



February 2010

www.asdk12.org

News from the
Principal's Office

Dear West High community,

With the new semester, comes new positive energy which is following through our hallways and classrooms at WAHS. By the time you receive this newsletter, students should be settled into their second semester classes. We anticipate that the positive energy will continue through the end of the year and our students and staff will have a wonderful second semester.

Parent support of our school, its students and its teachers is outstanding! Our staff continues to be very appreciative of the positive contributions that parents, community members, alumni association and the PTSA make. We enjoy having community members and parents visit the school as volunteers and as guest speakers. Our PTSA and Alumni Association have been very generous in funding and helping to fund a variety of projects and activities throughout the school. Several teacher mini-grants have been funded along with funding our athletic programs. Thank you!

As we move towards the end of the hockey and cross-country season, and as we are in the heart of our basketball season, I strongly encourage students, parents and other members of our community to come and support our athletes at the games, races and tournaments. We have a record number of students participating in these activities, as well as a large number of

students participating as cheerleaders for basketball, hockey and our competitive cheer squad. When the gym is full and/or the bleachers packed with WAHS fans, it really gives our students athletes a boost.

Registration for next year is right around the corner. We are already beginning to gear up for next year's scheduling and students will soon have the opportunity to make request for next year's classes. Please look for registration packets to come home in early February for next year. For those of you with eight graders coming to West Anchorage High School next year, registration efforts for next year's freshmen and visits to our feeder schools will occur in the middle of February. I encourage you to talk seriously with your students about their course selections in terms of their plans beyond high school. We have many opportunities here at West to prepare students for a wide variety of future careers and it is important that they choose wisely with the guidance of their parents, counselors, and teachers.

Rick Stone
Principal



Activities Corner

Activities Corner

The West High Eagles are off to a great winter sports season. The following sports are currently in session:

- Bowling
- Hockey
- Cheerleading
- Nordic Skiing
- Basketball

New Eligibility Rule

A new rule was passed by ASD administration, now if a student does not have a 2.0 GPA, the student may still “practice” with a team. The student may not compete in any games or contests but they can be part of the team by practicing with the team. Students can pickup a ‘practice no play’ form in the activities office.

New Kind of Assembly

In January we hosted a new kind of pep assembly at West. The Jan 21st assembly was dedicated to clubs and non-athletic teams at West. We had participants from the Spanish Club, Poly Club, African Dance Club, Drama Club and several other clubs. It was a great way to showcase the wonderful, talented West High students.

Coach Evaluation Form

We want to hear from you. If your child is involved in a sport at West, feel free to fill out the enclosed Coaches Evaluation Form. We know our coaches work hard but it is always good to hear from our families. You may mail the completed evaluation to the West High Activities Office or you can email it to Brain_Nancy@asdk12.org.

Dance Policy

In December we held our first dance utilizing our new “Dance Policy”. Each student and guardian had to read and sign a dance policy form before entering the dance. The new policy had a tremendous effect on decorum at the dance. Student dancing was very appropriate for a school function and we did not have any discipline problems at the dance. We are working together with West Administration and the Student Government to make some adjustments to the dance policy and to make the form more user friendly. The next West sponsored dance is the Sadie Hawkins Dance on February 20th.

West Anchorage High



END OF ACTIVITY SURVEY

Parent _____ Player _____ (mark one) Date _____

SPORT/ACTIVITY _____ LEVEL (circle) C JV V N/A

COACH'S NAME _____

Please rate the coach in each area on a scale of 1-5, with 1 being poor and 5 being excellent. Circle the appropriate number or NA if not applicable or if you are not able to rate the coach in an area.

- 1) Communication with parents 1 2 3 4 5 N/A
- 2) Communication with players 1 2 3 4 5 N/A
- 3) Organizational skills 1 2 3 4 5 N/A
- 4) Motivation of players/team 1 2 3 4 5 N/A
- 5) Discipline of team/players 1 2 3 4 5 N/A
- 6) Knowledge of the sport/activity 1 2 3 4 5 N/A
- 7) Prevention and care of injuries 1 2 3 4 5 N/A
- 8) Attitude/conduct during contests 1 2 3 4 5 N/A
- 9) Attitude/conduct during practice 1 2 3 4 5 N/A
- 10) Ability to teach skills 1 2 3 4 5 N/A
- 11) Overall rating of coach 1 2 3 4 5 N/A

Please add any comments below or on a separate piece of paper:

RETURN THIS FORM TO WEST HIGH ACTIVITIES OFFICE.



Air Force ROTC

January

My, oh, my what a beautiful year it is so far. Major and Chief out did themselves again with all the activities the Corps has been involved with. AK-033 is well known in the community, especially for their Color Guard Team. The cadets are always looking sharp and ready to go. We have accomplished Color Guards for some very important people in the community. For example, Ms. Carol Comeau directly called and talked to Chief and asked us for the West High Color Guard Team to present the Nations Colors at the State Superintendents' event. The World Affairs Committee has invited ten cadets to three of their luncheons that are being held at the Hilton Hotel on January 29, February 5, and April 23. We are honored to have been invited. Our Winter Survival training at Kulis Air Guard Station was a successful day of learning about cold weather survival.



(December 2, trip to Challenger Space Center in Kenai)

February

We are overly excited for the next month's events. We have many cadets that are looking forward to a weekend of surviving in the snow. Our Winter Survival Camp is taking place February 12 to February 13. This is where we go on a hike to Fort Richardson and spend the night at a secret location. We start with a ten mile hike, carrying out our own weight with appropriate clothing and gear, set up our snow shelter and hike out the next morning! We are going to experience cold weather survival first hand. Our second most important event of the month is our Annual Military Ball. A joint unit Military Ball will be held this year at the Captain Cook Hotel on Friday February 26. This is where all the Corps from each high school in the Anchorage area comes and gathers for the "JROTC Prom." It's a fun exciting night of dancing, getting to know other cadets and not to mention dancing! We have had a successful start of second semester. We continue to strive in our excellence and we are currently looking forward to finishing a great 3rd quarter and starting our 4th quarter.

Summer Camp is just over the horizon and the papers are available on a first come first served basis. This year our Summer Camp will take place 18-23 July and the total cost is only \$200. If you would any additional information please feel free to contact Major Dove or Chief Pickel at 742-2533. On behalf of the instructors and cadets of West High AFJROTC we would like to wish everyone a very Happy and Successful 2010!



Career and College Connection

Senior Scholarship Portfolios should be turned into Mrs. Rutz in the CRC by the last week in February to be considered for all the committees that request to review them. It would be best for African-American/Black students to have theirs turned in by February 19 for an early group review.

Junior Student/Scholarship Portfolio Workshops will start soon. Listen for announcements or check your email. Any Junior (or parent) wishing to be on the CRC Jr Email list, please send your email to Rutz-Gail@asdk12.org with CRC Jr Email List in the Subject Line.

FEBRUARY 15, 2010, is the deadline for UAA/UAF/UAS in order to apply for UA scholarships (must apply, have FAFSA completed, and apply for scholarships—don't let this pass you by!

**Need Money for College?
January 31, 2010, 2:00PM**

Anchorage Locations: West, Wendler and Polaris K-12

Traditionally offered shortly after Super Bowl Sunday – and conveniently just prior to tax season – College Goal Sunday provides on-site expert assistance with the **Free Application for Federal Student Aid (FAFSA)**. College Goal Sunday is a two hour event where financial aid professionals from Alaska's higher education institutions and the Alaska Commission on Postsecondary Education will join other volunteers in key locations statewide to help Alaska's students overcome the paperwork.

You can get started early for Alaska College Goal Sunday! Students and parents should go to FAFSA online www.fafsa.ed.gov and apply for PIN prior to attending.

Register NOW for Alaska College Goal Sunday, Jan. 31, 2010.

Don't miss out on valuable information and text message updates leading to Alaska College Goal Sunday. If you're a student who needs money for college and want help filling out the FAFSA, or if you're an educator, or a volunteer then register now. If you'd like more information please call (907) 269-7980. To register go to <http://www.alaskacollegegoalsunday.com/>



Curriculum and Counseling

Online Educational Opportunities at West

I recently had the opportunity to attend a Virtual School Symposium in Austin, Texas, along with more than 1,000 educators from across the United States. VSS is run by iNOCAL, the International Association for K-12 Online Learning. Virtual education is increasing dramatically as school districts face dwindling budgets, the cost of technology decreases, and online education software is growing and becoming more competitive. I was very impressed by the symposium, and learned a tremendous amount about how schools are incorporating online education into their curriculum.

West would be considered a hybrid school by iNOCAL: a cross between brick and mortar (traditional) and virtual (online). Many of our students now take advantage of online education through the Banneker Lab (Apex courses offered during the school day), the WAVE program, and now through ASD's new school available to all juniors and seniors: My High.

MyHigh is an online program providing high school students in the ASD opportunities to earn credit through online course work. Students are provided with high quality online courses that overcome scheduling challenges and meet student needs. Most of these courses are offered through Apex Learning or through Florida Virtual School. Many of the courses have ASD teachers that communicate with the students. The number of classes that are taught by ASD teachers will increase as the program grows.

The deadline has passed for seniors to sign up for MyHigh classes, but juniors may still sign up for one class at a time. Check out the new MyHigh website, which you can find through the ASD website in the school listings. The site is still under construction, but courses and registration forms are available on the site, along with a more thorough description of the program.

<http://www.asdk12.org/schools/MyHigh/pages/>

Sue Holway
Assistant Principal, Curriculum

Juniors are encouraged to take the SAT and ACT in the late spring and again in the fall of their senior year. Some schools require SAT II subject tests as well. The College Board recommends that students take subject tests after completing the related high school course. Registration can be completed by application (available in the CRC) or online at www.collegeboard.com for SAT and www.ACT.org for the ACT.

Juniors registered for the ACT in February will be receiving their test "ticket" in the mail. Students will report to WHS on February 6 by 7:45 and check to see where they will be testing. Classroom assignments will be posted in the foyer. Testers will need to bring the ACT "ticket", photo ID, #2 pencils, eraser, and a permitted calculator. Check www.actstudent.org for details.

On your next trip Outside think about visiting colleges in the area. Visit www.college-visits.com to learn about college tours.

Want to attend a specialized class/camp this summer? There are a myriad of programs for music, biology, animation, geology, forensics, writing, theatre, biomedicine, digital photography, language, etc. There are hundreds and hundreds of opportunities around the United States and overseas for short-term experiences (a week to six weeks) from affordable to very expensive (scholarships usually available on a limited basis). Practically every major college has some course (including UAA and UAF) for high schoolers. Deadlines vary but many are from January to April. Maybe you will want to study Marine Biology in Homer with UAF or political science at Duke University. Investigate and see what is out there for you! [High school credit may be available for some courses on a 'credit by choice' basis but MUST BE pre-arranged with your counselor this spring.]

Check in the CRC (next to counseling) for more info. UAF URL: <http://www.uaf.edu/asra/>

Do you need a letter of recommendation for scholarships, for applying to colleges or for going to a summer program? Request your letter a MINIMUM of two to five weeks ahead of your deadline! Please do not expect teachers or counselors to write these letters over spring break or the last week of the quarter.

Seniors we would like to know when you receive your college acceptance letters, where you plan on attending college in the fall and information on local, national, college, athletic and any other type of scholarships that you have been awarded. A great deal of this information can be used at the annual Awards Program. Contact Mrs. Rutz in the CRC.

To order transcripts, go to the District website:

www.asdk12.org

Click on transcripts in the right column and follow the prompts to order OFFICIAL TRANSCRIPTS. When you receive notification that your request has been processed, please pick them up from the registrar (located in the Counseling Office). Seniors you will need to order transcripts reflecting seven semesters for college mid-year reports as well as ones for the end of the year college reports.

The West High Freshman Fair will be held on Thursday, February 18th from 6-7:30p.m., kicking off in the West Auditorium. This year's fair provides a great opportunity for incoming freshman and their families to meet West staff and students. A variety of booths featuring information on academics, sports and clubs will be available. Please contact Lisa Mounds-Craft, 9th grade Counselor, at 742-2552 for further information.



Staff Services and Attendance

2010 Climate and Connectedness Student Survey – Grades 3 - 12 only

The 2010 Climate and Connectedness Student Survey is being administered to provide schools with information about perceptions and experiences related to school climate and student connectedness for use in setting school goals and redirecting resources. This is an annual survey implemented and analyzed jointly by the ASD departments of Safe and Drug Free Schools and Assessment and Evaluation. The survey will take place between January 19 and February 10 of 2010. This survey does not require parental permission and will be administered to all students in grades 3 - 12. This message serves as a notice to parents about this upcoming survey.

Please follow or type this link to review the survey:

http://www.asdk12.org/depts/assess_eval/climatesurvey.asp

Parent/Guardian Survey: (No Change in Timeline)

In order to increase the return rate of parent/guardian survey, we will use three data collection methods:

Parent/guardian surveys will be available for you to have parents/guardians complete during the March 24/25 parent teacher conferences.

Parent/guardian survey will be mailed with students' SBA and HSGQE results in early June. For parents/guardians of juniors and seniors not retested in the HSGQE and parents/guardians of grades K, 1 and 2 students, the surveys will be mailed out separately.

We will provide the principals with the online survey link when we get closer to the administration of the parent survey to be placed in your newsletter, on your web-site, or any other form of communication you use with your parents.

Parents/guardians will also be able to complete the survey through a web link on the ASD website, www.asdk12.org, starting March 22, 2009.

Staff Survey:

The 2010 Climate Staff Survey is an online survey through www.surveymonkey.com. The Assessment and Evaluation Department will send the web link of the survey to the email account of every staff member in the school (teachers, administrators, counselors, support staff, etc.) on January 19.

Staff will complete the survey during the survey window, January 19-February 10. The online survey will be closed on February 10.

We appreciate efforts to make sure that all staff have had an opportunity to complete the survey. The staff survey is anonymous. The only identifying information is the name of the school, which we need in order to include their results with your school's staff results.

Attendance:

Once again we will be notifying parent/guardians of those students who accrue numerous absences that jeopardize their enrollment at West. The first batch of probation attendance letters will be mailed at the end of the third week of the second semester. Each week, thereafter, we will continue to notify parent/guardians of jeopardy situations involving their student who have excessive absences that may result in a withdrawal from West. We will also work closely with the counseling department to reduce the number of withdrawals as was a positive accomplishment first semester.

Please discuss with your student(s) the importance of good attendance if they have had difficulty with this in the past.



*A Note From
Student Services*

A NOTE FROM STUDENT SERVICES

Patsy Shaha, Assistant Principal
Shaha_Patsy@asdk12.org

BULLYING AND HARRASSMENT

AT WEST HIGH SCHOOL if your student, or any other that you know of, is harassed or bullied, please notify you security officer or West High's Student Services office. We can be reached at 742-2568. Harassment and Bullying will not be tolerated.

FROM THE HANDBOOK

Discrimination/Harassment/Bullying The Anchorage School District affirms the right of all students and employees to pursue their education or occupation with dignity in a safe environment. It is the policy of the District to maintain learning and working environments that are free from discrimination, harassment, hazing, and related violence. The learning environment in District schools must be structured to reflect diverse cultural traditions and their contributions. The District will not tolerate any behaviors that ridicule, harass, intimidate, or otherwise threaten or discriminate against students, staff, or community members. The District will investigate all complaints of discrimination or harassment regardless of whether the complaint is formal or informal, verbal or written. The District will discipline any student or employee who discriminates against or harasses a student, employee, or community member. A false or frivolous accusation made under this policy may result in disciplinary action against the accuser.

Recent statistics show that:

- * 1 out of 4 kids is bullied.**
- * Surveys show that 77% of students are bullied: mentally, verbally, & physically. 14% of those who were bullied said they experienced severe reactions to the abuse.**
- * 1 out of 5 kids admits to being a bully, or doing some "bullying."**
- * 1 out of 7 students is either a bully or victim.**
- * Over 1/2 of students have personally witnessed some type of bullying at school.**



Upcoming Eagle Events



Education for a Better World

Our first annual Extended Essay Dinner in December was a success. Seniors spoke eloquently about their essays, and hopefully the juniors in attendance drew some inspiration from listening to the breadth of topics and the depth of learning evident in the seniors' presentations. This year's winner of the Most Outstanding Extended Essay award is Nick Treinen, whose essay is entitled "Managing Ecological Succession through Agricultural Systems: How can the Principles of Ecological Succession be Used to Enhance Agricultural Potential in an Alaskan Boreal Forest?" Impressive.

We've already resumed our Global Lunch series this semester with a presentation focusing on U.S. policy towards Cuba. Upcoming speakers include Professor George Ayittey, Distinguished Economist at Residence at American University and an expert on Africa, and Professor Jonathan Adelman from the Josef Korbel School of International Studies at the University of Denver, who will speak about Israel. We'll continue to bring in speakers with international experiences to help our IB program live up to its motto: "Education for a Better World."

Our first Pre-IB meeting for 9th and 10th graders is scheduled for lunch on Wednesday, January 27. That meeting will be followed by a meeting for parents of 9th and 10th graders on Wednesday, February 3, 7-8 pm. Both meetings will be held in the Cove.

And I want to give special thanks to two IB students who have worked diligently on a grant project from Safe and Drug Free Schools. Seniors Christina Cho and Gizelle Baylon have spent numerous hours putting together a public service video and poster campaign to help their fellow students exert positive peer pressure in order to combat drinking before prom. They're still working on it, but the project will be completed in order to air a couple of weeks before prom in May. Great work!

For more information about West High's IB program, contact John Ruhlin (742-2610, ruhlin_john@asdk12.org) and visit the IB link on the West High website. For more information about IB in general, visit IB's website (<http://ibo.org>).



Students, meal charges are meant to be a convenience to those who forget their lunch or money and are expect to be paid back ASAP. So if you have charges, please bring in your money to pay them. Any unpaid charges will be forwarded to Mrs. Schauer and notices will be sent out.

Cafeteria Manager
Teresa Harwell



I'm excited to announce the upcoming Rose Urban Rural Exchange 2010. This is a year of firsts for the program! This year West has been paired with Shishmaref, a small village in northwest Alaska; this is the first year Shishmaref has been a part of the RURE program. This is the first year I will have the pleasure of leading this trip, but envision that this will be a yearly trip offered to students of Photography II. In years past this trip has been taken with Alaska Studies classes, so this is also the first year this trip will be paired with a Photography class.

Five students from Photography II will be hosting five students from Shishmaref in late February. We will be exploring Anchorage through the eyes of these students and acting as cultural ambassadors to them while they are here. All students of Photography II will be participating as cultural ambassadors regardless of whether they are travelling to Shishmaref or not. Our culminating project will be a First Friday show in May, at the Brayton Drive Kaladi Brothers, with photos from our trip.

Please follow our trip:

http://www.roseurbanruralexchange.org/destinationlog/index.php?option=com_destinations&view=school&layout=school&id=9

Mandy Morell



West Choirs Participate in *An Acapella Christmas*

On December 18th, students of the West High choirs were honored to unveil their new concert attire at a special event. Invited by the Midnight Sons Barbershop Chorus, the choirs graced the stage of the Discovery Theater at the Alaska Performing Arts Center for *An Acapella Christmas*. The choirs shared the stage with numerous local quartets, including Monaco, Backbeat, Impromptu, and Prince William Sound, as well as the Alaska Sound Celebration Women's Barbershop Ensemble, and the Midnight Sons Barbershop Chorus. Singers from Women's Chorale, Concert Choir, Symphonic Choir and the West Anchorage Chamber Singers performed a variety of repertoire, receiving a standing ovation from an appreciative and impressed audience.

As a result of the concert, Director Chris More was invited by Midnight Sons member Steve Stripling to be a guest on his radio program *The Big Alaska Show*. Steve spent almost the entire hour interviewing Mr. More about the students, pieces performed, and the progression and goal of the program.

Large Group Festival on the Horizon

The West High choirs will participate in the Anchorage School District's annual Large Group Choir Festival on March 24th at 7:00pm in the West Auditorium. Choirs from all eight ASD high schools will be performing. The festival provides the opportunity for high school students to perform for and listen to their peers from other schools. Each choir will also receive comments from a guest adjudicator. Come see us perform some powerful pieces, and celebrate the prestige our program is developing!



9, 2010 at 7:00pm

Steller Secondary Open House

Find out more about the Steller program, meet the staff, and get a tour of the building.

For more information, please call 742-4950.

Opportunity in the Community:

Did you know that the Bureau of Labor Statistics projects 2.8 million new healthcare jobs in the coming few years? The general consensus is that a career in the healthcare or medical field is going to be an asset for at least the next 20 years. It is a field that is growing faster than almost any other industry.

Help your middle school student learn more about healthcare jobs and training opportunities in Alaska by attending:

“Providence Career Night”

Wednesday, February 17th

3 P.M. to 7 P.M.

Providence Alaska Medical Center Auditoriums (basement level)

