

CAVALIER CONNECTION

December, 2010

www.bedford.k12.va.us/jfhs

From the Principal

The School Board has begun developing plans for the 2011-12 school year. One major issue is the budget and how we can use most efficiently the dollars allotted to Bedford County. Several proposals have been made that have a direct impact on Jefferson Forest. Currently, the School Board is considering moving the eighth grade students to Jefferson Forest to reduce the debt associated with leasing mobiles. If eighth graders were placed at Jefferson Forest, our student population would increase to approximately 1670 students from the current number of 1294. Additionally, the School Board is considering staggering start times for elementary schools as compared to middle and high schools. This change would allow bus drivers to complete two bus runs: one for middle/high school and a later run for elementary students. The total number of required buses and drivers would be reduced, resulting in cost savings. The middle/high school schedule would most likely be moved to an earlier start time and an earlier release time.

If you would like to share ideas or have input concerning these proposals, please contact your School Board representative or me. The JF website has a link labeled "important information" which contains e-mail addresses for all School Board members. You can contact me at tfrancis@bedford.k12.va.us.

I am looking forward to both an excellent remainder of 2010 and the new semester beginning January 2011.

Sincerely,

Tony Francis

Important Dates

December 16	Club Day
	Winter Band Concert at JF – 7:00 p.m.
December 20-31	Winter Break
January 3	Back to School
	7 th Week Interims for 2 nd 9 Weeks Go Home
January 8	AP English Prep Session at JF
January 10	8th Grade Parent Night – Auditorium – 7:00 p.m.
January 12-13	0 Period Exams – 7:25 a.m.-8:20 a.m.
January 14	2 nd and 5 th Period Exams
January 17	Martin Luther King Holiday/School Closed
January 18	3 rd and 4 th Period Exams
January 19	1 st and 6 th Period Exams
	End of 2 nd 9 Weeks and 1st Semester/2-Hour Early Dismissal

Mix It Up Day

New Event Held at JF November 9

by Christen Colburn

“Mix It Up Day” is a national movement to try to get students to sit somewhere different at lunch, cross racial and social barriers, and meet new schoolmates. To promote Mix It Up Day, teachers facilitated an icebreaker activity the day before. This “Getting to Know You” activity involved each class partnering up with a neighboring class. Students were then invited to participate in Mix It Up the following day at lunch.

When asked to give feedback regarding the activity, teachers responded positively overall. Noteworthy comments included:

“It helped my students learn about each other.”,

“I saw some of my quieter students come out of their shells.”

“Small one-on-one chats were turning into group discussions.”

“I was proud of my seniors as most of them took the lead with the freshmen. It was great to see some of my more immature students act more maturely during this activity”.



Student facilitators decorate tables to match Starburst flavors.



Student facilitator pulls a question from a jar to start conversation.

The following day, ten student facilitators led lunch discussions at their different colored tables. Tables were topped with colors matching the four different Starbursts. Students were given a Starburst which told them at which table they were to sit. Each table was given a bowl of questions that facilitators could use to enhance conversation.

After lunch, students were asked to fill out a quick survey so they could give feedback and be entered in a drawing. Surveys were returned by 51 students in 1st lunch, 35 in 2nd, and 43 in 3rd lunch.

Overall, there was a great turnout! Some comments from the student surveys were as follows:

“It was fun socializing with different people and finding out interesting things about each other.”

“Everyone was nice. It was a creative way for us to actually meet people out of our clique.”

“I met new people that I have never ever seen before.”



Students engage in conversation.



Students do “the wave” at lunch.

Fruit Available for Pick-up This Week

Coach Jim Thacker is available at the FMS baseball field all this week from 8:00 a.m. to 6:00 p.m. to dispense fruit to people who ordered it. Any orders not claimed by the end of the day Thursday, December 9, will be sold on a first-come, first-served basis Friday, December 10. Thank you for your support of JFHS Baseball!

JF Blood Drive Draws 24 First-Time Donors

by Krista Wilson

The November 11 blood drive at JF was a great success thanks to all the donors and volunteers. According to the American Red Cross, there were 82 donors who presented and 53 units were collected. We had more than 24 first-time donors!

Thank you to Liz Parnell for helping arrange for the parent volunteers and the food for the canteen. Also, thanks to the parents who stayed all day and helped wherever they were needed: Bob Osiniak, Amy Spangenberg, Sandy Leach, Kathy Cobb, Beth Speake, and Clare Terry.

Wind Symphony Performs at Educators Conference

JF's Webb Awarded Citation of Excellence

The Jefferson Forest Wind Symphony performed a feature concert at the 2010 Virginia Music Educators Association Conference in Norfolk on November 19. JF was the only high school band in the state invited to perform at this year's conference.

David Webb, JFHS Director of Bands, was awarded the National Band Association "Citation of Excellence" for an "Outstanding Contribution to Bands and Band Music".

Cross Country: Tradition Never Graduates

by Jerome Loy

The JF Boys and Girls Cross Country Teams completed another banner year staying undefeated in regular season Seminole District action and both squads winning respective County, District and/or Region III titles (a streak that began in the mid-1990's).

The girls won their 4th straight Region title, and both teams finished top ten in the State. Leigha Schimmoeller earned All-State and All-Region. Mary Deis, Hannah Owen, Anna Carter, and Justin Resendes were named All-Region Top 15, while Ben Jackson and Katie Vann both finished 16th.

Joining their teammates were All-District members Alexis Bowen, Carsen Wilkerson, Will Stratton, Tyler Bullock, and Tres Langhorne.

Jason Snowman, Austin Griffith, Elizabeth Francis and Ben Ottman also contributed to their team's post-season titles as the *L-o-n-g Black Train* lives on.

Coach Loy continues to claim the JF XC parents the "Best in Virginia" and Assistant Coach Ruth Fitzgerald the "Best in America!"

Football Conditioning Underway for '11-'12 Season

Anyone and everyone interested in playing football next year is highly encouraged to attend weightlifting and conditioning sessions. They began at JF on November 30 and will be held every Tuesday and Thursday from 3:30-5:30 p.m.

Every athlete must have a VHSL (Virginia High School League) physical dated May 1 or after on file in the Athletic Office. These forms are always available in the Athletic Office on the Math Hall, Main Office, or from Mrs. Nancy Claudio, Athletic Director.

If you have any questions, please contact Coach Don Rice.

PTSA Announces Upcoming Events

By Clare Terry

Remember to continue to order the "Spirit" pizza at UPPER CRUST and get your card punched. It is an extra-large cheese for \$9.99. Additional toppings are an additional charge. The PTSA receives \$1.00 for every punch!!!!

Watch for upcoming Family Eat Out Night at local restaurants. A percentage of your meal will go to the PTSA. Dates and locations will be posted on the website.

Also, the annual Talent Show will be coming up in the Spring.

If you haven't joined the PTSA, it is not too late. Please join and support your school and students. An application is online and can be dropped off at the main office.

For further information regarding PTA and all the great work they do, go to www.PTA.org

Late Fee for Yearbooks Ordered After February 20

Jostens Direct will send order reminders one more time to each student by mail. It is important that you reserve a yearbook as early as possible. The final date to order yearbooks without a late charge is February 20. Additional copies will not be ordered since our delivery date is June 3, 2011.

Please contact Mrs. Wendy S. Singleton at wsingleton@bedford.k12.va.us if you have any questions.

Tag Program has Busy Fall

It has been a very busy fall at JF in terms of evaluating students nominated by their parents or teacher as candidates for the Bedford County Talented and Gifted Education Program (TAG) . Twelve students were identified as eligible for inclusion in the program and have been invited to join the 137 JF students who already participate in the program. Additional TAG nominees will be tested and assessed this spring.

Tim and Elizabeth Laughlin have agreed to represent JF on the Bedford County Gifted Education Parent Advisory Board. They attended their first meeting on Monday, November 1. If you have concerns or suggestions, you can contact them at zansharee@verizon.net.

We have had some problems uploading information to the TAG page on the JFHS website, but I think we have now straightened it out (thanks to Mrs. Hays in the Library Media Center!) You can find postings there about upcoming events of interest to academically gifted students/parents and links to a number of websites with information about summer programs, on-line SAT prep, etc. There is also a “Word friendly” **Teacher Recommendation Information Form** which students will find very useful if they need recommendations for college, summer programs, governor’s school, etc.

A new link on the TAG page, which looks very useful to me is <http://www.khanacademy.org/> There you can find short (15 minutes or so) video presentations on just about any topic covered in most subjects offered from elementary school through AP courses. I checked out a few math videos and found them very easy to follow. If a student is absent or just needs help with, for example, “conic sections: hyperbolas,” this is a great resource. Another website which might be of interest is called “Engineering: Go For It” at www.eGFI-K12.org.

If you have not been receiving emails from me regarding upcoming events or programs that might be of interest to TAG students and parents (such as a reminder of the Pre-AP/AP/DE/BSTC Information Fair that was held Tuesday, November 30), please send me your current email address ,and I will include you in these emails.

Jane Frisa,
JFHS Gifted Education Coordinator
jfrisa@bedford.k12.va.us

Get Involved with After-Prom Now!

**April 9, 2011
12:00 a.m.-4:00 a.m.**

The After-Prom committee is set. All sub committees have chairs and /or co-chairs in place. Everyone is busy planning and shopping to make this a memorable After-Prom for our students. A theme has been picked, and prizes are being purchased. A fundraising letter was mailed to all junior and senior families in November so they could take advantage of a tax deductible donation in 2010. Starting in January, all committees will be in full swing so they will be ready for the April 9 deadline. Please considering helping with this event. Look at the sub committees below and email that committee of your interest.

Thank you!
Lisa Elliott and Jeanne McKeague
After-Prom Committee Co-Chairs

JFHS 2011 After-Prom Committee Leaders

Activities Co-Chairs	Lynda Locatelli	johnlynloc@msn.com
	Sue Cox	scox@bedford.k12.va.us
Decorations Chair	Leslie Broman	aninsidejob@netzero.net
Food Co-Chairs	Ellen Bohn	ellen@bohnmail.com
	Sandy Leach	sanwic1@aol.com
	Wendy Stratton	wstratton@netzero.net
Fundraising Chair	Shirley Lee	shirley.lee@jrninc.com
Prizes Co-Chairs	Lynette Brooks	lbrooks@bedford.k12.va.us
	Sherrill McDaniel	dmtrimmers@msn.com
Security	Cheryl Toler	ctoler@mail-america.com
Thank You's Co-Chairs	Lisa Taylor	ltaylor@bedford.k12.va.us
	Sharon Saunders	saunders31@verizon.net
Activities Volunteer Chair	Melissa Jones	ashcam928@yahoo.com
Tickets Co-Chairs	Margaret Flynt	mkflynt4@verizon.net
	Jeanne McKeague	mckeague5@verizon.net
Senior Wall	Holly Honeycutt	honeycutths@lcsedu.net

SENIOR NEWS

by Linda Smith

Graduation packets were dispersed in government classes and cap, gown, and announcement orders were placed on November 5th with the Herff Jones representative. If a senior did not place an order, he/she may mail the order form and payment to:

Herff Jones
P.O. Box 1076
Salem, VA 24153

Orders may also be placed online at valleygradserv.com. Place orders as soon as possible to avoid an increase in prices and shipping and handling charges. See Mrs. Smith in Room 3044 C if you need an order form.

Mark your calendar for these senior class events:

June 3, 2011 – Senior Class Picture and Awards Assembly in the auditorium, reception following

June 5, 2011 – Baccalaureate, 2:00 – Tree of Life Ministries, 2812 Greenview Drive, Lynchburg - off of Timberlake Road, turn at Kentucky Fried Chicken.

June 5, 2011 – Senior Dinner at Cattle Annie's

June 10, 2011 – Senior Breakfast and Graduation Practice in the gym

June 11, 2011 – Graduation, 9:30 am at the Vines Center, Liberty University

Please contact our senior class moms if you would like to help with any of the end-of-year activities: Sue Wilcox (525-1844), Sharon May (525-4125), and Kris BeCraft (540-587-5747).

Seniors need to volunteer to finish the Senior Wall. See Mrs. Lester in the Art Room and come out one day after school to help!!!

If you are a senior but are not taking government at JF, please contact Mrs. Smith (Lsmith@bedford.k12.va.us) with any questions and keep in close contact with another senior who is at JF. Use the schoolnotes page, new.schoolnotes.com/salliesenior/, along with the morning announcements and the JF website to stay informed of senior announcements and important dates. If you have questions regarding the Senior Economics Project, please see Mr. Ryan Gilleland's schoolnotes page for information.

Bedford County Public School's Policy on Graduation Ceremony and Class Rank

For graduation ceremony purposes, students with a 3.75 to 3.99 GPA will be recognized as Honor Graduates. Students with a GPA of 4.0 and above will be recognized as High Honor Graduates. The GPA for Honor and High Honor Graduates will be determined based on the student's entire course history. All graduation honors are based on the student's GPA at the end of the third-nine week period of the senior year. Beginning with the class of 2011, the practice of determining a Valedictorian and Salutatorian for graduation purposes has been discontinued. Graduation ceremonies will be conducted by students selected from the High Honors group as determined by High Honors and Honor students. An official class ranking, based on a student's entire course history, will appear on the final senior transcript.

Senior Portrait Information

All senior portraits must be received by January 5, 2011, to be included in the 2011 yearbook. Pictures received after that date will not be used due to early deadlines for yearbook production. Most local photographers have been notified of the due date and the restrictions.

Please contact Mrs. Wendy S. Singleton at wsingleton@bedford.k12.va.us if you have any questions.

Sophomore Class News

By Patti Kese

Hoodies and Sweatpants Have Arrived!

The hoodies and sweatpants will be distributed on **Thursday, December 9, and Friday, December 10** before school and during lunch. You may pick them up on Thursday morning at the front entrance of the school and during lunch in the cafeteria. On Friday, you may pick them up at the bus entrance in the morning and during lunch in the cafeteria. There are a few extras available to purchase along with short and long sleeved t-shirts. If you have any questions, please contact Patti Kese at 540-586-9150 or pkcskc@aol.com or our teacher representative, Ms. Schmidt at jschmidt@bedford.k12.va.us.

Mark Your Calendars

The Sophomore Class Ring Dance will be held Saturday, March 19. **Semi-formal** dress is suggested with the ladies wearing cocktail or tea-length dresses and the gentlemen wearing dress shirts, slacks and ties. NO JEANS are permitted.

There are plenty of opportunities available for parent volunteers. Included are decorating, sending in food items, cleaning up and chaperoning. The more volunteers we get, the better! Planning has already begun so please contact one of your parent representatives listed below.

Patti Kese	540-586-9150	pkcskc@aol.com
Lisa Klingenfus	434-525-9290	lklingenfu@aol.com
Michele Mathews	434-38-6544	michele82@comcast.net
Lisa McConkey	434-385-9475	mconkey87@verizon.net

Nurse Notes

Kamella Peirce: kpeirce@bedford.k12.va.us

Donna Hensley: dhensley@bedford.k12.va.us

Health Update (revised 12/2/10)

We hope that this letter finds all of our JF family healthy and happy. The flu season is in full swing and **prevention** is definitely the tool of choice.

Remember good hand-washing and healthy lifestyles are the top two rules of prevention! This would include a good eight hours of sleep each night, a healthy and balanced diet along with plenty of water and regular exercise. A daily dose of fresh air is always a plus!

If the flu should catch up with you, increase your rest and your fluids. Treat symptoms with over-the-counter medications. Above all, do **not** share your flu! Stay home until fever free for 24 hours.

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.

Health Screenings:

In regard to well-being of your child, some of you may receive phone calls relating to the screening letters sent home in October and November. We need to follow-up on the status of the vision, hearing and scoliosis referrals.

All children who received a scoliosis referral letter **must** be seen by a physician, and a return letter **must** be given to the school either confirming the scoliosis or not. Students who receive a vision referral letter are strongly recommended to seek an eye exam done by an eye doctor. Our method of testing is not as accurate as that of a professional eye exam. Your child's eyesight will directly affect his/her ability to work well both in and out of the classroom setting.

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 him/her (i.e.: Motrin, Midol, Claritin, etc), he/she **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. Have a wonderful New Year!

Stay healthy and happy 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.

JFHS Friends and Family Night at LaCarreta Forest

5:00 p.m.-8:00 p.m.

Monday, December 13, 2010

Come out and support JFHS!

LaCarreta will give a percentage of the sales back to JFHS-PTSA.



Important Guidance Information

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

- The **Fall 2010 Non-Writing Standards of Learning** tests will be held **November 29 – December 17, 2010**. This testing is for any new student at Jefferson Forest who has previously taken a class in which a Standards of Learning test is given, or for students who have previously attempted and failed an SOL test but passed the class in which it was given. All testing will be completed online. Letters went home to parents and students notifying them of testing dates and times. Please contact **Kylie Gilleland** if you have any questions regarding the December SOL tests.
- **Attention 10th Grade Students:** A Governor's School representative will be at Jefferson Forest High School on **Wednesday, December 8th at 1:15 pm** in the auditorium. Students who are **interested in** applying for **Governor's School** are encouraged to attend. Please **sign up** in the guidance office **prior to December 8th** for the visit.
- **Governor's School Applications** will be available in the guidance office **December 9th**.
- **Open House for prospective CVCC Early College** students will be held @ the Bedford CVCC location on **Tuesday, February 1st at 6:30pm**.
- **CVCC Early College applications** will be available in the guidance office **Friday, February 3rd**.
- Students interested in **Summer Residential Governor's School** must complete and submit their application to Ms. Copeland in Guidance by Dec. 15th. Academic programs are available for current 10th and 11th grade students in the areas of: Engineering, Marine Science, Agriculture, Humanities, Life Sciences & Medicine, and Mathematics, Science, & Technology. Applications are available online at: www.doe.virginia.gov/instruction/governors_school_programs/summer_residential/index.shtml
- This year Jefferson Forest High will be offering students the opportunity to compete in the **American Mathematics Competition**. This is a 25 question test that focuses on pre-calculus concepts. Students in any grade are eligible to compete. Students will be responsible for their own test preparation. There is no cost. If interested you **must** sign up with Ms. Copeland in Guidance by Dec. 10th
- CVCC is hosting a **Financial Aid "Super Saturday"** on **February 5th** at the Lynchburg Campus from 10:00 a.m. until noon. Students who plan to attend college should bring their 2010 tax return and their parent or guardian's tax return and proof of any 2010 untaxed income. The CVCC staff will help you complete and submit your online FAFSA form. This is a **free service** to all students, not just those applying to CVCC. Lunch will be provided.

- **Registration for next year's classes** will be going on during **December and January**. Counselors will work with all English classes to discuss diploma requirements, course options and to assist students with their course selections. Students will bring a copy of their course selections home for parent signatures. Changes can be made at this time.
- **Applications for Early Childhood Education and Teachers for Tomorrow are in the guidance office and are due January 7th, 2011.**
- Any students interested in taking **Dual-Enrollment classes** next year need to make an appointment with their guidance counselor or Mrs. Lowry, **no later than March 1st, 2011**. Students planning on taking dual-enrolled math or English classes will need to take the CVCC placement test(s).
- **Placement testing** for students interested in taking CVCC classes next year will take place on **February 16th, 18th, 23rd, and 25th in computer lab 3021B**. This is a timed paper/pencil test. Students need to sign up in the guidance office with Mrs. Belden. The cost is **\$7.00**.



- Students can also go to the CVCC campus to take the English and/or math placement test(s). The walk-in testing hours at CVCC are between 8:00 am and 5:00 pm Monday – Thursday and 8:00 – 3:00 pm on Fridays. This is a computer based test which is not timed. The cost is also \$7.00. All students must apply online to CVCC before taking the test. See Mrs. Lowry in guidance for information.
- **11th grade students** interested in **Boys or Girls State** should contact Meg Watson in the guidance office.
- **Scholarships** are updated on a regular basis as they come to us. They are posted on the JF website under Guidance. Print outs of the scholarships are also available in the guidance office and posted in government and English classes. Please contact your guidance counselor if you have any questions.
- Any student that needs to have a **transcript** go out over the winter break **MUST** turn in a **completed release form** to guidance, **NO LATER than December 10th**.
- **Also, if you have already submitted a request for your transcript** to be mailed to a college or university, **a mid-term transcript will automatically be sent** to that school, unless you tell your guidance counselor otherwise. If you have not already submitted a transcript release form for a particular college or university that will need a mid-term transcript please do so **no later than December 10th**.
- The student breakdown for the guidance counselors is as follows:
 - A-B..... Elizabeth Newby
 - C-He..... Meg Watson
 - Hi-Pi..... Sally Baum
 - Pl-Z..... Brittany Copeland

