



May 2010

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News from the
Principal's Office

Dear West High community,

As the school year draws to a close, I would like to express my appreciation to all who have made positive contributions to West Anchorage High School. Students, teachers, parents and community members have worked together to create a learning environment that allows students to flourish academically and socially. I can certainly report that I have seen students actively learning and contributing to a positive school climate.

I also would like to thank all our parents and community volunteers for their efforts on behalf of our students and the school. This year we have seen an increase in parent assistance and support. Additional gratitude is extended to our PTSA and Alumni for all that they do to support our staff and students.

As graduation nears, some seniors may be inclined to plan something they believe would make themselves or their class more memorable. I am asking you to counsel with your son/daughter to refrain from participating in any prank. Although students may feel their prank would be harmless, without fail, pranks end up being disruptive, destructive, and sometimes even dangerous. Please help us keep your

students focus and efforts directed on those things that are positive.

We have met many goals this year and achieved many changes in both our programs and staff here at West. We are now looking forward and making plans for our next school year. If you have any questions regarding our curriculum or your student's schedule for next year, please do not hesitate to call our Counseling Department, or contact the West Curriculum Principal, Sue Holway, at 742-2588.

It has been my privilege to work with all those associated with our school and community. I look forward to continue to work together to build on the successes that we have enjoyed this year. Finally, I would like to invite the entire West Anchorage community to our graduation. Commencement exercises begin at 2:00pm on Thursday May 13th in the Sullivan Arena. Please come join us as we celebrate our student's accomplishments.

Rick Stone
Principal



Activities Corner

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:



Air Force ROTC

Hey there West, the school year sure has flown by. We have been extremely busy over the past few months but can finally see the light at the end of the tunnel.

*All last month the cadets strived to make the 2010 Annual JROTC Awards and Dining Out Banquet one to remember and they did a Fantastic job. This annual banquet was once again hosted by West High AFJROTC and had 4 additional JROTC units attending. Our guest speaker was Lt Gen Dana Atkins, Commander Alaska Command and in attendance was our very own ASD Superintendent, Ms Carol Comeau and our Principal Mr. Rick Stone. Chief Pickel received lots of great comments about how fantastic the entire program was. *Great Job Chief!*



*Major Dove recognizes Chief Pickel and Terry Pickel for 50 years of Outstanding Service!
30 years in Air Force and 20 years as an Instructor at West!*

We also had the F-22 squadron tour on Elmendorf AFB that was absolutely amazing. All of the cadets who went got to get up close and personal with F-22 fighter planes and received a complete tour of the squadron and even ate lunch at the Dining Facility.

We also took a select group of cadets to Whittier where the cadets got to meet a lot of important people, tour some historic sights and had a wonderful lunch in beautiful Whittier, Alaska.

UPCOMING EVENTS:

May 7 is our annual JROTC banquet held in the West High Cafeteria at 6:00 pm. It is our "Last" big bang of the year to recognize our cadets from this past year and to say goodbye to our Seniors.

On Saturday May 8th there is a Recondo meet. This is basically where 8 or 9 of our cadets go and participate in hard core running and other sports at Colony High School. We wish loads of luck to our competitors and have fun.

And last but not least we have a Graduation Color Guard on the 13th of May at 2:00 pm at the Sullivan.

Once again congrats to all the Annual Award Winners and thanks for reading our newsletter. If you have any Questions feel free to call Major or Chief at 742-2533.

We still have some slots for Summer Leadership Camp from 18-23 July...cost is only \$200!

HAVE A GREAT SUMMER



Career and College Connection

FREE College and Test Prep Help

For All Grades, try StudentEdge

www.StudentEdge.com has SAT, ACT and PSAT

West now has their own account set up with StudentEdge for:

- College exploration
- Homework help
- Personalized college planning to-do list
- Scholarship search

Click “New User? Register Now.” Complete registration.

Enter your **access code**.

Access code is unique to WEST—please contact Rutz_Gail@asdk12.org and ask for it.

QuickTime™ and a
TIFF (Uncompressed) decompress
are needed to see this picture.

www.Number2.com has SAT, ACT and Vocabulary Builder

Requirement: Set up your own free account

Provides immediate feedback on every incorrect answer.

Extra: Select a coach to help mentor you and be an extra eye on your progress.

Has links for planning and exploring colleges.

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

www.freesat1prep.com/ has SAT (and some ACT)

Has free advice and forums with chat about taking the tests.

Recommends book to buy for prepping for the tests.

Has a link to AdmissionsConsultants (book reviews, bulletin boards)

For someone who is comfortable going online and searching for info and likes opinions of others.

www.testprepreview.com SAT, ACT, COMPASS, Accuplacer, and self-assessment modules (math, etc.)

Study Guide Zone

www.studyguidezone.com SAT, ACT, COMPASS, ASVAB, Accuplacer, and college tips

Official CollegeBoard SAT Practice Questions 2009-10

www.collegeboard.com/student/testing/sat/prep_one/prep_one.html

Official SAT Practice Questions

Review directions, approaches, and practice questions: [Critical Reading](#) | [Mathematics](#) | [Writing](#)

The Official SAT Question of the Day™ Practice with a daily question, hint, and explanation.

Official SAT Practice Test Print and take a practice test, then get a score report and answer explanations.

My College QuickStart™ A free personalized SAT planning kit for PSAT/NMSQT takers.

www.majortests.com/sat/ SAT

No usernames/passwords needed

100s of practice questions on minitests with score card

Free explanations - learn from your mistakes!

Has an 8-week Prep Plan you can download

www.ineedapencil.com/# SAT

Must register

Says it has online lessons, practice questions, score projections, digital notes and some help options.

Some free resources, but may also tempt you to purchase something.

www.satexamprep.com SAT

Must register

Study guide with practice tests

www.sat-preparation.co.il/ SAT and ACT

Definitely has a tutoring plan to purchase; however, if you can resist it, you can go in and try their new SAT vocab game.

You can also try a free or almost free demo course for 15 days.



UA Scholars

Congratulations to West High's University of Alaska Scholars, Class of 2010.

Students in the Top 10% of the graduating class are designated as a UA Scholar. This is based on their cumulative GPA after the 2nd semester of their Junior year. The UA Scholar award is a partial scholarship, \$11,000 over four years (\$1,375 per semester).

UA Scholars may choose any University of Alaska campus, and must apply by May 1, 2010, to keep their award valid. If they choose to go to an outside college, they can and should still apply to a UA campus and then request to defer their attendance for up to a year to keep this award--many UA Scholars have returned within one year to Alaska.

Almario, Jeleena Anne
Amodio, Madeleine
Baguio, Dyan
Baker, Megan
Barnett, Brista
Barry, Laura
Burgan, Kalie
Cho, Christina
Cotton, David
Curtis-Johnson, Makenzie
Darkwah, Prince
De Luna, Camille
Derman Harris, Jon
Dougherty, Katherine
Everly, Deven
Eussen, Christa
Ferguson, Paul
Gaunt, Jeremiah
Hedge, Lauren
Hickenlooper, Samuel
Kim, Geurim
Koci, Erblina
Landry, Elizabeth
Laughton, Terra
Levine, Freeman
Liotta, Neil
McAlpine, Cassandra
McAlpine, Caitlin
Martinez, Miguel
Miller, Logan
Neeno, Jasmine
Olsen, Daniel
Overturf, Madeleine
Parmelee, Elaine
Petersen, Molly
Shayer, Max
Soderlund, Krista
Suppayosamorn, Kulayarat
Tomera, Kelly
Treinen, Nicholas
Wiepking-Brown, Sophie
Zencey, Kyle



Curriculum and Counseling

Students who are wishing to take correspondence courses over the summer through different programs need to complete the Credit by Choice forms and obtain the required signatures BEFORE they send for the course. See your counselor for more information.

Attention Graduates!

Please request your final transcript at

www.asdk12.org

Transcripts will not be mailed! Someone must pick them up!

Final transcripts should be ordered now. Be sure to mark "End of Semester" when placing online transcript request. Please include name of school and complete address. You will be notified when transcript request is completed.

Mailing these transcripts out to colleges is your responsibility.

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Leaving the Nest: Achieving Independence

Susan Haines, retired WHS Counselor

In my years as a parent and considerably more years as a high school counselor, I have compiled a variety of competencies from many sources that teens should have before successfully leaving home. A checklist of specific responsibilities may be helpful. This list is by no means comprehensive and is presented in no particular order. Generally, teens should be able to:

- ✓ Get themselves up in the morning, determine a reasonable bedtime
- ✓ Do their own laundry
- ✓ Go grocery shopping
- ✓ Plan and cook healthy meals for themselves
- ✓ Be able to clean house independently
- ✓ Hold a job
- ✓ Maintain a vehicle they drive
- ✓ Budget academic responsibilities against a social life
- ✓ Ask for help when they are overwhelmed
- ✓ Develop financial responsibility by earning all or part of spending money or manage a clothing budget

- ✓ Manage a savings account, checking account or debit card, phone card
- ✓ Keep track of important papers and belongings
- ✓ Refill their own prescriptions
- ✓ Make their own medical or dental appointments
- ✓ Set their own curfews (with parental consent) by their senior year
- ✓ Pack their own suitcases for trips
- ✓ Travel by themselves by plane, car or train to visit friends or relatives
- ✓ Meet a variety of different people
- ✓ Know how to request information and make inquiries or complaints in person, phone and internet
- ✓ Understand the etiquette of thank you notes and responding to invitations
- ✓ Know how to stand up for themselves if misinformed or taken advantage of by a sales clerk, mechanic, school official or someone else
- ✓ Budget time reasonably well, keeping a calendar or planner to track classes, appointments and deadlines
- ✓ Complete their own college applications, organizing by deadlines etc.
- ✓ Pick the college they want to attend and perhaps have an idea of what they hope to do with their lives
- ✓ Take primary responsibility for packing and getting ready for college



Congratulations to the Class of 2010!



NHS will have it's final end of the year meeting on April 29th at lunchtime in the library. It will be great to bring the new membership in for their first meeting and salute the graduates that will be greatly missed.

It is amazing to look at all the wonderful projects and contributions that the current membership has made. We hope to continue all the wonderful local projects, Trick or Treat Town, Read across America, socks for Brother Francis Shelter and Beans Cafe. There are some new ideas brewing for next year that are amazing.

As a final note: we will continue to sell \$25.00 gift certificates to Dimond Greenhouse until May 15th. This would make a great Mother's Day and Father's Day gift and a wonderful way to begin your summer.

Advisor: Mrs. Friar



There will be no meal charges allowed after April 30, 2010. On that day a list of all outstanding charges will be given to Mrs. Schauer. Please pay all charges before the last day of school. Seniors, it is important to clear up all charges and fines prior to graduation to avoid any delays in receiving your diplomas.

Cafeteria Manager
Teresa Harwell

Rose Urban Rural Exchange: Shishmaref, Alaska

The West High students had an incredible time in Shishmaref during the week of April 12th! We spent our time as Cultural Ambassadors learning from our amazing counterparts, and enjoying our home stays! We learned how to ice fish, carve, bead, make kuspuks, and so much more. Shishmaref's reputation as one of the friendliest villages in Alaska was an understatement; the people there were extremely welcoming and generous. It was an honor to spend a week there, and I was astounded at how well five "city kids" did in this rural place. The participating students from West High were: Davide Pini, Tia Karella, Sophie Wiepking-Brown, Chris Walton, and Maegan Smith. Maegan's blog post from April 16th captures a sentiment we all felt:

"Today was the best day so far. I realized just how much I loved this town. I'm already planning on coming back in the summer time. The people are truly amazing and they've totally changed my life and me as a person. I always knew there was a place where everyone was nice and friendly and sweet, but I totally thought it was a made-up fairy tale place that didn't really exist, but guess what? It does and the name of this place is SHISHMAREF. The people are so amazing and it really is a life-changing experience."

We will be having a First Friday show entitled "This is Why We're Here," of our photographs from the exchange on May 7th at the Kaladi Brothers on Tudor. The reception will be from 5-8pm, so please come out and support us!



