132 GRADE 11 STUDENTS TAKE NECAP TESTS

On October 2, 3 & 10, MUHS juniors participated in the New England Common Assessment Program (NECAP), a series of reading, writing and mathematics achievement tests. A barbecue was held on Wednesday at the end of the testing to acknowledge the students for their hard work.
Parent Conferences for semester one will be held on November 1 and 2, 2012. 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 4:00-5:30 and 6:30-8:00pm and Friday 8:30am -12:30pm. Parents may sign-up for conferences by calling Julie Dodson at 382-1107.

Picture Retake day is on Thursday, October 18th. Students who had their picture taken on picture day and want their picture retaken need to bring the picture they received with them. For those students having their picture taken for the first time, an order form and payment is required. Order forms are available in the Main Office. Or you can go online and order, which allows you to customize your selection. Check it out at mylifetouch.com. All students should have their picture taken for a photo ID and yearbook picture. There is no charge for this.

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 27, December 1, January 12, March 2, March 30, and June 1. These dates were selected to correspond with the dates nearest interim grade reports and the end of each quarter. Students should 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 Jim Burnett and Tammi Beattie at 382-1165 if you have any questions.
On September 20th, MUHS hosted the annual 9th Grade Parent BBQ. Over 80 parents were in attendance to enjoy a tasty dinner, socialize and to hear professional parent educator, Vicki Hoefle, talk about preparing 9th graders for the transition to high school. In her talk, Vicki stressed to parents the importance of continuing to build solid relationships with their kids, to improve children’s decision-making, and prepare kids to steer their own futures. Following the presentation and dinner, parents transitioned to the MUHS Open House where parents walked through their student’s schedule over a span of two hours.
On September 25th, 2012, approximately 150, 9th grade students, their faculty advisors and 39, 12th grade Peer Leaders converged on the Middlebury College Bread Loaf campus for a day of team-building activities. Peer Leader Coordinators, Taylor Becker, Peter Lindholm, Sawyer Hescock, and Eleanor Eagan 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.” Mike Weber also 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 Peer Leaders led games in the meadow which involved problem-solving, communication and working together, including: Blind Polygon, Mine Field, 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. The students ended the day with an energetic advisory-directed scavenger hunt. The students returned to MUHS at 2:30 pm, where they listened to fellow 9th grade speeches for Student Senate, followed by music and slide show presentation of the day’s events.
On September 20, 2012, grade 10 students and their advisors participated in the annual United Way Day of Caring. Projects included: cleaning the glass at the Memorial Sports Center, painting a fence at Otter Creek Day Care Center, outdoor cleanup at Mary Hogan Elementary School and Helen Porter Health and Rehab Center, and trail maintenance for the Middlebury Land Trust. The event was a success, leaving many students feeling positive about the work they completed for their community. Students were also able to celebrate their accomplishments with a BBQ provided by the school.

The grade 10 advisors are: Jim Burnett, Jeff Clark, Matt Cox, Lauren Daley, Marianne Doe, Carma Fitzpatrick, Michele Forman, Lynn Hall, Christine Heagy, Tara Martin, Casey O’Meara, Paul Scaramucci, Katharine Scribner, and Ashlie Yates.
NEASC Accreditation Team to Visit MUHS Oct. 28-31

From a variety of schools across Vermont/New Hampshire and Massachusetts, sixteen educators will make an on-site evaluation of Middlebury Union High School on October 28-31, 2012. The evaluation visit will be conducted under the direction of the Commission on Public Secondary Schools of the New England Association of Schools and Colleges. The visiting committee will be chaired by Joseph Damplo, a retired media services director from Wellesley, MA. Mr. Damplo has had extensive experience in the Association’s evaluation process. The Committee will be co-chaired by Michael Clark, Principal of Bellows Free Academy, Fairfax, VT.

The purpose of this evaluation visit is to review and determine from an outside professional viewpoint the extent to which the school is meeting the Standards for Accreditation. As part of the evaluation, the visiting committee will meet with all school constituents, review the school’s self-study, visit a number of classes, and examine examples of student work submitted by the school.

As part of the self-study, the school articulated conclusions regarding its adherence to the Standards. It also identified needs which should be addressed so that the school better meets its own mission and expectations for student learning and the needs of the students. The task of the visiting committee is to determine the extent to which the school meets the seven Standards for Accreditation and what it needs to do to improve and better meet its stated mission and expectations. The goal of an evaluation visit is to stimulate a continuing drive for improvement in the school. The New England Association of Schools and Colleges is a voluntary membership organization of more than 2000 public schools, colleges and universities, independent schools, and vocational, technical, and career institutions. Of these, over 650 secondary schools have been accredited through the Association's Commission on Public Secondary Schools. The Commission works with individual public schools to improve the quality of education through a continuous process of accreditation and evaluation.
**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 18th. By the end of October or early November, we hope to have met all seniors. This year, we are continuing to use Naviance, a Web-based program as an integral part of 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. If you have any questions about Naviance or the college selection/application process, please give the guidance office a call.

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**PAYING FOR COLLEGE**

On Thursday, November 15th at 6:30pm, a representative from the Vermont Student Assistance Corporation (VSAC) will be presenting the “Paying for College” workshop in the Commons area at the high school. The presentation, which normally 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.

Among the topics covered are types of financial aid, ways to apply, how family contribution is calculated, how financial aid is awarded, student and parent loans, and alternative payment options.

VSAC is a public nonprofit created by the State to help Vermonters plan and pay for education beyond high school. In addition to these workshops, VSAC sponsors online career and college planning tools, a free lending library, and many workshops and events aimed at helping Vermonters prepare for life after high school.

If you have any questions about the night please contact the guidance office.

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**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 2012-2013 and found to be eligible. Applications are available in the Guidance Office. If eligible, parents must then notify Rosemary Drabing in the Main Office that it is okay 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.
Parent/Athlete Meeting

Wednesday November 14th @ 7:00 pm

In the MUHS Gymnasium.

The Parent/Athlete Meeting is a required meeting for the student and parents of athletes who are participating 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.

Middlebury College Athletic Director, Erin Quinn, will be introducing the Middlebury College Bystander Intervention Program known as PAWS (Pause, Access, Worried, and Speak UP). This will be a short presentation to introduce the foundation of this program with the hope to generate interest to start a similar program for our community.

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 all there on Wednesday the 14th to start off a much anticipated winter season.

Thank You.

Sean Farrell
Activities Director
Senior Square!

Dear Parents of Seniors,

Senior squares are due October 31st. Please check in with your senior to see how they are progressing with their squares. 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. We met with the seniors last month to go over this. 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!*

Thank You’s, quotes or more photos

Your personal photos

Current **head and shoulder photo of you MUST be here!!!!**

The hard copy square can be as large as 7”x7” but the dimensions must still be the same proportions. Your picture must be at least 5”x 3.5” if you make your square 7”x7”. See Mr. Ottinger in room B101 if you have any questions. **Digital copies need to be square so we can get your square to fit correctly!**
September 17, 2012

Dear Parents of ACSU Students:

This letter responds to questions you may have about the new meal patterns set by the USDA and the implementation of those new patterns by our talented food service managers and staff. It is the responsibility of our food service managers to comply with the new meal regulations and provide healthy, nutritious, appealing meals to your children, all within the confines of a budget that is based on federal dollar reimbursement and income from paid meals.

In January 2012, Congress passed the Healthy Hunger Free Kids Act, the most sweeping change to school lunch in over 20 years. Some of the most notable changes to take effect this year are:

- Half of all grains need to be whole grain
- Vegetable subgroups, such as dark green vegetables and legumes (beans, lentils, soy, etc.), are now required
- Students must take a minimum serving of fruit or vegetable to complete a meal (ranging from ¼ cup to 1 cup)
- Menus must hit calorie targets based on student age by grade
  - Grade Level K-5 (ages 5-10) 550-650 calories at Lunch, 350-500 at Breakfast
  - Grade Level 6-8 (ages 11-13) 600-700 calories at Lunch, 400-500 at Breakfast
  - Grade Level 9-12 (ages 14-18) 750-850 calories at Lunch, 450-600 at Breakfast
- Transfats are not allowed except as they naturally occur in food such as beef, lamb, dairy
- Gradual reduction in sodium content required

The success of the food service programs relies on parents taking an active role in their child's nutrition by encouraging them to try new foods, picking out and purchasing meals from the school menu and modeling good food choices at home. The National School Lunch Program, which is a federally funded meal program, is also available in all our schools providing low-cost or free breakfast and lunch to families that qualify. See your school principal for an application form.
All schools in the ACSU are committed to providing breakfast and lunch to your children within the guidelines set by the USDA; please share your concerns about these guidelines with your school principal, me and Laurie Colgan, Director, Child Nutrition Programs, Vermont Department of Education. Her email is laurie.colgan@state.vt.us

Sincerely,

[Signature]

Dr. Gail B. Conley,
Superintendent of Schools
Health Alert

VERMONT
DEPARTMENT OF HEALTH

Health Advisory
October 5, 2012

Meningitis and Stroke Associated with Potentially Contaminated Product

To: Health Care Providers, Hospitals, and Ambulatory Care Centers
From: Patsy Kelso PhD, State Epidemiologist for Infectious Disease

-- Please Distribute Widely --

Summary
The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) are coordinating a multi-state investigation of fungal meningitis among patients who received an epidural steroid injection. Several of these patients also suffered strokes that are believed to have resulted from their infection. As of October 5, 2012, five deaths have been reported. Fungal meningitis is not transmitted from person to person. These cases are associated with a potentially contaminated medication.

Investigation into the exact source is ongoing; however, interim data show that all infected patients received injection with preservative-free methylprednisolone acetate (80mg/ml) prepared by New England Compounding Center, located in Framingham, MA.

Background
On September 21, 2012, CDC was notified by the Tennessee Department of Health of a patient with the onset of meningitis approximately 19 days following epidural steroid injection at a Tennessee ambulatory surgery center (ASC). Initial cultures of cerebrospinal fluid (CSF) and blood were negative; subsequently, Aspergillus fumigatus was isolated from CSF by fungal culture. On September 28, investigators identified a case outside of Tennessee, possibly indicating contamination of a widely distributed medication. As of October 5 a total of 47 cases* in seven states have been identified; no cases have been reported to date in Vermont. Fungus has been identified in specimens obtained from some patients, one of whom also had Propionibacterium acnes, of unclear clinical significance, isolated from a post-mortem central nervous system specimen.

Infected patients have presented approximately 1 to 4 weeks following their injection with a variety of symptoms, including fever, new or worsening headache, nausea, and new neurological deficit (consistent with deep brain stroke). Some of these patients’ symptoms were very mild in nature. CSF obtained from these patients has typically shown elevated white cell count (with a predominance of neutrophils), low glucose, and elevated protein.

On September 25, 2012, the New England Compounding Center voluntarily recalled the following lots of methylprednisolone acetate (PF) 80mg/ml:

- Methylprednisolone Acetate (PF) 80 mg/ml Injection, Lot #0521201208, BUD 11/17/2012
- Methylprednisolone Acetate (PF) 80 mg/ml Injection, Lot #06292012026, BUD 12/26/2012
- Methylprednisolone Acetate (PF) 80 mg/ml Injection, Lot #08102012051, BUD 2/6/2013

On October 3, 2012, the compounding center ceased all production and initiated recall of all methylprednisolone acetate and other drug products prepared for intrathecal administration.
Requested Actions

- Contact patients who have had an injection (e.g., spinal, joint) using any of the three lots of methylprednisolone acetate listed above to determine if they are having any symptoms.

- Although all cases detected to date occurred after injections with products from these three lots, out of an abundance of caution, CDC and FDA recommend that healthcare professionals cease use of any product produced by the New England Compounding Center until further information is available. Several Vermont healthcare facilities have received non-recalled products produced by the New England Compounding Center and all of these products have been sequestered.

- Perform a diagnostic lumbar puncture (LP), if not contraindicated, for patients who received epidural injection and have symptoms of meningitis or basilar stroke. Because presenting symptoms of some patients with meningitis have been mild and not classic for meningitis (e.g., new or worsening headache without fever or neck stiffness), physicians should have a low threshold for LP. While CDC is aware of infections occurring only in patients who have received epidural steroid injections, patients who received other types of injection with methylprednisolone acetate from those three lots should also be contacted to assess for signs of infection (e.g., swelling, increasing pain, redness, warmth at the injection site) and should be encouraged to seek evaluation (e.g., arthrocentesis) if such symptoms exist.


- Report any patients undergoing evaluation to the Health Department 24/7 at (802) 863-7240.

- Report any suspected adverse events following use of these products to FDA’s MedWatch program at 1-800-332-1088 or www.fda.gov/medwatch.

Case Definition

1: A person with meningitis\(^1\) of sub-acute onset (1-4 weeks) following epidural injection after July 1, 2012.

2: A person, who has not received a lumbar puncture, with basilar stroke 1-4 weeks following epidural injection after July 1, 2012\(^2\).

3: A person with evidence of spinal osteomyelitis or epidural abscess at the site of an epidural injection diagnosed 1-4 weeks after epidural injection after July 1, 2012.

\(^1\) Clinically diagnosed meningitis meaning 1 or more of the following symptoms: headache, fever, stiff neck, or photophobia and a CSF profile consistent with meningitis (elevated protein / low glucose / pleocytosis)

\(^2\) These people, if possible, should have an LP.

You have received this message based upon the information contained within our emergency notification database. If you have a different or additional e-mail or fax address that you would like us to use please contact your Health Alert Network Coordinator at vhair@state.vt.us or beed.larose@state.vt.us
Attention Teachers:
Can’t take your students on a field trip to Silicon Valley? Get them out of the classroom and into the real world at...

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• Get leads on internships
• Attend or participate in tech demos
• Learn about starting a robotics club
• See a STEM-program showcase sponsored by the Vermont Department of Education

LOGISTICS

Classes and field trips are welcome from 10 a.m. to 2 p.m. on Friday, October 26.

Organizers will have an activity prepared to guide students through the Jam, and help them have a meaningful and productive experience.

The Jam is free and open to the public Friday 10 a.m. - 5 p.m. and Saturday 10 a.m. - 3pm.

For the latest Tech Jam info, visit techjamvt.com

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RSVP with your school’s name and the approximate number of students to: techjam@sevendaysvt.com
The U.S. Department of State announces scholarships for American high school students to study abroad:

The National Security Language Initiative for Youth (NSLI-Y) offers merit-based scholarships to U.S. high-school aged students for overseas study of seven critical foreign languages: Arabic, Chinese (Mandarin), Hindi, Korean, Persian (Tajik), Russian and Turkish. The NSLI-Y program is designed to immerse participants in the cultural life of the host country, giving them invaluable formal and informal language practice and sparking a lifetime interest in foreign languages and cultures. Applications for summer 2013 and academic year 2013-2014 programs are due November 1, 2012. Visit www.nsliforyouth.org for more information.

The Kennedy-Lugar Youth Exchange and Study (YES) Abroad Program offers scholarships to American high school students to spend the 2013-14 academic year in countries that may include Bosnia & Herzegovina, Egypt, Ghana, India, Indonesia, Malaysia, Mali (semester), Morocco, Oman, South Africa, Thailand, Tunisia, and Turkey. This post 9/11 program focuses on increasing understanding between people in the U.S. and countries with significant Muslim populations. The application deadline is January 10, 2013. Visit the YES Program’s website for more information.

The Congress-Bundestag Youth Exchange Program (CBYX) was established in 1983 to celebrate German-American friendship based on common values of democracy. Secondary school students live with host families, attend local schools, and participate in community life in Germany. Young professionals (undergraduates) and high school graduates of vocational studies ages 18-24 study and participate in practical training. Scholarships are now available for academic year 2013-14; application deadlines vary by U.S. region and range from September 2012 to January 2013. For more information and application deadlines, visit the organization in charge of recruitment for your state at USAGermanyScholarship.org.

The American Youth Leadership Program offers opportunities for American high students and educators to travel abroad on a three- to four-week-long exchange program to gain first-hand knowledge of foreign cultures and to collaborate on solving global issues. Several different organizations implement this program, and each has organized an academic and experiential educational exchange focused on dialogue and debate, leadership development, and community service. Recruitment areas and application deadlines vary, so please check the American Youth Leadership Program website for more information.
ACT values teen culture as an essential part of the broader community. It provides a fun, safe and welcoming place for teens to hang out, and promotes teen contributions through programs, activities, and outreach.

**Drop-in Hours**
Monday, Tuesday, Thursday: 3 – 6pm
Wednesday and Friday: 3 – 7pm

ACT is open to all youth in 7th to 12th grade from the ACSU school district. Through its Youth Advisory Council (YAC), ACT sponsors dances, fund-raisers, community service projects and much more-- by and for teens. ACT provides a fun, safe and welcoming place for teens to hang out, be with their friends, listen to music, play foosball, pool, board games, be creative and do art projects and eat snacks.

**UP-COMING EVENTS AND ACTIVITIES:**

**Youth Advisory Council Meeting:** Wednesday October 10th and 24th 4:30 to 6pm (pizza at 5:30pm) “DREAM - ACT - DO” is the motto of our YAC meetings. Teens decide what they want to see happening at the Teen Center and plan, organize and implement programs and activities.

**Red Cross Babysitting Training Course:** Friday October 19th 9am – 4pm
The training class is approx 6.5hrs and is recommended for students ages 11-15. This is a fantastic class that covers not only childcare skills, but also leadership and communication skills, first aid, safety and emergency preparedness, and best practices for finding babysitter jobs and interviewing with parents.

**DJ Skate Night:** Saturday Oct. 20th, Nov. 10th and 24th 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 Adults - $3 students. Skates are available for rent and the snack bar is open.

**Halloween Dance:** Friday October 26th 8 – 11pm @ the Town Hall Theater
Start planning your costume for ACT’s 7th annual Halloween Dance! This is our most popular dance of the year. Come dance the night away with music by DJ Dizzle and Crew. Also, enjoy refreshments and participate in the costume contest.

**Clothing Swap and Shop, week of November 12:**
Come and join us for three days of swapping and shopping during the week of November 12th at MUHS, ART and MUMS. Bring us your gently used clothing, accessories, jewelry, CD’s, DVD’s, and knick-knacks. Tired of your prom or formal dresses from last year? For your items you will receive point cards that you can trade in for new items during the clothing swap. Most items are marked between 1 and 10 points. If you don’t have clothing to swap bring your money and purchase the items you like. 1 point equals $1; 2 points equal $ 2 and so on. ACT will start to collect clothing and other items in the second half of October during several lunch hours at MUHS and MUMS. For more information or if you like to help plan and organize the clothing swap or just want to connect about bringing in clothing at a different times you can call Jutta at: 802-989-8934 or email her at: jutta@addisonteens.com Check our Web site and look for posters around the school for specific dates and times!

**WANT MORE INFO?** Check our Web site at: www.addisonteens.com, call ACT at: 388-3910
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 Sama’s Café.
Middlebury Union High School

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Catch us on the Web: www.muhs-school.org
Newsletter: www.muhs-school.org/information/newsletters.html