



# High School Lancer Life

Issue 1

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Building a community prepared for the choices and challenges of life.

## HEALTH OFFICE NEWS

The flu and the common cold are caused by viruses. With so many people in such close contact, the likelihood of passing germs is much higher when it is cold outside than when it is warm and people are outdoors. There is also evidence now that viruses spread more easily through dry air. When it is cold outside, the air is drier both outdoors and inside, which may make it easier for germs to pass from one person to another. The most important thing to remember during cold and flu season is to remember to protect yourself against these germs when you are around other people. Viruses are passed by contact between people, so be sure to wash your hands often. Signs of the H1N1 flu can include: Fatigue, Fever, Sore throat, muscle aches, chills, coughing, and sneezing. Action steps to help prevent the flu include: Cover your nose and mouth every time you cough or sneeze, wash your hands often and well, avoid touching your nose, mouth or eyes, stay home if you are sick with flu-like illness and you should stay away from others for at least 24 hours after the fever is gone without using a fever reducing medicine! This is a health office protocol!!

Vermont has widespread H1N1 confirmed cases. Lamoille Union is holding a Vermont Department of Health run H1N1 vaccination clinic on December 4<sup>th</sup>. This is open to all Lamoille and GMTCC students and to faculty who are within the "target group." Vaccination consent forms can be obtained through the Health Office. There is no cost. Should you have any questions please feel free to contact the Health office at (802) 851-1212.

## YEARBOOK INFORMATION

Creation of the 2010 Yearbook is underway. This year's full color book will be even better than the past two years. Thanks to all who have submitted photos. Anyone can submit additional photos by visiting our link on the LUHS website "[www.luhsvt.org](http://www.luhsvt.org)." We will try to include as many of these as possible. Enclosed in this mailing is a postcard for ordering a yearbook if you have not already done so. Orders may be done online from the link on the school's website or by in person with the yearbook advisor, Mr. Jewett. Lastly, if businesses want to sponsor a page or if individuals want to purchase a

recognition ad for a particular student they may contact Mr. Jewett at 851-1206.

## FINE ARTS DEPARTMENT NEWS

Another school year is well on its way, and we invite you to browse our ever-changing displays of student artwork.

We are lucky to have Mio Nageshima visiting from Chiba, Japan (a city near Tokyo) since September 10<sup>th</sup>. She has been sharing her culture with our students through playing the Koto, a traditional Japanese harp, and teaching them Kanji calligraphy. She will stay with us through November 10<sup>th</sup>.

Each student in Basics of Art has created their own personal superhero with a story to go along with it. They have also been learning the fundamentals of one and two-point perspective, and are currently working on elliptical bottle drawings.

Studio Art have completed a series of abstract value drawings and are now in the process of portraying corners of our school using two-point perspective.

Graphic Design students have completed many projects in both Adobe Illustrator and Photoshop. Word pictures (drawing with words), emotional paintings illustrating Principles of Art and Design using Photoshop are just a few of them. We are gearing up for a semester of design projects using our new skills.

Pottery classes are working on coil pots with faces after completing animal pinch pots and a series of 5 pinch pots that show gradation.

## CHORUS NOTES

The first chorus concert of this school year is scheduled for Wednesday, December 9<sup>th</sup> at 7:00 PM. The chorus members of both the Middle and High School will combine to present the first act of "Joseph and the Amazing Technicolor Dreamcoat." Selected soloists and/or small ensembles will also be featured during this concert so all who attend should expect a "dazzling" performance! We are presently working on raising money to participate in the annual "Trills and Thrills" music festival at the end of the year and the select choir, Eclectic, is off to a great start and are already prepared to perform during this year's winter

concert as well as audition for the music festivals this year.

## MATH DEPARTMENT NEWS

The Math Department is pleased to welcome Mr. Will Widen as a new teacher in the high school and Tech Center. He teaches Introduction to Algebra and Geometry, Algebra and Geometry year 1 and Algebra and Geometry year 1 advanced. He teaches Algebra and Geometry year 1 in the Tech Center, as well. Mr. Widen enjoys sports and has special interest in Lacrosse. We are glad that Mr. Widen has joined our Math Department.

A few of our students are working on the first round of the Vermont Math Coalition Contest. The American Math Competition Exam comes up in February and the UVM Math Prize Exam in March.

Congratulations to our Quarter 1 math awardees. Look for the list of awardees in a future News and Citizen article and be sure to pick up your Math Scholar water bottle from your math teacher. Have a great Quarter 2. Go Lancers!

## LIBRARY RESOURCES

The Library subscribes to several on-line databases: The Student Resource Center; History Resource Center: U.S.; and History Resource Center: World; and Global Issues in Context. The Student Resource Center covers current events, literature, science, contemporary issues, health, and more. The History databases offer comprehensive coverage of the most studied topics in U.S. and World history. Global Issues in Context is an award-winning resource aimed at educating students about contemporary topics using audio, video, images, maps, and text. It offers news from NPR, PBS, NBC, UPI, and AP, as well as over 400 global newspapers, magazines, and academic journals.

These databases are valuable research tools and can be accessed from home and from school via the Lamoille website ([www.luhsvt.org](http://www.luhsvt.org)). Please ask the library staff for the password and discover how helpful the databases are for homework assignments, research projects, and exploring topics of personal interest.

## ATHLETIC NEWS

Wow, another fall sports season is under wraps! It's hard to believe how fast the time does go. On behalf of the Athletic Department, we would like to congratulate all fall sports teams on their successful seasons!

The Fall Sports Awards Ceremony will be held on Monday November 9<sup>th</sup> at 6:00pm in the high school

auditorium. We will be sticking with our new format, which includes a guest speaker, team participation awards and refreshments provided by the Athletic Department to follow. No need to bring anything, just your family and friends to celebrate with us!

The winter sports season is quickly approaching. The first day of tryouts and practices will be Monday November 16<sup>th</sup>. Practice and tryout schedules will be available soon! Any students interested in participating for any winter sports team, including boys and girls basketball, alpine skiing, Nordic skiing, indoor track, dance squad and a new ski and snowboard club team, should sign up in the athletic office as soon as possible.

Just a reminder to please utilize our athletic hotline, where you can find daily and frequently updated schedules and all extensions for the athletic department. That number is 851-1359. Thank you to all fall sports teams, and we are looking forward to the winter season! GO LANCERS!

## ENGLISH DEPARTMENT NEWS

English department second quarter start ups: Ms. Frankfurter and Mr. Zlotucha's Nine General classes are studying the elements of the short story while her Ten Advanced class wrap up their studies of Puritan America. Mr. Boardman's Science Fiction class is sojourning with the Morlocks and the Eloi while they contemplate the mysteries of time travel. Ms. Weiss' Creative Writing students begin their long-term Dystopia project.

Her Everyday English students are finishing the novel, *The Thief of Always*. On a technological note, Ms. Knight's Nine Advanced students are plugged into the TED project on the internet for their research papers. The TED project is a series of speeches from the most innovative of today's thinkers, and her students will incorporate media into their research. Mr. Button's Ten General students are creating "mad libs" in their study of parts of speech in modern song lyrics.

## GUIDANCE DEPARTMENT

The first quarter of our school year has gone by quickly. Seniors are reminded to continue working hard on college applications – especially those for early admission! For parents of college bound seniors – the following information *is very important*, please pay special attention to the details about an upcoming financial aid meeting!

A workshop hosted by the LUHS Guidance Department will be held on Wednesday, January 20, 2010 at 5:00 p.m. in the Research Computer Lab (follow the signs). Seniors and parents will be able to

submit their financial aid data online with assistance from a VSAC representative. The information submitted that evening is required when students are applying for financial aid. Students will be bringing FAFSA worksheets home on December 14<sup>th</sup>, 2009. In addition to this worksheet, the following materials will be necessary to complete the process on January 20<sup>th</sup>. A completed FAFSA worksheet (see the LUHS website and look on the guidance page for copies of this document) Copies of your 2008 Federal Income Tax returns. Follow the instructions for "Creating a PIN" for both parent and student, please read these instructions carefully and bring both PIN numbers with you! You must contact Christine Cooney (802-851-1203) to reserve a computer, space is limited! For other questions, please contact Jim Massucci at (802-851-1211) Remember to contact your school to determine their financial aid deadlines and keep all copies of your forms and any documentation

## **SOCIAL STUDIES DEPARTMENT**

Modern World students are wrapping up a study of Silk Routes to Asia. Students were grateful to use resources from the Lamoille and Hyde Park libraries as they explored the various versions on popular folk stories. Students wrote their own versions of folkstories and integrated they own exploration of particular areas of Asia. Commodities such as salt, guns and coffee to name a few, have interesting histories of their own. Modern World students will be introduced to the cultural and economic impact that one commodity has had on history and the world as they prepare their own research on a commodity of their choice. Because students tend to be drawn to comparative studies of particular foods, parents are often asked to help students make these dishes at home. This is not required but we all appreciate the donations that families make especially when they share there dishes with our classes. We hope you enjoy the opportunity to search the grocery aisles for unusual ingredients. Please check our websites for online shopping links. Maybe a new dish will be a lovely addition to the table during the holidays.

Ms. Kaulbach's US history class is sponsoring an in school harvest party after the November break. If anyone has a cider press to lend can they please call Ms. Kaulbach at 851-1247. Thank you. We will also be involved in corn bread, bread making, butter and cheese, venison or wild game jerky.

## **UPCOMING DANCE EVENTS**

*November 12 & 13-* Professional Hip Hop Dancer Steve Shannon will be teaching the Dance students some of his moves!

*November 20-* Dance 1 students will be hosting a school dance with a Harvest theme. Located in the Cafeteria from 7-10 pm

*November 21-* Dance 2 & 3 Students will be attending and performing at the 6th Annual VT State Dance Festival.

*December 17th-* Winter Recital in the LUHS Auditorium. Starts at 7:00 pm. There will be a bake sale and raffle as well. Donations welcome.

## **SCIENCE DEPARTMENT NEWS**

You have all heard by now how the statewide science assessment NECAP test results showed that Vermont students are not very good in science. LUHS students did not score particularly well either. The good news is that we have a lot to work towards and should hopefully improve! Science teachers are working this year towards writing our curriculum and trying to align it with state standards to better address the NECAP tests. We are also trying to make sure that ALL students get some earth science course during their years at LUHS, since a significant portion of the NECAP involves earth science.

Two extraordinary exciting activities have occurred in science courses this year that should be noted. Ms. March's Advanced Ecology class held a "Trash on the Lawn" Day where they sorted and weighed all of the school's trash for one day. Other teachers brought classes down to see how much and what types of things were being thrown out. Even FOX News television came to interview students. The results showed that many students are throwing out recyclable material and about 2/3 of what is getting thrown out could be recycled or composted. The other fun time was Mr. Whitlock's Meteorology class took a field trip to the Mt. Washington weather observatory on October 5<sup>th</sup>. They hiked up through thick fog, rain, sleet, snow, 29 degrees and 50 mph winds at the top for a tour. And by the time they got to the bottom, the sun came out!

## **FOREIGN LANGUAGES**

Students in the International Club and Spain Trip are teaming up to attend the Vermont International Festival on Friday December 4<sup>th</sup> at the Champlain Valley Exposition in Essex Junction. The event is described as 'a celebration of crafts and culture' and features food, dance, crafts & music from

around the world. This festival showcases work from over 50 artisans of numerous countries around the world. It is a good way to see genuine artwork and hear music typical of these countries. Also, students will have a chance to taste typical food from around the world. This is a cheap way to 'travel' abroad without leaving Vermont! Students will also have a chance to get a head start on their Holiday shopping! The Vermont International Festival runs through Sunday December 6<sup>th</sup> 2009. You can visit the festival's website for more information:  
<http://www.vermontinternationalfestival.com/>

## **TECHNOLOGY EDUCATION**

The fall semester has been off to an excellent start! I currently have four Wood Technology courses that successfully completed the required safety tests and are currently building a variety of projects which include rustic end tables, blanket chests, and Adirondack chairs. My third period class is building the rustic end tables and has taken numerous trips out to the woods behind the school to harvest the legs and rungs for their tables. This has been a wonderful experience for both myself and the students as it has provided us with the opportunity to learn about sustainable thinning practices and tree identification.

In my Metals Technology courses we have completed our units on layout/measurement, safety, and produced a tool box that provided the students with an opportunity to learn about sheet metal fabrication. We are currently working on learning how to ARC weld and are beginning our hammer project on the metal lathes which will be made out of aluminum.

I have been very fortunate to have two wonderful teacher's assistants this year that attend class everyday and work one on one with my students on their projects. William Wells and Brandon Minor have been wonderful role models for my students and are currently working on projects to help improve and organize the wood shop and metal shop. If you have the opportunity to stop by during the school please stop by and check out the incredible work that my students are producing.

## **UPCOMING EVENTS**

- **Fall Sports Awards Ceremony – Monday November 9<sup>th</sup> at 6:00pm in the auditorium.**
- **Parent/Teacher conferences on November 12<sup>th</sup>.**
- **Winter sports season begins on November 16<sup>th</sup>.**
- **Balfour representatives here for seniors to order graduation announcements on November 19<sup>th</sup>.**
- **Thanksgiving recess: November 23<sup>rd</sup> to November 27<sup>th</sup>; classes resume November 30<sup>th</sup>.**