Day at Bread Loaf

On September 24\textsuperscript{th}, approximately 140, 9th grade students, their faculty advisors and 40, 12th grade Peer Leaders converged on the Middlebury College Bread Loaf campus for a day of team-building activities. Peer Leader Coordinators, Anna Caliandro, Emily Robinson, Jonah Lefkoe, and Max Moulton along with Brooke Jette, Mark Thuma, Allison Stebe, and Lauren Daley organized the day. 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; choose 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.” Mike Weber also spoke about how others are affected by the words we use and influenced by the actions we take. The Peer Leaders led games in the meadow which involved problem-solving, communication and working together. The community picnic consisted of Green Pepper’s pizza, salad and desserts made by the Peer Leaders. Following lunch, students played soccer, Ultimate Frisbee and football. The students ended the day with an energetic advisory-directed scavenger hunt. The students returned to MUHS at 2:30 pm, where they watched a slide show presentation of the day’s events.
On Thursday, September 26th, all sophomores and their advisors participated in the annual United Way Day of Caring, an event in which volunteers from the community and the school, come together to make a difference throughout the local community. Advisories painted fences at the Congregational Church, stained stairs at the Charter House, painted Kids Space at Mary Hogan and the garage at United Way, and even helped maintain some of the MALT trails. Students left the volunteer site with a better understanding of community and a rewarding sense of accomplishment and were able to celebrate this with a mid-day cookout provided by the school.
Announcements

**Ecuador Trip**

During April vacation, Ms. Bailey and Ms. Causton will be taking students on a private educational trip to Ecuador. The trip includes a visit to the equatorial line, a hike at Quilatoa Volcano, a visit to a local school in Guayaquil, a boat ride on the Guayas River, a visit to a cocoa plantation, and more. The teachers are very excited to travel with students and to introduce them to a new culture. It is an immersion trip, so students, chaperones, and guides will speak in Spanish the entire time. It is a great way to remember why we study language. There is also the option to complete a research project through EF’s (the travel company) research program, We Share. The teachers are looking forward to helping students explore Ecuador before, during, and after the tour. Spaces are filling up, so if you are interested in attending please visit our website: eftours.com/1482406.

**Women Can Do**

On October 17th, a group of female students from MUHS will attend the annual Women Can Do conference at Vermont Technical College in Randolph Center, Vermont. The students will experience a day filled with hands-on workshops designed to give girls the opportunity to try out real equipment, tools, and techniques used on the job. MUHS students will be among over 400 Vermont high school students exploring unlimited career possibilities in trades and technology.

**Picture Retake Day**

**Thursday, October 17, 2013**

8:00am–1:30pm

in the Auditorium.

This is for anyone who missed the first picture day or for those who are unhappy with their pictures and want them retaken. Students must bring in their picture packets if they want retakes done. Students can still get their pictures taken for photo IDs and yearbook pictures at no charge. Picture order forms are available in the main office.

**Parent Conferences**

Parent Conferences for semester one will be held on October 30 and November 1, 2013. These conferences are 15 minutes each with the teachers of your choice and will provide you with an opportunity to receive specific feedback concerning student progress. The schedule will be Wednesday from 4:00 – 7:00 pm and Friday 8:30 am – 12:00 pm. Parents may sign up by calling the faculty administrative assistant, Julie Dodson, at 382-1107.
Junior/Senior Parent Night on the College Selection and Application Process
On October 8th from 7:00pm-8:30pm, John Nordmeyer, from the admissions office at Middlebury College will help parents and students navigate the college selection and application process. In addition to John’s presentation, school counselors will also be present to discuss resources and procedures available through the Guidance Office for college planning. We hope to see many junior and senior students, as well as parents at this informative presentation.

Senior Meetings
During the month of October, school counselors will be meeting with seniors to discuss their post-secondary plans. For those students applying to college under an early action or early decision program, we ask that they schedule an appointment prior to October 15th. We will be reintroducing seniors to Naviance, a Web-based program that provides a framework for quick access to information about colleges as well as a communication link with teachers and counselors regarding college choices, due dates, and recommendations. If you have any questions about Naviance, the college selection/ application process, or would like to be a part of our meetings, please give the Guidance Office a call at 382-1195.

Middlebury College Mentor Program
This fall, several Middlebury College students will serve as mentors to assist MUHS seniors in their college application process. These mentors have participated in training workshops with the Middlebury College Admission Office as well as the MUHS Guidance Office and hope to offer additional support to seniors regarding adhering to deadlines, completing applications, writing essays, and following through on the many aspects of the college application process.

PSAT
The PSAT is the practice or preliminary test for the SAT. The test is also the entrance test for the National Merit Scholarship program for juniors. This year, the PSAT will be given at Middlebury Union High School on Saturday, October, 19th. There will be no charge for juniors to take the test here at MUHS. We encourage all junior students considering attending college to take the PSAT. Students should sign up with Ms. Bearor in the Guidance Office. The test is also available to interested tenth grade students on a space available basis. The cost for tenth grade students is $14.00. Once students sign up, they will be given a PSAT bulletin that provides additional information about the test as well as a practice test. We do have a limited number of seats available, so please encourage your student to sign-up as soon as possible. Please see your guidance counselor for more information.

SAT
Seniors planning on taking the SAT this fall, should note that the late registration deadline for the November 2nd test is October 18th. The regular registration deadline for the December 7th test is November 8th.

Dual Enrollment Opportunities
Beginning this fall, students from our high school will be eligible to participate in the Vermont Dual Enrollment Program. This initiative allows juniors and seniors to take one college course, tuition-free during each of their last two years of high school. For more information about the dual enrollment program, contact your school counselor.

Paying for College Night
On Thursday, November 7th at 6:30 p.m., Carrie Harlow from the Vermont Student Assistance Corporation (VSAC) will be presenting the annual “Paying for College” evening program. Held in the auditorium, Carrie will help clarify issues related to the financial aid process including: how to apply for financial aid, which forms are required, how financial aid is awarded as well as many other points. She will also be available to answer any questions parents may have about financial aid. For more information about the evening presentation, please contact the Guidance Office.
On September 12th, parents of 9th grade students as well as MUHS Peer Leaders gathered to share a meal and attend the evening presentation with Elizabeth McCracken, all part of the annual 9th grade parent night. Elizabeth McCracken, a local Middlebury mental health clinician, discussed transitions that parents and 9th graders might encounter in the coming year. Elizabeth drew on her experience of working with children, adolescents, and families for over 20 years and discussed developmental and social milestones as well as parenting strategies. Thank you to everyone who helped make the evening such a success.

Peer Leaders are looking forward to working with their 9th grade advisories to prepare for the annual Halloween competition on the 31st. The morning competition displays some creative and fun costumes with the top 3 finishers receiving yummy morning snacks.
MUHS was busy this past summer with thirty-seven students taking part in Summer School. This program provided a great opportunity for students to improve on their previous school year’s performance. Students enrolled in a world history, math, science, or English class assuming they had completed the course during the 2012-2013 school year. This is a remedial/supplementary program and is offered to all students who earn a C- or lower during the regular school year.

The Summer School faculty included Mr. Meyers (science), Mr. Pezzulo (math), Mr. Calzini (world history), and Ms. Yates (English); the co-directors were Cindy Atkins and Chris Johnstone. Of the thirty-seven students, twenty-nine of them successfully completed the classes they were enrolled in, and therefore, earned MUHS credit (or improved their previous grade). Two students completed the five-week program but did not earn the required grade of a C- to recover credit, or improve their grade. Six students were not able to complete the program due to lack of attendance or for behavioral reasons and were dismissed. One of the students who successfully completed his course work earned his 2013 graduation diploma.

Success Saturday

Save the Dates - Success Saturday

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: October 26, December 14, January 11, March 29, May 17 and May 31. These dates were selected to correspond with the dates nearest 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, to possibly redo 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 Friday from 8:00 a.m. - 4:00 p.m. and is located in room H-103. Please call Ben Krahn and Tammi Beattie at 382 - 1165 if you have any questions.
The MUHS Alternative Education Program is off to a busy and productive start of the school year. Students harvested the MUHS vegetable garden and donated the food to the school cafeteria as well as community members. Students also had the opportunity to take food home if they wanted. The totals this year from the garden were 58 lbs of potatoes, 100 lbs of beets, 28 lbs of carrots, and 45 lbs of winter squash. As part of their nutrition class, students teamed up and created a menu using only the crops harvested from the garden. The only additions they could use were garlic, olive oil, and spices. They did an amazing job and created some very creative and tasty dishes.

Students have also gotten the MUHS greenhouse up and running and seeded two varieties of spinach, lettuce, and three varieties of kale. Seeds were sown the first week of September and will be ready for the first harvest, the second week of October. Last year we supplied the school cafeteria with over 300 lbs of fresh greens. We are hoping to push this to over 400 lbs. this year. We are also doing research trials for a very large winter production farm in South Burlington, VT. Bread and Butter Farm and the MUHS Alternative Education program are collaborating on a research trial growing Winterbor Kale. The research will track growing the kale using row cover in the winter vs. no row cover. Bread and Butter Farm spends much time covering and uncovering its kale and wants to see if the covers actually make a difference in the growth over the winter season. This kind of collaboration with local farms is the wave of the future. Schools doing real science for the good of the community is engaging for students and helps strengthen the local community. Instead of “Farm to School” we like to call it “School to Farm.”

The other big project we are working on is facilitating a school-wide waste audit, also called “Trash on the Lawn Day.”

We collaborated with many science classes and sorted the trash collected from one day. A school-wide waste audit is a powerful tool designed to quantify the amount of garbage generated at school and identify items that can be composted, recycled, or avoided all together. The trash was separated into three main categories: recycling, compostables, and true trash. Following the separation, students record the weight and volume of each category. The data will be analyzed and recommendations will be made to the MUHS community. Our hope is this will be a kick-starter to a composting program at the school and an increased awareness of the importance of recycling and composting.
Yearbook News: Senior Squares!

Dear Parents/Guardians of Seniors,

Senior squares are due this **November 4th**. Please check in with your student to see how they are progressing with their square. They have all been given the information about the squares and what the Quatrain is asking for. Once again, we are requiring a good head and shoulder photo as a significant portion of the square (the template is showed below). Most students do their squares digitally but hard copies work as well. Digital squares need to be sent as a .jpg. Last month we met with the seniors to go over this. If there are any questions please do not hesitate to call or e-mail Mr. Ottinger at 382-1039 or mottinger@addisoncentralsu.org.

Be careful of words around the border as they sometimes get cut off!

Current **Head and Shoulder** Photo of you needs to be here!!!!
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: Wed. October 2, 16, and 30 from 4:00 to 5:30pm (pizza at 5:00pm)
Take the opportunity to sit down and 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!!!

Youth Media Workshop: Beginning Thursday Oct. 10 from 3:30 – 5:30
Interested in learning to use photography and audio recording as a means for expression, storytelling, and maybe even social action? Digital media instructor, Ned Castle (from the Vermont Folklife Center) will be teaching weekly workshops this Fall (October-December) ranging from the basics of using a digital camera and audio recording equipment, to the design and exhibition of creative storytelling projects that engage community audiences. Come to one or all workshops.

Wand Making Workshop W/Resource Officer Chris Mason: Wednesday Oct. 16th from 3:30 – 4:30
Come meet your schools local resource officer Chris Mason! He will be leading a group through the process of making wands!

Halloween Dance! Saturday Oct. 26th from 8-11pm Middlebury Municipal Gym
Start planning your costume for ACT’s 8th annual Halloween Dance! Music by DJ Dizzle and Crew, refreshments and costume contest.

DJ Skate Nights!!! Saturday Nov. 2nd and 16th from 8:00 – 10:00pm
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 students. Skates are available for rent and the concession stand is open.

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

Co-Directors: Jutta Miska: jutta@addisonteens.com
Colby Benjamin: colby@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:** [www.muhs-school.org](http://www.muhs-school.org)

**Newsletter:** [www.muhs-school.org/information/newsletters.html](http://www.muhs-school.org/information/newsletters.html)