181 Grade 11 Students Take NECAP Tests

On October 5, 6, 7, MUHS and other Vermont juniors participated in the New England Common Assessment Program (NECAP), a series of reading, writing and mathematics achievement tests. A barbecue was held on Thursday at the end of the testing to acknowledge the students for their hard work.

The evening of September 15, 2010 brought record attendance of parents at the fall semester Open House. It was an opportunity to meet teachers, learn more about the curriculum and to chat with friends over cider and cookies. This year, the event was preceded by the 9th Grade Parent BBQ, sponsored by the MUHS Prevention Program. The dinner was followed by a presentation by Dr. Breena Holmes discussing adolescent strengths and resiliency.

There was also a meeting of grade 12 parents discussing ways to support their students with a variety of senior events. If you missed this meeting, contact Doc Seubert at 382-1176 or rseubert@addisoncentralsu.org.

Parent Conferences will be held on Thursday, November 4, 2010 from 4:00pm - 8:00pm and on Friday, November 5, 2010 from 8:30am - 12:30pm. You may have the opportunity to speak to any or all of your student’s teachers. Appointments are scheduled in 15 minute increments. Please call Julie Dodson at 382-1107 to schedule your meetings.

Picture Retake Day will be held on Thursday, October 28, 2010 from 8:00am - 1:30pm in the auditorium. This is for anyone who missed the first picture day or for those who are unhappy with their pictures and want them retaken. Students must bring in their picture packet if they want retakes done. Students can still get their pictures taken for photo IDs and yearbook pictures at no charge. Picture order forms are available in the main office.
Dear Parents:

Last year, the Vermont Legislature passed a bill known as “Challenges for Change” which required the Commissioner of Education to reduce net educational spending across the State by 2% or approximately 23 million dollars from the prior yr 2010-2011 spending levels. The Commissioner has assigned a recommended dollar reduction figure to each school district in the State.

This Union District #3 reduction figure is $341,000 not including inflationary costs. MUHS’s share of this reduction is in the neighborhood of $194,788 plus a projected inflation amount of $205,257 (2%). This would result in a $400,045 reduction in spending from this year to next at the high school. MUM’s share of the $341,000 UD#3 reduction is in the neighborhood of $148,617, plus $98,000 in assumed inflationary cost, for a total of approximately $247,617.

The UD #3 Board of Directors will hold a public forum for the purpose of explaining the Legislation, its impact on the grades 7-12 budget, and solicit feedback and opinions from the public in order to guide their actions during the current budget development. This Forum will occur at approximately 6:00 p.m. on October 19th in the MUHS Learning Center.

We urge all interested community members to attend and voice their opinions.

Respectfully,

[Signature]

William D. Lawson
We are starting a committee to recommend a set of guidelines for Responsible Use of Technology at MUHS. These guidelines will be relevant to faculty, staff, and students. We’re hoping to have a broad spectrum of ideas represented from various members of our school community (i.e. students, teachers, community members, parents). The discussions will pertain to how people are using technology (e.g. current facts and trends, digital communications, social networking, safety issues, electronic bullying and harassment, protecting personal information, intellectually property rights, first amendment rights, copyright issues, legal issues, security issues, and the digital divide). From these discussions we will develop a set of guidelines for the responsible use of technology at MUHS.

We will meet every other Tuesday from 3:15 to 4:00p.m. in the MUHS Learning Center. This month’s meetings will be on October 12 and October 26. Open discussions will be held on MOODLE. We hope to have this set of guidelines completed by the end of December.

Interested in being on this committee? Please e-mail me!  ldenice@addisoncentralsu.org

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A Letter from Jim Calder – Driver Education Teacher

Dear Parents,

In Driver Education we are mandated to talk with your child about alcohol and other drugs; their impact on the driving behaviors, the DWI laws, etc. We also have our School Resource Office, Scott Fisher, as a guest speaker to assist in this section of our curriculum.

There are many resources out there for you to access. One is a Web site called http://www.parentupvt.org/. Please take a look at this Web site. The resources found at this Web site come from our State of Vermont Department of Health, Agency of Human Services Web site.

If all parents would take the time to talk with their children about drugs and alcohol and the choices teens make, society as a whole will be better off. The number one cause of teen deaths is due to car related collisions. It is said that one half of all highway deaths each year are due to alcohol and drug use.

Thanks for taking time to be a part of your teen’s life by coming to the MUHS Open House and attending Parent Teacher meetings coming up Nov. 4 & 5. As you are more involved with your teen’s experience in high school, they will better learn the life lessons taught here at MUHS and in Driver Education. Making good choices and taking responsibility for ones choices are all important skills all of our students need to learn.

Remember to always buckle-up and drive safely.
During the month of October, school counselors will be meeting with seniors to discuss their plans for after high school. For students applying to college under an early action or early decision program, we ask that you schedule an appointment if possible, prior to October 13th. By the end of October or early November, we hope to have met all seniors. This year, we are using 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 at 382-1195.

Over thirty MUHS students have volunteered to be tutors in the Learning Lab this semester. Peer tutors are matched with a student who has requested tutoring. Tutoring is provided in all subjects at all times during the school day, including before and after school. In addition to content, tutors can also help with organization. Also tutoring in the Learning Lab are staff Jim Burnett and Natalie Riegle, community volunteers and students from Middlebury College. If your student is interested in having a tutor, he or she should stop by the Learning Lab.

In other Learning Lab news, all 9th graders are receiving an orientation of the Learning Lab in October. Ninth grade advisories will visit the Learning Lab and learn about the services it can provide. The Learning Lab will also be holding two "Success Saturday's" this year. Students fill out a "success plan" with their teachers detailing what they can do to improve their grades before the end of the semester. Tutors are available to help with the work. In the past, up to 40 students have participated on a Saturday. This year, the dates for the two "Success Saturdays" are January 15 and May 21.
Biology I students are currently using their knowledge of stream ecology to determine the overall health of the aquatic ecosystem in Otter Creek at a site near the high school and comparing it to a site on the lower Middlebury River. Teams of students are formulating independent judgments of the health of these stream sites using a broad array of physical, chemical, and biological data, including *E. coli* bacteria, dissolved oxygen, and stream invertebrate animals. Other measurements include flow rate, sedimentation, erosion, algal growth, stream bank plant life, and the land use patterns adjacent to these sites. Students have an extra challenge this fall, since during their studies, heavy rains caused the streams to dramatically increase their flows. Otter Creek’s discharge went from 200 cubic feet per second to over 3000 cubic feet per second over the course of a few days. They recorded an increase in *E. coli* levels from an average of 37 bacteria/100 mL to over 375 bacteria/100 mL. This means an individual’s risk of illness for swimming jumped from approximately 0.3% (below the state standard) to approximately 3% (well above the state standard).

Students are practicing skills in methodical sampling, use of satellite images, descriptive writing, illustration, and constructing and analyzing tables and graphs of scientific data. Each student team will produce a formal written report which will include a summary of the ecological data and a final assessment of the overall health of each site.

*Paul Scaramucci’s Biology I students brave the rain and high water to collect stream data from the lower Middlebury River*
On September 29, 2010, 144 9th grade students, their faculty advisors and forty five 12th grade Peer Leaders converged on the Middlebury College Bread Loaf campus for a day of team building activities. Peer Leader Coordinators, Angelica Swinhart, Harrison Pratt, Will Earle, and Nicole Brown along with Brooke Jette Howard Giles, Mark Thuma 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. To illustrate perceived risk, he asked a volunteer to juggle eggs made of wood. 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.” The Peer Leaders led games in the meadow which involved problem-solving, communication and working together, including; Blind Polygon, Mine Field, Moonball, Tin Shoe, The Swamp and Trolley. The community picnic consisted of Green Peppers pizza, salad and desserts made by the Peer Leaders. Following lunch, students played volleyball, soccer, Ultimate Frisbee and football. Mike Weber 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 students returned to MUHS at 2:30, where they enjoyed a music and slide show presentation of the day’s events.
MUHS Prevention program is looking forward to more engaging student events in October. On October 13th, the Women Can Do! Conference is being offered to female students in grades 9-12. This conference is a day full of hands-on workshops in trades, technology, and other “non-traditional” fields for women.

Also in October, several MUHS Peer Leaders will attend the Addison County Teen Summit on October 17th. The day will involve creating awareness about alcohol use/abuse prevention work in our school and community.

At the end of the month, the MUHS Take A Stand! Program will begin a series of workshops for 9th graders, intended to create awareness of different forms of bullying and how the bystander can take an active stand against bullying.

Beginning at the end of October, the MUHS Prevention program will be offering a grief/loss group for students that will meet every Tuesday for approximately 8 weeks.

Please feel free to contact Brooke Jette at 382-1726 or bjettes@addisoncentralsu.org with any questions regarding the above activities.

Mindfulness in Schools Part I  by Leila McVeigh

Mindfulness, in the words of Jan Chozen Bays, M.D., is “deliberately paying attention, being fully aware of what is happening both inside yourself…and outside yourself, in your environment. Mindfulness is awareness without judgment or criticism.” There is a growing movement toward the integration of mindfulness practices in schools. We have begun to explore ways to enhance the academic school day with opportunities for mindfulness.

The physical, mental and emotional health benefits of mindfulness are considerable. (You’ll hear more next month about the potential benefits for students.) One of the most basic effects is that the practice of mindfulness supports a calm, alert state of mind and body, which is far more efficient and sustainable than the adrenalin-driven, hyper-focused state we so often use to get through our day. When we are relaxed and aware, our thinking is more flexible, which enhances our creativity and problem solving. By slowing down for a few minutes, we actually improve our performance.

A “mindfulness practice” can be a special activity intended to quiet the mind: a seated practice, yoga, mindful walking, or guided relaxation. The intention, however, is that this practice begins to inform the way in which everyday activities are carried out. We begin to notice our posture, breath and thoughts while eating, waiting in line, or sitting at the computer. We give ourselves the chance to be intentional about our actions, and to be the agents of our own success and well-being.
On September 16, 2010, grade 10 students and their advisors participated in the United Way Day of Caring. The projects included: cleaning the glass at the Memorial Sports Center, painting a fence at Mary Johnson Day Care Center, outdoor cleanup at Mary Hogan Elementary School, trail maintenance for the Middlebury Land Trust, stacking firewood and sorting clothing at Project Hope and preparing food for the Community Supper at Congregational Church.

The grade 10 advisors are: Susan Arenson, Cindy Atkins, Kate Carroll, Frankie Dunleavy, Sean Farrell, Karen Greene, Debra Koretz, Perry Lessing, Michele Magnano, Bjarki Sears, Anne Severy, Howard Giles and Mark Thuma.
Middlebury U.H.S. takes part in POL; I will be advising the group of students and have been gratified to see such interest in the program from all grade levels. We will have our first meeting in early October, and I hope to help our competitors advance from the school competition to the state’s in March 2011, and perhaps on to the national competition on April 28th and 29th! MUHS has already produced one Vermont state winner in 2008: Caleb Smith Hastings. Encourage your student to join!

There are cash prizes for state winners and their school libraries, and a total of $50,000 in scholarships will be awarded at the national level--$20,000 for the national champion. For more information about POL, you can check out the national Web site, www.poetryoutloud.org. Wish us luck!

155 Students Attend Death of a Salesman at the Town Hall Theater by Tim O’Leary

On Friday, October 8th, 155 students attended a matinee of Arthur Miller’s Death of a Salesman, starring Christopher Lloyd at the Town Hall Theater. It was awesome!!! Death of a Salesman is a staple, canonical drama that is part of many English classes that students typically take during their junior year at MUHS. Since early spring, Doug Anderson of the Town Hall Theater and the Middlebury Union High School English department have been discussing the possibility of putting this matinee together and allowing a considerable number of MUHS students the chance to see top-tier, professional theater on their home turf. The English department and Doug hope that this is one cog in the machine of a long and robust relationship with the high school. Last year, a considerable number of students were able to see a matinee of A Raisin in the Sun. There have already been some discussions about a local staging of Of Mice and Men in the fall of 2011.

Thank you to Doug Anderson, for not only bringing performing arts into Middlebury, but for your excitement and passion to make those plays available to our young people. Thank you also to Bill Lawson for understanding what an awesome opportunity this was for our students and agreeing to give us the green light.
September was a busy month, culminating with Spirit Week (Sept 20 – 24) sponsored by the Student Senate. Students had several activities during the week and afternoons including; Capture the Flag, wiffle ball and Ultimate Frisbee. There was a bonfire on Thursday night, Pep Rally Friday afternoon, the Homecoming dance on Saturday, and several home sporting events.

Winter sports sign-ups are now in the office. By having your student sign up early means that we can collect the paper work and check for those who owe a physical.
Dear Senior Parents,

This is a reminder to everyone that your son’s or daughter’s Senior Square is due this October 25th. All Seniors have been given the guidelines for the square so be sure and ask them if they still have the form. They can always come to Room B101 to get another copy. The big difference this year is that we are asking for a part of their square have a current head and shoulder shot of them. The dimensions are below. The students can move the picture around but it has to be at least the size shown. Parent ads have a lot more flexibility to them. The Parent Ad form was in last month’s newsletter and if you need another we can either send you a form in the mail or email one to you. Please call me at 382-1039 or email me at mottinger@addisoncentralsu.org if you have any questions or concerns. Thank you, Matt Ottinger.

Thank You’s,
Quotes or more photos

Current head and shoulder photo of you MUST be this size!!!!

The Senior Square can be as large as 7”x7” (we will shrink them to the size above) 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.
SKI SALE
Famous Brands
Amazing Deals
Cross Country & Alpine Gear
NEW & USED

October 16
9am - 4pm

UP TO 60% OFF

Event Location:
Middlebury Union High School
To benefit MUHS Ski Team
Children’s Clothing Swap

Saturday, October 9
9:00 – 11:00 a.m.
Congregational Church of Middlebury,
Fellowship Hall

Children’s clothing, outerwear, accessories, and shoes
Ages newborn – junior high

Donate your child’s outgrown clothing & gear
then swap for the next size up!
All are welcome, even if you don’t have donations to swap.

DONATIONS NEEDED: drop off on
Wednesday, October 6 between 5:00 – 6:00 pm
at the Church or bring them to the swap with you.

Reduce * Recycle * Reuse * Refashion
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**Newsletter:**
[www.muhstigers.org/information/newsletters.html](http://www.muhstigers.org/information/newsletters.html)