



HAPPY NEW YEAR

Student Advisories collected 2,700 pounds of food for Project Hope, led by Grade 10. The food drive was sponsored by the National Honor Society.

< Students at the Winter Solstice Assembly >



Semester 1 Final Exam Schedule

January 20	Block 1 8:30 a.m. – 11:00 a.m.	January 21	Block 2 8:30 a.m. – 11:00 a.m.
	Period 1 8:30 a.m. – 9:45 a.m.		Period 3 8:30 a.m. – 9:45 a.m.
	Period 2 9:45 a.m. – 11:00 a.m.		Period 4 9:45 a.m. – 11:00 a.m.
	Lunch 11:00 a.m. – 12:15 p.m.		Lunch 11:00 a.m. – 12:15 p.m.
	Block 3 12:15 p.m. – 2:45 p.m.		Block 4 12:15 p.m. – 2:45 p.m.
	Period 7 12:15 p.m. – 1:30 p.m.		Period 9 12:15 p.m. – 1:30 p.m.
	Period 8 1:30 p.m. – 2:45 p.m.		Period 10 1:30 p.m. – 2:45 p.m.
January 24	Make Up Exams (during teacher inservice 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 student 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.

Open House

Semester 2 Open House – Wed. Feb. 2

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:

6:00 - 6:45	Commons	Grade 12 Parent Meeting
6:45 - 7:07		Pick up Student Schedules and Maps in Cafeteria
7:07 - 7:15	Advisory Group	
7:20 - 7:35	Block 1	Period 1 7:20 – 7:27
		Period 2 7:28 – 7:35
7:40 – 7:55	Block 2	Period 3 7:40 – 7:47
		Period 4 7:48 – 7:55
8:00 – 8:20	Block 3	Period 5 8:00 – 8:15
		Period 6 8:00 – 8:15
		Period 7 8:00 – 8:09
		Period 8 8:11 – 8:20
8:25 – 8:40	Block 4	Period 9 8:25 – 8:32
		Period 10 8:33 – 8:40



WOODWORKING NEWS

Mitchell Gingras, an advanced Woodworking student, proudly displays his New England country cupboard. Mitch chose Salem Red milk paint as a finish.

Winter Solstice Assembly

On December 22, 2010, the students and faculty gathered enthusiastically to celebrate achievements and for entertainment. The Jazz Band was directed by Anne Severy. The Women's Ensemble, Camerata Singers and the Men's Ensemble were directed by Liz LeBeau. Other performances included the JV and Varsity Dance Teams and the student-run Middlebury Glee Club.



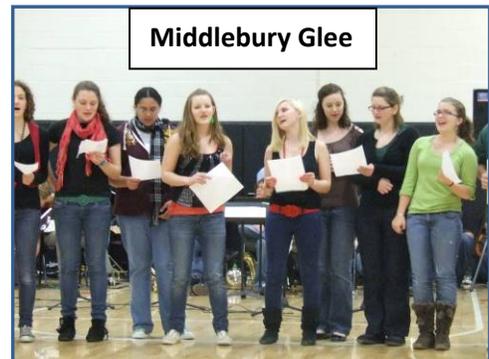
Camerata Singers



Jazz Band



Women's Ensemble



Middlebury Glee



Men's Ensemble



JV Dance Team



Varsity Dance Team

Prevention News

During the month of December, the Prevention program wrapped up the MUHS grief and loss group. During the last group meeting, students were presented with quilts from the Linus Project. The Linus Project is comprised of hundreds of local chapters and thousands of volunteers across the United States. Through the assembly of millions of quilts, blankets and afghans, each volunteer and local chapter work to provide love, a sense of security, warmth and comfort to children who have experienced illness, loss, or a traumatic event in their lives. Since 1995, the Linus Project has donated over three million quilts, blankets and afghans to children around the United States. This is the second year that Middlebury Hospice Volunteer Services has facilitated the exchange of these wonderful quilts to MUHS students.

In November and December, Brooke Jette, Melissa Maki and Peer Leaders presented the Allies “Take a Stand” program to physical education classes, raising awareness about the impact of bullying. This intervention particularly addresses the silent majority – the bystanders – and encourages them to increase their sensitivity to bullying and be willing to speak out against targeted, intentionally harmful behavior. Students who completed the “Take A Stand” program took a pledge to abstain from bullying and to intervene when they witness bullying. These pledges are posted on the wellness board for the month of January.

Throughout the school year, it is our goal to address bullying from every angle – supporting those who are targeted and educating onlookers and individuals who choose to engage in bullying. We encourage survivors and witnesses of bullying to come forward and report it, and continue to create a positive school atmosphere. We work to build resilience in all students, make them aware of alternatives to violence, and create a culture of mutual respect. We are very grateful to the students who join us in these efforts, and inspire us with their courage and kindness.

In addition to games being offered 2nd lunch, MUHS Prevention will also be offering a knitting group for both beginner and experienced knitters. Also introduced in December, MUHS SAP, Leila McVeigh led mindfulness study breaks exploring yoga, guided relaxation, seated practice and other materials. In January, yoga instructor Joanna Colwell and Leila McVeigh will continue to lead a yoga group during second block.

The 9th grade advisories along with MUHS Peer Leaders worked to raise food for the annual MUHS Honor Society Food Drive. The 9th graders won the second place title finishing just behind the 10th graders. Doc Seubert’s 9th grade advisory claimed the ultimate title, winning first place among all MUHS advisories.

Peer Leaders will be phasing out of their 9th grade advisories in the month of January. The MUHS Prevention Program would like to thank them for facilitating the 9th graders’ transition to high school and building a strong sense of community in the process.

Bonne Année! Feliz Año Nuevo! Felix sit Novus Annus!

The World Language department is on the move in 2011! There are three trips planned to Europe; one to Italy during the February break for Latin students headed by Frankie Dunleavy; one to France during the April vacation with Carma Fitzpatrick, Frankie Dunleavy, Caroline Monninger from the Physical Education department who is also a French speaker, and parent Arlene Matthewson who is a registered nurse; and a trip to Spain, also during the April vacation with Spanish teacher Deb Koretz. Buen Viaje! Bon Voyage! These trips to a Spanish and French speaking destination, as well as to Italy, have been a longstanding supplement to the curriculum. Trips to Quebec are also organized; all of these opportunities offer students real exposure to the language and culture. Typically, Europeans speak several "other than their native" languages as going from country to country in Europe is like going from state to state in the U.S. Language study can open many doors, socially, professionally and improves one's understanding of English through a better understanding of language structure and vocabulary. It is also good for your brain as it encourages mental flexibility!

Advanced Placement World History

During the fall, students in the Advanced Placement World History class conducted individual research at Middlebury College's Museum of Art, working independently as historians to examine sculpture, paintings and a range of artifacts. They recorded their observations and analyses and used selected pieces to better understand the ancient world and classical world they were studying in class. The following are some of the students' comments on the assignment:

"The museum really brought history to life for me."

"In the serenity and silence of the museum, surrounded by works dating back thousands of years, I was able to draw conclusions about the artwork that I wouldn't have been able to under other circumstances."

"It was interesting to be up close and personal with these artifacts that are from time older than we can comprehend."

The ability to look directly at this art and appreciate other cultures is an incredible luxury..."

Our students and the greater community are most fortunate that Middlebury College generously shares resources such as this with us.

YOUNG WRITERS' CONFERENCE



For more than twenty-five years and since its inception, sophomores, juniors, and seniors from MUHS have participated in The New England Young Writers' Conference at Bread Loaf. This year is no different. On May 12th – 15th Britta Clark, Emma Craven-Matthews, Caetano Hanta-Davis, Mychaella Devaney, Katie Lazarus, Annie Nicholson, Lily Rosenberg, Meghan Santry, Addison Tate, Athena Wyatt, and Elise Biette will join over 200 young writers from the northeast. During those three days, they will work with poets, novelists, journalists, and

playwrights in a wide range of activities to inspire and hone their writing. The Conference is coordinated and hosted by Middlebury College, Mount Abraham, Vergennes, Otter Valley, and Middlebury Union High Schools. This collaborative effort has been heralded by many as "one of the most amazing experiences of my life." Congratulations to all who applied and were accepted.

Guidance Registration Update

Even though the school year is not quite half over, the guidance department has been busy getting ready for registration for next year's classes. The MUHS Course Catalog has been updated and is available online at the school home page under Guidance. Just click on the link to Information and then Course Catalog 2011-2012.

We will begin registering current juniors at the beginning 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 new 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 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.

Athletics/Activities News

Wrestling News

In December, a trio of Tiger Seniors won wrestling titles. Bryan Ashley-Selleck won the 160-lb. weight class at the Con-Val Early Bird Tournament in New Hampshire. Jarrod Ashley and Kody Murray won their weight classes in the Granville Lions Tournament in New York. Kody also won the Hubie Wagner Invitational Tournament. Sophomores Gabe Laberge and Tyler LaPlant also placed in the top four at the Granville tournament.

The Tigers have a current win-loss record of 3-1 at meets. They have defeated Essex, St. Johnsbury, and Mt. Mansfield.

Congratulations to Jarrod Ashley for his 100th win in wrestling!



Highlights of the recent Winter Solstice assembly included a display of the Boys' Cross Country State Champions banner by Kelsey McGlashan and Will Conlon.

Nutrition Committee and Announcement

Nutrition Committee

As part of the 2010-2011 MUHS Action Plan, with a goal of promoting a positive school climate, the Nutrition Committee has been focusing on expanding nutrition awareness at MUHS by promoting healthy eating habits. The committee consists of students, teachers, an administrator, a Café Services representative and the school nurse. It meets monthly and is helping to improve the hot lunch program. Before the holiday break, students were selected to rate the hot lunch and give input on what they would like changed, as well as what they liked. This information was shared with the kitchen management. We are excited to say that we now are reviewing the menu with the kitchen to implement the students' requests, while staying within the nutritional guidelines.

It is our hope to improve the hot lunch, by making it appealing to more students. Statistics have shown that students who practice good nutrition will be in better shape to focus and learn. Students have created amazing posters to increase awareness of our use of locally grown products here at MUHS. Both health and science classes have a section on nutrition to help promote good nutritional practices. We are working on an event for this spring to promote nutrition in a fun way....details will be released soon!

As parents, please make sure your students start the day with a good breakfast. Sometimes mornings are busy and it's easy to skip breakfast. If it is difficult to eat at home, students can always get breakfast here at school.

Reminder:

Safety in the Digital Age

We invite you to an informational session on technological safety with a special focus on "sexting" on:



Thursday, January 27, 2011 6:45pm – 8:00pm MUHS Commons

Speakers: Lieutenant Tracy Simon from the Orange County Sheriff's Dept., John D'Esposito from the State Advisor for the VT Teen Leadership Safety Program-VTLSP, and Prevent Child Abuse VT

A.C.T.



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 this winter: Monday, Tuesday, Thursday: 3 – 6 PM
Wednesday and Friday; 3 – 7 PM

Up-coming events:

Every Wednesday 4:30 PM to 6 PM (pizza at 5:30 PM): Youth Advisory Council (YAC) meeting. “DREAM - ACT - DO” is the motto of our YAC meetings. Teens decide what they want to see happening at 94 Main and they plan and implement their programs and activities.

Every Thursday 3:30 PM to 5 PM: “Sweet, Sweeter, Sweetest” Come join us for an afternoon of baking with Grace. You choose what you want to bake, help bake it and EAT.

Saturday, January 15, 2011 – 10 AM to 4 PM: Game Day at 94 Main. Middlebury College Students are participating in the Martin Luther King Day Community Service and are coming to the teen center to play board games, card games, pool, Guitar Hero and Wii with the teens. There will be sledding trips to the college throughout the day and snacks will be served.

Friday, January 28, 2011 – 7 PM to 9 PM: “Foam Sword Battle” - Come to 94 Main (your teen center) during drop-in hours on any given week day and make your own foam weapon to “do battle” either individually or in teams in the Middlebury Municipal Gym.

Saturday, January 29, 2011 - 8:00–10:00 PM: DJ SKATE NIGHT 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 student

Friday, February 11, 2011 - 4 PM to 9 PM: “Tibetan Dinner and a Movie: come and join

Tenzin Chopel senior and help him cook Momo’s, authentic Tibetan dumplings. We will learn about Tibetan culture and watch a movie. Everyone interested in learning how to prepare a real Tibetan meal come at 4 PM to 94 Main, located in the basement of the Middlebury Municipal Building.

Saturday, February 5 and 18, 2011 - 8:00 PM–10:00 PM: DJ SKATE NIGHT

Friday, March 4, 2011- 8 PM to 11 PM: Mardi Gras Masquerade Dance, location TBA

I wish we could...? We ought to have...? Why don't we...? Are there things you wish you could be doing but don't know how to get started on your own? A snowboard club, a skate park, a teen sledding hill, a dance, yoga, learns how to sew or take a beading class, a way to change the world? Come to ACT and let's see what we can make happen. 94 Main isn't just about a place to hang around; we are also here to help teens create activities and things they want. So..... **Dream – ACT– Do**

More info? Check our website at: www.addisonteens.com, call ACT at: 388-3910 or Co-Directors, Jutta Miska: jutta@addisonteens.com 989-8934 or Colby Benjamin: Colby.benjamin@hotmail.com 734-6755

Middlebury Union High School

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