

# ACCESS

# Oakton

oakton high school ptsa • vienna va • www.oaktonhsptsa.org

September 2010

## A Warm Welcome From Your PTSA President

Pam Burke, PTSA President • Pam.a.burke@gmail.com

### OHS MISSION STATEMENT

Our mission is to provide equal access to all curricula by forming a partnership with families, by communicating our expectations clearly and often, and utilizing the resources of FCPS in challenging all of Oakton's students to achieve their academic and personal best.

### OHS VISION STATEMENT

We agree that all students should have access to a rigorous educational experience, and we are dedicated to helping students achieve the individual goals that will strengthen their intellectual, social, emotional, and physical development. We understand that in order to lead youth, we must be willing to model a passion for lifelong learning and personal growth and development.

### SUBMIT

If you have an article that you would like to have included in Access Oakton, please forward it to Kirsten Rucker at: [kkunklerrucker@verizon.net](mailto:kkunklerrucker@verizon.net). The due dates for articles for future publications this year are: December 2, February 3, March 31, and June 2.

**W**elcome to our new and improved newsletter, Access Oakton, and welcome to another school year at Oakton High School.

I am Pam Burke, the PTSA President for one more term. At our Back to School Nights, I spoke about my two older Oakton graduates, but, it was pointed out to me, I neglected to mention that I do have a freshman this year.

Our newsletter is constantly evolving. We've gone 'green' and saved money on printing and postage. One benefit is that we don't have space constraints so we hope to have more information on the various programs at Oakton and how you can lend your support. Our goal is to provide a variety of information in one document.

As I said at the Back to School Nights, Oakton is known not only for its academic reputation, but also for our band, choral, athletic and club programs. The whole is truly greater than the sum of its parts. To that end, your support of fundraisers for these groups is critical. Throughout the year, groups sell citrus, coffee, poinsettias, food coupons, season passes and other items we purchase regularly. There is a new 'column' in the Access Oakton. "The Cougar Mart" will be a listing of what items are available as fundraisers. Please support our students. Remember, the participation fee, new this year, does not come directly back to Oakton. Fundraising is as important as ever.

Our PTSA fundraiser is our memberships. Please join the PTSA. Thank you if you have already joined. Membership forms have been sent out twice, in the spring and the late summer packet pickup. If you still need one, it can be downloaded from our site. It is never too

late to join. Through your membership, we are able to fund our budget and meet our goal of supporting every student and staff member.

Also available on the website, is an Academic Booster Membership form. As other booster clubs at Oakton support their particular sport or arts activity, we support the 'thinking' teams at Oakton and other groups not covered by other boosters. Through your membership, we have made generous donations to Rocketry & Robotics, Model UN, DECA, Odyssey of the Mind and other groups at Oakton. We support SOL Remediation programs and our Cougar Commendation Breakfasts, we provide food for the Academic Letter Recognition and the Senior Awards Night, and we pay the license fee for software in the Career Center used by all Oakton students. Please support us by joining.

The PTSA needs a couple more volunteers. Most urgently, we need a Hospitality Chair to coordinate a staff breakfast and lunch to show our appreciation to Oakton staff.

Finally, I am most proud of the All Night Grad Celebration that the PTSA plans for our seniors' graduation night. This is a phenomenal event that requires much planning in order to provide a safe and fun night for our students. Please register for Keep in Touch if you haven't already done so, and look for the date of our first planning meeting. This is open to parents of all grades and I especially encourage parents of juniors to be involved. There are some committee chairs headed by parents of seniors who will also be 'graduating' so your involvement now is key to a great event for your rising seniors.

Again, welcome to another school year.

### School Directory Purchases

If you missed purchasing a directory at the Back-to-School Nights, don't worry! Directories are still available. You can purchase them in the Main Office from Beth Speed or you can contact Liz Krage at 703.620.9747 or [kragedesign@aol.com](mailto:kragedesign@aol.com). Directories are \$5 each and support PTSA programs.

### Oakton Cougars Wreaths Across America

As a community service project and fundraiser, the Oakton Football Players will be selling wreath sponsorships for "Wreaths Across America" at both Back to School nights and at all Varsity home games. "Wreaths Across America" is a non-profit organization with the goal of one day laying a wreath on every veteran's grave during the holiday season to honor and remember their service to our country. This year, funds earned from the sale will go to the David Sharrett II Memorial Scholarship Fund. David was a 1999 OHS graduate and football player who was killed in the line of duty in 2008 while serving in the 101st Airborne Division of the United States Army. Please support this worthy cause by sponsoring a wreath(s) for \$15 each at both Back to School Nights, or at home Varsity games, or visit our website at <https://sites.google.com/site/oaktoncougarswaa/>.



# Dr. Banbury's Welcome to the 2010-2011 School Year

John A. Banbury, Principal • [john.banbury@fcps.edu](mailto:john.banbury@fcps.edu)

**D**ear Parents, The school year is now well underway, and, by the time you read this first newsletter of 2010-2011, we will have already sent home interim grades for first quarter! The opening of the school year was exceptionally smooth, and I am happy to report that Oakton once again made our Annual Yearly Progress (AYP). This rigorous benchmark of No Child Left Behind legislation becomes more and more difficult to achieve, but, each year, Oakton students and teachers rise to the occasion. Both our Standards of Learning (SOL) and our Advanced Placement (AP) scores were exceptional and demonstrated the hard work our faculty and students continue to put forth in their classes every day. This year marks the fourth year of Collaboration Wednesdays, and our curriculum teams continue to plan instruction, align curriculum, develop common assessments, create departmental grading, and focus on instruction. The results have been overwhelmingly positive as evidenced by the increase in all our scores.

In 2010-2011, we will continue in our efforts to further improve in all academic areas with a new initiative and focus called Cougar Time, a support period within the school day that extends academic learning time for all students. The creation of Cougar Time required only slight changes in the bell schedule, but those slight changes give our students the opportunity to receive extra assistance, intervention and enrichment during the school day. Except for Collaboration Wednesdays, Cougar Time occurs daily between first and second block. During Cougar Time, all students are expected to be engaged in academic activities.

By 2013, our goal at Oakton High School is that all our students will have completed at least one Honors or AP class before graduation. Our belief is that students who challenge themselves with Honors or AP will be better prepared for college or any other post secondary pursuit. Our AP program continues to flourish and grow, and I am delighted to let you know that we recently received the following information from the College Board about this year's AP Scholars from Oakton High School:

- AP Scholars (3 or higher on 3 or more AP Exams) - 164 students
- Scholar with Honor (3.25 average and 3 or higher on 4 or more AP Exams) - 75 students
- Scholar with Distinction (3.5 average and 3 or higher on 5 or more AP Exams) - 125 students
- National Scholar (4 average and 4 or higher on 8 or more AP Exams) - 17 students

That is a total of 364 students from 11th and 12th grades (last year) that earned these honors!

In closing, I would like to congratulate our students on their outstanding performance and exceptional results from last year and thank you for your commitment to making Oakton High School exceed in an environment that focuses on high standards of student learning for all our students. A cluster and school wide goal for Oakton this year is that our students can achieve a 100 percent pass rate on all their spring SOL tests. With your help, we believe that we can achieve this goal. As 2010-2011 unfolds, please continue to encourage your sons and daughters to aim high and challenge themselves when they are setting their academic goals for this year and their remaining years in high school.

**“By 2013, our goal at Oakton High School is that all our students will have completed at least one Honors or AP class before graduation.”**

## YOUR CHILD'S SECURITY: The New Problem of "Sexting"

"Sexting" refers to sending a text message with pictures of children or teens that are inappropriate, naked or engaged in sex acts. According to a recent survey, about 20 percent of teen boys and girls have sent such messages. The emotional pain it causes can be enormous for the child in the picture as well as the sender and receiver—often with legal implications. Parents must begin the difficult conversation about sexting before there is a problem and introduce the issue as soon as a child is old enough to have a cell phone.

Here are some tips for how to begin these conversations with your children:

- Talk to your kids, even if the issue hasn't directly impacted your community. "Have you heard of sexting?" "Tell me what you think it is." For the initial part of the conversation, it is important to first learn what your child's understanding is of the issue and then add to it an age appropriate explanation (see next bullet).
- Use examples appropriate for your child's age. For younger children with cell phones who do not yet know about sex, alert them that text messages should never contain pictures of people—kids or adults—without their clothes on, kissing or touching each other in ways that they've never seen before. For older children, use the term "sexting" and give more specifics about sex acts they may

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know about. For teens, be very specific that "sexting" often involves pictures of a sexual nature and is considered pornography.

- Make sure kids of all ages understand that sexting is serious and considered a crime in many jurisdictions. In all communities, if they "sext", there will be serious consequences, quite possibly involving the police, suspension from school, and notes on the sexter's permanent record that could hurt their chances of getting into college or getting a job.

- Experts have noted that peer pressure can play a major role in the sending of texts, with parties being a major contributing factor. Collecting cell phones at gatherings of tweens and teens is one way to reduce this temptation.

- Monitor headlines and the news for stories about "sexting" that illustrate the very real consequences for both senders and receivers of these images. "Have you seen this story?" "What did you think about it?" "What would you do if you were this child?" Rehearse ways they can respond if asked to participate in inappropriate texting.

- Encourage school and town assemblies to educate parents, teachers and students.

- Watch the ABC Good Morning America segment from 4/15/09 featuring a town hall meeting with teens that have sent and received "sexts," parents and experts.

**SOURCE: AMERICAN ACADEMY OF PEDIATRICS**

<http://www.aap.org/advocacy/releases/june09socialmedia.htm>

## Find It All @ Your OHS Library

**Check Out the OHS Library Web Site:** <http://www.fcps.edu/OaktonHS/library/>

Please check our web site for links to the FCPS Library Catalog, Blackboard.com, and the Fairfax County Public Library. Select Research Databases to help your student complete assignments. Database user names and passwords are posted in the Oakton HS Library Blackboard course under Online Databases button.

New Student Sign In for Library:

As of September 21, students sign into the library on a computer upon entering. Students quickly enter their student ID numbers each time they come

to the library.

Freshmen Orientation to the OHS Library:

All freshmen have completed orientation to the Library which also included a lesson on evaluating sources. Students learned criteria for examining sources, such as credibility, bias, and scope and purpose. Students were asked to complete a survey in the Oakton HS Library Blackboard course following an activity in which they evaluated a website of their choice by applying the above criteria.

## Virginia Tech Study Reflects the Dangers of Distracted Driving

### COUGAR MART

The Band Boosters are selling White House Ornaments and beginning their citrus sales. Please look at the website, oaktonbands.com under the fundraising tab. These can be paid for through PayPal.

The Oakton Drama Boosters are selling their season passes. If you haven't purchased yours at the Back to School Nights, you can find information at oakton-drama.org.

The Oakton Dance Team will be selling poinsettias. Please email Scott Smith at Scottsmith1960@verizon.net for an order form. The form will be available mid to late October.

**A** Virginia Tech study showed that of crash and near-crash occurrences, 80% of all crashes, and 65% of all near-crashes involved a distracted driving incident within 3 seconds of the event.

How many of these things do you do while driving? Every time you get behind the wheel while distracted, your chances of a crash increase. Don't take any more chances:

\*TEXTING: 23 TIMES INCREASE IN CRASH RISK

\*REACHING FOR A MOVING OBJECT: 9 TIMES INCREASE IN CRASH RISK

\*DRIVING DROWSY: 5 TIMES INCREASE IN CRASH RISK

\*USING A CELL PHONE: 4 TIMES INCREASE IN CRASH RISK

\*LOOKING AT AN EXTERNAL OBJECT: 4 TIMES INCREASE IN CRASH RISK

\*READING: 4 TIMES INCREASE IN CRASH RISK

\*DIALING A PHONE: 3 TIMES INCREASE IN CRASH RISK

\*APPLYING MAKEUP: 3 TIMES INCREASE IN CRASH RISK

Since cell phone use occurs more frequently and for longer duration, this is the #1 source of driver inattention behind the wheel.

### DON'T DRIVE DISTRACTED.

Think about all the things you do behind the wheel besides driving...now think about how many times you've had a close call. Half a million people were injured each year and another 6,000 were killed by drivers who were distracted, particularly by their phones (U.S. Department of Transportation). Some studies have even shown that texting while driving is just as dangerous as driving drunk (Car and Driver Magazine).

Operating a multi-ton vehicle requires full attention. Put the phone away, minimize your distractions and don't use your drive time as your down time.

**Source:** Fairfax County Police: <http://www.fairfaxcounty.gov/police/traffic/>  
James E. Edmundson  
Safety and Security Assistant  
Oakton High School  
(Certified School Security Officer)  
703-319-2889

## Leukemia and Lymphoma Awareness Night

October 15, 2010 • Oakton vs. Herndon

**O**akton Football will be sponsoring a Leukemia and Lymphoma Awareness Night at its home game vs. Herndon on October 15. Our special guests for the evening will be 10 year old Andrew Luckabaugh and 8 year old Sklyer Hundley, Leukemia and Lymphoma survivors.

Bring your pennies, rolled coins, and dol-

lar bills and help Oakton beat Herndon in a Penny Wars Challenge to Fight Leukemia and Lymphoma or test your strength on the "High Striker" and "Ring the Bell" to "smash" these diseases. Come out and enjoy an evening of great football with the Oakton High School community and support a great cause at the same time.



### Cougar Orchestra Notes

The Cougar Orchestras will be presenting their fall concert on Thursday, October 28, 2010 at 7:00 pm in the auditorium. In addition to performances by the Oakton Concert, Symphonic and Chamber Orchestras, the Franklin Middle School Symphonic Orchestra will be joining for an evening of spooktacular music. Come out and support the Cougar Orchestras while enjoying some boo-tiful music!

## Oakton Drama Jumps Into Year of Performances

We have hit the ground running! Thanks to the drama club students who came and worked at back to school night helping parents find their way around the building. And thanks to the parents who supported our program by purchasing our season pass for the year. It was a successful fundraiser and we look forward to having you in our audience.

Our first production that will be presented by our Drama 3 & 4 classes will be *Is He Dead?*, which is a comedy set in Paris during the 1800's. Starving artist, Jean-Francois Millet, fakes his death in order to increase the value of his paintings. It wouldn't be a comedy without a boy in a dress, and Ian Lindsay will surely prove to play a lovely lady. Performances are November 4, 5, 6 at 7:00. Then we quickly travel to 1960's Connecticut for Family

Man. Henry Ragan plays a husband and father stuck in his high-school glory days who finds himself with a broken leg. This leaves his wife, played by Roxy Ghamgarnia, forced into the workplace while her husband takes on the homemaking and the PTA. Performances are November 18, 19, 20 at 7:00.

Our spring musical this year will be *Oklahoma!* Auditions will be held on Monday, October 18th. Sign-up sheets for time slots will be available and Ms. Powell has the required music needed for the students to learn.

We are looking forward to a creative and fun season. See you in the theatre!

Vanessa Gelinias

Visit [www.oaktondrama.org](http://www.oaktondrama.org) for more information.

## Winter Sports Tryouts Begin

### Winter Sports Begin November 15th/ Registration is November 10th

The following winter sports are set to begin tryouts on Monday, November 15th: basketball, girls gymnastics, wrestling, swim/dive and indoor track and field. There will be a MANDATORY winter sports drop-in registration on Wed., Nov. 10th in the cafeteria, 2:30-3:30.

Each student needs a doctor's physi-

cal on file in the Activities Office in order to try out. (If you played a fall sport, your physical is already on file.) The official VHSL physical form must be used. Each student also needs to give the coach a new Emergency Care Information Form. The emergency care form you turned in at the beginning of the year or to another coach can not be used.

All forms can be found at [www.oaktonathletics.org](http://www.oaktonathletics.org) or outside the

Activities Office (Room 173). Call 703-319-2760 for more information.

(ALL PHYSICAL FORMS SHOULD BE TURNED IN TO THE ACTIVITIES OFFICE BY NOVEMBER 3rd. PLEASE MAKE A COPY FOR YOUR RECORDS BEFORE TURNING IT IN. All emergency care information forms must be turned in to your coach before trying out. You may put it in the coach's mailbox in the Activities Office.)

### Upcoming Events at Oakton

**October 11** - Columbus Day, no school  
**October 13** - PSAT/Canidate Day, no collab  
**October 16** - Band hosts Oakton Classic  
**October 28** - OHS Orchestra Concert  
**October 22** - Varsity Field Hockey Districts

**October 27** - Varsity Cross Country Districts  
**October 27** - Varsity Cheerleading Districts  
**October 29** - End of First Quarter  
**October 30** - Marching Band States