### HAPPY NEW YEAR

**Semester 1 Final Exam Schedule**

| Date     | Block 1       | Period 1       | Period 2       | Lunch       | Block 2       | Period 3       | Period 4       | Lunch       |
|----------|---------------|----------------|----------------|-------------|---------------|----------------|----------------|-------------|-------------|
| **January 16** | 8:30 a.m. – 11:00 a.m. | 8:30 a.m. – 9:45 a.m. | 9:45 a.m. – 11:00 a.m. | 11:00 a.m. – 12:15 p.m. | 8:30 a.m. – 11:00 a.m. | 8:30 a.m. – 9:45 a.m. | 9:45 a.m. – 11:00 a.m. | 11:00 a.m. – 12:15 p.m. |
| **January 17**  | Block 2       | Period 3       | Period 4       | Lunch       | Block 3       | Period 5       | Period 6       | Lunch       |
|             | 12:15 p.m. – 2:45 p.m. | 8:30 a.m. – 9:45 a.m. | 9:45 a.m. – 11:00 a.m. | 11:00 a.m. – 12:15 p.m. | 12:15 p.m. – 2:45 p.m. | 8:30 a.m. – 9:45 a.m. | 9:45 a.m. – 11:00 a.m. | 11:00 a.m. – 12:15 p.m. |
| **January 21** | Make Up Exams (during teacher in-service day) | 9:00 a.m. – 12:00 p.m. | Only students needing to complete exams should attend.

Guided Studies will not meet on exam days. Students who wish to study may use the Learning Center, the Learning Lab or the cafeteria. Any Grade 9 or 10 students, who has parental permission to be off school grounds on file in the office, may be in school for exams only. Permission slips for this purpose are available in the main office. Prompt arrival to exams is required. Grade 11 and 12 students may exercise their usual privileges.
There will be an Open House on Thursday, January 30, 2014 beginning at 6:45 p.m.

The purpose of this evening is for parents to follow an abbreviated schedule of their student’s day. Teachers will give an overview of their courses and discuss objectives, procedures, and grading systems. We hope that you will find this an informative opportunity to learn about your student’s education program.

The schedule for Open House is as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:45 – 7:07</td>
<td>Pick up Student Schedules and Maps in Cafeteria</td>
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<tr>
<td>7:07 – 7:15</td>
<td>Advisory Group</td>
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<tr>
<td>7:20 – 7:35</td>
<td>Block 1  Period 1  7:20 – 7:27</td>
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<td></td>
<td>Period 2  7:28 – 7:35</td>
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<tr>
<td>7:40 – 7:55</td>
<td>Block 2  Period 3  7:40 – 7:47</td>
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<td></td>
<td>Period 4  7:48 – 7:55</td>
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<tr>
<td>8:00 – 8:20</td>
<td>Block 3  Period 5  8:00 – 8:15</td>
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<td></td>
<td>Period 6  8:00 – 8:15</td>
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<td></td>
<td>Period 7  8:00 – 8:09</td>
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<td>Period 8  8:11 – 8:20</td>
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<tr>
<td>8:25 – 8:40</td>
<td>Block 4  Period 9  8:25 – 8:32</td>
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<td></td>
<td>Period 10  8:33 – 8:40</td>
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January 8, 2014

Dear Parents/Guardians:

The 2014-2015 school year marks the second year in which all public high schools in Vermont will offer a state-wide “school choice” option to interested students and parents. This agreement mandates that the School Board designate the number of students allowed to transfer from and/or be enrolled into MUHS. All high schools will announce their capacity (the number of available slots) to accept school choice by February 1. Applications will be accepted from February 1 through March 1. Applications will be processed during March and on April 1, 2014 students will be notified of their status (accepted, denied, or wait-listed).

If you are interested in applying for this “school choice” program, please contact my office at 382-1193 to secure an application form and more detailed information. The application deadline is March 1, 2014. If student slots are available on a limited basis, the school district will conduct a lottery according to the rules of our inter-school agreement.

Please feel free to contact me if you have any questions.

Sincerely,

William D. Lawson
Principal

Winning awards for MUHS were Ryan Biette representing South Africa, and Elias Wyncoop representing Palestine.

Regular Monday morning meetings in Ms. Heagy’s room (H-304) start at 7:50 and are open to all.
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 old and in with the New...Next year’s Peer Leaders will be filling out applications this month, with the deadline for Peer Leader applications being February 14th.

Also in February, MUHS Prevention Specialist, Brooke Jette, and School-Based Clinician, Lelsey Dunakin will be organizing a therapeutic group for MUHS students on grief and loss. Please contact Brooke Jette with any questions at 382-1726.

At the end of December, the Vermont State Department of Health published the results of the Youth Risk Behavior Survey which was administered to MUHS students last year. 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. The results of the survey for the Addison Central Supervisory Union are available to the public via the VT Department of Health Web site.

Coming up on February 11th and 12th, MUHS will be hosting Emily Joselson from the Middlebury law firm of Langrock, Sperry & Wool as she presents on the dangers of distracted driving. Below is a note from Ms. Joselson providing more details on the presentation.
I am an attorney who practices and lives in our community. But I am also a parent and spouse and deeply concerned about what has been called a “growing epidemic” of distracted driving resulting in needless deaths and injuries on our roadways. Our children, inexperienced drivers and often passengers in cars being driven by other inexperienced drivers, are particularly at risk. Traffic crashes are now the leading cause of death for teens. The vast majority of teen crashes are caused by one type or another of common driver distractions.

I will be giving distracted driving presentations to Middlebury Union High School in February, and want to work with you to keep our children safe through raising awareness about the dangers of distracted driving. The presentation was inspired by the death of Casey Feldman, whose promising young life was tragically ended when she was struck and killed by a distracted driver while walking across a road. The presentation was developed by EndDD.org, "End Distracted Driving," and 60forSafety.org, in collaboration with traffic safety professionals, physicians and behavioral scientists whose expertise includes framing the appropriate messages to reach teens. The presentation is unique in that it is scientifically guided, evidence-based and contains an evaluation process. Speakers receive training as to how to connect with teens and give effective presentations and are subject to periodic evaluation. The presentation has successfully been given to more than 125,000 teens across the country in and has received very positive feedback from students, teachers and school administrators. Casey's family and friends, through the Casey Feldman Foundation, Caseyfeldmanfoundation.org, created a public service video for the US Dept of Transportation which is part of the presentation and is being viewed across the country and is helping to save lives. To learn why the Feldman family chose to use their daughter's tragedy to try to save other young lives, and to see the PSA, go to http://enddd.org/blog/the-impact/dot-video/

U.S. Department of Transportation Secretary Ray LaHood has commented favorably about the EndDD.org/60forSafety presentation. (See Secretary LaHood's April 2012 blog, "Fast Lane").

I know that you share my desire to help inform our teens so that they can make better and safer decisions about their driving, as well as empowering them to be able to insist that those who drive them do so safely.

If you have any questions about any aspect of the presentation, or want to see reference letters from other schools about the presentation, please feel free to reach out to me, or to the founder of the program, Joel Feldman at info@enddd.org

Emily J. Joselson, Esq.
In August 2011, Tropical Storm Irene caused severe flooding in the Middlebury River. This flooding led to erosion and a change in the river’s natural course. A section of the river was then channelized and large rocks were removed. With hardly any rocks present in the river, the macroinvertebrates did not have shelter or the means to find food. Two years later, on September 26, 2013, an approved restoration plan was executed. The purpose of this plan was to move the large native rocks at random, back into the river to create more suitable habitats and therefore, increase the overall health and diversity of the Middlebury River. Today, the Middlebury River looks very much as it did before Irene. The purpose of our A.P. Biology class’s sampling area this fall was to see if the restoration plan did, in fact, increase the health of the Middlebury River.

On a cold October morning, we all piled into a bus with our waders and nets in hand. Our first sample site was the 125 Bridge in East Middlebury. In order to collect macroinvertebrates, we placed the nets on the bottom of the river then kicked up the bottom composition until enough flowed into the net. Then, we brought the net to shore where our classmates sorted through the rubble to find the macroinvertebrates with tweezers. We submerged the animals in alcohol to take them back to the classroom and analyze the data. Then, we used the same tactics to collect samples at the section of the river under the Grist Mill Bridge, a site just downstream from our first site.

In order for us to determine the success of the recovery of the Middlebury River, we analyzed the data we had collected. The individual samples were spread on a porcelain tray with twelve distinct sections. Then, in each section of the bin, a benthic macroinvertebrate was chosen at random. Using a chart, the macroinvertebrate was identified and then placed in a separate jar. The species of the invertebrate was recorded and using different health indexes, we were able to compute the overall health of the river.

We discovered that the benthic macroinvertebrate diversity had increased in comparison to years past. The increase in population and diversity shows that the river is recovering in a healthy way. The river may have recovered in this manner due to the fact that the habitat has finally returned to pre-Irene conditions: slowly but surely, the population and diversity of the macroinvertebrates have increased. Even though the diversity and population of macroinvertebrates are increasing, the invertebrates could still have benefited more. If more plants were added to the banks of the river, this would increase the population of invertebrates due to an increase in food. A higher population would, in turn, lead to more diversity.

Hopefully in years to come, AP biology students who sample from these sites will be able to see an increase in the health of the river through an even higher population and diversity index of these benthic macroinvertebrates.
More than 40 million students head off to class each day with backpacks slung over their shoulders. About 20 million of those students are carrying twice the recommended weight on their back which can lead to stress injuries and spinal pain that can worsen with age.

To raise awareness of this issue, on December 9th, & 10th, school R.N. Lynn Hall provided the opportunity for students to weigh their backpacks and discuss the proper way to wear them. The students were engaged and amazed at how heavy some of their packs were and discussed ways that they could be lightened up and/or wear them properly. Students are encouraged to come to the Health Office anytime to weigh their back packs. Hopefully tips like these will help prevent back discomfort for our students.

ABC’s:

A. Allow wheels - This type of backpack is helpful if the student already has symptoms of back pain or if the student anticipates that the load will be extra heavy.
B. Back to basics - traditional style backpacks: make sure the backpack has two thick-padded straps along with a waist strap for added lumbar support.
C. Comfort counts - It’s important to make sure the backpack feels comfortable and the straps can be adjusted for a tight fit.
D. Don’t overload - The size of the backpack should be proportionate to the child NOT to the size of the items the student thinks he/she has to carry.
E. Everything is too much - It is recommend that the pack weigh no more than 10% of the student’s body weight.
F. Fit Your Frame - Always use both straps and adjust them snugly on the shoulders.
G. Get Organized - Organize the pack so the heavy items are closest to student’s back.
H. Heavy Hurts! - Don’t carry more than you can handle. Make stops at locker to unload the pack.

Weighing in their backpacks are Bobby Ritter, Sam Killorin, with School Nurse Lynn Hall giving tips to help prevent back pain in students.
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: January 11, March 29, May 17 and May 31. 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 Ben Krahn or Tammi Beattie at 382-1165 if you have any questions.
National Honor Society (NHS) members Kiera Kirkaldy, Keenan Bartlett, Emily Robinson, Sophie Ryan, Nathan Herrmann and Sonia Howlett, load up a truck with non-perishable food to bring to HOPE. The NHS collected 2,195 items weighing 1,952 pounds from the students and faculty at MUHS.

Lunchtime Craft Series - Beading
The Vermont Attorney General’s Office is warning businesses about a telephone scam that claims to be raising money on behalf of projects at local schools. The caller claims to be calling on behalf of a school and may give the name of an administrator or teacher supposedly running the project. The specific project may vary, but several businesses have been asked to pay for an advertisement to fund a magnet with the school’s contact information. At least one business received a follow-up email identifying the fraudulent business as being from San Antonio, Texas.

Businesses in the Bristol and Mount Abraham Union Middle and High School area have been the most recent targets, but businesses in other towns will likely also be targeted. If you receive what you suspect to be a scam call, contact the Middlebury Police at: 388-3191.

Officer Mason recently received a $500 grant from the Vermont Community Foundation’s Small and Inspiring grant program for the television show, Middlebury Five-0. In the show, which is produced and broadcast through Middlebury Community Television, Officer Mason, conducts interviews with local people, providing them with an opportunity to introduce themselves to the community, and educate the public about themselves and the organizations they represent. Guests on the show have included various teachers and students, the Middlebury Chief of Police, the public library director, administrators of local non-profit organizations and events, such as Addison County Teens and Womensafe, the director of the Vermont Parks Service, the State’s Attorney, as well as numerous representatives of local small businesses and churches. The conversations tend to be informal - broaching topics from the nature of evil to high school romance (not that those are necessarily unconnected topics). The tone is warm and the interviews are typically peppered with a generous dose of humor. The grant will help further the show’s mission by funding promotional materials, helping it reach a wider audience and establish stronger community connections.
ACT is always willing to accept, and would greatly appreciate, donations of gently-used couches, chairs, desks, lamps, coffee or end tables.

There are many volunteer opportunities available for both teens and adults at ACT. Volunteer opportunities include, but are not limited to, chaperoning drop in hours, dances, DJ Skate Nights, making snacks for teens, or small painting or maintenance projects. If you or your organization is interested, please contact either co-director or visit the center during drop in hours.

UP-COMING EVENTS AND ACTIVITIES

Youth Advisory Council Meeting: Wednesday, January 8th and 22nd from 4:00 to 5:30pm (pizza at 5:00pm) - Take the opportunity to sit down and formally talk with ACT staff and community members about upcoming events, programs and activities you would like to see happen at ACT. This is a great opportunity for you to become engaged in the teen center and create new programs, activities and events. The best part is you get FREE PIZZA just for attending the meeting!!!

DJ Workshop with Chuck “DJ Dizzle” Root: Friday, January 17th and 31st 3:30 – 5:00pm - Have you ever been interested in learning how to DJ or would you like to hone you DJing skills? Try out a workshop with Middlebury’s own DJ Dizzle. DJ Dizzle has been a local, professional DJ for the past 10 years and is willing to work with you FOR FREE. From a novice to a professional, DJ Dizzle is willing to work with you, swap ideas, give you tips or just show you the basics of DJing.

Cooking With Chuck!: Friday, January 10th and 24th 3:30 – 5:00pm - Learn how to plan, prep, cook and serve a meal from professional chef Chuck Root. Every other Friday, Chuck will be at the teen center cooking and sharing a meal with teens. Stop by ACT and check it out, it’s free and guaranteed to be fun!
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