You are invited

OPEN HOUSE

SEMESTER 1

September Calendar of Events

14 – Picture Day

20 – Open House
  6:45-8:40p.m.
  5:45p.m. Grade 9 Parent Cookout - Commons
  6:00p.m. Grade 12 Parent Mtg. – Auditorium

21/22 – MUHS Spirit Weekend
22 – Homecoming Dance
25 - Grade 9 Day at Bread Loaf

Opening Assembly Photos
Opening Assembly

Recipients of the President’s Education Awards Program


Front Row: Hannah Stoll, Julia Rosenberg, Leila Kiernan, Sierra Wulfson, Jonah Lefkoe, Nathan Hermann, Jerald Staret, Nora McLaughlin, Robert Avery.

Back Row: Dorothy Punderson, Ryan Biette, Maxon Moulton, Samuel Holmes, Naina Horning, Samuel Ferguson, Matias Pyle, David Burt.

Missing from photo: Matthew Becker, Aaron Gerow, Connor Quinn, Sonia Howlett, Grace Boucher, Catriona Craven-Matthew, Sam Lessing.

Student Senate President Sawyer Hescock addresses the students during the opening assembly.

Principal Bill Lawson addresses the students at Opening Assembly. Asking students to take full advantage and responsibilities of the opportunities available indicating that the road to success consists of planning, hard work, becoming involved in activities/athletics and other interests, and wishing all a successful year!
MUHS Summer School 2012

MUHS was busy this past summer with twenty-eight students taking part in Summer School. This program provides a great opportunity for students to improve on their previous school year performance. Students could enroll in a world history, math, science, or English class assuming they had completed the course during the 2011-2012 school year. Only certain classes in each content area are offered each summer. 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. Ratkowski (science), Mr. Pezzulo (math), Mr. Calzini (world history), and Ms. Yates (English); the co-directors were Cindy Atkins and Chris Johnstone. Of the twenty-eight students, twenty-seven of them successfully completed the classes they were enrolled in, and therefore, earned MUHS credit (or improved their previous grade). One student successfully completed her course work and earned her graduation diploma.

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 3, 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.
Mosquito-borne Illness Alert

Prevent Mosquito-borne Diseases

West Nile virus (WNV) and Eastern equine encephalitis virus (EEE) are infectious diseases transmitted by mosquitoes. Although the risk of getting infected is low, it’s not zero. Therefore, it is important to take steps to reduce your risk of infection.

ALERT: EEE has been detected in Whiting and Brandon, Vermont. Residents of these and surrounding communities should take precautions as EEE is fatal in one third of people.

To prevent mosquito bites

● Limit the amount of time spent outdoors at dawn and dusk.
● Wear long-sleeved shirts and long pants outside when mosquitoes are active.
● Use insect repellents that are labeled as being effective against mosquitoes.
   Effective ingredients include DEET, Picaridin, and oil of lemon eucalyptus.
   For more information about choosing a repellent see: http://cfpub.epa.gov/oppref/insect/index.cfm
● Cover baby carriages or outdoor play spaces with mosquito netting.
● Fix any holes in the screens in your house and make sure they are tightly attached to the doors and windows.

Reduce mosquitoes near your home

● Remove standing water around your house.
● Dispose of, or regularly empty any water-holding containers (including trash cans) on your property.
● Drill holes in the bottom of recycling containers that are left outdoors, so water can drain out.
● Clean clogged roof gutters of leaves and debris that prevent drainage of rainwater.
● Turn over plastic wading pools and wheelbarrows when not in use.
● Do not allow water to stagnate in birdbaths. Change it every three or four days.
● Keep swimming pools clean and properly chlorinated. Remove standing water from pool covers.
● Use landscaping to keep standing water from collecting on your property.

For more information on mosquito-borne diseases in Vermont:

healthvermont.gov
1-800-640-4374
MATH DEPARTMENT: Preparation for the 11th grade NECAP

The ratio of the volumes of two cubes is 1:64. What is the ratio of the edge lengths of the two cubes?

A. 1:4  
B. 1:8  
C. 1:16  
D. 1:64

This is an example of a question from the NECAP given in 2011. Give it a shot and/or ask a student to work on it with you!

11th grade students will be taking the Reading, Writing, and Math NECAP during the first half of October and the Math Department will be there supporting them. In September, there will be a couple of preparation sessions for all 11th graders, which will be run in classroom sized groups with math teachers. These sessions will focus on preparing for the test environment, the test format, how the questions are worded, multiple choice question strategies, and reviewing the math experiences they have had at the high school. These preparations may also provide some benefit as many of these students prepare for PSAT, SAT, ACT, AP exams over the next couple of years.

If you have any questions about our preparations, please call the school and ask to speak to someone in the math department or e-mail any of them (e-mails available through the school Web site). PS the answer is A. To try more NECAP questions use this link:


Writing Center

The Writing Center is for everyone because everyone can improve as a writer, and no one will ever reach a point where he or she cannot improve. It is a place for exceptional writers to become better, average writers to emerge farther, struggling writers to feel safer, and every writer to be more mindful. It is a place where the only subject that matters is the writer and the only lesson plan is to talk about that writer’s writing.

The Writing Center encourages better writers by making writing a little less lonely. The very moment writers choose to collaborate, they become better writers. If they do this enough, the writing will take care of itself. While some discussions may involve assignments for classes at MUHS, others may center on personal writing, college essays, or scholarship essays. There will be no editing drills or vocabulary flash cards; we will always talk about the student’s writing, whether brainstorming, initially composing, or meticulously polishing a completed piece.

The Writing Center is student-centered self-enrichment because writers elect to visit. This power-shift from a prototypical classroom comprises the core on which the Writing Center relies to achieve success: student choice.

The Writing Center has availability before, after, and throughout every single school day. Please drop in to sign up in room E102. Contact Tim O’Leary with any questions (toleary@addisoncentralsu.org, 382-1177)
We have had a wonderful start to the school year! Peer Leaders arrived the day before the start of school to greet the incoming 9th graders. Peer Leaders walked the 9th graders through their schedules and reacquainted them with the school layout. Peer Leaders plan to continue and meet with their 9th graders during morning advisory times on Mondays and Fridays throughout the first quarter. During morning advisory time, Peer Leaders will work to orient 9th graders to their new school, while encouraging them to get involved in school activities and readying them for the 9th Grade Day at Bread Loaf on September 25th.

In addition to Bread Loaf day, 9th graders and Peer Leaders will be preparing together for the schoolwide pep rally on Friday September 21st and the 9th grade Halloween competition on October 31st.

Welcome Class of 2016 Parents

Veggie Burgers
Salad
Hamburgers
Watermelon

Be Our Guest for the 9th Grade Parent Cookout

Presentation by Professional Parent Educator, Vicki Hoefle

“Preparing Teens to Steer Their Own Future”

Date: September 20, 2012
Cookout Time: 5:45 p.m.-6:45 p.m. Place: MUHS Commons
Open House follows at 6:45 p.m.
Spiral International

Spiral International Comes to Middlebury!

Spiral International is an educational exchange program based in South Burlington, VT. In association with Stillwell International (based in China), they organize exchange programs between high schools around New England and high schools around China. Spiral provides a grant to each host site, and Middlebury agreed to participate and receive this grant. We hosted 30 students and 2 teachers from July 23rd to August 4th.

In addition to the 30 Chinese students, 16 local American students also participated in the program. These “student ambassadors” helped the Chinese students learn English and participated in all the cultural field trips, giving our visitors a firsthand account of life and culture in Vermont. Highlights included our trip to Ben and Jerry’s Ice Cream Factory (and the giant waffle cones they consumed with glee), eating creemees for the first time (and then again and again over the two-week visit), a day at Lake Dunmore swimming, tubing, and making s’mores (special thanks the Farrell family!), hiking and zip-lining at Sugarbush, visiting Shelburne Farms, and of course shopping in Burlington.

Every evening the Chinese students went home to eat and stay with local host families. These families were key to the success of the program, and more than providing food and lodging, they gave our visitors insight into the local culture and English language. At times, cultural differences can be exhausting, overwhelming, and confusing, but our families bravely tackled these challenges and provided their guests with the experience of a lifetime. Many families made wonderful friendships, and were even treated to special meals of Chinese food or Chinese dumplings! If you are interested in being a host family to a student next summer, contact Michelle Steele at msteele@addisoncentralsu.org.

The most significant and noteworthy success of the program was the friendships that formed between the Chinese students and our local Middlebury student ambassadors as the weeks went by. It was really special to watch them get to know one another, help one another, teach one another, and laugh together. Not only were the ambassadors critical to the success of the program, they had a wonderful experience and made lifelong friends. There is an opportunity for these students to travel to China in April 2013, more details on that trip will be coming soon!

We hope to continue our relationship with Spiral and continue fostering cultural understanding and building friendships next summer. If you have questions or are interested in being involved in the program, please contact Michelle Steele at msteele@addisoncentralsu.org.
Upcoming Junior/Senior Events

College Fair:

This year, the college fair will be held at St. Michael's College. Representatives from over two hundred colleges will be on hand to talk with students on the evening of Wednesday, September 12th from 6-9pm and during the morning of Thursday, September 13th from 9-11:00am. The guidance office has reserved 2 buses on the 13th to bring students to the fair. In addition to meeting with representatives at the fair, our students will listen to a presentation on the college selection process, and tour St. Michael’s College. Finally, we will finish our visit by literally getting a “taste” of college life by eating lunch in the college cafeteria.

This is a great opportunity to get our junior students started on the college selection and exploration process. Students interested in attending the college fair day need to sign up in the guidance office by September 10th.

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, 20th. 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. Sign up is with Ms. Bearor in guidance office. Once students signs 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 son or daughter to sign up as soon as possible. Please see your school counselor for more information.

SAT

The first SAT of the year is scheduled for October 1st. The regular registration deadline is September 9th. Late registration deadline is September 21st. The next available SAT is scheduled for November 5th.

Opportunities in Health Careers Education

The Champlain Valley Area Health Education Center offers several opportunities for students to learn about careers in the health field. The first opportunity for 10th-12th grade students will be on Friday, October 19th with "Shadow Day at Porter Hospital." There is a $25 cost to attend the day which includes lunch. The second activity for all high school students is the "Focus on Health Careers Conference" at the University of Vermont's College of Medicine on Saturday, October 27th.

Applications of both programs are available in the guidance office or at www.cvahec.org. Deadlines for applications are September 26th for the Shadow Day at Porter Hospital and October 3rd for the Health Careers Conference. For more information stop by the guidance office.
Alternative Education continues to Grow!

It has been a busy start for the Alternative Education Program. Students have been busy harvesting the school garden that was planted last spring as well as getting the school's greenhouse up and running for the school year. This has included running soil tests on the greenhouse beds and adding compost to amend the soil. They are preparing to work with other classes and teach them about proper growing techniques in the greenhouse. They will also be teaching other students why growing and eating local food is important to our health as well as to our community.

To date students have harvested 60 lbs. of potatoes, 50 lbs. of carrots, 20 lbs. of onions, and 50 lbs. of winter squash. Most of the harvest goes to the school cafeteria while some of it is used in the Alternative Education program to teach students how to cook healthy local recipes. From the school's garden, students have made squash bread and carrot muffins as well as homemade French fries and beet salad.

In the coming weeks, students will be seeding the greenhouse with many varieties of spinach, lettuce, beets, kale, and carrots. If anyone from the community would like to get more information on the greenhouse and or like a tour of it please contact Steve Colangeli at scolangeli@addisoncentralsu.org.
Do you know students can **beat stress, lift their moods, sharpen their minds, and get in shape** simply by elevating their heart rate and breaking a sweat?

Aerobic exercise physically remodels our brains for peak performance

“**Zero Hour**” is a Morning Fitness Program for Middlebury Union High School Students

**Why you should do it?**

- Lift your mood & sharpen your mind
- Improve your self-esteem & learning readiness
- Improve cardiovascular fitness
- Work with a professional to individualize an exercise plan and improve nutrition/hydration habits
- Meet part of your Physical Education requirements before the school day begins with regular participation

**When is it?**

- Stop by any morning the program is running to shoot hoops, lift weights, or work on cardiovascular fitness
- Ten week programs begin 9/10/12, 12/3/12, and 3/18/13 • 7:15 - 8:15 am, available five days per week

For more information, call the MUHS Guidance office at (802) 382-1195 or stop by the gymnasium in the morning.
Ski Sale

**SKI SALE**
**TO BENEFIT MUHS SKI TEAM**

**UP TO 50% OFF**

NEW & USED
Downhill/Snowboard/Nordic Gear

**BOOTS** STARTING AT **$39**
**SKIS** STARTING AT **$109**

*while supplies last

SATURDAY, OCTOBER 20 9am-3pm

Event Location: Middlebury Union High School
Big Dreams Start Small
Choose from over 700 Participating products to help earn money for your school.

From September 9 through December 1, 2012, look for shelf tags throughout the store to find participating products that help you earn money for your school.

Tips for Parents

Did you know that if your child’s school has 100 participating families, and each family earns just 3 school dollars a week for each week of the program, your child’s school will raise $3,600? That’s a lot of dough! We’ve compiled a list of tips to help you maximize your school dollars’ earning power, so that you can earn the most money possible for your child’s school while doing your grocery shopping.

Go online!
Go to hannaford.com/hhs for a list of the more than 700 participating products. This will make it easy for you to select four items to add to your shopping list to earn $3 for your school.

Also, hannaford.com has a unique shopping list feature that allows you to create your shopping list right online. Simply select the store at which you shop the most, and you will see all of the items and prices available at that store. When you are creating your shopping list, you can identify participating Hannaford Helps Schools items by looking for this icon:

Adding four participating items to your list before you go to the store will help ensure you don’t forget them on your shopping trip!

Look for signs in-store.
While shopping, look for this tag below participating products:
* Purchase four in one shopping trip, and you’ll earn a $3 certificate at the register to deposit in the collection tower in the store. Look for the slot with your school’s name on it.

Stock up!
We have over 600 participating products, but if you can only find one or two items that your family uses or consumes, stock up!
All four items need to be purchased in one shopping trip to earn the $3 for your child’s school, so if you know you’ll use or consume the product anyway, just make sure you buy them in one trip.

Make sure you get your school dollars at the register.
Sometimes it takes a minute for our computers to register that you purchased four participating items and earned dollars for your school. Make sure that, after you receive your receipt, you also receive a printout that looks like this:
Deposit the printout in the specially marked tower at the store so that you don’t forget to submit it.

Spread the news!
Tell your family, friends, and neighbors about Hannaford Helps Schools. Many community members want to support our local schools, but just don’t know about the program, especially if they don’t have children in grades K–12. Ask grandparents, aunts, uncles, cousins and close family friends to purchase participating products as well. If they live in another city or state, they can mail the dollars to you to deposit at the store where your school is registered. Just be sure to turn them in by December 14!

For participating brand logos, visit hannaford.com/hhs.

customer service line 1-800-205-7839
www.hannaford.com/hhs
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 September 12th and 26th - 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.

Ride Roast and Rock: Saturday September 29th from 9am – 5pm
Help support your local Teen Center during ACT’s third annual fund raiser Ride, Roast and Rock! This year we have three bicycle tours, a 52 double gap ride, 26 mile tour and 8 mile tour. After the ride, stay for the BBQ, raffle and music by the Horse Traders. For more information see the flier on the back of this page!

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.

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 Drive: Beginning in October
Come and bring us your gently used clothing, shoes, accessories, jewelry, books, CD’s, DVD’s, and knick-knacks. Tired of you prom or formal dresses from last year? We take those too! For your items you will receive point cards that you can trade in for new items during the clothing swap. Most items are between $1 and $10. Some special items might be marked up to $20. The Clothing Drive will begin at MUHS and MUMS in October and will be held on various dates throughout the school year. Check our Web site and look for posters around the school for the specific dates and times!

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