

## What's Happening in June 2009

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### Calendar

#### [Phantom Ball](#)

#### Jun 1 7PM

Band Awards

#### Jun 3 5-9PM

MAC End of the Year BBQ—Cafeteria

#### Jun 3 7PM

[WHS Choral Presentation](#)

#### Jun 5

Early Dismissal for students

#### Jun 5-6

VA State Jubilee @ Westfield Athletic Fields

#### Jun 8 & 10

Dealer Training for ANGP

#### Jun 9

Senior

Baccalaureate

#### Jun 10

Last Day to buy ANGP Tickets

#### Jun 11

[WHS will offer VHSL sports physicals](#)

#### Jun 12

Theater Awards-Auditorium 7pm

#### Jun 15

Senior Awards Ceremony 7pm Auditorium

#### Jun 16

Athletic Awards

#### Jun 18

Graduation at GMU 7:30pm

Last day of school

#### Jun 18-19

ANGP ESPN; board buses at 10:45pm for departure from Westfield HS

### Board

#### Members

President:

[Salma Ashmawi](#)

1st VP:

[Jennifer Campbell](#)

## President's Message

**Almost there!** The end of the school year is approaching fast; 18 more days till graduation.

We have some very busy few weeks before we are done for the year and still need some help and input from you. We have several vacant positions that need to be filled. If interested in any of these positions or if you have questions, contact Jennifer Campbell at [JCampbellpta@aol.com](mailto:JCampbellpta@aol.com). Seeking chairs or co-chairs for the following committees:

- 5K
- ACE
- **Bulldog Café** (during back to school nights)
- Minority Achievement
- Student Directory
- Reflections
- Legislative
- After Prom
- Parent Programs
- Ethics Day
- ANGP
- Mulch
- Landscape
- Our By-Laws are due to be revised next year and we will also need someone for that.

#### The following positions have been filled:

- President – Jennifer Campbell
- 1st Vice President – Mary Coleman
- 2nd Vice President – Salma Ashmawi
- Secretary – Kim Gilbert
- Treasurer – Kathy Sanders

We will be having **one last fund raiser before the end of this school year**. Join us at Ledo's Pizza & Subs, June 12, 2pm – 10pm in Centreville. All you really have to do is go out and have a delicious meal at Ledo's Pizza. You eat and we get a percentage. [Read more.](#)

Meetings to plan for the Bulldog BBQ and WHS 10-year celebration have already started. Keep an eye out for the next meeting through Keep-in-touch.

The school finished the SAT testing in May. Remember to ask your child how he/she did. Some students were able to find out right away.

Get involved; give to your community and school. Children learn by example.

Sincerely,  
Salma Ashmawi, WHS PTSA President

## Tidbits

- **Give your teen or pre-teen an edge!** View <http://www.fcps.edu/aceclasses/KidsandTeens.htm> for more details and to register. **Enroll early** – limited openings! Information about the **high school summer academic program** can be found by visiting <http://www.fcps.edu/DIS/Summer/hsoverview.html>. You'll find a large range of skill-focused classes offered at a number of locations: Algebra, algebra 2, geometry, or pre-calculus (all introductory, non-credit bearing), Keyboarding PSAT test prep and SAT test prep, Spanish tutorial, Study skills, TJHSST admissions test prep, Vocabulary, Young writer's workshop.
- **Westfield High School will offer VHSL sports physicals** on the evening of Thursday, June 11th. We hope that you will support this fundraising opportunity by [registering online for a 2009/2010 Sports Physical](#). For \$40 you will receive a comprehensive exam that includes a flexibility screening, posture screening, and body composition assessment, in addition to your physician exam. It's a quick solution to avoid the wait at the doctor's office, and the forms are automatically filed for the following year's athletic seasons! **The best part is that the physicians and medical staff donate their services for this evening so all monies raised go to the Athletic Training Program at Westfield.** These funds go directly to purchasing medical supplies and rehabilitation equipment for Injured Bulldog Athletes. This physical is valid for the entire school year, so winter and spring athletes are encouraged to attend as well. This event continues to grow in popularity, so register ASAP. Walk-in appointments are \$50 and not guaranteed, so remember to pre-register online! Rising 9th grade student-athletes who will be coming to Westfield are also welcome to take advantage of this opportunity. Please contact Roslynn Wingo, ATC or Karen Conboy, ATC at 703-488-6413 if you have any further questions.
- Westfield High School has partnered with the Fairfax County Police to offer a **unique drug and alcohol awareness program to our students and parents.**

2nd VP:  
[Denise Stalnak](#)  
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 Incident 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 August 2009 Bulldog Bulletin must be submitted to [newsletter@westfieldhs.org](mailto:newsletter@westfieldhs.org) on or before July 17, 2009

Your feedback is important to us. Send to [newsletter@westfieldhs.org](mailto:newsletter@westfieldhs.org) comments or suggestions to make your PTSA better

The day-long tour incorporates a number of eye-opening, educational venues to students and parents in an effort to **prevent drug and alcohol use among our teens**. The program emphasizes the importance of good decision-making related to teen driving. Powerful presentations at the Annandale police station, Fairfax Hospital, the Fairfax County Adult Court and Detention Center and Fairfax Memorial Cemetery are among the places that students and parents visit. Please email Principal Tim Thomas or Asst. Principal Dave Jagels at [tim.thomas@fcps.edu](mailto:tim.thomas@fcps.edu) or [david.jagels@fcps.edu](mailto:david.jagels@fcps.edu) if your and your student are interested in taking advantage of this dynamic experience in future dates for the upcoming school year.

**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](mailto: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.

### 5K News

**The 5k Race for Scholarships was a big success** again this year. We were fortunate to have good weather which brought out some last minute runners and contributed to our registering 200 runners and walkers for the second year in a row. **Thank you participants!** Congratulations to David Valverde and Catherine English for winning the top male and female Westfield student runners! They both received a trophy, a \$20.00 gift certificate to VA Runners, a \$25.00 gift certificate to Glory Days and a \$25.00 certificate value to Moe's. Art student Ben Huynh will receive a \$75.00 check and a race t-shirt that has the logo he designed on it--thank you to Kerry Johansen for running the logo design contest. Runners enjoyed raffles from local restaurants like Carrabba's, Austin Grill, Red Rocks Grill and Blue Iguana and more.

**The 5k committee would like to thank our sponsors:** Orthodontics by Crutchfield, Chantilly Chiropractic Center, HITT Contracting, CTAC, and Caring Hands Animal Hospital. We would also like to thank the following for their donations to the race: The Business Bank, Dr. Hutchison, Virginia Run, Moe's Southwest Grill, Gold's Gym, Glory Days, Virginia Runners, Superior Paving, Infinity Promotions, Inc., Giant, Safeway, Trader Joe's, and Virginia Bagel.

**Last but not least**, we'd like to thank Principal Tim Thomas, Ray Clements, the Sully District police, the Westfield Marshalls, Rebecca Rice and the Westfield SGA and Interact Club, volunteers from the music and athletic booster organizations, and all of the other parents and students who volunteered to help make this year's event a success.

*Sincerely,  
5K Committee*

### ANGP News

**Seniors and Parents of Seniors! WOW!** What a super busy time this is! Be sure to include on your "to-do" list, purchasing an ANGP ticket. Ticket prices go up on June 1st, and this year, **NO tickets will be sold at the door!** Tickets may be purchased online through June 10th. **June 10th is the LAST DAY to buy a ticket.** To purchase a ticket or for answers to many of questions about the All Night Grad Party, go to the Westfield High School Homepage and click on the ANGP link or visit PTSA ANGP information page. Seniors who have a financial hardship should contact their guidance counselor for ticket accommodations. This party is last a chance for your graduate to celebrate with their classmates in a safe but exciting atmosphere! If you have questions, call Pam Murdoch, ANGP Chair at 703-502-9327.

**Forty (40) parent volunteers are needed** to help at school immediately following graduation, Thursday night, June 18th. Volunteers would assist with student check-in and security from 10:30pm until approximately 12:30am. Volunteers who do not have Seniors are asked to come at 10:15 to assist with set-up. For those parents coming from graduation, please try to get to the school as soon as you can, but we understand if you are delayed! It will be busy but fun to see and send off of our new grads on the buses to the ESPN Zone. To volunteer, please contact [volunteerCoord@westfieldhs.org](mailto:volunteerCoord@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 — June 8, 9, 10.

Contact Pam Murdoch at [angp@westfieldhs.org](mailto: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*

### Fundraising News

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

PTSA is has reinitiated their BJ's membership fundraiser. More details and downloadable forms are [available online](#). The application has also been translated in

the Spanish. **The BJ's Membership drive runs through 6/20/2009.** Contact Evelyn Spain at [waysmean@westfieldhs.org](mailto:waysmean@westfieldhs.org).

1. Families receive memberships for \$10 less than the regular fee or either \$45 or \$80 along with a membership that would last 15 months instead of the regular 12 months.
2. FREE Second Membership Card for a household member
3. PLUS, BJ's will donate \$5 of your Membership fee to your Non-Profit Organization!
4. [Use the temporary card for 30 days](#) until they receive the membership acceptance letter from BJ's.

**BJ's Wholesale Fundraiser** Thank you to for participating in the BJ's Membership Drive in May of 2009. BJs Corporation awarded Westfield High School \$125 that will be used towards the PTSA Technology and Education Project.

We will be having **one last fund raiser before the end of this school year.** Join them June 12, 2pm – 10pm in Centreville. All you really have to do is go out and have a delicious meal at Ledo's Pizza & Subs. You eat and we get a percentage. [Read more.](#) Remember the [other ways to help](#) WHS through shopping.

## Minority Achievement News

### Minority Achievement Committee Closes Another Successful Year

As we come to the close of another school year, it is time to reflect on the accomplishments of the Minority Achievement Committee. I first want to thank all of the committee members and volunteers who spent countless hours working with students, teachers, administrators and parents to develop new methods and programs to close the achievement gap at Westfield. I also want to applaud Ms. Hilda Ventura and Ms. Carmen Danies for their successful efforts in increasing parental involvement among our Hispanic and Latino families. The number of Hispanic and Latino parents attending our Parent Coffees this year increased dramatically, thanks to their hard work. The Hispanos al Progreso program was a great success as well, welcoming Hispanic and Latino parents into the building and providing very important information to assist them in adapting to Westfield high school and the local community. [Read more Chairman's message online.](#)

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

## Reflections News

It's not too early to think about Reflections for the next year:

- The theme for the 2009 - 2010 is "Beauty is . . ."
- The theme for the 2010-2011 is "Together We Can"

Students can get to work now on artwork for next year. The categories are literature, musical composition, dance choreography, visual arts, film production, and photography. [Read more online.](#)

The PTSA is **seeking someone to head up this committee.** If one is not found, we cannot participate in Reflections for the upcoming year. Contact the [PTSA president](#) if you are interested.

## Volunteers Committee News

**Forty (40) parent volunteers are needed** to help at school immediately following graduation, Thursday night, June 18th. Volunteers would assist with student check-in and security from 10:30pm until approximately 12:30am. Volunteers who do not have Seniors are asked to come at 10:15 to assist with set-up. For those parents coming from graduation, please try to get to the school as soon as you can, but we understand if you are delayed! It will be busy but fun to see and send off of our new grads on the buses to the ESPN Zone. To volunteer, please contact [volunteerCoord@westfieldhs.org](mailto:volunteerCoord@westfieldhs.org)

*Suzanne Olijar  
Volunteer Coordinator*

## Booster News

### Westfield HS Choral Presents "Requiem in D-Minor, Opus 48"

On Wednesday, June 3rd, 2009, at 7 PM, the combined choirs of Westfield High School will present their year-end concert, featuring the **Requiem in D Minor, Opus 48**, by Gabriel Fauré, an important and prolific French composer whose compositions during the romantic period ushered in the impressionistic style. His Requiem is an astonishingly beautiful choral masterwork, beloved by both professional and amateur musicians. The choral musicians of Westfield are honored and fortunate to have the opportunity to perform this work with a **professional orchestra**, and side-by-side with some of the region's professional choristers. [Online ticket sales end June 1 at midnight.](#) Guests who purchase online may pick up their tickets at the door beginning 30 minutes prior to the performance. Tickets are \$6 each.

## FCPS Newswire

- **FAIRFAX COUNTY Board of Supervisors Unanimously Adopts Fiscal Year 2010 Budget.** Read the [latest news](#) about the budget situation.
- The Parent Resource Center has posted the **2009 Special Needs Summer Camps** list. [Check it out!](#) [Details.](#)
- **Complete information on graduation activities** for the Class of 2009 is available. [Details.](#)
- **Summer program information is now available.** FCPS offers credit recovery, SOL remediation, ESOL, and accelerated online courses for high school

students; academic intervention programs for elementary and middle school students; and a wide variety of enrichment programs and courses, and arts and tech camps for students seeking summer learning opportunities. [Details.](#)

### **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 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. To learn more about Parent View, go to <http://www.fcps.edu/fcps247.htm>. For assistance with Parent View, call 1-866-434-8880.

**Fairfax County Public Schools Keep in Touch (KIT) has a new feature.** Now you can subscribe to receive specific topics you request, such as swine flu updates and other current news. You can also select to receive press releases, media tips and School Board updates. **You may also subscribe to receive community outreach messages** from the school division and up to five schools. This service is in addition to the KIT messages you may already be receiving because your child enrolled in a Fairfax County school. Visit <http://www.fcps.edu/kit/>.

## **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](mailto:Ray.Clements@fcps.edu)

**Parents: the Anti-Drug** <http://www.theantidrug.com/> TheAntiDrug.com was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids. Working with the nation's leading experts in the fields of parenting and substance abuse prevention, TheAntiDrug.com serves as a drug prevention information center, and a supportive community for parents to interact and learn from each other.

**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](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](mailto: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](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](http://www.fcps.edu/DIT/streaming/is8_int_hostlosemost.aspx)

### **Westfield Community Coalition Coordinator: Jennifer Cooper**

([jalcooper@aol.com](mailto: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](mailto: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>