MUHS Junior Peer Leaders were busy in the month of May! Peer Leaders spent part of their in-service day on May 11th at school participating in leadership training and preparing for the 8th grade visit day on May 25th. Students focused on how to build community with incoming 9th graders through experiential learning, problem-solving and shared vision/communication.

On May 25th, 8th graders from MUMS spent the morning at MUHS with Peer Leaders. Peer Leaders focused on getting to know the incoming class of 2016 and orienting MUMS students to the high school. Peer Leaders will have another opportunity helping the incoming 9th graders transition to the high school when they return to MUHS in August. Before the school year starts, Peer Leaders will walk incoming 9th graders through their schedules for the coming year.
MUHS Summer School Program

The MUHS Summer School Program will be in its thirteenth year. The focus of this program is on remediation, with many students electing to repeat classes that they earned below a C-. This year, Summer School will run from June 25th to July 27th. Classes meet each day from 8:30 a.m. to 11:30 a.m.

Classes will be offered in the core content areas: English, math, science, and world history. The classes offered are dependent upon student enrollment; higher level courses are not offered during the summer. Enrollment is open to all students who failed a class or earned a grade of a C- or below. Students must commit to attending summer school; they are allowed to miss only two days out of the five week schedule.

This year, the program will be overseen by Co-Directors, Cindy Atkins and Chris Johnstone. If you did not receive a registration form in the mail, you can pick one up in the main office or in the guidance office.
2012-2013 Fall Sports Information

Monday, June 18, 2012 – Football Workouts in Weight Room
   Monday, Wednesday and Friday
   3:15 pm – 5:00pm

Friday, August 10, 2012 - Football Equipment Handout
   Seniors               7:30am
   Juniors               8:15am
   Sophomores            9:00am

Friday, August 10, 2012 – Football Testing
   Seniors               5:30pm
   Juniors               6:15pm
   Sophomores            7:00pm

Monday, August 13, 2012 – Football Practices Begin

Monday, August 13, 2012 – Equipment Handout for Freshmen 8:00am

Tuesday, August 14, 2012
   Fall Sports Parent Meeting at 7:00pm in the Gymnasium


More detailed information about fall practices will be on the MUHS Web site in August. Visit muhs-school.org
Morgan Laroche, Brittany Clark, Alex Dragon, Katelynne Hill, Christian Nielsen and Mercedes Warner.

The Senior class of MUHS dedicated the 2012 Quatrain to Alex Dragon last Wednesday much to his surprise. Close friend Brittany Clark spoke about growing up with Alex in Shoreham and the overwhelming number of votes that Alex received from his classmates for the yearbook dedication. Present were his mother and father and the entire group from Diversified Occupations. Even though his mother knew of the dedication, she was able to keep the information from Alex right up to the last minute.

Alex and his mother, April, show their surprise when Brittany Clark announced the yearbook dedication to Alex. D.O. teacher Ian Hoefle looks on with pride.
Vermont Stage Young Playwrights Project

For our seventh year of participation in the Vermont Stage Young Playwrights Project, Elise Biette, Tina Friml, Leo Parini, Dorothy Punderson, and Julia Rosenberg created individual 10-minute one act plays in two full day workshops at MUHS and through correspondence with our professional playwright, Chris Caswell.

At the Festival this May, Leo Parini’s I’m Lost in the Woods was selected as the “Featured Play” from MUHS; after receiving an hour and half of rehearsal with a professional director and actors, his play was performed for the general public in the evening. The Festival chose Elise Biette’s 34B as the “Finalist Play;” professional actors provided a cold (unrehearsed) reading of the script and the Festival audience provided feedback. Dorothy Punderson’s At the Office received “Honorable Mention.”

Congratulations to all participants for their creativity and engagement. Participation in the Playwrights Project is open to all MUHS students who want to write and develop an original script. Interested students should watch for a 2013 Festival announcement in the late fall.
Many of our 8th graders and current 9th graders will be anxious and ready to get their Learner Permit to start driving. To assist them, Mr. Calder and Mr. Santo suggest you read the following, taken from the first page of the Vermont Drivers Manual.

“There is a new way to study for your Learner Permit test and learn to drive safely.

Log in to the DMV Web tutorial, DriveVermont, and you’ll find several important chapters of this manual. You can use DriveVermont to learn the rules of the road and how to drive safely while you study for your Learner Permit test. You can also find out what you need to know before going to DMV to take your written or road test.

You’ll find DriveVermont packed with helpful images and videos. Engaging quizzes will help you test yourself on what you’ve learned. After completing the tutorial, you can take a practice exam that will look very much like the test you’ll be taking at DMV.

You can begin studying for your permit and learning to drive safely by logging in to DriveVermont.vermont.gov.”

Learning to drive in such a manner that you handle all risks at the lowest level possible is key in staying alive, in being a point free, warning free and collision free driver for life. Take time to study now and to start the process correctly so that when you take Driver Education you will be open and ready to do your best.

Vermont Drivers manuals can be found at the MUHS Guidance Office.

Enjoy the summer months, always buckle-up and SMILE.
Lyme disease can affect people of any age. People who spend time in grassy and wooded environments are at an increased risk of exposure. **Young deer ticks, called nymphs, are active from mid-May to mid-August and are about the size of poppy seeds.** Adult ticks are most active from March to mid-May and mid-August to November, and are about the size of sesame seeds. **Ticks can be active any time the temperature is above freezing.** Both nymphs and adults can transmit Lyme disease.

If you do find a tick attached to your skin, do not panic. Not all ticks are infected, and your risk of Lyme disease is greatly reduced if the tick is removed within the first 36 hours. The best defense against Lyme disease is to examine yourself at least once daily and remove any ticks without delay.

**To remove a tick:**

Use a pair of pointed tweezers to grasp the tick by the mouth parts right where they enter the skin.

*DO NOT* grasp the tick by the body. Pull firmly and steadily outward.

*DO NOT* jerk or twist the tick.

*DO NOT* attempt to make the tick “back out” by putting a lit match, Vaseline, rubbing alcohol, or any other substance on the tick. These can irritate the tick and cause it to regurgitate its gut contents onto your skin. The gut contents can contain the Lyme disease-causing bacterium.

If the mouthparts break off and stay in your skin, don’t worry! They alone cannot transmit Lyme disease and they will dry up and fall out by themselves in a few days.

Clean the bite wound with soap and water, rubbing alcohol or hydrogen peroxide. Place the tick in a closed container or plastic Ziploc bag to bring to your healthcare provider for testing. Monitor the site of the bite, and other areas of your body, for the next 30 days for any signs of Lyme disease.
**Early signs of Lyme disease:**
The first symptom is usually an expanding rash, which occurs at or near the site of the tick bite, usually in about 7 to 14 days. The center of the rash may clear as it grows, giving it the appearance of a bull’s eye. The rash may be warm, but is usually not painful. Around the same time that the rash appears, other symptoms such as joint pains, chills, fever and fatigue are common. There may be swelling of lymph nodes near the tick bite. If you think you have Lyme disease, contact your health care provider immediately. Early diagnosis of Lyme disease should be made on the basis of symptoms and history of tick bite. Blood tests may give false negative results if performed in the first month after the tick bite. The tick should always be saved once removed and your health care provider should be contacted immediately.

![Bull's-eye rash](image)

*This photograph shows the “bull’s-eye rash” that often manifests at the site of a tick bite when the Lyme disease bacterium is transmitted. The rash may also appear on a different part of the body than where the bite occurred.*

**Protecting against ticks:**
Wear light-colored clothing with a tight weave to spot ticks easily. Wear enclosed shoes, long pants and long sleeves. Tuck pant legs into boots or socks and shirt into pants. Consider using insect repellent containing DEET or permethrin, following label instructions carefully. Avoid sitting on the ground or stone walls. Do a final, full body tick check at the end of the day, looking for what may look like nothing more than a new freckle or speck of dirt.

Please feel free to contact the Health Office at 382-1704 if you have any questions.

Have a safe and happy summer!
MIDDLEBURY COLLEGE SENIOR HONORED FOR HIS VOLUNTEER WORK IN THE LEARNING LAB

Middlebury College senior Sam Miller of Needham, Mass. received a Public Service Leadership Award from Middlebury College for his work in maintaining the tutoring program between members of the College’s cross-country team and the MUHS Learning Lab. Miller was nominated by Learning Lab Coordinator Jim Burnett in recognition of four years of service to the Learning Lab. Miller started tutoring in his first year at the College, as part of an effort by the College to encourage service to the local community. A member of the cross-country team, Miller took on the responsibility of organizing his team-mates and encouraging their participation. He would recruit volunteers, remind them of their weekly schedule and check-in to see how the tutoring went; he even recruited his own replacement as coordinator for the 2012-2013 school year. In his nomination, Burnett said that “Miller single-handedly kept the cross-country team’s tutoring program going. He was also an outstanding tutor, always friendly and patient.” Miller received his award at a ceremony at the College on May 8. This school year was one of the Learning Lab’s most successful in terms of having volunteer tutors. In addition to the 15 College students from the cross-country teams, the Learning Lab benefited from students from the College’s education program and community service office, from numerous MUHS peer tutors, and several community volunteers. These tutors are a significant help to MUHS students and are a great example of community/MUHS interaction. The Learning Lab is open from 8-4 every day and is available to all students.
China Exchange Summer 2012!

For two weeks this summer, the Middlebury community will host a group of high school students from China. These students will be housed in pairs with local families. They will spend daytime hours at Middlebury Union High School along with a group of our local students, and evenings and weekends with their host families. The dates for this summer’s visit will be July 23-August 4. If you are interested in learning more about being a host family or a student ambassador, please contact Michelle Steele at msteele@addisoncentralsu.org or Chris Bonavita at cbonavita@addisoncentralsu.org. Student ambassadors and students of host families will have an opportunity to visit China in 2013!
The new MUHS greenhouse which was installed last summer and managed by the students in the Alternative Education Program at MUHS, was a big success. We wanted to give a recap of how things went and what was harvested for the school year. All of the produce harvested was sold to the MUHS cafeteria and some of it went to the sending schools. The money the students made from the sales of the greens was used to purchase supplies for the greenhouse as well as an end of the year trip to Great Escape.

The interior of the greenhouse was completed by the students by the end of September and seeded with various winter greens. Students grew six different varieties of lettuce, four varieties of spinach, carrots, kale, as well as swiss chard and beet greens. Data was tracked on each variety to help determine which varieties worked the best. This would help us guide decisions on what to grow in the future. Greens were ready to harvest by the end of October. Students cut the greens three inches from the base of the plant and within two weeks the plants were ready to harvest again. They harvested up through the middle of January. Students reseeded the beds by mid-February and were harvesting by the end of March. We continued to harvest up until the end of May. The total harvest for the school year was 185 pounds.

Some of our goals next year will to be produce 300 pounds and provide greens to more of the sending schools. We would also like have students from the main campus come out to the greenhouse and learn about growing local greens and to make the connection to the importance of eating and purchasing locally grown food. We would also like to connect with a couple of local greenhouse producers in the area and become a research greenhouse for experimenting with new varieties for winter production. The last goal is to put on a local dinner at the school that highlights the work by the Alternative Education students as well as the local producers in the Middlebury area.
The National Honor Society of MUHS held its second successful blood drive on May 17th. Members of the NHS worked during lunches to sign up donors for a week in advance. A total of 44 individuals signed up to donate blood, and at the end of a long day, the MUHS community had donated a generous 30 pints of blood. The NHS members worked all day checking in students, and faculty, lent a helping hand to those who were donating, and provided food and drink to the donors. As a result of two blood drives this academic year, NHS collected approximately 60 pints of blood for the Red Cross and the greater Vermont community. Thanks to everyone who donated and assisted with both blood drives. NHS looks forward to next year’s blood drives!

A partnership forged through the Addison County Prevention Partnership brought together adults and teens from Mt Abraham Union Middle and High School, Middlebury Union Middle and High School, Vergennes Union Middle and High School, and Addison Central Teens to plan and implement the first ever Addison County Prevention Olympics. The event, held on May 23 at Common Ground in Starksboro, brought together 33 teens who are currently involved in their school and community efforts to prevent high risk behaviors such as substance use. Teens and adults planned the event to be a learning experience as well as a fun day to celebrate their leadership efforts, and to come together to recognize their common commitment to prevention. Students enjoyed an educational presentation by CY Improv, a student prevention group based at CVU high school, spent time planning prevention efforts for the coming year, created Above the Influence posters, and competed in Olympic style games for the honor of placing a Prevention trophy in their school display case. The idea for the event came during an Addison County Prevention Partnership meeting after the state cancelled the state level Governor’s Youth Leadership Conference, leaving student prevention groups with no planned leadership training or celebration of teen prevention efforts. Teens from all three communities stepped up to help plan this local leadership summit with help from their school Student Assistance Program Counselors, Prevention Specialist, and the co-director of Addison Central Teens. Feedback from student participants at the event was positive, and the group hopes to make this an annual event.
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