

CAVALIER CONNECTION

October, 2010

www.bedford.k12.va.us/jfhs

From the Principal

I would like to thank the students, parents, and staff for their efforts in making this an excellent opening of school. It is hard to believe that six weeks have passed and the end of the first quarter is upon us. Students should have received an interim after the fourth week, and those who have a grade of “C” or below will receive an interim after the seventh week. Parents who have picked up their Parent Portal information can access their children’s grades on-line, which eliminates the need for a paper copy of the interim report.

We have also begun to use our new calling system, Alert Now, which will inform parents when their students are absent. This system will also be used to inform parents of upcoming events such as PTSA meetings and programs. Another technology upgrade involves the camera system at the school. Currently, we have a portion of the school covered by the camera system, but this will be expanded to cover the majority of the campus by the end of October. This addition will allow us to monitor the hallways and parking areas of the school better.

I look forward to an exceptional school year as we work with the JF community to better serve our students.

Sincerely,

Tony Francis

Important Dates

October 6	Class Ring Assembly for Sophomores
October 9	SAT at JFHS
October 11	7 th Week Interims for 1 st 9 Weeks Go Home
October 13	PSAT at JFHS
October 14	Class Ring Parent Night (Last Names A-M) in LMC Class Ring Sales in LMC All Day Class Ring Parent Night (Last Names N-Z) in LMC
October 18-20	SOL Writing Tests
October 21	Club Day Fall Band Concert at JFHS – 7:00 p.m.
October 25	End of 1 st 9 Weeks/2-hour Early Dismissal
October 27	Underclass Pictures in Auditorium
November 1	Report Cards Go Home
November 2	Election Day/School Closed for Students and Teachers
November 8	Senior Retake Pictures in Auditorium
November 11	JF Student Blood Drive National Honor Society Inductions – 7:00 p.m.
November 18	Club Day Fall Academic Awards Program/Reception – 6:45 p.m.
November 22	Parent/Teacher Conferences – 12:00-7:00 p.m./School Closed
November 23	Professional Development Day/School Closed for Students
November 24-26	Thanksgiving Holidays
December 6	Underclass Picture Retakes in Auditorium
December 7	4 th Week Interims for 2 nd 9 Weeks Go Home Winter Choir Concert at JFHS – 7:00 p.m.

Key Club Blood Drive to be November 11

The Key Club is pleased to sponsor its annual blood drive at JFHS on November 11 from 8:30 a.m. to 2:30 p.m. in the school auxiliary gym. The American Red Cross will be here and students, school staff and parents are encouraged to sign up during the week prior to the event.

The donation time is being streamlined so that everyone should be able to get in and out within 40 minutes. Donors must be 16 or older and have parents' permission if a student. Height and weight restrictions do apply. Check out the Red Cross website for more information about the requirements.

Parents, if you would like to donate and want an appointment time, please email Krista Wilson at kwilson@bedford.k12.va.us. Parent walk-ins are welcome!

Also, if you would like to contribute food for the canteen and/or volunteer at the Drive, please let Krista Wilson know that through email. Thanks so much for your support and for helping to save a life.

Key Club Making a Difference in the Community

Key Club members are making a difference in Forest and the surrounding areas. Members held their own Make-a-Difference Day after school on Sept.22 when 19 members cleaned and weeded around JFHS and FES. Members also volunteered at the Lynchburg Amazing Mile event on Sept. 24.

The Club sponsors the recycling program at JFHS.

Upcoming events include apple gleaning at Gross's Orchard in Bedford on Saturday, Oct. 9 (rain date Oct. 16). The bus will leave at 8:30 a.m. and return at approximately 1:00 p.m. Students must have signed permission forms. Parents are encouraged to join us. The annual PB Jam will be held on Oct. 13 (or Oct. 20) after school in the cafeteria. Key Club members are encouraged to bring baked goods and help make 150 lunches to donate to The Daily Bread.

On October 16, volunteers are needed to help with a SL Walk event in Rivermont Park. See Mrs. Wilson for details.

YOVASO Promotes Safe Teen Driving

YOVASO is a club at Jefferson Forest High School that promotes safe driving among teens. It stands for Youth of Virginia Speak Out about traffic safety. We are currently beginning our fall campaign entitled "Save Your Tailgate", and the purpose is to increase the number of people wearing seatbelts.

We will be asking students to sign pledges to this effect as well as having a tailgate to promote our message. We are competing with schools all across Virginia, and the school that is able to see the most growth in seatbelt usage will win a pizza party for the entire school. Last year we finished 3rd. This year we want to finish 1st, so please encourage your student to always buckle up, sign the pledge during lunches and participate in the activities we advertise over the next two weeks.

“Pink Out” Game of Hope
Football vs. Liberty-Friday, Oct. 15
Volleyball vs. Brookville, Oct. 26

Our Football and Volleyball teams will take part in Breast Cancer/Cancer Awareness month by holding a “Pink Out” game on Friday, Oct.15, and Tuesday, Oct.26, to help raise awareness of this dreaded disease , as well as raise money for cancer research. All proceeds from these events will be donated directly to the Pearson Cancer Center in Lynchburg.

There are two ways you can help make these events successful. One way is to become a sponsor on the T-shirts that we will be selling in partnership with our local Sam’s Club. Our fans will be asked to wear the T-shirts on these dates. The sponsorship is \$100.00, and there is still space on the volleyball uniforms. If you are interested in being a sponsor, please call Mrs. Claudio at 434-610-1895.

You can also help by simply pre-ordering your \$10.00 “Game of Hope” T-shirt today. Just email Nancy Claudio at nclaudio@bedford.k12.va.us and let her know what size you would like. Then, you can send payment to: Jefferson Forest High School, c/o Nancy Claudio, 1-Cavalier Circle, Forest, VA 24551. Make checks payable to: JFHS. (Please remember to include a phone number on the check.) All payments must be received by Oct. 10.

I applaud our young athletes and coaches for wanting to take part in the fight against cancer. Please do your part by making their efforts a success.

Humbly,
Nancy Claudio

Athletic Department to Hold “Christmas in October” Sale

The Athletic Department will be holding a Christmas in October sale to help raise money for the needs of our athletic teams. There will be items available for immediate purchase, but we will also have pre-order items so that you can buy that perfect Christmas gift in the right size. Items for sale include clothing such as warm-ups in men’s, women’s, and children’s sizes, blankets, and sports novelties.

The Christmas sale will take place on Oct.26 and 28 from 6:00-8:00 pm. On Oct. 27, the sale will take place during school hours from 12:00 p.m.-3:00 p.m. Order forms will be available on those dates with payment due at the time of the order. If you would like to get started on your holiday shopping, plan on attending this great event so that you and your families will always be Cavalier ready.

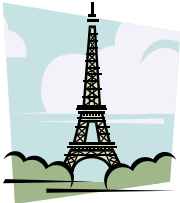
Thank you in advance for your support of our athletic programs. If you have any questions please contact Mrs. Claudio at 610-1895.

Foreign Language Sells Dining Guide

During the month of October, the Foreign Language Department at Jefferson Forest High School will again be selling the Attractions Dining and Value Guide, which is a coupon book for many of your favorite restaurants and attractions primarily in the Lynchburg-Forest-Roanoke area.

Foreign language students have a flyer with many of the participating businesses and their particular coupon offers. You can also view the book online by going to www.attractionsbook.com and selecting the Lynchburg-Roanoke book.

These books are popular for personal use and would make excellent gifts as well. At just \$20 per book, you will get your investment back many times over with just a few uses. Please consider supporting the Foreign Language Department and buy several today!



Science Department Supports Food Lion Fundraiser

The Science Department is participating in Classroom Rewards. This is an incredible program sponsored by Food Lion. This allows our school the opportunity to earn much needed funds for our students. Food Lion is donating \$1,000,000 back to local communities this year. We are asking for your help to earn a share of those funds for our school.

- Visit foodlion.com, click on MVP Rewards and enter our school code (217548).
- Complete the form and enter your Food Lion MVP card number as instructed.

If you linked your MVP card in the past, you need to re-link it at foodlion.com in order to earn points for our school. The next step is easy: all you have to do is shop at any participating Food Lion Store, use your MVP card to purchase any *Food Lion Private Brand*, *Healthy Accents*, *Home 360*, *Nature's Place*, *On the Go Bistro*, *Smart Option*, and *Taste of Inspirations* products, and our school can earn cash.

Please ask your friends and family members to help support our school. Thank you in advance for your support and commitment.

Senior News

Thanks to all of the parent volunteers and seniors who helped with the Homecoming Dance. Neon Night was a great success.

Seniors are reminded to pay their **\$20 class dues**. You may pay your government teacher or Mrs. Smith in room 3044 C. If you do not have government or any classes at JF, you may mail your class dues to the school (JF, 1 Cavalier Cir., Forest, VA 24551). Please indicate that the money is for senior dues. These dues cover the cost of gifts for seniors as well as many of the senior activities in the spring including graduation. **Dues need to be paid by Oct. 29** in order to receive your free senior class T-shirt.

If you are a senior not taking government at JF, please contact Mrs. Smith 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.

The first semester gifts have been given out. If you have not received your treat, please come by Mrs. Smith's room. How sweet it is!!

Parents should check the senior portrait information for deadlines and important information.

Looking ahead, order forms for caps, gowns and graduation announcements will be distributed October 25th through government classes, and the Herff Jones representative will be at JF Nov. 5 and 9 to take orders.

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.

Junior Class Seeks Volunteers for Prom

The Junior Class is looking for volunteers to help with Prom. The date is April 9, 2011. Mark your calendars now!!!

For more information, please contact any Junior Class Parent Reps - Lynda Locatelli 434-525-7363, Leeann Lineberry 434-525-6297, and Clare Terry 434-610-7077.

Sophomores Plan Busy Year

Hoodies and sweatpants celebrating the Class of 2013 will be available to order later in October. These will make great Christmas presents so make sure you look for the order form coming home.

The Sophomore Class has two big events this year. The first one is **The Miss JF Pageant** which will be held in January. Information and sign-up sheets will be available at the end of October. If you are interested in helping plan this fun event, please contact one of the parent representatives.

The second big event is **Ring Dance**, which will be held Saturday, March 19.

There were volunteer sign-up sheets at Open House. If you signed up to help, we will be contacting you closer to the date of the event. If you were not able to sign up, please feel free to contact one of the parent representatives. Volunteer opportunities could include decorating, being a chaperone, or just sending in a food or drink item.

Please contact us if you have any ideas or questions for the Class of 2013.

Patti Kese	pkeskc@aol.com
Lisa Klingenfus	lklingenfu@aol.com
Michele Mathews	michele82@comcast.net
Lisa McConkey	mconkey87@verizon.net

Freshmen Off to a Great Start

The class of 2014 is off to a great start! A big thank you goes out to all who ordered T-shirts and bought carnations. If you haven't purchased a Class of 2014 shirt yet, you are in luck! We have a few extras. Please contact Ms. Jamie Vest at jvest@bedford.k12.va.us if you would like to order one. T-shirts are \$15. By supporting these fundraisers, you are supporting the class of 2014!

The SCA officers are busy planning a Freshman Fall Frenzy for freshmen ONLY!! This event will be in the JFHS cafeteria on October 29 after the football game. Ticket information and details will follow. All freshmen are encouraged to come out and enjoy a night of fun with their classmates.

Fruit Sale Fundraiser to Start in October

Coach Jim Thacker's annual fruit sale fundraiser will be starting in October. This is a great way for clubs, teams, and grade levels to make a lot of money with little effort. If you need further information about this fundraiser, contact Coach Thacker at the following email address: jthacker@bedford.k12.va.us

If you want to purchase fruit that will be in just before the Christmas holidays, use the same email address to contact Coach Thacker.

Join the PTSA Today

It's not too late to join the PTSA. The form can be found on the last page of this edition of the *Cavalier Connection* and on the JF website. Supporting your PTSA gives you a voice in your child's education. Please complete the form along with your check and return to the office.

Remember to use your UPPER CRUST pizza card when you order a 'Spirit Pizza'. It's an extra large cheese pizza for \$9.99. Get your card punched, and PTSA gets \$1.00 for every 'spirit pizza' purchased.

We are still in need of chairs and/or co-chairs for After Prom. There will be an information meeting in October. If you are interested, please call Clare Terry 434-610-7077 for more information and check the JF website for more details. We need everyone's help and support! After-Prom will be April 9, 2011. Mark your calendars now!

PTA Reflections Competition: "Together We Can" is '10-'11 Theme

It is that time of year again; the 2010-2011 Reflections Program is now underway. In its more than 30-year history, this competition has encouraged millions of students across the nation and in American schools overseas to explore their artistic talents.

The PTA believes that all children deserve a quality arts education and encourages students to pursue artistic expression through participation in its annual Reflections Program. The program offers students the opportunity to create works of art for fun and recognition. The most imaginative interpretation of the theme "**Together We Can**" through any one of these mediums is the object of the program.

Any child from preschool age through high school's twelfth grade who attends a PTA school is challenged and encouraged to submit works of art in six areas: **literature, dance choreography, film/video production, musical composition, photography, and the visual arts** (which include art forms such as drawing, painting, print making, and collage).

The JFHS PTSA encourages students to produce entries for the local competition. The children while working on their own Reflections entries will experience several good practices of learning applicable for their school lessons in other subjects.

- They set their own goals.
- They direct and do all necessary processes to reach their goals.
- They learn to value themselves in reaching the goals.
- They learn to stick with the activities until the goals are completed.
- They discover their own 'voices' and standards of knowledge.
- They develop communication skills in expressing what they need in time, space and materials to realize their ideas.

Encourage your students to get involved. They cannot win if they do not enter. "**Together We Can**" win the prize.

Yearbook Sales by Mail

Order your copy of Sabre 2011: *One by One* today!

Jostens Direct has sent the first round of order forms to each student by mail. It is important that you reserve a yearbook as early as possible since the 2011 book will be delivered in early June. The 2011 yearbook will be 240 pages of full color photos with a 24 page full-color supplement that covers all spring activities. The cost will be \$70.00, which includes the spring supplement. All orders should be made through Jostens Direct at

1-866-282-1516 or <http://jostensyearbooks.com>. Don't delay. Sales will close in late February, and no extra copies will be ordered.

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

Please check the school website www.bedford.k12.va.us/jfhs for information about page completion and cover design.

Senior Yearbook Ads

Senior Ads are now on sale for the yearbook. The deadline to reserve your space is **November 19, 2010**. Half of the amount due is requested at the time of reservation.

Pictures and message are due no later than January 5, 2011. All pictures should be labeled with an adhesive address label on the back (preferably at the bottom). Do **not** write on the back of photos as this will prevent a clear image from being reproduced.

All ad purchases **must** be accompanied by an SASE to return pictures. Please be sure that the envelope is large enough for the pictures you send. Please limit photos to 8-12 per full page ad, 3-6 per ½ page ad, and 1-2 per ¼ page ad. Your message should be approximately 50 words long or less. Messages that are too long for the allotted space will be edited. If you use the maximum number of pictures allowed, your message will need to be shortened. If you use a quoted passage, your ad must include a signed copyright release from the author or publisher. Without the release we will not reproduce the quote.

The yearbook staff will select the fonts and arrange the photos and message for you. A copy of the ad will be available in mid-March for you to proof if you provide an email address. Only changes to text will be made at that time; no photo changes can be accepted.

If you have any questions, please contact Mrs. Wendy Singleton at 434-525-2674 or wsingleton@bedford.k12.va.us.

Senior Portrait Information

All seniors must be photographed by the school photographer for permanent records and for use in publications other than the yearbook. Since these photos will be kept on file and possibly used in the senior slide shows at baccalaureate and graduation, seniors should take them seriously. Hair and makeup should be fixed accordingly.

To guarantee that a senior portrait will be in the yearbook, each student should be photographed by the school photographer in a **formal** pose. Retakes will be on November 8. This will be the last time the school photographer will take senior photos this year. There is no sitting fee and tuxes and drapes will be provided.

All replacement photos must be submitted in digital format by January 5, 2011 to be used in the yearbook. Snow days will not extend this deadline. All deadlines must be met due to the spring delivery of the yearbook. Once the school photographer has a photo of your senior, a digital picture can be used to **replace** the existing school photo for the yearbook if the image is submitted with the proper documentation.

Portraits for yearbook production may be formal or casual headshots. Formal poses must be provided for newspaper and slide show presentations. Boys should be wearing a tux or dress military uniform and girls should be wearing formal black drapes.

All portrait CDs must include an image folder containing images named according to the Professional School Photographers Association guidelines. If you need this information, it can be provided via email from Mrs. Singleton at wsingleton@bedford.k12.va.us.

The yearbook staff reserves the right to refuse any portraits that do not meet our specifications and deadlines.

Please remember to request a photo release from local photographers to allow us to reproduce pictures in the senior section and senior ads of the yearbook and in the local newspapers.

Information recap:

- Each senior needs to be photographed by the school photographer for permanent records and to provide digital photos for publications.
- Once a senior has been photographed, a replacement digital image may be provided for yearbook production.

Each local photographer needs to send:

- 1 release letter to cover all students photographed.
- 1 CD with formal and casual color portraits of all students he/she photographed by January 5, 2011 and the correct .txt files to match names with photos. Guidelines for this information were set by the PSPA and can be sent via email if needed.

For additional information, please contact Mrs. Singleton at wsingleton@bedford.k12.va.us.

SENIOR AD ORDER FORM 2010-2011

>Space is limited. To reserve yearbook space please respond by **November 19, 2010** by providing the following:

- Completed Order Form with pictures and text** mailed or delivered to:
Jefferson Forest High School
ATTN: Wendy Singleton
1 Cavalier Circle
Forest, VA 24551
- Checks payable to: Jefferson Forest High School (include name, address, phone#, driver's license and student's name) *
- Contact: Wendy Singleton at wsingleton@bedford.k12.va.us

Student's Name _____
Parent/Purchaser's Name/Signature _____
Address _____ Phone # _____
_____ Email _____

>**Advertising Data** Is this a surprise for your senior? ___yes ___no

Check the Ad Size Requested: All Ads are Color

¼ page ___\$120 (1-2 pictures)

½ page ___\$200 (3-6 pictures)

full page ___\$300 (8-12 pictures)

*If you prefer to split your payment, at least half of the amount due must be received by November 19, 2010. The balance will be due no later than March 1, 2011.

**Pictures and text must be received by January 5, 2011. If information has not been received in time for publication, the ad will show the student's name with no additional information. You will still be responsible for the full purchase price of the reserved space. There are no refunds.

- Please do not send pictures already arranged in a collage style.
- Please include a copyright release for all professional photographs. We will not use professional portraits or published photos without a release.
- Scanned photos must be high resolution to reproduce. We will not be responsible for poor quality reproductions.
- We cannot honor background color requests.
- Please include a SASE for us to return your photos.
- Please **do not** write on the back of pictures. (Please use self-adhesive address labels.)
- Neatly print ad text on another sheet of paper. Please limit text to approximately 30 words for ¼ page, approximately 40 words for ½ page, approximately 75 words for full page. Any text that will not fit will be edited. We will **not** use **any** quoted passages or song lyrics without a copyright release from the author. You are responsible for securing the copyright release and providing it with your submission.

Staff use Only

Date Payment received _____ Amount _____ # pictures received _____
Date pictures returned _____ Page# of ad _____

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.

After-Prom in Desperate Need of Help!

April 9, 2011

Jefferson Forest is committed to offering an After-Prom event as a safe alternative for our students. As parents and a community, we like knowing that we have done everything we can to keep at least 600 young people safe on a very important night. This year, the JF After-Prom is in desperate need of parents to step up and get involved. WE NEED YOU!

To date, we are in need of parents to chair committees for After-Prom decorations, fundraising, prizes and volunteers. It is our hope that parents will come forward so that JFHS can have a successful 2011 After-Prom. Find that parent that you really like to work with, or be challenged and work with someone new, but please get involved. The safety of OUR children is at stake.

To sign up for a committee or ask questions, please contact Lisa Elliott lelliott@bedford.k12.va.us or Jeanne McKeague mckeague5@verizon.net We would love to talk to you!

Guidance News

www.bedford.k12.va.us/jfhs



Guidance counselors visited each government class a couple of weeks ago. Students were given the Senior Handbook that contains important information for all students on making secondary plans. (If you did not receive a Senior Handbook, stop by Guidance for a copy). Students learned about the college application process as well as how to access scholarship information. During the classroom visit students were also given a senior autobiography form. If you have not already filled this out and turned it into your teacher or counselor please do so. Counselors are currently conducting senior interviews. During this interview, each student will meet with their counselor to go over their transcript. The counselors will verify courses needed for graduation, plans for after high school, and also double check the spelling of the student's name for their diploma. If the student does not have any plans they will be referred to Mrs. Lowry, our Career Coach, to further investigate career/educational options.

- Colleges come to JF throughout the fall to present to our students and answer questions. All students who are interested in going to college can come to the guidance office to sign up for these presentations. There is a binder in the guidance office with all up-coming college visits. This is a great way for students to get information from different colleges!
- Information on all scholarships that we receive is compiled into a list that is posted in government and English classes and on the JF website under the Guidance link. This listing is updated weekly. Students and parents are welcome to come by the Guidance Office and look through the scholarship information that we have to offer.
- Transcript release forms are available on the JF website under the Guidance link. Students will need a transcript release form for each school they apply to. Please be sure to turn this form in to your guidance counselor **at least two weeks before you need us to send it.** When turning in your transcript release form to your counselor you **must turn in any secondary school reports and/or recommendation forms that you have as well.**
- Transcript/SAT scores explanation - as many of you may have already noticed, the transcript is only showing one SAT score regardless of how many times you took the test. The code of Virginia states that we have to only show the highest composite SAT score. If you would like to have all of your test scores sent to the colleges you would need to contact www.collegeboard.com.

Factors in the College Admission Process -The National Association for College Admission Counseling has put together a great resource for understanding the admission decisions made at the most competitive schools. Feel free to use this resource when determining the importance of each step in the admission process.

<http://www.nacacnet.org>

New College Counseling Website

<http://educatorsconnection.com/>

College Resource Website

www.college.gov - This is an innovative new resource that was designed by students for students. It provides information about why to go, how to go and how to pay for college.

Making It Count Presentations

On January 21, 2010 there will be **Making It Count** presentations in the auditorium for juniors and seniors. At 8:30 that day the seniors will attend **Making Your College Search Count** and at 9:30 the juniors will attend **Making College & Career Count**.

- There will be a **Financial Aid Workshop** on January 5th at 6:30 PM in the Auditorium. We hope any students who are planning on attending college after high school will attend along with their parents.
- The **PSATs** will be given on Wed., Oct. 13th to all 10th graders and to those 9th and 11th grade students that have already signed up.

Fall Standards of Learning Test (SOL's)

- Fall SOLs will be given during **November 29th - December 15th**. Students who still need to pass End of Course (EOC) SOLs from last year or students who have transferred to JFHS from outside of the Virginia public school system will be participating. EOC SOLs are given in the following subjects: Earth Science, Biology, Chemistry, World History I, World History II, US History, World Geography, Algebra I, Algebra II, Geometry, and English: Reading. Students and parents can access released practice tests for the SOLs at: www.pen.k12.va.us/VDOE/Assessment/releasedtests.html .
- Students should see their guidance counselor if they have any questions.

Business and Industry Field Trips

JFHS junior and senior students will be given a rare opportunity visit local businesses and industries. These field-rips are intended for students who plan to enter the work-force or attend a two- or four-year college after they graduate, and can result in work-force contacts for possible employment (a JFHS student is now working full-time at Griffin Pipe!), internships and apprenticeships (a JFHS student is a paid intern for Southern Air!). Past field-trips included Areva, Sentry Equipment, Griffin Pipe, TEVA, Andrew Wireless and Southern Air, just to name a few! For the latest details please look for the Business Tour Newsletter posted around the school, in the guidance office, on the guidance website and in your government, marketing and construction tech classes. Space is always limited, so please see Mrs. Lowry in guidance for a permission slip!

October Opportunities include:

October, 7, Thursday, Depart JF 9:00 a.m./Return 2:30 p.m.: Harco Industries and Central Virginia Community College. Lunch (pizza) will be provided!

October 19, Tuesday, Depart JF 9:00 a.m./Return 2:30 p.m.: Wiley Wilson and Andrew Wireless. Bag lunch required (can be ordered from JF cafeteria and normal charges will apply).

Planning for College



Sophomore year

- Make an appointment to meet with your school counselor to discuss courses for college preparation.
- Work on developing good study skills and time management skills.
- Join clubs and participate in extracurricular activities.
- Take the PSAT to practice for the SAT.
- Conduct research by visiting websites of different colleges, attending College Fairs, and signing up for college visits at JF.

Junior Year

- Research the entrance requirements for different colleges
- Take the PSAT, SAT I, and ACT if appropriate
- Take the SAT II if appropriate
- Start thinking about what you might want to study in college
- Look through the CollegeBoard Book of Majors and College Handbook. (In the guidance office)
- Consider what type of college you would like to attend. Think about how much the size, location, academic programs, and social environment matter to you.
- Make the effort to attend college fairs, sign up for college visits at JF, and visit campuses of colleges you are interested in applying to
- Maintain good grades and sign up for challenging courses your senior year.

Senior Year

- Take the SAT I in the fall for a second time
- Take the SAT II if appropriate
- Attend college fairs and sign up for college visits at JF
- Decide on which schools you are applying to and plan ahead. (Note deadlines)
- Make appointments with your counselor as needed to help you with this process
- Attend the Financial Aid Information Night January 5th at JF
- Avoid senior slump! Keep up grades as transcripts will be sent again to the college you apply to after the first semester.
- Regularly check the scholarship listing and apply for scholarships (listings are on the guidance webpage, English and government classes and also in guidance)

START COLLEGE PLANNING

You're ready to embark on the journey of a college search, right? You probably have lots of questions.

Start by asking an admissions rep. Scott Ozaroski, associate director of admissions at Hawaii's Pacific University in Honolulu, notes. "A brochure may list the majors offered at a school, but taking the time to talk to an admissions counselor can give you so much more insight. We can tell you what kinds of classes are included in the major, what internships might be available, who some of the interesting professors are, and what types of careers that major might lead to."

If a school sounds like a viable possibility, ask these five fabulous questions.

Fabulous question 1: How would you describe the student body's personality?

Each college campus has a personality, revealed through its student body. For example, some campuses are politically liberal; some are conservative. A student body might especially value the arts, or athletics or community service. This helps you determine if you might fit in well among your potential classmates.

Fabulous question 2: How is this school unique?

Each school has a unique story. Maybe you'll learn about a newly developed internship program, an unusual curriculum or a special program for freshmen.

Fabulous question 3: How many students transfer to another school during or after their first year?

The answer to this question offers a glimpse into how satisfied students are. Sometimes a high transfer rate is high, ask why.

Fabulous question 4: How would you describe students' relationships with professors?

Chances are, the admissions counselor will answer this question by first telling you who teaches undergraduate courses—professors or graduate assistants.

The counselor might also tell you about opportunities for students to collaborate with professors on research, or that instructors give out their home phone numbers to students.

Fabulous question 5: How do you award scholarships and financial aid?

Some schools require separate applications for scholarships; some simply award scholarships based on information in your application. You need to know not only how to apply for these awards, but also which qualities the scholarship committees weigh most heavily.

Often, colleges require that you complete the Free Application for Federal Student Aid (FAFSA). A college might also have an institutional form to complete.

Excerpted from "5 Fabulous Questions to Ask a College" by Hilary Masell Oswald.

COLLEGE VISITS

Below is a list of colleges that will be coming to visit JF. An updated list will be posted on the guidance website as more schools call to schedule a visit with us.

Stop by the guidance office to sign up no later than the day of the visit. A pass will be sent as a reminder the day of the visit.

VCU	Thursday, Oct. 7 at 1:00
Hampton-Sydney College	Tuesday, Oct. 12 at 8:30
Radford University	Thursday, Oct. 14 at 8:30
Miller- Motte Technical College	Monday, Oct. 18 at 9:00
Roanoke College	Tuesday, Oct. 19 at 8:30
Christopher Newport Univ	Wednesday, Oct. 20 at 8:30
James Madison University	Thursday, Oct. 28 at 8:30
Old Dominion	Thursday, Nov. 4 at 10:00

Nurse Notes: Flu Season is Upon Us

Welcome to a busy new school year! We are here and ready to assist you and your student with any medical needs/concerns you may have. The flu season **is** coming upon us 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.

Clinic Reminder

- As per each year, all paperwork for medication administration, asthma care plans, Tylenol and Benadryl administration, emergency cards, etc. are **only valid for the current school year**. New forms must be filled out for each school year and returned to the school office or clinic. ***If your student has diabetes, asthma, severe allergies or special medical conditions, it is the responsibility of the parent/guardian to contact the clinic and obtain the required paperwork.*** It is extremely important that we have medical procedures/guidelines documented for your student in case of an emergent situation.

Screening Information

- Vision, hearing and scoliosis screenings will be performed on all 10th grade students during October. You will be notified if a concern is found. If you do not want your student screened, you must send a note to the clinic. Screenings are also completed for any new students transferring from out-of-state schools, private schools or those who have been home schooled.
- If your student is not in the 10th grade and you have a concern in one of these areas, please call the school nurse. We will gladly screen your student and provide you with the results.

Health and Safety Information:

Prevention is the best measure against illness. Parents can be a great help if they teach and demonstrate the practice of good hand washing and keep their children home when they are sick. Many of us make the mistake of returning to work, school, or athletics too early when our immune system is still compromised and we are not fully recovered. This opens the other students and staff up to illness and the risk of contracting a new illness.

Here are some guidelines to help you make the “morning decision” of whether your child is too sick to attend school:

- Diarrhea and/or vomiting within the prior 24-hour period.
- Cold with fever and thickened yellow or green drainage from nose.
- Sore throat with fever and swollen neck glands.
- Cough that keeps your child awake at night.
- Fever that is more than 100 degrees, taken by mouth or ear.
(Your child should be without a fever for 24 hours before returning to school.)
- Earache that is severe and persistent.
- Redness in the white of eyes along with yellow eye discharge and matted eyelashes.
- Rashes with blisters, oozing and painful.

A good question to ask yourself as a parent is, “Would I want my child to sit next to a child with these symptoms?”

Have a wonderful school year. As always, please feel free to contact the clinic for any questions or concerns.

Stay healthy and happy and remember to wash those hands!

School nurses:

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

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

Sign-up for the JFHS PTA Parent Email Database

2010-2011

Parents of JFHS students:

NEW This Year!!

JFHS PTA seeks to create an email database, similar to the one at FMS, which will be sorted by student, by grade used to e-mail notices, announcements and reminders to you. All notices will be sent out with your email address hidden.

To join simply sign the form below and print the information needed so we may begin to key your info into the database. This database is not linked to the JFHS office list, nor is it shared. It was designed to keep you informed with the happenings at JFHS and defray costs of paper notices.

This will be set up by grade level, so you won't get many notices that apply to the whole school, mainly just your child's grade. If you have other children entering or staying in the school, please list them as well. Thank you.

Parent/Guardian's name _____ (print)

E-Mail Address
_____ (please write neatly or print
your email address from your pc & attach)

Student name & Grade: _____

Student name & Grade _____

Student name & Grade: _____

Signature _____

If you have any questions, e-mail or call

Tina Zellars zzellfam@msn.com 534-9149

Tracy Hoerner hoerners@jetbroadband.com 384-9051

Lisa Elliot lelliott@bedford.k12.va.us , 525-2902

JFHS PTA will not share your email address. It will be kept confidential & only used for school business.

Give form to your 1st Period teacher who will forward it to JFHS office for pickup by PTA rep

Please Join the JFHS PTA

2010-2011

Membership Cost: please circle one

\$20- family

\$10-individual

\$4-faculty/student

Please fill in the info below.

Print Joining Member Name(s):

Address & Phone #:

Email Address:

Student Name & Grade: _____

Student Name & Grade: _____

Student Name & Grade: _____

Student Name & Grade: _____

Signature _____

Give form to your 1st Period teacher who will forward it to JFHS office to be placed in the PTA mailbox.

JFHS PTSA publishes a directory –OPTOUT Form is online at JFHS website

Cavalier Theatre presents

The Diviners

by Jim Leonard, Jr.

October
22, 23, & 24

7:30 p.m.

Jefferson
Forest
Auditorium

\$10
(\$6 students,
seniors)

Lynchburg
TICKETS
LYNCHBURGTICKETS.com