

Day at Bread Loaf



On September 28, 2011, approximately 148, 9th grade students, their faculty advisors and 46, 12th grade Peer Leaders converged on the Middlebury College Bread Loaf campus for a day of team building activities. Peer Leader Coordinators, Addison Tate, Jessica Gibson, Stephen Peters-Collaer, and Emma Ryan along with Brooke Jette, Mark Thuma, Allison Stebe, and Lauren Daley organized an event as vibrant as the foliage.

Mike Weber from the Great American Opportunities Leadership Institute used humor and interactions to redefine for students, "change," and how they will experience the coming school year. Mike encouraged students to make their own choices; choosing wisely, build relationships; and be open to learning new things. He told the students, "You can do things you never thought possible. Success is not dependent upon whether you are knocked down, but by whether you can get up. High school is a marathon; finish to the best of your abilities."



The Peer Leaders led games in the meadow which involved problem-solving, communication and working together, including: Blind Polygon, Mine Field, Moonball, Tin Shoe, The Swamp and Trolley. The community picnic consisted of Green Pepper's pizza, salad and desserts made by the Peer Leaders.

Following lunch, students played volleyball, soccer,

Ultimate Frisbee and football. Mike Weber spoke about how others are affected by the words we use and influenced by the actions we take. "Build influence as you build relationships. Your life will be richer and more exciting if you reach out." The students returned to MUHS at 2:30 pm, where they enjoyed a music and slide show presentation of the day's events.



Community Service



On September 23, 2011, all 10th grade students, along with their advisors participated in the annual United Way Day of Caring. The event was a success, leaving many students feeling positive about the work they were completing for their community. Some of the activities included: making blankets for Brady's Blankets, prepping food for HOPE, planting flowers at MUHS, landscaping and maintenance at Middlebury Commons and The Town Hall Theater, as well as other activities at Round Robin, Mary Hogan, Memorial Sports Center, and Otter Creek Children's Center.



Alternative Education

MUHS Alternative Education Grows

Over the last two years, the MUHS Alternative Education Program has been focusing on community and sustainability. Students have been studying the importance of community, buying local as well as learning how to sustainably grow their own organic food. Science, math, and health are integrated into the concepts of sustainability.

Last year, students built 12 raised garden beds and last spring planted and maintained a variety of vegetables as well as raspberries. As students came back to school this fall, the garden was ready to harvest. We had a great first harvest which included 30 lbs. of garlic, 20 lbs. of onions, 50 lbs. of potatoes, 40 lbs. of carrots, 110 lbs. of beets and 115 lbs. of winter squash. All the produce has gone to the school cafeteria and is being used in hot lunches and the salad bar.

Students have also been busy this fall completing the interior of our new greenhouse. We have built 13 raised beds and have added composted topsoil and organic fertilizer. Students have just seeded the beds with 12 different varieties of cold hardy lettuces, spinach, as well as beet and Swiss chard greens.

The greenhouse is not heated through the winter. The greenhouse structure makes the growing environment similar to growing 500 miles south of Vermont. As November comes, we will add a second layer of covering over the plants. With this second layer, the covering will replicate a growing environment another 500 miles south. This will be similar to growing in Georgia. As long as we don't have extended days without sun, we should be able to maintain 40 degree soil temperatures throughout the winter. The goal is to grow and harvest into January. We will reseed in February and be harvesting again by March.

As students are learning about greenhouse management, they will also be learning how to run a small business and track costs to determine what to sell the greens for and how much profit they can make. Our goal is to sell to the MUHS cafeteria and some of the sending schools. If we grow more than we need, we will donate to the local food shelf.



World Language News

Goings-on in World Language Studies:

The Latin IV class is in the midst of completing a "News Report" of Roman history. Each student is researching and writing a segment of the newscast, and the final product will feature segments from Romulus (750 BC) to Constantine (320 AD). Latin I and Latin IV have also just begun locating local classical architecture in a friendly competition between classes. They may take a walking tour of Middlebury to see and discuss these ancient influences first hand.

Following a unit on daily routines, the French II classes have been studying animal vocabulary and French proverbs and sayings with animals in them; they have also looked at some legends from Mali, Mauritania and Senegal that concern animals. Students have written descriptions of and stories about animals.

After learning how to hold a basic conversation, the French 1 students are learning to speak about their preferences. We'll be exploring foods, classes, and hobbies as topics. Talking about food always seems to get them excited! After hearing the song "Cornichons" by Nino Ferrer (find it on YouTube!) they requested a "pique-nique" in the near future!

The AP French class has been working on an art unit with a focus on late 19th and early 20th century art and literature. Each student has studied an artist and been a docent guiding the class through select works of his/her particular artist.

The AP Spanish class is finishing its Harry Potter unit (La Piedra Filosofal) which was summer reading and incorporates vocabulary and grammar review. They will soon be starting a study of Latin-American authors and are planning a trip to see a play in Spanish.

The Spanish II class is finishing a unit on animals and learning to increase oral comprehension through listening to excerpts of Pocahontas.

Spanish III is learning to contrast two past tenses (el imperfecto and el preterito) and has watched *La Bella y la Bestia*; they are now beginning work on a fairy tale unit (Cuentos de Hada) in which each student will write her/his own fairy tale.

In Spanish I, students have been learning to talk about themselves and others face to face and in the context of games and role play. With the use of the textbook rap songs and more authentic music (the songs "Bonito" and "Yo me llamo Cumbia") they have been tuning their ears to a new language. The students are off to a good start!



Yearbook News

YEARBOOK NEWS!!!

Calling All Baby Photos!!!

The Quatrain is once again asking for baby photos of this year's seniors. Parents, please find your son or daughter's best (cutest, embarrassing, funniest) baby photo. Send the photo into the school by December 1st to ensure that the photo gets into the Yearbook. If you would like the photo returned please put your address on the back and we will send it back to you after we scan it in. If the baby photo is digital, then please email it to mottinger@addisoncentralsu.org. If you have any questions, call Mr. Ottinger at 382-1039. Thank you and we look forward to your photos. Please send in your photo with your senior (Room B101) or to the following address:

MUHS

Attn: Yearbook

73 Charles Avenue

Middlebury, Vt. 05753

Other Yearbook dates: Senior Squares due by October 26th

Parent ads due by November 21st



Yearbook ordering information: Everyone will be receiving a letter in the mail from our publisher with yearbook ordering information. If there are any questions or concerns, please call Mr. Ottinger at the above number. This is the third year that we have been using this method as it allows parents to use credit cards for payment. Books can always be ordered directly from us at a later date if that works better.

Prevention/Athletics

Attention Student Athletes!

Please be reminded that the Vermont Principals' Association requires student athletes to undergo a pre-participation physical exam at least once every two years. If your student athlete is in need of a physical exam, please schedule one right away. You are required to provide documentation of physical exam and medical clearance to participate in sports from your student's physician for our records. We cannot allow any student to participate in MUHS athletics without medical clearance.

If your student athlete has a health condition that may require urgent or emergent care, we need a copy of his or her Individual Health Care Plan and a doctor's authorization to provide medication or other care in an emergency. The school nurse can assist you with this plan. A copy of the plan will go to the following individuals: School Nurse, School Athletic Trainer, and your student athlete's head coach.

Your student athlete is required to bring any medications he/she needs to all team activities including practices and competitions. These medications might include but are not limited to: asthma inhaler, Epi-pen, and diabetes management supplies. Your cooperation in this matter is critical to your student's safety. Please contact us with any questions or concerns.

Sarah Johnstone, Athletic Trainer
sjohnstone@addisoncentralsu.org

Lynn Hall, School Nurse
lhall@addisoncentralsu.org

News from the Prevention Team

Autumn foliage season is setting the mood for us to appreciate variety. Even a month into the school year, it's easy to fall into a routine from which we won't stray until our schedule changes...leaving us oblivious to experiences and opportunities that might be just beyond the habitual sight line.

We will devote October to getting out of a rut! "Mix It Up Day" on October 24 will stretch students beyond their usual social interactions. Organizers will move people around at lunchtime to give them the chance to get to know a different set of peers. This "mixing up" can increase compassion and understanding to reduce bullying and cliques, and is supported nationally by SADD (Students Against Destructive Decisions.) This celebration of diversity will include playful fashion statements, games, prizes, and an ice cream social.

Also in the spirit of broader views and bigger dreams, MUHS will be sending several girls to the "Women Can Do!" Conference on October 13 at Vermont Technical College. The participants will experience hands-on encounters with professional uses of math, science and technology, as well as exposure to public safety and skilled trades. It promises to be a lively and empowering day, and we are proud to be represented at this event.

MUHS Connections, a student organization that supports numerous prevention activities, is now up and running. We look forward to being active throughout the year, meeting twice a month on Mondays during all three lunch periods in Leila McVeigh's office in the wrestling room. We are excited to co-sponsor Mix It Up Day later this month, and to other community-building efforts in the future. Have a wonderful October.

Guidance

College Representatives Visiting MUHS

Every fall, over forty college representatives come to MUHS to meet with prospective students. These visits provide a great opportunity for our students to learn more about colleges. The schedule for visits for each week can be found in morning announcements. Additionally, a comprehensive list of visits is posted outside the guidance office. For further questions about these visits, please contact the guidance office

Senior Meetings

During the month of October, school counselors will be meeting with seniors to discuss their plans after high school. For those students applying to college under an early action or early decision program, we ask that they schedule an appointment, if possible, prior to October 13th. Parents are welcome to attend the meetings. By the end of November, we hope to have met all seniors. Last year, we started to use Naviance, a Web-based program for the college application process. Naviance provides a framework for quick access to information about colleges as well as a better communication link with teachers and counselors regarding college choices, due dates, and recommendations. We were very pleased with the program and are using it again this year with our seniors. If you have any questions about Naviance or the college selection/ application process, please give the guidance office a call.

Fee Waivers

Junior and senior students who qualify for free and/or reduced school meals are eligible for fee waivers to take the PSAT, SAT, ACT, and AP Exams. For the current school year, students must have completed the Application for Free and Reduced Price School Meals 2011-2012 and found to be eligible. Applications are available in the Guidance Office. If eligible, parents must then contact Rosemary Drabing in the main office granting her permission to release their name to the Guidance Department so that the appropriate fee waivers can be filled out. During their senior year, students are also eligible for up to four free college applications for fee waivers for participating colleges. Almost all colleges in the United States accept these waivers. If you have any questions, please contact the Guidance Department.

Gap Year Fair

South Burlington High School will be hosting a Gap Year Fair on Thursday, November 10th. The purpose of this fair is to help students and parents learn about experiential educational opportunities primarily designed as a break between the completion of high school and beginning college. No pre-registration is necessary to attend the fair. A presentation on Gap Years will be held from 6:30-7:00pm followed by the fair from 7:00-9:00pm. More information on the fair can be found at www.usagapyearfairs.org

PSAT

The PSAT, a practice test for the SAT, will be given at MUHS on Saturday, October 15th. This test is highly recommended for all juniors planning on attending college. Students interested in taking this test should sign up with Ms. Bearor in the guidance office. Once registered, students will receive a bulletin that includes important information about the test as well as a sample exam. This year, there is no charge for taking the PSAT. Space is limited, so interested students should sign up as soon as possible.

Middlebury Union High School

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