

WOMS Newsletter


12201 New Hampshire Avenue ♦ Silver Spring, MD 20904 ♦ Main Office 301-989-5780 ♦ Counseling 301-989-5790

White Oak Middle School

January 2011 – February 2011



Ms. Virginia A. de los Santos, Principal ♦ Mr. James Allrich, Assistant Principal ♦ Mrs. Lisa N. Shorts, Assistant Principal

January Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Activity Bus	5 "A Day"	6 "B Day" Activity Bus	7 FL Oral Exams 8:15am - 8 th Group Picture	8
9	10 FL Oral Exams	11 FL Oral Exams 3:00pm Girls' Basketball, Key @ WO Activity Bus	12 Exam Review Day	13 FL Oral Exams Activity Bus	14 Exams – Periods 1 & 2 	15
16	17 <i>Holiday – M. L. King, Jr. Day Schools/Offices Closed</i>	18 Exams – Periods 3 & 4 Activity Bus	19 Exams – Periods 5 & 6	20 Exams – Period 7 Activity Bus 7-8:30pm Parent Academy @ WOMS - Getting Kids Up and Out: Mastering the Daily Routine	21 Second Marking Period Ends 7GR Field Trip – Naval Surface Warfare Center (test Sea Perch)	22
23	24 <i>Professional Day – No School for students</i>	25 Third Marking Period Begins Activity Bus	26 "A Day" 3:00pm Boys' Basketball, Takoma Park @ WO	27 "B Day" Activity Bus	28	29

February Activities

SGA Collecting Pennies for
Patients 1/31 - 2/25

Jan. 30	Jan. 31 <i>Feb. 1-28: African American Heritage Month</i>	1 3:00pm Girls' Basketball, Lee @ WO Activity Bus	2 "A Day" Report Card Distribution  MAP-R through PE/Health Classes	3 "B Day" Activity Bus	4 ABC Dance	5
6 National School Counselor Week "I Love White Oak MS Week"	7	8 8:15am NEC 8GR HS Registration Info Mtg 3:00pm Boys' Basketball, Sligo @ WO Activity Bus 7-9pm PTSA Meeting	9 "A Day" MAP-R through PE/Health Classes	10 "B Day" Activity Bus	11	12
13	14 	15 3:00pm Girls' Basketball, Eastern @ WO Activity Bus	16 "A Day"	17 "B Day" 3:00pm Girls' Basketball, Newport Mill @ WO Activity Bus	18	19
20	21 <i>Holiday – Presidents' Day; Schools/Offices Closed</i>	22 Activity Bus	23 "A Day"	24 "B Day" Activity Bus	25 PTSA Fun Night	26

El Boletín de Noticias está disponible en Español en sitio web de White Oak www.whiteoakms.org.

Inside This Issue: Exam Schedule, Update on After School Activities, and more!

WOMS January 2011 Exam Schedule: Final exams for high school credit courses will be administered January 14-20. Review day will take place on January 12; make-up exams will be held on January 21. There will only be two exams each day. One exam will be administered in the morning and the other will take place in the afternoon. Please consult the exam schedule below for the bell schedule for each day. Teachers will post information about final exams in classes that are non-high school credit bearing course on their Edline pages.

Friday, January 14, 2011

<i>Time</i>	<i>Grade 6</i>	<i>Grade 7</i>	<i>Grade 8</i>
7:55 – 8:06 <i>Attendance</i>	DEAR	DEAR	DEAR
8:10 – 10:32 <i>Exams</i>	Period 1	Period 1	Period 1
10: 36 – 11:06	Lunch	Period 3	Period 3
11:10 – 11:40	Period 3	Lunch	Period 4
11:44 – 12:14	Period 4	Period 4	Lunch
12:18 – 2:40 <i>Exams</i>	Period 2	Period 2	Period 2

Tuesday, January 18, 2011

<i>Time</i>	<i>Grade 6</i>	<i>Grade 7</i>	<i>Grade 8</i>
7:55 – 8:06 <i>Attendance</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>
8:10 – 10:32 <i>Exams</i>	Period 3	Period 3	Period 3
10: 36 – 11:06	Lunch	Period 5	Period 5
11:10 – 11:40	Period 5	Lunch	Period 6
11:44 – 12:14	Period 6	Period 6	Lunch
12:18 – 2:40 <i>Exams</i>	Period 4	Period 4	Period 4

Wednesday, January 19, 2011

<i>Time</i>	<i>Grade 6</i>	<i>Grade 7</i>	<i>Grade 8</i>
7:55 – 8:06 <i>Attendance</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>
8:10 – 10:32 <i>Exams</i>	Period 5	Period 5	Period 5
10: 36 – 11:06	Lunch	Period 7	Period 7
11:10 – 11:40	Period 7	Lunch	Period 1
11:44 – 12:14	Period 1	Period 1	Lunch
12:18 – 2:40 <i>Exams</i>	Period 6	Period 6	Period 6

Thursday, January 20, 2011

<i>Time</i>	<i>Grade 6</i>	<i>Grade 7</i>	<i>Grade 8</i>
7:55 – 8:06 <i>Attendance</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>	Period 1 <i>Attendance Only</i>
8:10 – 10:32 <i>Exams</i>	Period 7	Period 7	Period 7
10: 36 – 11:08	Period 1	Period 1	Period 1
11:12 – 11:42	Lunch	Period 2	Period 2
11:46 – 12:16	Period 2	Lunch	Period 3
12:20 – 12:50	Period 3	Period 3	Lunch
12:54 – 1:26	Period 4	Period 4	Period 4
1:30 – 2:02	Period 5	Period 5	Period 5
2:06 – 2:40	Period 6	Period 6	Period 6

Friday, January 21, 2011

1-7 day (Marking Period Ends)



Please check agenda books daily for homework assignments. Also, check Edline for upcoming assignments and tests. If parents have not been able to access Edline and would like progress reports mailed, let us know.

Countdown to Outdoor Education! We will be going the week of May 23-27! Parent information meeting coming in March.



Students in Mr. Grove's CADD/ARE classes will be visiting the Naval Surface Warfare Center-Carderock Division in West Bethesda on Friday, January 21, to test out their Sea Perch with professionals in the Marine Engineering field. They have been hard at work preparing their Sea Perch and learning skills such as drilling, soldering, and applying science and technology associated with naval architecture and marine engineering.

As we approach the MSA in March we are pleased to see how many of our students are using Study Island to brush up on their reading and math skills. It's a real pleasure to see students taking responsibility for their learning by working with teachers during lunch and staying after school for additional support. Students are encouraged to check Edline periodically to make sure they're aware of their grades and upcoming assignments.

7th grade English students will begin second semester with the *Voices from the Past* unit. During this unit students will explore how *voices from the past* speak to us of other times and places, and how learning about the past illuminates our understanding of the present. As we work through this unit we will continue to prepare for the MSA by analyzing various texts for a better understanding of plot elements. Please encourage your students to come to class prepared with their reading materials.

As we begin second semester some students will begin new elective courses. If your child is unsure of any changes to their schedules, their team leader or counselor can assist them. For example, students currently taking Civil Rights will begin Creative Writing, while students currently taking Readers Theatre will begin General Music.



News for the Top Cats

ATTENTION 8th GRADERS! **Northeast Consortium (NEC) UPDATES:** Get ready to hear which high school you will be attending! In late January, the round one high school assignments will be mailed out to home addresses. If you did not participate in the round one HS choice, then you will be able to participate in Round two which will be mailed to your homes. Round two is specifically for new students and students who have transferred to White Oak.

Students who applied to the magnet programs at Blair, Richard Montgomery or Poolesville, notifications of acceptance will be mailed out February 4!

On Tuesday, February 8, the NEC high school counselors will be coming to White Oak to register students for high school classes. So please mark your calendars! Registration cards are due to Ms. Khelawan on Wednesday, February 16.

After School Program news: Funds have been cut for our Rec Extra programs. For many years, our students have benefitted from after school programs sponsored by the Department of Recreation. Rec Extra programs have included after school tennis lessons, cooking classes, Turkey Bowl, flag football, and step team, among many. We received news that due to county level budget cuts, this agency had to cut our program. Without this funding this may mean that we will have to rely on parents and school resources to provide lost opportunities after school.

Many Montgomery County Public School sponsored programs will continue such as athletics, homework help, SGA, chess club, Extended Day Learning Opportunities (ELO), and intramurals. We will begin an after school Homework Center soon in the next few weeks. The homework center will take place in our media center on the days we have activity buses.



After school meal program. We were selected for an after school meal program. This program is at no cost to our students. All they have to do is go in the cafeteria after school and sign in. Please encourage your child to take advantage of this opportunity. After school meals are provided between 2:40 and 3:00 p.m.

The Counseling Department's Career Program will be starting in February. Our goal is to jump start the career exploration process with all our students to better prepare them for both high school and college course selections related to their career interests. They will have the opportunity to learn about a variety of career options as well as the education needed to accomplish their career goals (trade school, community college, four year college/university). They will also be able to explore careers that match their current interests.

Registration

Soon your child will be coming home talking about what classes will be offered for next school year. White Oak Middle School Counseling Department has several scheduled registration activities. Here are a few activities you can expect:

- February 8 High School Counselor Visitation @ White Oak Middle School
- February 14 -18, 2011 Elementary School Visitation/Distribution of Registration Materials
- February 16, 2011 9th Grade High School Registration Cards Due
- February 23, 2011 Parent Information Night for Incoming 6th Grade Students (2010-2011)
@ White Oak Middle School (7:00 PM)
- February 23 - 25, 2011 6th and 7th grade Course Bulletin and Registration Distribution to Students
- March 2, 2011 6th and 7th grade Registration Forms due to Counselors
- March TBA..... PTSA Presentation (Middle School Program Course Offerings)
@ White Oak Middle School (7:00 PM)

We look forward to working with you to ensure a smooth transition into next school year. Please do not hesitate to contact the counseling office with any questions or concerns you may have. Counselors can be reached at 301-989-5790.

- Ms. Erika May 7th Grade
- Mrs. Jacqueline Khelawan 8th Grade
- Mr. Michael McMillen..... 6th Grade

High School Credit Courses in Middle School

If you are considering enrolling your son or daughter in high school courses while in middle school, please be aware of the following information that may affect your child's high school transcript. Credit and grades for middle school students taking a high school course are awarded based on the following:

- Students must pass the course each semester.
- Students must pass the final examination at the end of the second semester.

Students who meet these criteria, by earning an A, B, C, or D, will receive high school credit and will have these grades count towards their Montgomery County Public Schools (MCPS) high school grade point average (GPA). If your child is not satisfied with the grade earned, he or she may retake the course in Grade 7 or Grade 8 if it is available, or they may retake the course in high school.

A high school course will be recorded automatically on the high school transcript, once a student has entered high school.

All courses approved for earning high school credit in middle school follow the procedures outlined above, except for Advanced English in Grade 8. Since students may not be able to retake Advanced English, high school credit for this course will only be awarded based on the following:

- Students must pass the examination at the end of the second semester and must earn a final grade of A or B in each semester to be awarded high school credit.
- Students who do not earn an A or B in the course will not receive high school credit and their grades will not count toward their high school grade point averages—the course will not be reported on the high school transcript.



Parent Academy Workshop: Thursday, January 20, at WOMS, 7:00-8:30pm

- Topic: Getting Kids Up and Out – Mastering the Daily Routine
- Facilitator: Beatriz Mendoza, DFCP
- Register online at

<http://www.montgomeryschoolsmd.org/departments/familycommunity/pareg.shtm>

Basketball Schedule: Games start at 3:00 pm. Parents are invited to attend **home games**.



<i>Date</i>	<i>Boys' Games</i>	<i>Girls' Games</i>
Tuesday, January 11, 2011	White Oak @ Key	Key @ White Oak
Wednesday, January 26, 2011	Takoma Park @ White Oak	White Oak @ Takoma Park
Tuesday, February 1, 2011	White Oak @ Lee	Lee @ White Oak
Tuesday, February 8, 2011	Sligo @ White Oak	White Oak @ Sligo
Tuesday, February 15, 2011	White Oak @ Eastern	Eastern @ White Oak
Thursday, February 17, 2011	White Oak @ Newport Mill	Newport Mill @ White Oak



New Wildcats:

- **Mr. Michael McMillen** has joined our counseling department. He is the counselor for 6th graders. He received his bachelor's degree from Grove City College in Pennsylvania and Masters in counseling from John Hopkins. Mr. McMillen previously taught for five years at Twinbrook Elementary School in Rockville. Since coming to White Oak Middle School he finds that he loves all of our students' different personalities. Our students find him enthusiastic, warm, and caring. In his free time he loves to play sports and go camping. He is the junior varsity baseball coach for Springbrook High School.
- **Ms. Cynthia Tran** has joined our math department this year. She teaches Algebra to 7th and 8th graders. She received her bachelor's degree in mathematics from Maryland University. She is in her first year as an intern at the University of Maryland's Master's Certification Program. This is her first teaching job. Since coming to White Oak she finds that the staff has been very helpful. She appreciates the information and support from attending team meetings and being part of a cohort. Our students find her very helpful and easily accessible for extra support. She keeps families informed of assignments and how to help children through great use of Edline. She does not have free time right now because of her busy teaching and school schedule. When she finally has free time, she is looking forward to playing tennis and hanging out with friends.
- **Ms. Melanie Pilgrim** has joined our English department. She teaches reading and English to 7th graders. Ms. Pilgrim received her bachelors' degree from Howard University and Master's degree from University of Maryland in English and Secondary Education. This is her sixth year teaching. She previously taught at Silver Spring International Middle School. She loves the students here at White Oak Middle School and finds them respectful and motivated. Our students benefit from very engaging lessons and her expert use of the Promethean board. Ms. Pilgrim has a six year old daughter. In her free time she loves to read, sleep and eat. She recently joined a gym.

PTSA Update:

Visit the White Oak website PTSA page <http://www.montgomeryschoolsmd.org/schools/whiteoakms/ptsa/> for the calendar, membership form and contact information. Announcements are made on Oaknet, our PTSA listserv. To subscribe, send a message to oaknet-subscribe@yahoogleroups.com.

- ~~January 11: PTSA meeting 7 pm – topic TBA~~ **Cancelled**
- February 8: PTSA meeting 7 pm - topic TBA
(All WOMS PTSA meetings are held on the 2nd Tuesday of the month at 7 pm)
- February 25: Fun Night

Allie Plihal, PTSA President

Coming Soon – “I Love White Oak Week”

February 7 through February 14 we will invite students, staff and families to celebrate our school community by writing what they love about White Oak. These statements will be posted around our school. Please visit our website to print out an “I Love White Oak Middle School because . . .” form. Complete it and drop it off in the main office or mail it to White Oak Middle School to the attention of Mr. Michael McMillen.

Student Service Learning (SSL) Notes for January

- Give a Little Time . . . Make a Big Difference

SSL Promotes Social Responsibility

- Make a resolution to address real community need through involvement with pre approved organizations and opportunities.
- Service learning activities may involve **advocacy action**. Advocacy activities may include letter writing, public presentations, and involvement in community events to promote one's views on issues of interest. Advocacy action, like all other SSL actions must be supervised by representatives from nonprofit, tax exempt organizations.
- All activities for which SSL hours are awarded must be secular (non-religious) in nature. Service-learning activities sponsored by religious organizations must address real need beyond their membership in the broader community.
- All SSL opportunities should begin with a preparation phase. Students are made aware of the need they will be addressing and what is expected of their involvement.
- Get involved in meaningful service with the Montgomery County Volunteer Center on the Martin L. King, Jr. Day of Service January 17.

Tips for Eating

You can eat certain foods to improve your mood. To prevent the dips and spikes in blood sugar levels that may leave you tired, irritable and headachy, try to:

- Eat every four to five hours. This provides your body and brain with constant fuel.
- Limit refined carbs – your body quickly metabolizes the calories in soda, juice, bagels and crackers, causing blood sugar to sharply rise and eventually plummet.
- Fill up on soluble fiber. Oats, brown rice and vegetables help slows down the body's absorption of sugar, so you feel steadily energized and upbeat for hours.
- Eat foods high in vitamin D such as egg yolks and milk, and omega-3's like salmon and flaxseed. Research indicates they can relieve the blues.

Reminders:

- **Check your child's grades on Edline.** Need an activation code? Have a question about Edline? Visit our website at www.whiteoakms.org for more information or contact Mrs. Badger at 301-989-5728.
- **Daily Announcements** are posted on Oaknet listserv and Edline. If you would like to be part of the Oaknet list-serve send an email to oaknet-subscribe@yahooogroups.com.
- Every month White Oak MS publishes a newsletter informing you of upcoming events. **Current and archive copies of WOMS Newsletters** are available on the White Oak website www.whiteoakms.org. Click on "newsletters" under Quicklinks.
- **Ways to support our school**
 - White Oak Middle School is now **registered in Harris Teeter's Together in Education program**. The account number for our organization is **8546**. You simply tell the cashier during check-out you want our account number linked to your Harris Teeter VIC card. Or you can link it online. Once the account number is linked, every time you shop during the program, 5% of your Private Label purchases will be contributed by Harris Teeter to White Oak Middle School account. It's that easy!
 - **Updating your Giant and Safeway cards. Schools earn funds to help support programs.**
 - **Giant's A+ School Rewards program** runs through March 24, 2011. Parents and supporters must "re"-register their card every year. Please add **White Oak Middle School - number 00886** to your card. For more information visit Giant's website at http://www.giantfood.com/our_stores/bonus_bucks/index.htm
 - **Safeway's eScrip** program allows participating merchants to contribute a percentage of purchases to schools. To **update and/or enroll** in the eScrip visit the Safeway website at www.escrip.com. Follow the steps and designate White Oak Middle School. **School ID number is 6586891**. Be sure to click on White Oak Middle School in Silver Spring. Help support the 8th grade activity with a very simple activity.
 - Clip "**Box Top for Education**" coupons and drop off in the main office any time. Just look for the Box Top logo on hundreds of products. **School earns .10 cents for each Box Top coupon.**

