Day of Caring

The United Way’s 20th Annual Day of Caring had 160 MUHS students and teachers pitching in at ten sites around Middlebury to help make our community a better place. In MUHS’ tenth year of participation, students and faculty were baking, digging, scraping, painting, gardening, moving mulch, sweeping, weeding, washing windows, raking and even cleaning the dashers at the Memorial Hockey Rink. Two favorite activities involved spreading mulch for the new playground at the Mary Hogan School and digging out some of the infamous Addison County clay for a garden at the Commons. Kate Carroll’s advisory took on the monumental task of moving a mountain of woodchips into Mary Hogan’s new preschool play space. A true team effort took this mountain of wood shavings and reduced it to a molehill in no time. The smiles on the faces of the kindergarteners were a well-deserved reward of a job well done. Larry O’Connor’s Alternative Education group was cajoled into working on probably the toughest task faced by any MUHS group. The mission was to dig down 10 inches into a large clay bed in hopes of bringing in planting soil for a new garden next spring. The students toiled endlessly with shovels and a wheelbarrow on a seemingly dauntless task. Their unbroken spirit prevailed as the group moved tons of clay in anticipation of next spring’s planting and the appreciation of the residents that will come at harvest time next fall. The participants were treated to a delicious lunch barbeque, deftly prepared by Matt Ottinger, along with grill masters Sean Farrell and Bruce MacIntire. A big THANK YOU goes out to everyone involved in the Day of Caring! This day was a great success for those involved and spurred some students to consider regular community service as a way to give back to this vibrant and active community we call home.
The Vermont Department of Health Middlebury District Office along with Middlebury Union High School Alternative Education Program and Addison County Relocalization Network (ACORN) recently received a $1,575 grant from the Vermont Community Foundation’s Small and Inspiring grant program. The grant will help build 15 raised garden beds at the homes of Addison County WIC (the special supplemental nutrition program for Women, Infants & Children) participants and other low-income residents.

The idea for this project came out of a farm-to-school meeting hosted by ACORN. Steve Colangeli, science teacher in the MUHS Alternative Education Program, talked at this meeting about how his students were building raised garden beds on the school grounds but the students wanted to find a way to give back to the community. Moira Cook, Middlebury District Office Director for the Health Department, proposed a partnership with the local WIC program. WIC is the special supplemental nutrition program for Women, Infants and Children which provide nutrition education, breastfeeding support and nutritious foods for income eligible families. A member of the Health Department’s staff, Linda King, previously ran her own small-scale vegetable farm and was a former manager of the Middlebury Farmers’ Market. King had expressed a desire to do more gardening outreach and education with local families. Students in the Alternative Education Program will build the garden beds and King will provide follow-up consultation on planting, weeding, harvesting and preparing vegetables from the gardens.

“We’re excited about this partnership. The students will be able to use their building skills to help the community and local families will gain the knowledge and tools to help feed themselves nutritious foods,” said Cook.

The raised garden bed project will be integrated into the Alternative Education curriculum and students will build half of the raised beds in the fall and half in the spring. The Health Department’s Middlebury District Office will start promoting the availability of the raised garden beds at WIC clinics during the summer.

Through its Small and Inspiring grants program, the Community Foundation hopes to help foster the spark that keeps Vermonters healthy and happy by finding and supporting projects in every town in Vermont where a small grant can make a big difference.
Senior Meetings

During the month of October and beginning of November, 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 as soon as possible. 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 feel free to contact the Guidance Department.

Middlebury College Mentor Program

Again 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 Department. Mentors will 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.

SAT

Seniors planning to take the SAT this fall, should note that the registration deadline for the December 6th test is November 6th.

ACT

The next ACT offered this fall is December 13th with a registration deadline of November 7th.

Dual Enrollment Opportunities

Juniors and Seniors at MUHS are eligible to participate in the Vermont Dual Enrollment Program. This initiative allows students to take two college courses, tuition-free, during each of their last two years of high school. For more information about the dual enrollment program, please refer to the MUHS Guidance Web-page or contact your school counselor.

VSAC Paying for College Night

On Thursday, October 29th at 6:30 p.m., Carrie Harlow from the Vermont Student Assistance Corporation (VSAC) will be presenting the annual Paying for College workshop in the MUHS auditorium. The presentation, which runs about one and a half hours, provides students and their parents with valuable information on financial aid and other resources available to pay for college. Please contact the Guidance Department with any questions about this event.
Fee Waivers

Junior and senior students who qualify for free and/or reduced school meals are eligible for fee waivers to take the SAT, ACT, and AP Exams. For the current school year, students must have completed the Application for Free and Reduced Price School Meals 2014-2015 and have been determined eligible. Applications are available in the Guidance Department. During their senior year, students are also eligible for up to four fee waivers for college applications. Almost all colleges in the United States accept these waivers. If you have any questions, please contact the Guidance Department.

New for this 2014-2015 academic year, every income-eligible senior who took the SAT or SAT Subject Tests using a fee waiver during the 2013-2014 school year, will receive four college application fee waivers (CAFWs) directly from the College Board. These fee waivers will be delivered to eligible students who can use them to apply to any of the over 2,000 participating colleges. The timeline for delivery of these CAFWs is as follows:

• Eligible students in the class of 2015 who tested during the 2013-14 academic year will receive their CAFWs online by September 2014.
• Seniors testing for the first time during 2014-15 will receive CAFWs at the same time they receive their SAT test scores, typically 19 days after the test date.
• Students from the class of 2016 and the class of 2017 who test with an SAT fee waiver will receive CAFWs at the beginning of their senior year.

Attention Current 10th Grade Students

Hugh O’Brian Youth (HOBY) Leadership Seminar

The HOBY seminar is a chance for current 10th grade students to develop their leadership skills as they meet with other grade-10 students from around Vermont to discuss social, business and political issues. The Vermont conference will be held at the Vermont Technical College campus on May 21, 22, 23 and 24 (Thursday, Friday, Saturday and Sunday prior to Memorial Day). Students interested in an exciting opportunity to interact with other involved grade-10 students, and to do it in a supportive, interesting atmosphere, stop by the Guidance Department to pick up an application. You can learn more about HOBY online at hobytv.org.

Completed applications are due by Friday, November 7th.
Parent Conferences

Parent Conferences - Thursday, November 6 and Friday, November 7, 2014. 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: Thursday from 4:00 p.m. – 8:00 p.m. and Friday 8:30 a.m. – 12:30 p.m. Parents may sign-up by calling the Faculty Administrative Assistant, Julie Dodson, at 382-1107 beginning October 1st.

2016 School Trip

The Spanish trip for April 2016 has been set. We will be going to Peru to see Machu Picchu! There will be a parent/student interest meeting on Tuesday, November 11th. Families receive discounts for signing up early, so please attend the meeting or contact Arianna Bailey if you are interested but cannot attend.
On October 2nd, Tim O'Leary was notified that he is a recipient of a $2500 grant. The grant is entitled *Small and Inspiring* and administered by the Vermont Community Foundation. Its purpose is to promote entities that build ties within communities. The grant money is the latest installment in a series of grants applied for, and awarded, that are aimed at the same project: student-created multimedia that engages our communities and the expertise and potential publishing outlet that is offered by Middlebury Community Television.

On October 2nd, Karen Duguay from Experience Middlebury, formally known as Better Middlebury Partnership, was invited into Tim O'Leary's photography class. She outlined some needs her business organization has for its Web-site, literature, and other publishing. The photography class is using this opportunity to engage Experience Middlebury as a client. Students will spend the next two weeks shooting and editing photos that speak to this project along with other classwork. Then, the students will submit a portfolio of work to Experience Middlebury that they hope serves its needs and allows students to receive publishing credit.
Work Experience - Internships – TIPS Course

Do you want to participate in an internship with a local business while earning high school credit, potentially gain paid employment and learn pre-employment skills? Then you should consider TIPS (Training Interns & Partnering for Success). Students enroll in a skills class that includes interactive student activities, site visits with businesses and real world activities to prepare students to enter the workforce. After that, comes an internship with a local business where students practice skills discussed and created in the classroom. Many students that successfully complete the class and internship are offered paid employment at their internship site (this is not guaranteed). The TIPS Course will be offered each quarter for one-40 minute period (1/4 cr.). Students may earn one-half (1/2) to one (1) full credit for an internship. See Mr. Collins, MUHS Community Service/Work-based Learning Coordinator, located in the Guidance Department for more details.
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: 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.
Yearbook News: Senior Squares!

Dear Parents of Senior Students,

Senior squares are due **November 6th**. Please check in with your son or daughter to see how they are progressing with his/her square. Students have 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. Additionally, parent ads are due early in December so please do not forget those if you plan on submitting one. If there are any questions, please do not hesitate to call or email 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 need to be here!!!!
Parent / Athlete Meeting

Thursday November 13th @ 7:00 pm
In the MUHS Auditorium

This is a required meeting for the parents and athletes who plan to participate in athletics this winter. This meeting will provide an opportunity for parents and players to meet with the coaches and to hear their expectations and philosophies for the season.

If you have questions about this meeting or for some reason you are unable to attend, please contact Sean Farrell in the Activities Office at 382-1192. We look forward to seeing you here on Thursday, November 13 to start off a much anticipated winter season.

Thank You.

Sean Farrell
Activities Director
Ski Sale

SKI SALE
TO BENEFIT MUHS SKI TEAM

UP TO 65% OFF

FAMOUS BRANDS
NEW & USED EQUIPMENT

Goggles, Socks, Mittens, Hats, Snowshoes, Face Warmers & more

NOVEMBER 1ST (8am-2pm)
LOCATION: MIDDLEBURY UNION HIGH SCHOOL
Dear Parent/Guardian:

As you may have heard in the news recently, a virus called enterovirus-D68 (EV-68) has been spreading in several states. This virus has been causing respiratory illnesses ranging from mild cold symptoms to more serious symptoms that require hospitalization. In the event that this virus spreads to Vermont, we want to provide you with information about the illness and how to prevent it from spreading in your community.

EV-68 is one type of virus from a group of very common viruses called enteroviruses. Most people who are infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious. In the U.S., people are more likely to get enteroviruses in the summer and fall.

Children who are mildly ill might have:

- Cold symptoms: runny nose, congestion.
- Wheezing: especially in children who have asthma, but wheezing might occur in other children as well.
- Cough.
- Fever (sometimes, but not always with this infection).

A history of asthma may put children at higher risk for severe illness from EV-68. Children with severe illness might have trouble breathing or severe wheezing, and should be evaluated by a medical provider as soon as possible.

This virus spreads from close contact with an infected person who is coughing or sneezing, or from contaminated hands and common objects such as toys, bottles and cups and furniture surfaces that are soiled with mucous or saliva from an infected person.

To best protect your family, follow these suggestions for infection control:
• Wash your hands often with soap and water for 20 seconds, especially after changing diapers and after coughing and sneezing into your hands.

• Teach children to always cover their cough with a tissue or cough into the crook of their elbow instead of into their hands.

• Don’t touch your eyes, nose and mouth with unwashed hands.

• Don’t kiss, hug or share cups/utensils with people who are sick.

• Disinfect surfaces that are touched often, such as toys and doorknobs, especially if someone is sick.

Keep your child at home if she/he appears to be severely ill, or meets general exclusion criteria such as fever with cough, worsening respiratory symptoms (including wheezing), or other symptoms that prevent the child from joining in activities as determined by the staff of the child care program or school.

Treat typical cold symptoms such as: stuffy nose, headache, fatigue and sore throat as you normally would, with rest, drink plenty of liquids, use saline nasal drops and run a humidifier in the home.

Keep a close eye on sick children, especially those with asthma. **If you notice a child is breathing faster or harder than usual, call your health care provider right away.**

Be aware of the general emergency warning signs in a child, which include:

• Fast breathing or trouble breathing that persists or worsens.

• Bluish skin color or lips.

• Dehydration suspected: No urine output for more than 8 hours AND very dry mouth, no tears AND not taking or able to hold oral fluids.

• Not waking up or not interacting.

• Symptoms improve then return with fever and worse cough.

• Fever with a rash.

For more information go to the Vermont Department of Health website at www.healthvermont.gov, and select Contents A to Z. Click on E for enterovirus D68 (EV-68) and that will lead you to the correct page - http://healthvermont.gov/prevent/enterovirus/ev68.aspx.
Dear Parent/Guardian:

For the past month, the outbreak of Ebola in West Africa has been a headline story in the news, and many people are worried about this virus coming to Vermont.

At this time there are no cases of Ebola in Vermont. The Vermont Health Department has been speaking with hospitals and health care providers to make sure they have the information they need if a case of Ebola is found here.

Ebola is not spread through the air or by water. A person cannot spread Ebola until he or she has symptoms. The Ebola virus is spread through direct contact (through broken skin or mucous membranes such as those in the eyes, nose or mouth) with:

- The blood or body fluids of a person who is sick with Ebola (urine, saliva, sweat, feces, vomit, breast milk and semen).
- Objects (like needles or syringes) that have been contaminated with the virus.

The Health Department is working with infectious disease experts, hospitals and emergency medical services to plan for the unlikely arrival of a person with Ebola in Vermont. If there is a case of Ebola here, the Health Department will stop the spread of the virus by speaking to all people who had contact with the sick person and monitoring them for 21 days in case symptoms start.

In stressful situations like this, there tends to be a lot of inaccurate information, and this can increase anxiety. Getting your news from reliable sources such as the Health Department website www.healthvermont.gov and the Centers for Disease Control and Prevention’s website www.cdc.gov will provide you with the most correct and best information.
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 Oct. 29th, Nov. 12th and Nov. 26th from 3:30 pm – 5:00 pm.** 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 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 that you get FREE PIZZA just for attending the meeting!!!

Halloween Dance! **Friday Oct. 31st from 8:30 pm -11:30 pm** - Middlebury Municipal Gym
Start planning your costume for ACT’s 9th Annual Halloween Dance! Music by DJ Dizzle and the Fillest Man.

**CLOTHING SWAP & SHOP**
Tuesday and Wednesday December 9th and 10th
11:30 am to 3:00 pm – students only -
3:00 pm to 7 pm – open to the public
MUHS Hallway outside the Main Office

Bring in your gently used clothing, accessories, formal wear, jewelry, ties, knick-knacks, DVD’s, CD’s and swap for new used items. No clothing to swap? Bring your money and shop. 1 point equals $1

Items may be dropped off at the ACT Teen Center every day after school from 3 pm - 6 pm. You will receive point cards which you can trade in for new, used items during the clothing swap & shop.
Donations are welcome too. Look for posters at the end of November announcing clothing collection at MUHS. For more information or if you like to volunteer, please contact: Jutta@addisonteen.com 802-989-8934. The Teen Center is located in the basement of the Middlebury Municipal Building, across from Samas.
ACT is always willing to accept, and would greatly appreciate, donations of gently used couches, chairs, desks, lamps, coffee or end tables.

**Donation Needed!**

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-directors or visit the Center during drop-in hours.

**WANT MORE INFO?** Check our Web-site at: [www.addisonteens.com](http://www.addisonteens.com), call ACT at: 388-3910. Co-Director: Jutta Miska: jutta@addisonteens.com Co-Director: Colby Benjamin: colby@addisonteens.com

ACT is located in the Middlebury Municipal Building; enter on College Street across from Samas Café.