



Bulldog Bulletin

April 2009

Remember to visit the [PTSA web site](#) for the latest news

What's Happening in April 2009

Contents

- [President's Message](#)
- [PTSA Tidbits](#)
- [FCPS Newswire](#)
- [5K News](#)
- [ANGP News](#)
- [Booster News](#)
- [Fundraising News](#)
- [Minority Achievement News](#)
- [Reflections News](#)
- [Scholarship Committee](#)
- [Volunteer Committee News](#)
- [Booster News](#)
- [Coalition and Tip Line](#)
- [Community Programs](#)
- [Events Calendar](#)
- [Links of Interest](#)

Calendar

[Phantom Ball](#)

Apr 3-10

Spring Break - No School

Apr 11

Deadline for mulch orders

Apr 13, 5PM

ANGP & Mulch Meeting A hallway

Apr 16

[Free Parent Program: Wake Up Call](#)

Apr 22 6:30pm

ANGP Meeting, Rm A101

Apr 23

ACE Honor Roll Reception

Apr 25

ANGP Mulch Pickup Day

Apr 29, 7PM

President's Message

Last week, the PTSA had a very successful "Saturday Night in the Suburbs" Program where ten seniors addressed many teenage issues including alcohol, drugs, parties, and sexting. Thank you to all who attended as well as helped put this program together.

The [ANGP Phantom Ball fundraiser](#) is underway and donations are still trickling in. Thank you to those who have participated so far! Contributions are to help fund a safe and alcohol free celebration for our grads on June 18th. Thanks also to Omar Chaudry, Class of '09, along with Assembler's Inc. and Sundra Printing, who made the fundraiser a success.

To **order mulch for ANGP (deadline is April 18)**, tickets, or volunteer for mulch delivery on April 25, go to <http://ptsa.westfieldhs.org/ANGP/PaypalANGP.htm>

If anyone is interested in attending the [2009 District Annual Meeting and Awards Dinner](#), please RSVP by April 14th.

Remember to attend next month's [FREE parent program titled, "A Wake Up Call-Protect Your Child From Substance Abuse"](#), held Chantilly High School on Thursday, April 16, 7pm.

Read about the [fun fundraising events](#) occurring in April including Tropical Smoothie day.

We still **need two more people to help in the nominations** for the upcoming PTSA elections, interested parents please contact me at pptsa_president@westfieldhs.org

If you are looking for a new way to start getting involved in the school try the WHS 10th Anniversary planning committee. Look for the Keep In Touch announcements from Tim Thomas and the planning committee.

SGA is hosting the annual Volunteer Tea to thank all of the wonderful people who have supported Westfield High School throughout the year. R.S.V.P to Diane Underwood at Diane.Underwood@fcps.edu Date: Wed., April 29th, 7:00 PM-8:00 PM, Lecture Hall

Read something I came across which give some important reasons to be involved... [Everyone Benefits When Parents Volunteer](#)

Sincerely,

Salma Ashmawi, WHS PTSA President

Tidbits

- The **Western Fairfax Multicultural Community Day 2009** on Saturday, April 4, from 11am-3pm at the Cub Run Recreation Center. Free admission, dances, food, games & resource tables. For more info contact wang.bang@fairfaxcounty.gov.
- **COLLEGE SURVIVAL 101** On Sat., April 18th, the Northern Virginia Urban League Young Professionals Network will host "College Survival 101" on the campus of NOVA Alexandria. This program is designed to prepare minority HS juniors and seniors for the challenges of college life the program is free for students. Parents may attend for a fee of \$20.
- **Summer Work: Do you need CPR/AED certification?** Calling all Lifeguards and Babysitters. . . Here is your chance to support the Red Cross Club with disaster relief AND get certified. WHS Red Cross Club has invited Roslynn Wingo, WHS athletic trainer to host a Heart Saver CPR and AED certification course on Saturday, May 16th from 8-12 noon at WHS. If interested, please contact Mrs. Wingo at Roslynn.Wingo@fcps.edu or call 708-488-6413. Cost is \$50.00 and a portion of this cost will go toward disaster relief in our area. This course includes adult/child /infant CPR, AED, and choking. Maximum of 36 students permitted, so please RSVP as soon as possible. **Registration accepted no later than Thursday, April**

SGA Volunteer
Tea, Lecture Hall
Apr 30
Jazz Night

Board Members

President:

[Salma Ashmawi](#)

1st VP:

[Jennifer Campbell](#)

2nd VP:

[Denise Stalnaker](#)

Recording Secretary:

[Mary Coleman](#)

Treasurer:

[Kathy Sanders](#)

[View more board member](#)

Links of Interest

- [Fairfax County Public School](#)
- [Fairfax County Council of PTAs](#)
- [Northern Virginia District PTA](#)
- [Virginia PTA](#)
- [National PTA](#)
- [US Department of Education](#)
- [Safe VA Highways](#)
- [Alliance for Virginia Students](#)
- [FCPS Family Gram](#)
- [FCPS Parent Resources](#)
- [FCPS Inclement Weather Plans](#)
- [Sign up for FCPS Keep In Touch](#)
- [Athletic Boosters](#)
- [Band Boosters](#)
- [Choral Boosters](#)
- [Guitar Boosters](#)
- [Orchestra Boosters](#)
- [Theatre Boosters](#)

Reminder

Items to be included in the May 2009 Bulldog Bulletin must be **submitted to newsletter@westfieldhs.org** on or before **Apr 24, 2009**

Your feedback is

30th. (Great rate! This price is about \$25 less than offered many places in the community)

- **A special fund raising project underway with Habitat for Humanity, Loudoun County Virginia Chapter in honor and recognition of Erin Peterson.** This campaign launched on January 15th, 2009, and will run through April 30th. [Read more information.](#)
- **A series of workshops** will be presented throughout Fairfax County on **"[Little Know Secrets of Paying for College.](#)"**

Share Your Life—Host an AFS Exchange Student Each year, AFS exchanges close to 13,000 students, young adults and teachers from around the world who want to experience what it's like to live and study in another country. Find out more by visiting their [web site](#) or contacting Jerene Thomas, 703-759-3166, Thomasjere@aol.com

With the end of the school year quickly approaching, exciting student traditions such as prom and graduation will be here before you know it. During these events, teenagers may face tough decisions regarding alcohol. **The Health Alliance on Alcohol (HAA)** would like to offer assistance to parents whose teens will soon face these tough decisions through our series of [Facts & Conversations](#) books that provide parents with guidance on how to talk to their teens about alcohol. These books are available at no cost in both English and Spanish.

A free program entitled **"A Parent Wake—Up Call: Preventing Teen Substance Abuse"** will be held from 7 to 8:30 p.m. on **Thursday, April 16** in the auditorium of Chantilly High School. Parents and teens are invited to hear a variety of speakers discuss the signs and symptoms of teenage drug abuse and what action parents can take to prevent abuse or if they suspect their teens have started to use illegal drugs. Parents can obtain supportive resources and learn from the experiences of professional counselors, local parents, court representatives and youth who have been through treatment.

The Virginia State Park Youth Conservation Corps is a summer education and community service program for youth aged 14—17. Under the guidance of adult leaders serving as mentors, role models, technical trainers and supervisors crews from 10–12 members carry out a wide variety of conservation activities at Virginia State Parks. Projects include restoration and preservation of wetlands, stream banks, and other wildlife habitat, including that of threatened and endangered species; water quality testing, removal of non-native invasive plants and weeds, landscaping, mapping, surveying, recycling and other community improvements. Participants learn about the environment through fieldwork and service projects. Crew members will receive a \$ 500 payment upon completion of the program. Applicants may select the session of their choice, but not the available parks. The program will be held in two 8 week park sessions; Session One: June 21–July 11 or Session Two: July 19–Aug. 8 Applications are available in the Career Center. **Application Deadline is Noon, April 11, 2009** (selection notified by May 1) If you have any additional questions contact Mr. Gaston Rouse at 703-583-5497 or by email vspycc@dcr.virginia.gov; Web: <http://www.dcr.virginia.gov/parks/ycc.htm>.

5K News

Westfield 5K Race Committee Calls for Participants and [Sponsors](#)

The Westfield HS 5K Race is calling for race participants and sponsors for its 8th annual run, which will be held on Saturday, May 9, 2009, at 8a.m. **All proceeds from the WHS 5K race run will be used to fund scholarships for Westfield seniors.** [Register Online](#) or [Download Application](#). Read [more online](#).

Any questions, please contact us at 5KPTSA@westfieldhs.org.

ANGP News

The ANGP, a senior "lock in " at ESPN Zone in Washington, DC, scheduled for

important to us. Send to newsletter@westfieldhs.org comments or suggestions to make your PTSA better

June 18th, takes place immediately following the graduation. For more information, visit <http://ptsa.westfieldhs.org>. **Tickets are now \$75.** The price goes up to \$90 on April 1st. On June 1st, tickets will be \$105. **PLEASE NOTE: NO TICKETS WILL BE SOLD AFTER JUNE 10th.** There will be no refunds!! For financial hardships, contact your guidance counselor, and decisions are based on students' special and confidential circumstances. Tickets can be purchased via the [PTSA web site via PayPal](#), at the ANGP monthly ticket table at all lunches, or by downloading a form and sending it to school with a check made out to WHS ANGP for the ticket amount. Any questions, or to help contact Pam Murdoch at angp@westfieldhs.org.

Remember to complete the [Risk Form now available online](#). No one will be admitted without this form.

The following are dates that students can purchase their ANGP tickets in the cafeteria or pick up their T-Shirts for tickets previously purchased.

Students can turn in their ticket money anytime to the office. Schedule of T-Shirts

Pick-Up In The Cafeteria All Dates are on Wednesday, Thursday, & Friday

April 15, 16, 17

May 13, 14, 15

Also May 27, 28, 29

JuJune 10, 11

Attention Students, Parents, And Especially the Class of 2009!!!!

The **Mulch Day fundraiser event** has been scheduled. The date is Saturday, April 25, 2009 in the WHS parking lot. This will be the **only opportunity for students to earn Bulldog Bucks**, , , , , , the coveted way for seniors to "purchase" fabulous big ticket items/prizes for their dorm room or apartment. Volunteers are needed to do a variety of tasks—not all include lifting bags of mulch or driving a truck! Contact Denise Stalnacker at bulldogmulch@westfieldhs.org with your questions, to be on her circulation list, and to volunteer. This is the only ANGP fundraiser, so we need this to be a success!! [Read more on how you can help.](#) STUDENTS, [make sure and sign up](#) online with your team members!

Contact Pam Murdoch at angp@westfieldhs.org if you're interested in attending or joining a committee. [Sign up to volunteer](#)

*Pam Murdoch
All Night Graduation Party 2009 Chair*

BITS Tutoring

What is BITS? A Free Tutoring Program for Students in Grades 3—12 that meets three Saturdays a month from October through May.

Time: 9: 30—11: 30 AM

Place: Westfield High School—Library

To Register: [Download forms](#), or pick up the forms in the sub schools; return to your counselor or bring with you on your first day.

For more Information please contact one of the following:

- Your Guidance Counselor
- Pat Williams, WHS Sub-School Principal 703 488-6371
- Carol Jasper, BITS Coordinator 703 488-6363 ext 7167
- Nancy Tortorella, BITS Coordinator -703-488-6363 ext 7167

Booster News

Band Boosters

CONGRATULATIONS! Each year, the Virginia Music Educators Association recognizes schools that achieve Superior ratings in their respective band, orchestra, and choir festivals with their top groups in each discipline. We are pleased to report that based on the performance by the Westfield Wind Symphony, the Westfield Chamber Orchestra, and the Westfield Chamber Singers at their district festivals, Westfield will be once again be **recognized by VAMEA as a BLUE RIBBON SCHOOL.** This is indeed represents excellence at the highest level and congratulations to all involved. Also **Congratulations** for being awarded 2008-2009 Virginia Honor Band [Visit our web](#)



[site for more information.](#)

Fundraising News

Fund Raiser at Tropical Smoothie

Westfield High School PTSA is planning a Technology and Education Fund Raising Event at Tropical Smoothie Cafe. Come out and enjoy great foods like their Best Bistro Sandwiches, Gourmet Grilled Flatbreads, Tasty Toasted Wraps and Super Superb Smoothies. [View Flyer.](#)

- Save the Date: April 21, 2009
- Time: 4:00 – 8:00 PM.
- Location is: 14220–B Centreville Square Centreville, VA 20121

Stop by to enjoy great food and fun while they will donate 25% of the sales to Westfield's High Schools' worthy fund raising event.

BJ's Wholesale Club FUNDRAISER PROGRAM Sponsored by WESTFIELD HIGH SCHOOL ([view flyer and application form](#))

1. Get \$10 off our \$45 Annual Membership Fee
2. FREE Additional 3 Months of Membership
3. FREE Second Membership Card for a household member
4. PLUS, BJ's will donate \$5 of your Membership fee to your Non-Profit Organization!

Target Take Charge of Education Program

We've discovered a terrific way to raise funds for our school. It's super-easy, and **all you have to do is use your Target® Visa® or Target® Card.** Westfield High School will receive a percentage of the amount of each purchase in the form of a cash donation from Target through the Take Charge of Education® program. It's easy. Just visit target.com/tcoe, or call 1-800-316-6142 to designate our school- **ID # 116684.** If you're going to Target anyway, please consider using your Target® Visa® or Target® Card. Thank you to those who have already signed up!

Find out how much money our school has already received at target.com/tcoe. Grandparents, alumni, neighbors and friends can take part, too.

Remember the [other ways to help](#) WHS through shopping.

Minority Achievement News

The MAC hosted its annual Spring Parent Coffee in March and the turnout was excellent. In line with the school's theme for the year, the focus of the coffee was **"Building Relationships and Bridging Gaps"**. The state of minority achievement at Westfield was presented by the committee chair. The trending data analysis presentation clearly showed that the achievement gap remains at Westfield in many core subject areas, and while there have been gains in some subjects, much work is needed if the achievement gap is to be closed at Westfield. Moreover, it is evident from the trending data analysis that new methods are needed to address the achievement gap at Westfield High School. [Read more from the Chairman](#)

Minority Achievement Committee is next monthly meeting **will be held on Wednesday April 21, 2009 at 7:00 p.m.** Please mark this date on your calendar.

Sincerely,
Mark Richardson, MAC Chairperson
[Minority Achievement Homepage](#)

Volunteers Committee News

HELP NEEDED FOR THE ALL NIGHT GRAD PARTY FUND RAISER

Thank you to those parents who have already offered to help out with Mulch Day, April 25th. I am happy to report that we have had a great response to our request for truck and forklift drivers.

We still need parents to assist in the following areas:

1. Driving younger students around to help unload mulch from the delivery trucks.

2. Assisting with check in and check out of students.

These are fun jobs that do not require you to lift bags of mulch! I encourage parents of underclassman to get involved in this once a year event. It's a great opportunity to meet others and learn about what to expect "senior year".

This year we have divided the days work into shifts: 7am-12pm, 12-5pm, 5pm-10pm. These times are flexible. If a completely different time frame works better for you, just indicate your availability on the volunteer form under "comments". Having your information will assist us in organizing this event!

Students can volunteer by going to <http://ptsa.westfieldhs.org/ANGP/studentSignUpMulchDayForm.htm>

Adults can volunteer by going to <http://ptsa.westfieldhs.org/contactForms/ANGPVolunteerForm.htm>

*Suzanne Olijar
Volunteer Coordinator*

Scholarship News

The WHS PTSA is pleased to announce that The 2009 Westfield PTSA Scholarship application forms which will be available on line soon. Applications will also be available at the WHS career center through Diane Villars. The scholarship is open to any graduating senior from Westfield. Either the student or one parent must be a current member of the PTSA. Applications must be turned in to the WHS career center, Room G110, by 2:30 PM on Thursday, April 30. Awards will be announced at the Academic Awards Ceremony in mid June. [Visit web site](#) for more information.

FCPS Newswire

FAIRFAX COUNTY WANTS YOUR INPUT ON CLOSING THE BUDGET GAP FOR FY 2010 Superintendent Jack D. Dale has presented a [three-tiered plan of budget cuts](#) (PDF format) to enable the school system to address a budget shortfall for FY 2010. Citizens can still [provide feedback](#) to the Fairfax County School Board and the Board of Supervisors [online](#). Learn more about the budget situation in a [video](#) by Superintendent Jack Dale. [Contact your current Board of Supervisors](#) to voice your concerns. Another resource to visit is <http://commweb.fcps.edu/newsreleases/newsrelease.cfm?newsid=1060>

Fairfax County Health Department Clinic Room Aide Program (CRA) and School Resource Offices affected by budget cuts as well. The Fairfax County Health Department, in collaboration with the Fairfax County School System (FCPS), provides health services to FCPS students to ensure that each school-aged child (2—22 years old) has an optimal learning environment. [View CRA Fact Sheet](#). Additional informational links: [FCPS FY 2010 Budget Information](#) & [Gifted & Talented Program](#).

Donation to Fairfax County Public Schools, Computers & Peripherals, as well as art equipment & music instruments

Fairfax County Public Schools accepts donated computers and peripherals provided they meet acceptable specifications whether donated centrally or to a particular school. These technical standards establish the acceptable specifications for donated computers capable of connecting to the FCPS network. **Please note** that FCPS no longer accepts donations of Macintosh computers.

Acceptable minimum specifications for Windows-based computers:

- Pentium III / 863 MHz, VGA or better display adapter, 512 MB RAM, Mouse or pointing device, 20GB Hard Drive, 15" LCD monitor, CD- or DVD-ROM, Keyboard, All of the above in working order

[Contact FCPS to complete donation form.](#)

How Do I Update My Keep in Touch Account? Fairfax County Public Schools has a new vendor for the Keep in Touch (KIT) notification system, Blackboard Connect (formerly NTI, Connect-ED). Blackboard Connect is an award-winning company with years of experience with K-12 education systems, many as large as or larger than FCPS. The system will still be called Keep in Touch or KIT. To learn more about Parent View, go to <http://www.fcps.edu/fcps247.htm>. For assistance with Parent View, call

1-866-434-8880.

Community Programs

Look at what The FCPS Parent Resource Center has coming up!

View a complete list of all upcoming Workshops and Activities posted to the PRC [web site](#).

Westfield Community Coalition

Underage drinking parties can be reported anonymously to the police at 703-691-2131 where they will disperse police assistance, or 703-246-2333 for the "Shut it Down" Hotline, to report date, time, and location of an underage drinking party. To report WHS security concerns, contact Ray Clements at 703-488-6307 or Ray.Clements@fcps.edu

Under Age Tip Line 703-691-2131. Underage drinking parties can be reported anonymously to the police at this number. They will disperse police assistance.

Feeling Alone? Don't know what to do? Tired of Signaling for help? Is your Adolescent in trouble? Is your teenager running away, truant, abusing alcohol or drugs, out of control at home, school, or in the community? This is a free group sponsored by the Fairfax County Juvenile and Domestic Relations District Court. Parent's Support Group — Every Tuesday at 7:30pm at The Historical Courthouse Bldg, 4000 Chain Bridge Rd., Fairfax, VA Room 2221. This is a walk-in group with no registration necessary, for parents of a teenager seeking help finding information, gaining insight or regaining control of their child. Contact Fran DeLoatche or Paula King at 703-246-2495 for further information.

Powerful video on seatbelts. It was produced by Montana Dept of Transportation. It is a true story. No actors." http://www.mdt.mt.gov/mdt/room_to_live.shtml

Shut It Down Hotline 703-246-2333, to report date, time and location of an underage drinking party if you hear about it ahead of time.

Leslie Churn, MA, Substance Abuse Counselor for Westfield HS Contact 703-488-6308 or at Leslie.Churn@fcps.edu for a free and confidential assessment.

Ethics Day at Westfield HS (Cluster 8; Westfield HS)

Sophomores learn valuable lessons about decision-making and consequences. (5:15 min) http://www.fcps.edu/DIT/streaming/is8_ethicsday.aspx

Parents Who Host Lose the Most (Safe and Drug Free Youth; All Clusters)

Interview with Diane Eckert, Safe and Drug Free Youth and Tim Thomas, Westfield HS. (4:26) http://www.fcps.edu/DIT/streaming/is8_int_hostlosemost.aspx

Westfield Community Coalition Coordinator: Jennifer Cooper

(jalcooper@aol.com) 703-966-8304. Contact Jennifer to be on the email list to receive free information about prevention programs and upcoming events.

Unified Prevention Coalition

The Unified Prevention Coalition of Fairfax County Public Schools is dedicated to promoting prevention and early intervention for violence and drug use in our community. [Visit web site for resource information.](#)

Parent Guide to Personal Safety for Youth

Because of the exceptional popularity of the **KidSafe Virginia parent guides**, the Governor's Office for Substance Abuse Prevention (GOSAP) recently worked to revise, update, and combine the previous parent guides into one guide. The purpose of the new publication, Prevention Comes First: Parent Guide to Personal Safety for Youth, is to educate parents about some of the potential safety threats children may face and to

assist parents in communicating with their children about personal safety.

The topics covered in the guide include: fire safety, internet safety, driving safety, bullying, gangs, inhalant abuse prevention, and underage drinking. Beginning December 1, 2007, the parent guides will be available at fire and rescue stations and Department of Motor Vehicles (DMV) offices throughout the Commonwealth. To locate your nearest visit [DMV office](#) homepage.

Copies of the parent guide may also be downloaded from the [GOSAP Web site](#). Questions may be addressed to Jacklyn Varela, special assistant to the Secretary of Public Safety at (804) 692-2568 or by e-mail: jacklyn.varela@governor.virginia.gov

Watch D.O.G.S. (Dad's of Great Students)

[WATCH D.O.G.S.®](#) (Dads Of Great Students) is the safe school initiative of the National Center for Fathering that involves fathers and father figures to help create a more safe and secure learning environment in our nation's schools. A great starting point to explore ways to get more men involved in PTA.

You received this newsletter because you signed up via online membership or hand submitted membership form. You may subscribe or unsubscribe anytime by visiting <http://ptsa.westfieldhs.org/subscribe2/newsletter.php>