On Wednesday, January 21st, the girls’ basketball programs held a “Coaches vs. Cancer” event to raise funds for the American Cancer Society. Players, coaches, event staff, and parents, purchased and wore pink shirts to show their support. That evening, the proceeds from the girls’ basketball chuck a’ duck 50/50 activity, as well as pink awareness bracelets and pink awareness t-shirts sales, were donated to the American Cancer Society and we are pleased to have raised over $200.00 which will be donated to the American Cancer Society to help with its fight against cancer.

In addition to our Think Pink campaign at the girls’ basketball game, it was announced that Middlebury Union High School will sponsor a new event, a dance marathon to be held on Saturday, March 21st! This event will be a kick-off event for the Relay for Life of Middlebury hosted at Middlebury College. We invite you to come to the kick-off event and Relay for Life to continue your support for the fight against cancer. We promise there will be good music, fun prizes, and the money raised will benefit cancer patients here in Vermont. Please join us to celebrate those who lost the battle and those who are still fighting. Watch for updates on the MUHS Web-site www.muhs-school.org and tune into WVTK for more information!
New MUHS Class for 2015-2016

Want to be creative? Want to tell stories with technology?

English 375: Digital Storytelling (1/2 English Credit)

Digital storytelling takes the traditional craft and attributes of telling stories and merges it with diverse media. While still making connections to traditional narrative structures and forms, students will become authors in ways relevant to their digital lives. This course will be part storytelling workshop, part technology training, and part critical exploration of the digital landscape all around us. Digital Storytelling allows students to tell their own 'true stories' in a compelling and emotionally engaging form while mindfully and ethically using a broad set of digital tools that will expand their capability to engage diverse audiences.

If you have any questions about the course, please contact Tim O'Leary in E102, 382-1177, or toleary@addisoncentralsu.org
Course Registration

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 Course Catalog 2015-2016.

This year, registration will be completed in an extended advisory on March 4, 2015. Students will receive a registration form that has specific course recommendations from their current teachers. There will be a space at the bottom of the registration form to make changes to those recommended classes and to add additional courses. At the end of the extended advisory, students will turn their completed registration forms back to their advisor. The School Counselors will review the registration forms and a preliminary list of classes that students signed up for will be mailed home for your review and approval. At any point during this process, counselors are happy to meet with students individually to answer questions and review their registration form.

Please take some time to read through the MUHS Course Description Catalog to become more familiar with the classes available to 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 382-1195.

In addition, counselors will be meeting individually with each junior during the month of February. 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 regarding colleges in Naviance.

College Pathways

Vermont Student Assistance Corporation (VSAC) is sponsoring several free 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 21st  St. Michael’s College
- March 30th  Lyndon State College
- April 11th  Castleton State College

To register, as well as view the full agenda, go to www.vsac.org/CollegePathways or call 888-943-7301.
AP Exam Registration

Any student planning on taking one or more AP exam in May needs to submit their registration form to the Guidance Office by **February 11**th. Fee waivers are available for any families that find the cost of taking the AP exam a financial hardship. Contact the Guidance Office with any questions at 382-1195.

Financial Aid

Available in the Guidance Office are the VSAC Scholarship Booklets that use the unified application for many Vermont scholarships. Any senior student or parent interested in a copy, may pick up a booklet in the Guidance Office or go online at [www.vsac.org](http://www.vsac.org). The deadline to apply for these scholarships is March 6, 2015.

Need help completing the FAFSA? VSAC’s Outreach Program and the Community College of VT are partnering to offer these free workshops at **CCV locations** across the state on the following dates:

- **Saturday, February 7**th (10:00 am-noon)
- **Thursday, March 5**th (4:00-6:00 pm)

For more details go to: [www.vsac.org/CCVFSAworkshops](http://www.vsac.org/CCVFSAworkshops)

Parent/Teacher Conference Reminder

Parent/Teacher Conferences will be held on **Thursday, March 12**th from 4:00-8:00 p.m. and **Friday, March 13**th from 8:30 a.m.-12:30 p.m. To schedule conferences, please call Julie Dodson at 382-1107 beginning **February 9**th.
Studying Car Idling Habits

A team of students including, James Whitley, Julia Vorstevel, Sully Swearingen, Harriet Milligan, Chris Grier, Kyle Desabrais, and Claire Armstrong, and science teacher Jay Harrington conducted a vehicle-idling study which involved collecting idling data for four days at the school pick-up-area during afternoon dismissal last November. The team found that about 43% of the cars waiting to pick up students were idling. Although it may not seem like much impact when each of these cars idle individually; however, the team recorded a total of over three-hours of idling time for all the cars studied during the four-days. Based on a 180-day school year, this idling contributes roughly a half a ton of CO2 emissions annually.

Stay tuned: The team will continue its idle-free educational efforts with a two-three-day Driver Contact Event at MUHS in March.

BREAK THE IDLING HABIT! Why do some of us let vehicles warm up for 10-15-20 minutes or idle while waiting in the school pick-up-area? Typically, many of us feel uncomfortable on winter days in a vehicle that’s not warmed up or while waiting until our kids to exit the school. Some facts and suggestions:

WARMING UP: The Dept. of Energy states, "The best way to warm up a vehicle is to drive it. No more than 30 seconds of idling on winter days is needed." Driving slowly to moderately is the best way to warm up efficiently, allowing non-engine components such as the transmission, bearings, catalytic converter, steering, tires, etc. to warm up; these components don't warm up when idling. Clear off snow and ice before starting vehicle. A few caveats: if the temperature is colder than 10º, let the car idle for a minute or more as oil is thicker in extreme cold, make sure windshield is defrosted adequately before driving. For infants and frail elderly, a few minutes of vehicle warm up is necessary.
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 28, May 16 and May 30.** These dates were selected to correspond with the dates nearest to 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, 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 Thursday from 8:00 a.m. -4:00 p.m. and Fridays from 8:00 a.m. – 3:00 p.m. and is located in Room H-103. Please call Ben Krahn or Tammi Beattie at 382-1165 if you have any questions.
January 22, 2015

Dear Parents/Guardians:

The 2015-2016 school years marks the third 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 should be made to the student’s current home school and will be accepted from February 1 through March 2.

Applications will be processed during March and on April 1, 2015, students will be notified of their status (accepted, denied or wait-listed). Additionally, students already in the program will automatically be reenrolled unless they contact MUHS to indicate that they will not be returning.

If you are interested in applying for this “school choice” program, please contact my office at 382-1193 to secure an application form and to request further detailed information. The application deadline is March 2, 2015. 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
**NEWS & EVENTS**

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

**UP-COMING EVENTS AND ACTIVITIES**

**Youth Advisory Council Meeting:** Wednesday February 4th and 25th from 3:30 – 5:00 p.m. Food is served at 4:30 p.m. to those who attend! Take the opportunity to 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!!!

**ACT Will NOT be Open for Drop in Hours**

_During Break – February 16th – 20th_

**PREP Course (Personal Responsibility Education Program):** Monday, February 16 through Thursday, February 19th, 10:00 am to 3:00pm. Melanie Root, a nurse at the Addison County Parent Child Center and Jutta Miska, co-director of Addison Central Teens are teaching the _Reducing the Risk Curriculum_, funded by the Vermont Department of Health and VCHRYP. The course teaches facts and presents a powerful, active approach to prevention of teenage pregnancy and protection against HIV and other STI’s (Sexually Transmitted Infections). The activities motivate students to take steps to avoid high-risk behaviors and to discuss healthy relationships. Age group: 14 to 18 - limited space available. A stipend is available for students who participate in and complete the course. Please register by February 13. For more information and to register contact Jutta at 802-989-8934 or jutta@addisonteens.com

ACT is always willing to accept, and would greatly appreciate, donations of gently used couches, chairs, desks, lamps, coffee tables 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.

**More info?** Check our Web-site at: [www.addisonteens.com](http://www.addisonteens.com), call ACT at: 388-3910

Co-Directors: Jutta Miska: jutta@addisonteens.com
Colby Benjamin: colby@addisonteens.com

We are located in the Middlebury Municipal Building; enter on College Street across from Samas Café.