Visiting the ruins of Fort St. Frederic and Crown Point, and the impressively reconstructed Fort Ticonderoga on Friday, Oct. 2, Tara Martin and Cathy Stoddert's ISP class added an interactive dimension to its study of the importance of Lake Champlain to the Revolutionary War. The field trip was the final activity in students' analysis of the colonial era, following a researched, argumentative speech on key figures and events in the region, analyzing primary documents, reading background history, and more. Their exploration of the era is part of the course's first unit, Revolution and Ideology.

Fort St. Frederic provided tangible context for the precursors to the War for Independence. Students roamed over the rubble of the once-French stronghold before walking through the more substantial remains of Crown Point. After walking along the redoubt, the class traveled to Fort Ticonderoga where staff in period attire presented specific history and a visual understanding of the times. In particular, the fort's strategic location on the lake and its possession of cannon made it a worthy target for the American rebels. Ethan Allen, on May 9, 1775, exhorted the Green Mountain Boys to "either quit [their] pretensions to valor, or possess ... this fortress" (http://www.eyewitnesshistory.com). While valor was not their motivation, ISP students did enjoy a sunny, breezy day out with their classmates and seeing their subject of study up close.
Colonial Coffeehouse for “Enlightened” ISP Students

“To love truth for truth’s sake is the principal part of human perfection in this world, and the seed-plot of all other virtues”—John Locke

On Wednesday, September 16, Tara Martin and Cathy Stoddert’s America in the World class came together to debate Natural Rights, freedom and democracy over cups of coffee, tea and hot chocolate. This gathering was the culminating activity for students’ research into 28 important Enlightenment thinkers, such as Hobbes, Rousseau, Goethe, Wollstonecraft and Diderot. Each student researched one “Philosophe,” learning biographical information, critically examining his/her significance to the Age of Reason, and analyzing a relevant primary document. At the coffeehouse, students mingled with peers to share their knowledge, find common ground and even to argue; it turns out mathematicians are particularly feisty about their beliefs! As the activity came to a close, students elected two “Most Enlightened” Philosophes—congratulations to Ally Larocque, Joe Langevin and runner-up Riley Fenster. Next up: how theory becomes practice in the American Revolution, where we had it “in our power to begin the world over again” (Thomas Paine).
The start of the school year means start of the Brain Science Club! The Brain Science Club meets every Wednesday from 7:00 am to 8:15 am. In the club, students learn about the brain from Middlebury College students majoring in neuroscience. This year, we are honored to have Nicki and Olivia as our mentors. The Brain Science Club is perfect for those who want to learn more about the neuroscience and prepare for the Brain Bee at UVM in February. With multiple events and hands-on activities, the club is a great way to learn more about the nervous system. Members will receive their own materials to help study and will also be able to participate in labs related to the brain. Please contact Mr. Scaramucci in room H-005, if you have more questions.
Congratulations to seniors’ Sophie Saunders- Flute, and Haven Tate- Bass Trombone, for being two of only four students selected from the State of Vermont to perform with the National Association for Music Educators (NAfME) Honors Concert Band in Nashville, TN in late October. These Middlebury Union High School students will rehearse for three days with other top students from around the United States, culminating in a performance on stage at the Grand Ole Opry. Students from around the United States are selected based on their scores from the previous year for their All State Music Festival and an online submitted audition. NAfME will be holding its annual conference during this time with hundreds of workshops for music educators available. Sophie and Haven are students of Anne Severy, Band Director at Middlebury Union High School.
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 Admissions Office as well as the MUHS Guidance office. 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. Please contact the Guidance Department for more information.

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.

SAT

Seniors planning to take the SAT this fall, should note that the late registration deadline for the November 7th test is October 27th. The regular registration deadline for the December 5th test is November 5th.

ACT

The next ACT offered this fall is December 12th with a registration deadline of November 6th.

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. Spring and summer course registration at CCV begins November 2nd. For more information about the dual enrollment program, please refer to the MUHS Guidance Web-page or contact the Guidance Department.
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 evening.

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 2015-2016 and have been determined eligible. Applications are available in the Guidance office. 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.

In addition, every income-eligible senior who took the SAT or SAT Subject Tests using a fee waiver during the 2014-2015 school year, will receive four college application fee waivers (CAFWs) directly from the College Board. These fee waivers can be accessed online through the eligible student’s College Board account.

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 10th grade students from around Vermont to discuss social, business and political issues. The Vermont Conference will be held at the Saint Michael’s College campus on May 26th, 27th, 28th and 29th (Thursday, Friday, Saturday and Sunday prior to Memorial Day). Students interested in an exciting opportunity to interact with other involved 10th grade students, please stop by the Guidance office to pick up an application. You can learn more about HOBY online at hobyvt.org.

Completed applications are due by Friday, November 6th.
MUHS Personalized Learning Plan Day

On the morning of October 14, 2015 all 9th through 12th graders will be involved in grade level activities to further their work on personalized learning plans.

The activities by grade level are listed below:

9th Grade: Complete Core Values and Career Values Surveys using Naviance. 
Attend a presentation by Jared Campbell about planning for a successful high school experience. 
Create goals for: school, outside of school, and life after high school.

10th Grade: Complete Career Interest Inventory using Naviance.
Visit two programs of choice at the Hannaford Career Center.

11th Grade: Take the PSAT.

12th Grade: Students will begin the morning by attending one of two panel discussions. There will be a College Admissions Panel discussion with representatives from Middlebury College, Castleton State, University of Vermont and Saint Michael’s College as well as a Local Business Panel with five area employers presenting. 
After the panel discussions, student will choose between four workshops depending on their post-secondary plans:
1. Writing a personal essay for college applications.
2. Revising a personal essay for college applications.
3. Writing a cover letter and resume.
4. Revising a cover letter and resume.

Students in grades 9, 10 and 12 will return to block 3 classes at 11:30 a.m., while 11th grade students will go to their block 3 classes at 12:00 p.m. Please feel free to contact the Guidance Department with any questions about personalized learning plans and their implementation. We look forward to a positive and engaging morning for all students on October 14, 2015!
On September 21, approximately 120 9th grade students, their faculty advisors and 40 Peer Leaders converged on the Middlebury College Bread Loaf campus for a day of team-building activities. Mike Weber from the Great American Opportunities Leadership Institute was our guest speaker who helped to kick off the day! He used humor and interactions to redefine for students, “change,” and what they may experience in 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.” Mike Weber also spoke about how others are affected by the words we use and influenced by the actions we take.

Following Mike's presentation, the Peer Leaders worked with the MUHS Guidance Department to organize a terrific morning of team-building activities. With help of gorgeous weather, the Peer Leaders led games in the meadow which involved problem-solving, communication and working together.

Following the meadow games, MUHS hosted a community picnic catered by Green Pepper’s Restaurant. Everyone enjoyed 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 p.m., where they watched a slide show presentation of the day’s events.

Thank you to everyone who made it such a successful day!
October is anti-bullying awareness month and the MUHS SCOHR club (Student Coalition on Human Rights) will be presenting activities and initiatives throughout the month to create awareness and understanding about taking a stand against bullying.

In October, MUHS students will be restarting the student-led support group Peaks and Valleys. This group will meet weekly throughout the school year, and provides an opportunity for students to discuss highs and lows in their lives while supporting one another.

On October 15th, approximately 25 female MUHS students will attend the Women Can Do! Conference at Vermont Technical College in Randolph, VT. This is a career immersion experience promoting STEM and trades careers for high school girls across Vermont.

Yoga, yoga, yoga! MUHS prevention will be providing yoga for students during lunchtimes throughout the week as well after school on Wednesdays. Anyone is welcomed to join at any time.

At the end of October, MUHS will be offering Mindfulness Mornings on Tuesdays and Thursdays. This exercise will be led by MUHS faculty member, Jeff Clark and will meet in his classroom from 8:00-8:15 a.m..
Each year, the student body elects representatives that serve them in the MUHS Student Senate. Four students are elected from each class and these 16 students make up the Senate. These students conceptualize, produce, and support dozens of activities and events throughout the school year. They are regularly challenged to go out of their comfort zone, work long hours both in and out of school, collaborate with their classmates and school staff, and be leaders in our school. Throughout the year, they find themselves working individually or as part of their class representation. Students also work on committees that tackle specific tasks and efforts such as Homecoming, the Annual Fall Bonfire, Winter Carnival, and Teacher Appreciation Week.

On September 28, the Student Senate took a field trip to the UVM Adventure Ropes Course in Burlington. The day was spent working with UVM ARC facilitators to hone skills in effective communication, collaboration, trust and delegation, and leadership. Perhaps most importantly, it was an excellent opportunity for these students to get to know each other better and build a sense of community. The UVM facilitators made sure we had a lot of fun as well! We hope to continue this annual leadership “retreat” in the years to come to help the Senate build the necessary skills it needs to best serve and represent the school.
Homecoming School Spirit Week

New this year was a School Spirit Award given to students recognized by their teachers for their exceptional school spirit and participation in the themed dress-up days. The awards were given at the Pep Rally at the end of the day on Friday. The winners were: Mikayla Humiston, Katina Boise, Trevor Clark, Mary Lynch, Sophie Marks, Ella Beattie, Suzie Klemmer, Bethany Gale, and Megan Thomas-Danyow
On Thursday, September 24, Katey Stone gave a special presentation at Middlebury Union High School. Katey is the head coach for the Harvard Women’s Ice Hockey Team, and was the head coach of the U.S. Olympic team at the 2014 Winter Games in Sochi. The “Actor’s Guild” nature of the presentation was moderated by Middlebury College Professor Karl Lindholm. Coach Stone answered questions and shared her insight on topics such as leadership, specialization, making the most of opportunity, as well as her experiences coaching the Harvard Women’s Team and the U.S. National Team.

Those in attendance found Coach Stone to be incredibly inspirational! Thank you to Mr. Lawson, Mr. Farrell, and Charlie Messenger for making this presentation possible.
The United Way’s 21st Annual Day of Caring had over 190 MUHS students and teachers pitching in at ten sites around Middlebury to help improve the community. In MUHS’ eleventh year of participation, students and faculty were baking, digging, scraping, painting, gardening, sweeping, weeding, washing windows, raking and even cleaning the dashers at the Memorial Hockey Rink. Two memorable activities involved digging and leveling the side yard at the College Street Children’s Center and reclaiming the children’s play space from the clutches of the weeds and flora at Mary Hogan. Carl Engvall’s advisory took on the task of moving the dirt and the matting adjacent to the play area and leveling the ground for the preschool aged children on College Street. They were assisted by a few young helpers who eagerly shoveled and moved dirt with their own miniature wheelbarrows and tools. The challenge at Mary Hogan’s young children’s play space required two advisories to pitch in and dig down deep to rid the area of overgrown grass and weeds. George Rooney’s advisory and Chris Johnstone’s advisory were up to the task and performed admirably. The smiles on the faces of the kindergarteners were a well-deserved reward of a job well done. In a visit to the Commons, I saw an appreciative group of residents reaping the benefits of the work done last year by the group from Alt Ed. The vegetable garden’s harvest was bountiful and included ripe red tomatoes contrasted against the lush backdrops of leafy green vegetables.

All of the Day of Caring 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 everyone 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.
**Ghouls, Ghosts, Goblins and Superheroes Wanted:** Middlebury’s Halloween Celebration, the 8th Annual Spooktacular is scheduled for Sunday October 25th. Anyone interested in dressing in costume and volunteering his/her time can stop by the Guidance Department. Additionally, The Ilsley Library is planning a Halloween Day event and is looking for volunteers in costume to help. Stop in and see Mr. Collins for all the devilish details.

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**Work-Based Learning News**

On Wednesday October 14th, Middlebury Union High School is planning a morning of career exploration for our students. Every grade has specific activities and the events planned for the senior class include a resume/cover letter writing workshop, a college essay workshop (both facilitated by the MUHS English Dept.) and two panel discussions. One panel will include local college admissions counselors, while the second panel will focus on the needs and skills local employers are looking for in today’s workforce. We have invited five local businesses to attend and the response from the community has been well-received. We will hear from speakers representing Porter Medical Center, General Electric, G Stone Motors, Connor Homes and Middlebury College. These businesses represent a wide range of employment opportunities available in our region and we look forward to engaging the community to improve the outcome for all students.

**Local businesses are looking to hire.** The Job Market right now is strong and many local employers have positions to fill. Stop by the Guidance Department and see Mr. Collins or check out the new Work-based Learning Bulletin Board near the center staircase.
On September 25, instead of lacing up our cleats, we left the soccer balls in the shed and gathered at the footbridge near the soccer fields with John Derick, Trail Coordinator, and Carl Robinson, Executive Director of the TAM. We divided our team of 20 into two groups and set off.

One group grabbed loppers and beat back the prickly brush and tall weeds that are threatening to overtake the footbridge crossing Otter Creek. In a particularly creative (or perhaps desperate) moment, an old pair of goalie gloves from the shed was put to use as protection from the prickliest growth. Meanwhile, the other group was busy loading 4.5 tons of gravel into wheelbarrows, one shovelful at a time, and moving it to a swampy section of trail between Creek Road and MUMS.

This activity was about not just working together as a team, but also giving back to the community — a community that not only stops by car wash fundraisers and cheers at games, but also perpetuates the culture that says how we win, and who we are in the process, are the most important part of being on a team.
Yearbook News: Senior Squares!

Senior Squares are due **November 2nd**. Please check in with your son or daughter 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 email Mr. Ottinger at 382-1039 or mottinger@acsu.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!!!!

**Reminder**: parent ads and baby photos are due December 2\(^n\)d.
**Picture Re-take Day**

Picture re-take day is on Thursday, October 22, 2015. Students who wish to have their picture re-taken need to bring the pictures they received in to return. Students having their picture taken for the first time need to pre-order online at mylifetouch.com or bring in payment with an order form. Additional order forms are available in the Main Office. Students not ordering pictures should still have their picture taken for the yearbook and photo ID. There is no charge for this.

**Parent Conferences**

Parent Conferences for Semester One will be held on November 5 and November 6, 2015. 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 – 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.

**Success Saturday - Save the Dates**

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 10, November 21, January 9, March 26, and May 21.** 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 Abigale Stannard-Mackey or Tammi Beattie at 382–1165 if you have any questions.
Ski Sale

SKI SALE
TO BENEFIT MUHS SKI TEAM

UP TO 65% OFF

NEW & USED FAMOUS BRANDS
SKIS SNOWBOARDS BOOTS POLES GOGGLES
HELMETS GLOVES SOCKS HATS PADDLE BOARDS
CROSS-COUNTRY AND MORE

SATURDAY OCT 24 9AM-3PM

MIDDLEBURY UNION HIGH SCHOOL

FREE ADMISSION
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Catch us on the Web: http://muhs-school.org/