Leadership Conference

Six students and Athletic Director Mr. Farrell traveled to Burlington on November 10th to attend the annual two-day Vermont State Athletic Directors’ Association Leadership Conference. This annual event hosted 262 student-athletes from 41 schools in Vermont. Students attended the 2014 Scholar Athlete Award Banquet that evening where ten outstanding student-athletes were honored from around the State.

Leadership Assembly

Middlebury Union High School had the privilege to host presenter, Mr. Ed. Gerety on Wednesday November 12th. Ed is a keynote speaker and leadership trainer who combines his personal experiences, real life examples and humor to motivate and inspire his audiences.

Ed has spoken in all 50 states, Canada and Europe, and is the author of Combinations - Opening the Door to Student Leadership. Ed is a popular return presenter, speaking at MUHS four years ago, who has a unique ability to connect, motivate and inspire our students.
The Poetry Out Loud (POL) National Recitation Contest is an exciting program taking place in high schools nationwide each year. POL is about poetry as an oral art form, much like slam poetry and traditional recitation. The program encourages students to learn about great poetry through memorization and performance, and to show their oratorical skills in competition.

Middlebury Union High School takes part in POL; I will be advising the group of students and have been gratified to see such interest in the program from all grade levels. We had our first meeting in early October, and I hope to help our competitor’s advance from the school competition to the state’s in March 2015, and perhaps on to the national competition on April 28th and 29th! MUHS has already produced one Vermont state winner in 2008: Caleb Smith Hastings. Encourage your student to join!

There are cash prizes for State winners and their school libraries, and a total of $50,000 in scholarships will be awarded at the national level--$20,000 for the national champion. For more information about POL, you can check out the national Web site, www.poetryoutlouud.org. Wish us luck!

Cathy Stoddert, English Dept.
Nora Keathley '16 and Adam Joselson '15 presented their own case-stories about creating video documentaries along with their teacher Tim O’Leary. They spoke to K-12 teachers and administrators from around the state at Vermont Fest in Killington on November 7th, which was sponsored by Vita-Learn and the Vermont Agency of Education. The one-hour session was one of many that morning and there was barely an open seat as it was the best attended of the seven simultaneous offerings. Nora and Adam were powerful, giving their personal accounts, successes, and contemplation on ways to improve their work. Tim engaged people in the audience to think about how they can make their own students heard in meaningful ways about important social issues so adults take notice and students develop a cohesive and public voice, becoming fuller members of our communities.

Tim has also recently been awarded an Addison Central Education Endowment Fund (ACEEF) grant and a VT-NEA mini grant to utilize with other recent grants (Walter Cerf Community Fund grant, Small and Inspiring grant from the Vermont Community Foundation, a successful DonorsChoose.org campaign, and a Write to Change grant from Clemson University) for his work with students, their multimedia creations, and building community ties with MCTV.
Dual Enrollment Opportunities

The Vermont Dual Enrollment Program allows high school juniors and seniors to earn college credit while enrolled in high school. Students participating in the program may take up to 2 tuition free courses during their junior and/or senior years of high school. You can find more information on this opportunity on the Guidance Web-page.

9th Grade Meetings

School counselors will be meeting individually with 9th grade students beginning the week of November 10th. Counselors will be checking in around the transition to high school, first quarter grades and begin to create a 4-year plan with each student. In addition, the supports available at MUHS will be reviewed as well as the variety of opportunities to get involved in extracurricular activities. Please feel free to contact your student’s school counselor with any questions.

10th Grade Career Program

The Guidance Department will be coordinating the 10th Grade Career Program over the next few weeks. There are 4 components to the career program:

- Counselors will meet with all 10th graders and facilitate the Naviance career interest inventory for students to learn specific information about careers. Naviance, a comprehensive Web-based guidance program, can be accessed at home through the school Web site. Students will be able to continue to investigate their interests and update potential career and college choices at home. In addition, counselors will use Naviance with students throughout the remaining years of high school for the college selection and application process.

- Students will gain exposure to the programs available at the Hannaford Career Center. All 10th graders will have an extended advisory on November 20th to hear about the variety of programs offered at the Career Center.

- Students will visit two programs of interest at the Hannaford Career Center during block 1 on December 10th.

- During semester two, students will attend a “Navicate Learn to Earn Career Day.” During this half-day program, students will choose two hands-on workshops with representatives from various professions in the community.
11th and 12th Grade Mentoring Program

Last year, we began a mentoring program with Middlebury College students to help seniors navigate the college application process. The program, Middlebury College Access Mentors (MiddCAM), was a success and seniors who took advantage of the opportunity had a positive experience. We are expanding the program this year to all interested juniors at MUHS! Middlebury College mentors will meet with juniors to discuss their interests and plans for after high school. Initially, the focus will be on researching colleges, and registering for the SAT and/or ACT. Our goal is to have students and mentors continue to work together through the fall of the senior year. Mentors can then assist students in finalizing their college lists, completing the application process and help with keeping an eye on deadlines.

NCAA Eligibility Center

Student athletes planning on participating in an intercollegiate sport in college at the Division 1 or 2 level have very specific academic guidelines that they need to meet in order to be eligible to compete in college. Information regarding guidelines and approved courses at Middlebury Union High School is available at the eligibility centers Web site which can be accessed through our Guidance Web page.

ASVAB

The Armed Services Aptitude Battery, (ASVAB) Career Exploration Program will be administered at MUHS on Wednesday, December 3rd in the guidance conference room. This program is valuable for 10th through 12th grade students. It provides information on an individual’s aptitudes or abilities for career planning and particularly for those interested in the military. Students wishing to take the ASVAB need to register in the guidance office by November 25th.
In mid-October, MUHS hosted *The Hungry Heart* assembly. Students viewed part of Bess O'Brien’s, *The Hungry Heart* documentary which explored opiate use in Vermont. More specifically, the documentary addressed heroin as the most widely used illegal opiate. Students learned about the addiction cycle through personal stories and that nearly half of all teens in the United States who injected heroin reported abusing prescription opioids before starting to use heroin. The intent of *The Hungry Heart* assembly was for our community to become more aware of opiate addiction in Vermont. The hope was that students learned that an opiate is drug with morphine-like effects derived from opium.

The most common opioids are opium, codeine, morphine, fentanyl, OxyContin, and heroin - the most commonly used opioid. Painkillers are one of the most commonly abused drugs by teens, after tobacco, alcohol, and marijuana. Furthermore, 1 out of 12 high school seniors in the United States reported nonmedical prescription opioid use in the past year. And 7 out of 10 US high school students reported nonmedical use of prescription opioids used in combination with other drugs in the past year. The most commonly used prescription drugs are painkillers, making 58% of the prescription drug use in our country. Sedatives and tranquilizers are a close second at 29.5% use, and stimulants making up for 12.5% of prescription drug use. Teens who reported mixing these opioids with other substances were 8 times more likely to be using marijuana and 4 times more likely to be drinking alcohol. This clearly puts teens at much greater risk of overdose. In preparation for *The Hungry Heart* assembly, students learned that Vermont teens report that prescription drugs are easier to get than illegal drugs and that 3 out of 10 teens believe that prescription pain relievers are not addictive. Heroin and pain medications in particular continue to top the list as the fastest rising addictions in the United States.
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: November 22, January 10, 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.
For all Spanish and French students, a reminder to keep in mind two sites: oye.languageskills.co.uk (for Spanish) and Zut.languageskills.co.uk (for French). These are great sites for practice, or review or to keep your language alive if you are not taking a language class this or next semester. If you need the account ID number or the password, see a language teacher! Have fun, Amusez-vous! Diviertanse!

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**Tuition-free College Opportunities at CCV for MUHS students**

**Take a college course (or two!) tuition-free:** Classes are offered in Middlebury, online, and at 11 other CCV centers across Vermont. MUHS students can meet with their school counselor to select a CCV class. Students then claim their free dual enrollment vouchers for Spring or Summer by going to [http://ccv.edu/apply/high-school/](http://ccv.edu/apply/high-school/). Questions? Call Anya at CCV Middlebury, 388-3032.

**Introduction to College Studies (ICS):** This free, 26-hour course helps students develop strategies for college success: ICS is an enrichment (non-credit) course, perfect for students interested in learning about college. Go to [http://gotocollegevt.org/](http://gotocollegevt.org/) to register, or contact Anya Schwartz for more info, 388-3032.

**Early College (an alternative to senior year studies of high school):** Students enroll full time at CCV, completing their senior year of high school and their freshman year of college simultaneously—tuition-free! For application information, go to [http://ccv.edu/apply/high-school/](http://ccv.edu/apply/high-school/) or call Anya Schwartz at CCV Middlebury, 388-3032.

Spring and Summer registration is now open. Please call 388-3032 to make a CCV New Student Appointment. We look forward to seeing you!

~Anya Schwartz and the CCV Middlebury team
Dear Senior Parents,

As in previous years, we are offering parents of graduating seniors the opportunity to purchase ads celebrating their son or daughter’s graduation. As a reminder, the yearbook is still all in color, and the price is still $50 for 1/6th of a page. These ads ideally should be square as they will then be fitted to 3 ½” x 3 ½” square in the yearbook. They are due by December 5th.

Past ads have included pictures of your senior as a young child, participating in a sport(s), includes family or friends, or has all of these ideas incorporated in the ad. Please paste your pictures and text on a backing that fits the given parameters as shown below. Digital images are accepted in a JPG file and can be e-mailed or sent in on a disc. Please be careful of writing on the edges as sometimes they can get cut off by mistake.

If you would like your square returned to you, please put your address on the back of the square. Please make checks payable to “MUHS Yearbook” and send it, along with the ad, to the above address. We appreciate your support of the Quatrain and the graduating class of 2015. Please call Mr. Ottinger at 382-1039 or email (mottinger@addisoncentralsu.org) if there are any questions.

We are also asking for baby photos of all Seniors. Please send them in (with you son/daughter’s name and address on back) and we will scan them and send them back. They are also due on December 5th.

Sincerely,

Yearbook Staff

All Parent Ads should be

square. We will scan any hard copy or fit in your .jpg.
At the end of the month, the Peer Leaders coordinated the annual 9th grade Halloween competition. A great effort and participation was displayed by all! The top 3 winning advisories included Mrs. Kerianne Severy, Mr. Shaw, and Mr. Altemose (picture not shown). Honorable Mention went to Mrs. Ringquist’s advisory. All in all, there were over 200 students and faculty who participated in the competition.

Mrs. Severy’s Advisory

Mr. Shaw’s Advisory

Mrs. Ringquist’s Advisory
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 Dec. 3rd and 17th from 3:30 – 5:00. Food is served at 4:30 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!!!

CLOTHING SWAP & SHOP -ACT is hosting its winter clothing swap & shop at MUHS on Tuesday, 12/9 and Wednesday, 12/10 from 11:30 am to 7 pm. 11:30 am to 3 pm- students only - 3 pm to 7 pm-open to the public. We are collecting gently used items, ranging from clothing to accessories, jewelry, purses, CD's, DVD's, knick-knacks and holiday items now throughout the days of the event. We are especially looking for ties, winter coats, formal wear (both girls and boys for the winter ball), girls' skirts and dresses as well as jewelry. It is the perfect time for a late fall cleaning. We are accepting items to be dropped off during weekdays from 3 to 6 at the Teen Center (basement of the Middlebury Municipal Building) or you can call Jutta for special arrangements. You may donate your items or receive point cards which you can redeem for new used items during both days of the event. If you like more information or want to help please contact Jutta at jutta@addisonteens.com or 802-989-893.

ACT Will be closed for Thanksgiving and Christmas Breaks: November 26th – 28th and December 22nd – January 2nd.

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

Donation Needed!
ACT is in need of a round counter top height table, approximately 2 feet diameter.

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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**Catch us on the Web:** [http://muhs-school.org/](http://muhs-school.org/)