dogs, cats and other outdoor animals can bring ticks and the oils from these poisonous plants into the house on their fur. Be aware and be careful!

Health and Safety Information:

It is the goal of the school nurse to look out for the well-being of your children. We always put forth our best effort to make your student feel better and send him/her back to class. We understand the important relationship between attendance and good grades.

However, a request to call a parent will not be denied. At that point, the decision to stay in school or go home becomes a decision for you and your child to make together. ***It is against school policy for students to call parents from a cell phone.*** The student will still need to sign-out through the clinic. Once signed out, they are ready to be dismissed.

Clinic Reminders:

- *If your child does not have the required form for Tylenol/Benadryl, we cannot administer it to them.*
- If your child wishes to carry OTC medicine with them (i.e.: Motrin, Midol, Claritin, etc), they **must** have the correct form on file in the nursing office.

As always, if you have any questions or concerns, please feel free to call the clinic and talk with a nurse anytime during the school day.

Stay healthy and remember to wash those hands!

Behind-the-Wheel and Driver Education Information

By Nancy McCoy

OFFICE LOCATION: Between C&D Hallways in R379

OFFICE HOURS: M-F 8:00-8:26, Monday-1st lunch, Tuesday-2nd lunch, Wednesday-3rd lunch, Thursday/Friday-by appointment.

QUALIFICATIONS FOR BTW: Student has completed 36 hours state approved Driver Education course and holds a learners permit.

IF YOU HAVE TAKEN THE LEARNERS EXAM 3 TIMES AND NOT PASSED, please see Ms. McCoy for information.

SENIORS/JUNIORS: You may sign up anytime during school hours at my office in R379, between C&D Hallways, beginning the first week of school. Students will go according to birthdates and will be notified by a note through a classroom teacher to come and see Ms. McCoy in her office to obtain the necessary paperwork for your Behind the Wheel group. NO ONE IS IN A GROUP UNTIL ALL PAPERWORK & MONEY IS RETURNED TO MS. MCCOY IN PERSON.

BEHIND THE WHEEL: We go once every third week, as we share the range with the other 2 county schools and only 10 students go at a time. A bus will take the students to BSTC right after school and will return to JFHS by 6:00. The cost is \$100; it is after school, not on weekends or holidays. The students will drive on the range 4 days and on the road 3. Students must have completed the Driver Education course and hold a learners permit.

SOPHOMORES: Will take the 36-hour Driver Ed course during first semester. Upon completion of the course, students will be issued classroom completion certificates (green cards). If they wish to go privately, or if they are eligible for their licenses, and hold learners, they may sign up and be placed on the waiting list for spring Behind the Wheel. PLEASE UNDERSTAND, BEING SIGNED UP FOR SPRING BEHIND THE WHEEL IS NOT THE SAME AS SUMMER BEHIND THE WHEEL. There will be another sign up for summer Behind the Wheel after Spring Break. You ARE NOT in a group unless you have received and returned the paperwork. A new sign-up sheet is made for the summer, because of scheduling conflicts for those who have already signed up, or they have signed up but since have gone privately, so this allows for a more updated list.

CLASSROOM COMPLETION/green cards: Are issued daily during office hours for any student who wishes to take Behind the Wheel privately. During the summer, please see Mrs. Hooper or Mrs. Belden in guidance.

TRANSFER STUDENTS: Must have a classroom completion card/green card in order to take Behind the Wheel. Please obtain from the school where you took the course.

CERTIFIED ONLINE COURSE: www.vadriveredu.org; approximate cost-\$145.

PRIVATE BEHIND THE WHEEL INFORMATION: Go to www.dmvnow.com. On left side under Citizen Services, click on Driver Services; go down to Driver Training/Safety and click on Driver Training Schools; then click on Roanoke District. (approximate cost -\$275 to \$325).

SUMMER BEHIND THE WHEEL: Paperwork is handed out after Spring Break. Seniors and juniors who need Behind the Wheel must see Ms. McCoy BEFORE Break!!!! Sophomores who need summer Behind the Wheel will receive the paperwork after Spring Break during their Health classes.....AGAIN, you are not in a group unless you have RECEIVED and RETURNED the paperwork AND you have been assigned a summer group date and time slot. A new sign- up sheet is made for the summer, because of scheduling conflicts for those who have already signed up, or they have signed up but since have gone privately. This allows for a more updated list.



Teens Can Earn \$775 as You Learn to Drive!

“Starting immediately and continuing through the fall of 2011, the Virginia Tech Transportation Institute will be actively recruiting teenage drivers in Bedford County to participate in a driving study. This study will assess how teenage drivers learn to drive; thus, we would like participants to contact us prior to obtaining a learners permit.

Participation will require your family to allow a data collection system to be installed in your vehicle, and at least one parent/guardian must be willing to participate in the study with the teenage driver. Only authorized personnel from the Virginia Tech Transportation Institute and the study’s sponsors will have access to the study data.

Teenage drivers who agree to participate will receive monetary compensation of \$775. In order to participate, the installation of the data collection system must occur within 2 weeks of the teenage drivers receiving their learner's permit. If interested, or for more information, please email teendriver@vti.vt.edu.

Cavalier Theatre presents

Arthur Miller's

The Crucible



May 5, 6, 7
7:30 p.m.
May 8
2:30 p.m.

Jefferson Forest Auditorium

\$10
(\$6 students,
seniors)

Lynchburg
TICKETS
LYNCHBURGTICKETS.com



JF CHEERLEADING TRYOUTS

**Tryout Clinics: Tuesday-Thursday, May 31 -
June 2**

Tryout Date: Friday, June 3

Do you have what it Takes??

Do you have that JF SPIRIT??

For More Information:

Email Mrs. Shannon Holt at sholt@bedford.k12.va.us
JF Varsity Head Coach



2011
Jefferson Forest High School
Youth, Middle & High School Cheerleading Camp

Youth Camp is Hosted by Jefferson Forest 2011-2012 Varsity/JV Football Cheerleaders

Monday June 13th - Friday June 17th 2011
9:00AM- 12:00 PM
For Ages 5 years and up

Pre-registration by June 7th 2011: \$55.00

Day of Camp: \$65.00

Middle and High Cheerleading Camp is Hosted by JF Cheer Staff, College Cheerleaders

Monday June 13th – Friday June 17th 2011
3:00 PM- 6:30 PM
6th-12th Grades

Pre-registration by June 7th 2011: \$65

Day of Camp: \$75

Snacks and Water will be provided for both Camps

Our Camp Showcase will be Friday June 17th @ 7:00

Please go to our website to print out the Registration Form

Please mail or drop off Payment and registration form to:

Jefferson Forest High School
1 Cavalier Drive
Forest, VA 24551
Attention: Shannon Holt: JF Head Cheerleading Coach

www.leaguelineup.com/jfcheerleading

Jefferson Forest Football Important Dates 2011

***Lifting** every Tuesday and Thursday - 3:30-5:30 p.m. until June 7

*April 14 - **Football Meeting** - Club B - Gym (**mandatory sign-ups**)

***7 on 7** - May 2@ LU, May 9@ LU, May 16@ EC Glass, May 23 @LU - 5:30p.m.

*June 21 - **First day of Summer Conditioning** - 6:00-8:30 p.m. - Field House -
Every Tuesday and Thursday

***W+L Football Camp** - June 26, 27, 28
Leave Sunday Morning, Return Tuesday Evening

***Equipment Handout** - July 29 - 1:00-5:00 p.m. - Field House

*July 27 - **Rec League Clinic**

***Parents' Meeting** - July 31 - JF Gym - 5:00 p.m.

*August 1 - **First Day of Practice** - 2-a-Days - "PRIDE WEEK"

***Intra-Squad** - August 6 - 5:00 p.m., Meet the Team Night / Cookout

TEAM
OVER
ME

