The annual Winter Carnival week kicked off on January 28\textsuperscript{th} this year. Winter Carnival consists of a series of events spread over the course of the week to encourage students to express their school spirit by participating in various dress up days, lunchtime activities and a student basketball game. In addition, the classes competed against each other in “Penny Wars” to raise money for a local cause. This year, the school community raised over $2,000 in four days! On Thursday, January 30\textsuperscript{th}, the Talent Show was held, and featured 12 different acts ranging from bagpipes, singing, classical piano and a brass band. The week culminated with the Winter Ball on Saturday, February 2\textsuperscript{nd}. The ninth grade was the overall winner this year, as the seniors were upset by the tenth grade class in the basketball game, thus, paving the way for the ninth grade to win Winter Carnival.
Winter Carnival Highlights
Talent Show
Talent Show
# Winter Carnival Tally

<table>
<thead>
<tr>
<th>Event</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dress up</td>
<td>100</td>
<td>50</td>
<td>25</td>
<td>75</td>
</tr>
<tr>
<td>Video Games</td>
<td>100</td>
<td>75</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>Food Drive</td>
<td>25</td>
<td>50</td>
<td>75</td>
<td>100</td>
</tr>
<tr>
<td>Baking Contest</td>
<td>100</td>
<td>75</td>
<td>50</td>
<td>25</td>
</tr>
<tr>
<td>Penny Wars</td>
<td>75</td>
<td>25</td>
<td>50</td>
<td>100</td>
</tr>
<tr>
<td>Basketball Game</td>
<td>25</td>
<td>75</td>
<td>100</td>
<td>50</td>
</tr>
<tr>
<td><strong>Totals:</strong></td>
<td><strong>425</strong></td>
<td><strong>350</strong></td>
<td><strong>325</strong></td>
<td><strong>400</strong></td>
</tr>
</tbody>
</table>
**College Pathways**

Vermont Student Assistance Corporation (VSAC) is sponsoring several college planning workshops to help high school sophomores and juniors, as well as parents with the college search process. These workshops will be held at the following locations and times:

- **March 16**<sup>th</sup>  St. Michael’s College
- **March 23**<sup>th</sup>  Castleton State College
- **April 6**<sup>th</sup>  Lyndon State College

To register, as well as view the full agenda, go to [www.vsac.org/CollegePathways](http://www.vsac.org/CollegePathways) or call 888-943-7301.

**Course registration**

Even though the school year is barely half over, the Guidance Department has been busy getting ready for registration for next year’s classes. The *MUHS Course Description Catalog* has been updated and is available online at the school home page. Just click on the link to Information and then *MUHS Course Description Catalog* 2012-2013.

We have already started talking with current juniors and will continue our meetings according to the schedule listed below. In these meetings, counselors will review credits necessary for graduation, as well as talk about post-secondary plans. For those students thinking about attending college after high school, we will be introducing the college planning portion of Naviance, our career and college planning program. We hope parents as well as students make use of the information available in Naviance regarding colleges. Our ninth and tenth grade students will be signing up for classes towards the end of February and the beginning of March.

Please take some time to read through the *MUHS Course Description Catalog* to become more familiar with the classes available to our students. Choosing the right classes requires a combination of input from teachers, parents, school counselors, and the students. If you have any questions about classes for next year, please feel free to contact the Guidance office at 381-1195.

**Registration timeline**

- **Current 11**<sup>th</sup> grade students:  Jan 28 - Feb 11
- **Current 8**<sup>th</sup> grade students:  Feb 12 – Feb 15
- **Current 10**<sup>th</sup> grade students:  Feb 15 – March 8
- **Current 9**<sup>th</sup> grade students:  March 11 – March 28
SAT Updates

The College Board has made some changes with respect to registering for the SAT’s. Effective with the March 2013 test, Students are required to provide a photo to register for both the SAT and SAT Subject Tests. For those students registering online, this means uploading a picture when registering. Juniors are encouraged to sign up for the SAT and Subject Test if needed this coming spring. Test dates and registration deadlines are available at: collegeboard.org

Financial Aid Update

The VSAC Scholarship Booklets are available in the Guidance office that use the unified application for many Vermont scholarships. Any senior student or parent interested in a copy may pick up a copy of the booklet in the Guidance office.

Additionally, don’t forget about applying for the Vermont Incentive Grant. To complete the application online, log on to your myVSAC account (or create an account if you haven’t done so by going to the VSAC Web site.)

Finally, the Guidance Department recommends submitting your FAFSA applications as well as completing the Profile (if required by your colleges) as soon as possible.

Gap Year Fair

South Burlington High School will be hosting a gap year fair on Sunday, March 10th. The purpose of this fair is to help students and parents learn about experiential educational opportunities primarily designed as a break between the completion of high school and beginning college. A presentation on Gap Years will be held from 1:00-3:30pm.

More information on the fair can be found at www.usagapyearfairs.org.
New England Young Writers’ Conference

From May 16-19, 2013, ten MUHS sophomores, juniors, and seniors will attend the New England Young Writers' Conference at Bread Loaf. This annual conference brings together over 200 students from the Northeast to participate in a variety of workshops with published poets, journalists, nonfiction and fiction writers. Adam Joselson, Casey Vanacore, Christopher Ryan, Elliott Abbott, Harper Smith, Emily Kiernan, Luke Benz, Michelle Peterson, Sophia Peluso, and Zach Denis will represent MUHS this spring. They were selected on the basis of writing samples they submitted in the fall. Congratulations! We hope they enjoy this unique experience.
Scholar’s Bowl is looking forward to the Vermont NAQT championship in Barre on March 8 and the Vermont NEA State Championship April 6 in Burlington. We’ll enter the state finals ranked #2 in state after a successful season that included winning the pre-holiday tournament in South Burlington (in the photo). Try a few:

1. A Samuel Barber opera and a Shakespeare play are named for what two lovers, one of whom killed herself with an asp after they lost at Actium?

2. What dynasty moved its capital from Nanjing to Beijing and sent Admiral Zheng He on his expeditions after expelling the Mongols from China in 1368?

3. What artist of *Christ of Saint John of the Cross* and *Swans Reflecting Elephants* featured ants and melting clocks in his *The Persistence of Memory*?

4. Mr. Lopart runs a candy store in, and Wilmer Valderrama voices the bilingual title character of what Playhouse Disney TV show with talking tools?

5. The Smithsonian exhibit of Paul Tibbets’ B-29 Superfortress, the *Enola Gay*, was controversial because, in 1945, it dropped what object on Hiroshima?
Prevention News

On a brisk Wednesday morning in December, MUHS conducted a Seat Belt Safety Check. An overwhelming number of students were wearing seat belts and reminders to buckle up were offered to the handful of students not wearing seat belts. Students wearing seat belts were entered into a raffle and prizes were awarded at the end of the school day.

Peer Leaders wrapped up their time with their 9th graders in January. They spent their last advisory with 9th graders celebrating their time together and discussed what they appreciated about the experience. A big thank you to all of the wonderful Peer Leaders!!!

Out with the old and in with the new! Next year’s Peer Leaders are already filling out applications and they are starting to pile up. The deadline for Peer Leader applications is February 13th.

Coming up in February, MUHS will be administering the Youth Risk Behavior Survey (YRBS) to all high school students. The survey is offered every other year across Vermont and the U.S. The YRBS measures the prevalence of behaviors that contribute to the leading cause of death, disease and injury among our youth. Data collected is used to help increase the resiliency of young people by reducing high risk behaviors and promoting healthy choices.
**Parent Conferences**

Parent Conferences for semester two will be held on March 14 and 15, 2013. These conferences are 15 minutes each with the teachers of your choice and will provide you with an opportunity to receive specific feedback concerning student progress. The schedule will be: Thursday from 4:00-5:30 and 6:30-8:00 pm and Friday 8:30 am – 12:30 pm. Parents may sign-up for conferences by calling the faculty administrative assistant at 382-1107 beginning Monday, February 11, 2013.

**Success Saturday**

**Save the Dates - Success Saturday**

Success Saturday is back! The Learning Lab will be open for tutoring from 9:00 a.m. to 12:00 p.m. on the following Saturdays: March 2, March 30, and June 1. These dates were selected to correspond with the dates nearest interim grade reports and the end of each quarter. Students **must sign up in advance** in the Learning Lab. Snacks are provided. Success Saturday is a great way to stay caught up or to get caught up, to study for a test, to possibly redo a test, or to work on a paper.

The Learning Lab provides tutoring in a positive and supportive environment. Tutoring is available to all MUHS students for all subjects and classes. Tutoring is provided by two licensed teachers, peer tutors, Middlebury College students, and community volunteers.

The Learning Lab is open Monday through Friday from 8:00 a.m. – 4:00 p.m. and is located in room H-103. Please call Jim Burnett or Tammi Beattie at 382 – 1165 if you have any questions.
Influenza Update & Antiviral Recommendations

To: Health Care Providers, Hospitals, and Ambulatory Care Centers
From: Bradley J Tompkins, Infectious Disease Epidemiologist

Please Distribute Widely

Influenza is currently widespread in Vermont and cases of influenza-like illness (ILI) are higher than in recent years. Last week sentinel influenza practices in Vermont reported that 7 percent of their visits were due to patients with ILI, a measure that typically peaks between 3 percent and 4 percent in non-pandemic years. Emergency room visits due to respiratory illnesses are also currently above average. Hospitals contributing to the Health Department’s syndromic surveillance program reported that 18 percent of all emergency room visits were due to respiratory illness last week – 12 percent of visits is typical for this time of year.

This period of elevated flu activity has also started earlier than usual. When influenza activity will peak is unknown, but flu season typically lasts until the spring.

Administration of antiviral medication soon after the onset of influenza symptoms continues to be of both clinical and public health benefit. Evidence suggests that early antiviral treatment may:

- Shorten the duration of fever and illness symptoms
- Reduce the risk of complications and death
- Shorten the duration of hospitalization

Advice For Clinicians: Treatment with antiviral medications is recommended for patients with suspected or confirmed influenza. The clinical benefit of these medications is greatest when they are administered as soon as possible after symptom onset (ideally within 48 hours).
It is therefore not recommended that you wait for confirmatory lab results before beginning treatment.

Antiviral treatment initiated 48 hours or later after symptom onset may still benefit those patients with severe, complicated or progressive illness or those who are hospitalized. Antiviral treatment is recommended as early as possible for any patient with suspected or confirmed influenza who:

- is hospitalized
- has severe, complicated or progressive illness

- is at higher risk for influenza complications, such as:
  a. children 2 years of age or younger*
  b. adults 65 years or older
  c. people with chronic pulmonary, cardiovascular, renal, hepatic, hematological, metabolic, neurologic conditions or those who are morbidly obese
  d. people who are immunosuppressed
  e. anyone younger than 19 years who are receiving long-term aspirin therapy
  f. women who are pregnant or two weeks or less postpartum
  g. residents of long-term care facilities or other chronic care facilities

Based on clinical judgment, antiviral treatment can also be considered for those previously healthy patients who present with influenza-like symptoms, if treatment can be started within 48 hours of illness onset.

Influenza vaccination is still the best way to prevent the flu. However, a recent history of influenza vaccination does not rule out the possibility of influenza infection in symptomatic patients.

For more information on antiviral treatment:
http://www.cdc.gov/flu/professionals/antivirals/index.htm

For more information on guidelines for the prevention and treatment of influenza in long-term care facilities:
*On December 21, 2012, the U.S. Food and Drug Administration (FDA) approved the antiviral medication oseltamivir (trade name Tamiflu®) for the treatment of influenza in people aged 2 weeks and older.

FDA press release:
http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm333205.htm
NEASC ACCREDITATION SENDS VISITING TEAM TO MUHS

A team of sixteen professional educators from all over New England arrived on Sunday, December 2, 2012 and completed the report on Wednesday, December 5, 2012. The New England Association of Schools and Colleges (NEASC) visiting team was greeted by MUHS students upon arrival. The visit was the culminating event following the completion of a self-study, which began two years ago.

Faculty, students, administrators, parents and school board members gathered in the auditorium for the Panel Presentation, emceed by English teacher, Karen Greene. The program introduced the visiting team to the school with a slide show, entitled, “A Year at MUHS” with music by 2012 graduate, Daniel Mench-Thurlow. Students, representing each of the seven sending towns to the high school, spoke about their educational experience and involvement at MUHS. Chemistry teacher, Cindy Atkins, provided an overview of our School and Community Profile. Jim Burnett, Learning Lab Coordinator, explained the process of revising our Core Values, Beliefs and 21st Century Learning Expectations. Principal Bill Lawson explained the school’s strengths and needs, together with a two-year and five-year plan for school improvement.

Following the presentation, parents and the UD#3 School Board convened in groups to answer questions. Teachers met with individual visiting team members to discuss student work. A reception completed the afternoon in the cafeteria.

On Monday, the Visiting Team was greeted by students for a tour of the school, followed by visiting classrooms and more group meetings with various members of the school community. On Wednesday after school, the team attended the faculty meeting. Chairperson Joseph Damplo addressed the MUHS faculty, commenting on the “wonderful student body, dedicated faculty and staff, and the facility and resources to support education at MUHS.” The full report will be made public sometime next summer.
ACT values teen culture as an essential part of the broader community. It provides a fun, safe and welcoming place for teens to hang out, and promote teen contributions through programs, activities, and outreach.

Drop-in Hours
Monday, Tuesday, Thursday: 3 – 6pm
Wednesday and Friday: 3 – 7pm

ACT is open to all youth in 7th to 12th grade from the ACSU school district. Through its Youth Advisory Council (YAC), ACT sponsors dances, fund raisers, community service projects and much more—by and for teens. ACT provides a fun, safe and welcoming place for teens to hang out, be with their friends, listen to music, play foosball, pool, board games, be creative and do art projects and eat snacks.

UP-COMING EVENTS AND ACTIVITIES:

Youth Advisory Council Meeting: Wednesday February 6th and 27th from 4:00 to 5:30pm (pizza at 5:00pm)
“DREAM - ACT - DO” is the motto of our YAC meetings. Teens decide what they want to see happening at the Teen Center and plan, organize and implement programs and activities.

Magic on Mondays: Every Monday from 4 – 6pm
Stop by Addison Central Teens every Monday from 4 – 6pm to play MAGIC the Gathering, trade cards, build decks, or learn how to play the game. Staff and experts will be on hand to answer questions, build decks or to simply play against. All levels and abilities are welcome and encouraged to play!

DJ SKATE NIGHT: Saturday February 2nd and 16th 8:00 – 10:00pm
Co-sponsored by Friends of Middlebury Hockey and Addison Central Teens. Enjoy classic roller rink style skating on the ice at the Memorial Sports Center, 296 Buttolph Drive, Middlebury. All ages and abilities welcome - $5 adult - $3 students. Skates are available for rent and the concession stand is open.

Second annual CLOTHING SWAP & SHOP hosted by ACT this spring

Clothing Swap & Shop at MUHS: Tuesday, March 19 and Wednesday, March 20
Addison Central Teens is hosting a Clothing Swap and Shop at MUHS in the hallway outside the main office 11:30 am to 3 pm (for students only) and 3 pm to 7:00 pm (open to the public). Bring in teen friendly, gently used clothing, accessories, jewelry, CD’s and knick-knacks and swap for “new” used items. No clothing to swap? Bring your money and shop! Everything very inexpensively priced. For more information call or email Jutta at 802-989-8934 - jutta@addisonteens.com

Clothing Collection at MUHS: Tuesday, February 26 & Wednesday, February 27 as well as Tuesday, March 12 & Wednesday, March 13
The clothing collection will be held in the MUHS cafeteria during lunch hours from 11:30 am to 1:30 pm. Come and bring us your gently used clothing, accessories, jewelry, CD’s, DVD’s, and knick-knacks. Tired of you prom or formal dresses from past years? We take those too! For your items you will receive point cards that you can trade in for new items during the clothing swap. Most items are between $1 and $10. Some special items might be marked up to $20. Donations are welcome too. You can also drop of your items at the ACT teen center in town every day after school from 3 pm to 6 pm. The teen center is located in the basement of the Middlebury Municipal Building. Enter on College Street through the beige awning. For more information or if you like to volunteer, please call or email Jutta at 802-989-8934 - jutta@addisonteens.com

Co-Directors: Colby Benjamin: colby@addisonteens.com
Jutta Miska: jutta@addisonteens.com
ACT is located in the Middlebury Municipal Building; enter on College Street across from Samas Café.
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