



## AVIANO MIDDLE/HIGH SCHOOL THE SAINT HERALD #14

***FLASH!*** Our winter sports start this weekend. Please come to our school Gym and support our Basketball Teams and our Cheerleading Team: **Go Saints Go!**  
**Friday, December 5<sup>th</sup> starting @ 1830**  
**Saturday, December 6<sup>th</sup> starting @ 1000**

### CALENDAR OF EVENTS:

Dec. 11<sup>th</sup>: First day to accelerate First Semester  
**Dec. 22<sup>nd</sup>:** **Begin Winter Recess**  
Jan. 5<sup>th</sup>: Instruction Begins  
Jan 19<sup>th</sup>-22<sup>nd</sup>: First Semester Exams  
Jan 22<sup>nd</sup>: End of Second Quarter/First Semester  
**Jan. 23<sup>rd</sup>:** **Teacher Work Day- No School for students**

### SPORTS CALENDAR:

#### BASKETBALL/CHEERLEADING\*:

Dec. 5<sup>th</sup> -6<sup>th</sup>: @ Home vs MMI  
Dec. 12<sup>th</sup> -13<sup>th</sup>: @ Milan  
Jan. 9<sup>th</sup>-10<sup>th</sup>: @ Home vs AOSR  
Jan.16<sup>th</sup>-17<sup>th</sup>: Local  
Jan. 23<sup>rd</sup> - 24<sup>th</sup>: @ Sigonella  
Jan. 30<sup>th</sup>: 31<sup>st</sup>5: @ Home vs Naples  
Feb. 6<sup>th</sup>-7<sup>th</sup>: @ Vicenza  
Feb. 13<sup>th</sup>- 14<sup>th</sup>: Local  
Feb. 19<sup>th</sup>-21<sup>st</sup>: EUROPEAN CHAMPIONSHIP @ MANNHEIM

- **Cheerleading Team will participate in all home games and will travel only to the Vicenza Game and to the European Championship.**

#### WRESTLING:

Dec. 6<sup>th</sup>: @ Vicenza  
Dec. 13<sup>th</sup>: @ Naples  
Jan. 10<sup>th</sup>: @ Naples  
Jan. 17<sup>th</sup>: @ AOSR  
Jan. 24<sup>th</sup>: @ Aviano  
Jan. 31<sup>st</sup>: @ Vicenza  
Feb. 7<sup>th</sup>: SECTIONAL QUALIFIERS @ AVIANO  
Feb. 13<sup>th</sup>-14<sup>th</sup>: EUROPEAN CHAMPIONSHIP @ WIESBADEN

#### SWIM TEAM CALENDAR:

Dec 6<sup>TH</sup> @ Vicenza (may be held in the Aviano pool)  
Dec 13<sup>TH</sup> @ Ktown  
Jan 10<sup>TH</sup> @ Vicenza (may be held in the Aviano pool)  
Jan 18<sup>TH</sup> @ Naples - DIVISIONAL CHAMPIONSHIPS

Feb 7-8<sup>TH</sup> @ Berlin - EUROPEAN CHAMPIONSHIPS (swimmers must qualify for this meet)  
 Please note: Swimming is not a DoDDS-Europe sponsored event, but students that participate in the Swim Team and maintain the eligibility requirements will be able to Letter.

**TEST CALENDAR:**

**SAT/ACT/PSAT**

<b>TESTS</b>	<b>REGISTRATION</b>	<b>TEST DATE</b>
SAT & Subject Tests	November 5, 2008	December 6, 2008
SAT & Subject Tests	May 5, 2009	June 6, 2009
ACT	November 7, 2008	December 13, 2008
ACT	January 8, 2009	February 7, 2009

**AP COURSES TEST SCHEDULE:**

<b>WEEK 1</b>	<b>Morning Session 8 A.M.</b>	<b>Afternoon Session 12 Noon</b>
Monday, May 4 <sup>th</sup>	Government and Politics: United States	
Tuesday, May 5 <sup>th</sup>	Computer Science A Spanish Language	
Wednesday, May 5 <sup>th</sup>	Calculus AB	
Thursday, May 7 <sup>th</sup>	English Literature German Language	
Friday, May 8 <sup>th</sup>	United States History	Studio Art (Portfolios due)
<b>WEEK 2</b>	<b>Morning Session 8 A.M.</b>	<b>Afternoon Session 12 Noon</b>
Monday, May 11 <sup>th</sup>	Biology	Physics B
Tuesday, May 12 <sup>th</sup>		Psychology
Wednesday May 13 <sup>th</sup>	English Language Italian Language and Culture	
Thursday, May 14 <sup>th</sup>	Macro Economics	

**SCHEDULE FOR THE WEEK of December 1<sup>st</sup> -5<sup>th</sup>:**

**Monday:** "A" Day  
**Tuesday:** "B" Day  
**Wednesday:** "A" Day  
**Thursday:** "B" Day  
**Friday:** "C" Day

## LUNCH MENU FOR THE WEEK:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choose 1</b>	<b>Choose 1</b>	<b>Choose 1</b>	<b>Choose 1</b>	<b>Choose1</b>
Orange Ginger Chicken w/Veggies Teriyaki Chicken Dippers	WG Cheese Pizza Baked Chicken Tenders w/Roll	Chicken Parmesan H&C Spinach Wrap	Baked Cheese Pizza Dippers Yogurt \$ Grilled Cheese on WW	Hot Dog Chicken Fries
<b>Choose 2</b>	<b>Choose 2</b>	<b>Choose 2</b>	<b>Choose 2</b>	<b>Choose 2</b>
Chicken Rice Steamed Broccoli & Carrots Chilled Pineapples Fruited Jell-O Milk	Green Beans Garden Side Salad Chilled Peaches Fresh Fruit Cup Milk	Cauliflower & Carrots Chilled Pears WG RF Oatmeal Cookie Cookie/Jell-O Milk	Fresh Carrots Sticks w/ff Dip Apple Goldfish Pretzels Fruited Jell-O Milk	Garden Side Salad Fruit Cup Garlic Toast Fruited Jell-O Milk

For nutrition value of meals please go to:  
<http://odin.aafes.com/nutrition/08/info.htm>

Please read our second publication of the "Paparazzi":  
 :  
[https://dodea.blackboard.com/bbcswebdav/xid-81746\\_3](https://dodea.blackboard.com/bbcswebdav/xid-81746_3)

### Parent Newsletter Article for December 2008

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Nutrition is crucial to children's health and is worth keeping in mind as we approach the holiday season and find ourselves tempted to indulge. Breakfast gets children to lunch, lunch gets them home, and dinner nourishes them overnight. Having a good dinner in the evening just isn't enough; children need to make wise food choices throughout the day, but how do we get them to eat right?

It is important to practice what you preach when it comes to nutrition. You are your children's first and most important teacher, even if your children, particularly your preteens and teens, don't always see it that way. If you start your day with a large coffee and bagel in the car, your children may believe that caffeine and sugar are clever breakfast choices and that eating on the go is normal. Here are some ways to be mindful of what you eat as a family:

Shop for groceries together. Read food labels for nutritional content, and choose foods that are low in sugar and fat.

Discuss the school lunch menu with your child in advance to help him or her make wise food choices. If your child takes a lunch from home, have him or her help pack a healthy one.

Encourage your children to cook with you, and allow them to help plan the week's meals. Slowly introduce some new wholesome foods.

Dine together as a family as often as possible. Although you may spend many hours in the car attending multiple activities, the car is not the dinner table. Try to refrain from eating there as it encourages eating fast food on the run. Dining together not only encourages healthy eating habits, it helps bond the family.

Stock your home with low-sugar foods and rid the pantry of refined sugar, i.e., processed white sugar found, for example, in many boxed snacks and cereals.

Avoid fast-food restaurants by planning your meals and snacks before leaving home. Be prepared for meal-time changes and food substitutions if necessary.

Food should not be given as a reward.

You know your child better than anyone and can provide food choices that are healthy and tasty. These examples can help guide you and your family toward healthier food choices. As a result, you and your family will achieve a dietary balance that will reward all of you in many ways throughout life.

DIANA J. OHMAN  
Director, DoDDS-Europe

## **AVIANO MIDDLE/HIGH SCHOOL**

### **Use of GradeSpeed**

For the 2008-2009 School Year, DoDEA has implemented GradeSpeed in all 4th - 12th grade classrooms worldwide. GradeSpeed is a web-based program that enables parents to log-in to view grade and attendance data for their student(s). GradeSpeed will be the only authorized and supported grade book used by DoDEA employees in Grades 4-12.

All teachers have secure access to GradeSpeed through the use of an Internet web browser. Teachers use the grade book portion of GradeSpeed to enter assignments, grades, and to maintain grade calculations. Teachers are also able to email progress reports to parents through GradeSpeed.

GradeSpeed provides secure parent access via the Parent Portal. Parents must register at: <http://dodea.gradespeed.net> to establish a personal GradeSpeed access account. After their account has been established, parents will be able to login to view grade and attendance data only for their student. They will also be able to view school

announcements and calendar events. There is a note feature available in GradeSpeed that parents can use to directly contact their student's teachers.

Since GradeSpeed is web-based, the program can be accessed from anywhere. Parents who are deployed will be able to stay informed and involved in their child's academic life regardless of location.

GradeSpeed makes communication between parents and teachers easier, more effective and timelier. DoDEA's mission is continuous improvement toward academic success for all students. When parents have timely information about student progress and are involved in the education of their student, the entire learning environment is improved. GradeSpeed enhances that all-important connection between their home and the school.

A teacher's primary job is to teach and while communication with parents enhances the educational experience, parents need to be reasonable about expectations on responsiveness. As they always have, teachers will communicate with parents promptly and appropriately as time permits. Parents should keep this in mind when emailing a teacher through the Parent Connection.

**PARENT:**

- Recognizes that there must be a positive work relationship between teachers and parents and administration to ensure educational success of the student.
- Recognizes that teachers have different assignments due at different times and each teacher has different rates for grading and posting assignments.
- Recognizes that they have to be reasonable about expectations on responsiveness from teachers.
- Recognizes that when they go to GradeSpeed grades might not have been updated yet.
- Recognizes that as a general rule the parents can expect grades for assignments and tests to be posted one week after the assignment is due or the test is taken, except in cases when the teacher is absent or TDY/TAD (or when it is a very large assignment or written project it may well take more than a week for the teacher to provide each student quality feedback and record the grades.)
- Recognizes that questions about the student grades and attendance go to the child's individual teacher.
- Recognizes that questions related to the login and general navigation of the Parent Connection site they must e-mail: [ron.engbrecht@eu.dodea.edu](mailto:ron.engbrecht@eu.dodea.edu), our Educational Technologist.
- Recognizes that GradeSpeed is a new program and will have some technological glitches, which will have to be worked out with the system.
- Recognizes that if they forget their user name or password to the parent account, they simply click: "Forgot my Password" on the log in screen and the password will be emailed to the address listed in the account.
- Recognizes that progress reports will be sent at the discretion of the teacher.

**STUDENT:**

- Recognizes that GradeSpeed is the new method that teachers are using to communicate their educational progress to their parents.
- Recognizes that they need to turn in homework and assignments on due dates in order for them to be graded on a timely manner.
- Recognizes that they must target the 2.0 requirement to graduate from a DoDEA High School.
- Recognizes that they must meet weekly DoDEA eligibility requirements.

**2008 DoDEA CUSTOMER SATISFACTION SURVEY:**

Parents, please, do not forget to complete the 2008 DoDEA Customer Satisfaction Survey. The survey is available November 1, 2008 through February 28, 2009, and takes approximately 20 minutes to complete. It is available online at [www.dodea.edu](http://www.dodea.edu) (click on the CSS graphic link). Parents who do not have access to the Internet should contact their main office to determine other alternatives, such as using the school's computers or receiving a paper copy that can be mailed to DoDEA headquarters.

Parents this is your opportunity to provide us valuable feedback about our educational offerings and the areas that we need to improve. We appreciate your support.

**VOLUNTEERS:**

Volunteers are needed to help in the offices, serve as assistant coaches, lunch monitors, and tutors. Please visit the Main Office to complete the School Volunteer Information Sheet. Thank you for your support.

**OPEN DOOR POLICY:**

Our school has an open door policy. Parents are encouraged and welcomed to visit and be part of the educational process. Lunch is scheduled from 1053-1133 on "A" and "B" days and from 1119-1159 on "C" days for our 6<sup>th</sup>-8<sup>th</sup> grade students and from 1223-1303 on "A" and "B" days and from 1211-1251 on "C" days for our 9<sup>th</sup>-12<sup>th</sup> grade students. Come and join your child for lunch!

The success of our students is in our hands. Let's keep our channels of communication open so that our students can have the best educational experience at Aviano Middle/High School.

Cristina Echevarria  
Principal

Donald Woolson  
Assistant Principal