

Letter from the President

KirstenRucker,PTSAPresident•kkunklerrucker@verizon.net

OHS MISSION STATEMENT
Oakton High School will prepare all students for productive and ethical living, life-long learning, and innovative and responsible leadership.

OHS VISION STATEMENT
Through a culture of collaboration, continuous improvement, accountability, and community involvement, Oakton High School will provide rigorous, relevant, and well-rounded education for all students.

SUBMIT

If you have an article that you would like to have included in Access Oakton, please forward it to Marcia Pickett at: mpickett6@verizon.net. The due dates for articles for future publications are: May 31

DIRECTORIES

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. Directories are \$5 each and support PTSA programs.

It is hard to believe that another school year is rapidly winding down! There still remain important things for our students to accomplish and so it is a great time to encourage and support them as they go through these busy months. On the PTSA side of life, we continue to do what we can to support your children in their high school experience. Your membership and help are important to allowing us to be able to accomplish what we do. Some of what we have done recently includes:

- provided over \$1800 in funds towards the busses that on two occasions transported students safely to and from OHS to Richmond to cheer on the Oakton Cougars girls' basketball team towards their awesome Virginia AAA state title!
- provided mini-grants to assist in funding various teachers' and students' efforts including for: a group of students who applied for and were accepted to attend a writing conference; a group of marketing students to attend an international competition in Utah; a group of art students to travel to New York City; and the disc jockey costs for the day prom for the special education students in our region.
- kicked off another phase of the "Oakton Honor" campaign to encourage a culture of honesty and honest work in our school community.
- hosted and financed a February session with wonderful child and teen psychologist Dr. Charmaine Ciardi (look for information for a final "Ask Dr. Ciardi" session in the next month).
- supported various pieces of legislation pertinent to the school community.
- efforts towards planning the Teacher Appreciation luncheon in May.
- continued planning for the two main graduation events sponsored by the PTSA – All Night Grad Celebration and the Baccalaureate service.

Hopefully you have all heard about All Night Grad. One of our major efforts, as recently evidenced by

our financial support of the busses to Richmond to support the girls basketball team, is to keep Oakton High School's children safe. ANG provides a safe, FUN, way for our senior students to celebrate their graduation from high school. This event requires over 300 volunteers and is fun for all involved. Each year the vast majority of seniors attend the event. I strongly encourage all parents to consider volunteering. If you are not the parent of a senior student, especially consider volunteering that night – you can be a part of the celebration when your student is the senior. At the very least, seeing this event will help with future planning. For more information, please contact Patti Howell at ohsclub2012@gmail.com or on 703-318-4251.

The Baccalaureate is a special event that precedes graduation. It addresses the spirit of our graduating seniors, regardless of religious affiliation. The event is often held in a church because of its capacity and space, not because an orientation towards the religion of whichever church is offering us space. This year's event will be held on Sunday, June 17 at 7:00 pm at St. John Neumann Catholic Church on Lawyers Road in Reston. We are seeking seniors to participate as musicians and as speakers. Please contact Carol Byrne if you can help or if your student would like to participate. Carol can be contacted at carol.byrne@crsoftwarellc.com.

Oakton High School needs you! Your PTSA has 2 executive positions, Secretary and Treasurer, open for the coming year. Diane Garfield and Susan Bartosic have done an incredible job over the past two years and they would be great mentors. The time commitment is truly not significant for the board positions, but invaluable to the school community. While we are not as visible as PTA's are in elementary and middle school, we are as important and are here working for all families at Oakton. Please contact me if you, or someone you know, is interested. I can be reached at the email address below. Thank you in advance!

A recent change has been made regarding the summer mailings. The PTSA packet of information and forms that you normally receive in June will NOT be mailed until early August (continued on page 2).



Letter from the Principal: New Classes Next Year

John A. Banbury, Principal • john.banbury@fcps.edu

April 10, 2012

Dear Oakton parents,

It is hard to believe that fourth quarter is underway! With spring break behind us, Oakton students and faculty are preparing for the end of the year. Students have already registered for next year's courses, and AP and SOL exams will begin next month with final exams following close behind. Although many are looking forward to June, I would like to share my reflections on a few highlights from third quarter, which proved to be an extraordinarily special one for Oakton High School.

Our inaugural Exhibition of Learning on March 20 and 21 filled our school with joy and enthusiasm for the accomplishments of our students and for the love of learning. I was overwhelmed with pride for the variety and sophistication of the presentations and the maturity of our students. According to feedback from many community members, the Exhibition of Learning inspired both the students who presented their work and the community members who attended. One Oakton parent "was just blown away by what the OHS students are doing and were able to share during this event." Students described the Exhibition as "surprisingly fun" and as "one of the most interesting and enjoyable academic experiences I have ever participated in." After viewing one student's art project, the seven-year-old child of faculty member exclaimed, "that girl really inspired me!"

In addition to the positive response of our immediate community, Principal Augie Fratalli from Rachel Carson Middle School lauded the students' presentations as "impressive" and "awesome" and expressed that it was "a treat to see many of [his] past students and see how they matured in their thinking." Assistant Superintendent Dr. Fabio Zuluaga told us that the event was the highlight of his school year. As a result of such favorable feedback from all who were involved, we are already looking forward to next year's Exhibition of Learning and devising ideas to make the event even better. For those of you who attended, thank you so much for supporting Oakton students by providing an audience for their hard work. We also have much to celebrate in the world of Oakton athletics. At the beginning of March, our girls' varsity swim and dive team, led by coaches Parker Ramsdell, Cheryl Meltz, Brent Willess, and Holly Wheeler, placed first

in the 2012 Virginia High School League AAA Swim & Dive State Championship. Days later, the Oakton girls' varsity basketball team won the Virginia High School League Group AAA Championship under the leadership of Fred Priester, Chris Kestyn, Krista Jay, Kathleen Rose, and Les Hughes. Congratulations to both teams for these milestones! Your athletic achievements, coupled with your sportsmanship and dedication to excellence, make all of Oakton very proud.

Just prior to spring break, our Performing Arts Department hosted Footloose, The Musical for three nights, showcasing the talents of over eighty Oakton students through superb and passionate acting, dancing, singing, and musical accompaniment. When I attended on Friday night, the auditorium was packed with guests and with a whimsical energy just right for the time of year. Bravo to all involved and special thanks to Vanessa Gelinas, Cheryl Newton, and Tiffany Powell for all of your hard work!

Undoubtedly, third quarter provided many reasons for celebration. Oakton students continue to outdo themselves, and their parents must be very proud. Thank you for the many sacrifices you make that foster Oakton's culture of ever-advancing achievement. I am looking forward to a strong finish of the 2011-2012 school year, and I can only imagine what next year will bring.

Sincerely,
Dr. John Banbury
Principal of Oakton High School

LETTER FROM THE PRESIDENT, CONTINUED

If you find you need information on helping your child through these last busy months, please come to our PTSA meetings, contact your child's counselor or join us for the last "Ask Dr. Ciardi" session of the year. Our next PTSA meeting will be held on Wednesday, May 2 at 7:00 pm in the library. Please join us at 6:30 pm for an informal discussion with Dr. Banbury if you have a topic you would like to cover with our administration.

Enjoy the rest of the school year.

Best regards,
Kirsten Rucker
PTSA President
kkunklerrucker@verizon.net

In the past weeks, Counselors have met with our students to register for classes for next year, and discuss plans for their overall high school plans. Please be sure to take time to discuss what the future holds with your student as well. Please remember to update your FCPS 24-7 Learning (Blackboard) account with your current contact information. The College and Career Center uses the email provided to send important information regarding colleges, jobs and scholarships. Counselors use this information as well especially the Family Connection tools.

Counselors have met with the junior class to continue their orientation on the post graduation/college process. This lesson covered the basics of beginning to research colleges and making a list of schools. We also discussed seeking out recommendations, requesting official transcripts and the overall process. This is an ongoing project that needs to be started early to avoid the panic many students can experience by procrastinating.

We have also led lessons with our sophomore classes introducing them to Family Connection, a career and college resource on Black Board. Our goal is to begin their quest to connect their interests and passions with high school, college, and beyond. This is the same tool our juniors are using in their college applications, so it makes sense for the students to become familiar with it early.

AP testing will begin May 7th and continue

through May 18th. The test schedule is located on the Oakton website. Keep in mind that the tests are scheduled by College Board with specific times and dates for each subject area. Students should arrive ½ hour before the announced test time. The AP exams will start on time.

Electronic devices are prohibited in the test locations. It is advised that students participating in the AP exams leave their cell phones, digital cameras, personal digital assistants, BlackBerry Smartphone, Bluetooth-enabled devices, MP3 player, email messaging devices, and any other electronic devices at home. Any violations will result in confiscation of the device, dismissal from testing and cancellation of the test scores. Students will be given a letter with their AP test schedule a few weeks before the start of testing. If a student is absent on test day there will be no make-up exam and the student forfeits the additional bump in their GPA.

SOL exams start immediately after AP exams, May 21st and run through June 8th. The schedule is on blackboard and the Oakton website. It is advised that students not schedule any outside appointments during this time frame.

The Oakton electronic device policy for SOL testing is the same as the College Board policy mentioned above, with the same consequences. Students will also receive a letter with their SOL schedule the first week on May.

Find it all @ your OHS Library

It's Time to Resolve Library Obligations

All student library obligations for lost and overdue books and printing fees should be resolved well before the end of the school year. Individual student notices were printed at the end of third quarter and delivered to students by one of their teachers. Please ask your student to check with library staff if he is unsure of his account status.

Access My Library Phone App

A free app for online databases from Gale is available @ www.gale.com/apps. The app is Access My Library School Edition. Databases are excellent authoritative, reliable sources. All online database subscriptions are available 24/7 by using logins and passwords found in the "Online Databases" folder in the library Blackboard course.

What is Distracted Driving?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

The best way to end distracted driving is to educate all Americans about the danger it poses. On this page, you'll find facts and statistics that are powerfully persuasive. If you don't already think distracted driving is a safety problem, please take a moment to learn more. And, as with everything on Distraction.gov, please share these facts with others. Together, we can help save lives.

Key Facts and Statistics

- In 2009, 5,474 people were killed in crashes involving driver distraction, and an estimated 448,000 were injured. (NHTSA)
- 16% of fatal crashes in 2009 involved reports of distracted driving. (NHTSA)
- 20% of injury crashes in 2009 involved reports of distracted driving. (NHTSA)
- In the month of June 2011, more than 196 billion text messages were sent or received in the US, up nearly 50% from June 2009. (CTIA)
- Teen drivers are more likely than other age groups to be involved in a fatal crash where distraction is reported. In 2009, 16% of teen drivers involved in a fatal crash were reported to have been distracted. (NHTSA)
- 40% of all American teens say they have been in a car when the driver used a cell phone in a way that put people in danger. (Pew)
- Drivers who use hand-held devices are 4 times more likely to get into crashes serious enough to injure themselves. (Monash University)
- Text messaging creates a crash

risk 23 times worse than driving while not distracted. (VTTI)

- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind. (VTTI)
 - Headset cell phone use is not substantially safer than hand-held use. (VTTI)
 - Using a cell phone while driving - whether it's hand-held or hands-free delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent. (University of Utah)
 - Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%. (Carnegie Mellon)
- Oakton High School is participating with Drive Smart Virginia's efforts to stop distracted driving. During the week of April 16 – 20, students will receive a variety of information regarding the dangers of distracted driving. The theme at Oakton High School will be "Driving Distractions can be deadly – Buckle Up – Phone Down." Oakton High School joins with Drive Smart Virginia to say, "Together, we can help save lives!"

Binge Drinking on College Campuses

It's college decision time for Fairfax County seniors, and college-bound students and their parents are encouraged to attend together an upcoming program that deals with binge drinking on college campuses.

"The Perils of the College Drinking Culture" will be presented by the Unified Prevention Coalition of Fairfax County (UPC), in collaboration with the Fairfax County Police Department, twice in April and twice in May at locations across the county.

The programs will take place from 7 to 9 p.m. on:

- Tuesday, April 17, at Fairfax High School
- Tuesday, April 24, at Herndon High School
- Wednesday, May 16, at Mount Vernon High School
- Wednesday, May 23, at Northern Virginia Community College's Ernst Community Cultural Center

The event will feature a screening of the award-winning documentary, *Haze*, followed by a question-and-answer session with a distinguished panel. Among those who will take part are: Raymond Morrogh, Commonwealth's Attorney for Fairfax County, and his deputy Casey Lingan; William Hauda, M.D., emergency physician, Inova Fairfax Hospital; Fairfax

County Police Chief David Rohrer and Captain Bruce Ferguson, Commander, Youth Services Division; Jeff Levy, father of a student who died following drinking at a college party; and Ryan Smith, a Virginia Tech graduate student. The program is part of an ongoing effort by county leaders to address the significant health and legal risks associated with underage and binge drinking. The UPC has spearheaded the county's Parents Who Host, Lose the Most public education campaign now in its sixth year educating parents about Virginia's underage drinking laws, and the UPC recently received a major state grant for \$200,000 a year to reduce underage and binge drinking among the county's 15- to 24-year-old population. The Perils program is partially funded by a federal Drug Free Communities grant.

Kudos to Edmund Lau

The MIT Inspirational Teacher Award recognizes outstanding secondary school teachers who inspire in their students a love of learning, encourage them to pursue excellence, and give them the skills and enthusiasm they need to make a positive difference in the world.

Edmund Lau, math teacher at Oakton High received a 2012 Inspirational Teacher Award from the Massachusetts Institute of Technology (MIT). Lau was nominated by Peter Lee, an undergraduate at MIT, who took Lau's class in 2006.

SCIENCE FAIR

Many students participated in the Regional Science Fair the weekend of March 16th-March 18th. Students from Mrs. Starr's Senior Science Investigation class and other Honor students in Biology and Chemistry were chosen to represent Oakton. These projects were selected and judged by our science teachers.

Our students won many Category Awards as well as Organizational Awards. We are very proud of their achievements. Thanks to all the staff and parents that enabled them to have successful projects. All first place winners: Andrew Kubiak and Joseph LeBerre, Ajay Mehta and Daniel Monaco have qualified for the State Science Fair. The State fair will be held on Friday and Saturday, April 6 and 7 at the Ted Constant Convention Center at ODU in Norfolk. We wish them all the best of luck.

Student	Year	Category Awards
Andrew Kubiak	12	First Place-Environmental Analysis
Joseph LeBerre	12	First Place-Environmental Analysis
Ajay Mehta	10	First Place-Environmental Management
Daniel Monaco	12	First Place-Microbiology
Brenna DeBellis	9	First Place-Botany
Caitlyn Hann	9	Second Place-Behavioral & Social Sciences
Phillip Hu	12	Second Place-Behavioral & Social Sciences
Ryan Moore	12	Second Place-Behavioral & Social Sciences
Joseph Turner	10	Second Place-Chemistry
Olivia Peterkin	10	Second Place-Energy and Transportation
Kiren Ajrawat	10	Second Place-Environmental Analysis
Katie Brodie	12	Second Place-Environmental Analysis
Mahathi Tadikonda	9	Second Place-Medicine and Health
Ava Shafiei	9	Third Place-Animal Sciences
Ben Braudaway	12	Third Place-Energy and Transportation
Amitav Kamani	9	Third Place-Environmental Analysis
Annie Wandishin	11	Third Place-Medicine and Health
Siwani Regmi	9	Honorable Mention-Environmental Analysis
Dennis Cooney	12	Honorable Mention-Physics and Astronomy
Nicholas Bergh	12	Honorable Mention-Physics and Astronomy
Katherine Croote	12	Honorable Mention-Plants

FALL SPORTS BEGIN MONDAY, AUGUST 6th (Golf August 1st)

The following Fall sports are will begin tryouts on Monday, August 6th: Football, Volleyball, Field Hockey, Cross Country, and Cheer. Golf Tryouts will begin Wednesday, August 1st. There will be a MANDATORY fall sports drop-in registration for athletes only on Wednesday, August 1st in the cafeteria, 5:00-6:00 (Golf coaches will be given a list prior to tryouts of everyone who has turned in all forms and completed the concussion education). At this time, coaches will check to make sure all athletes have turned in their paper work and give out last minute instructions before tryouts. Each student needs a doctor's physical dated after April 30, 2012 on file in the Activities Office in order to try out. The official VHSL physical form must be used. Physicals will be held at Oakton HS on May 1st. Each student also needs to give the coach a new Emergency Care Information Form. All forms can be found at www.oaktonathletics.org or outside the Activities Office. Call 703-319-2760 for more information. Also, every athlete and one parent must view an on-line power point about concussions before tryouts. The database from this year will be cleared out in June – all athletes and one parent must view the presentation again for the 2012-2013 seasons. Go to www.oaktonathletics.org and click on Announcements to link to the concussion website (after June) and to link to the county website to register for a physical at OHS on May 1st.

ALL PHYSICAL FORMS FOR FALL SPORTS SHOULD BE TURNED IN/MAILED TO THE ACTIVITIES OFFICE BY July 20th. PLEASE MAKE A COPY FOR YOUR RECORDS BEFORE TURNING IN. DO NOT GIVE PHYSICALS TO COACHES. (If you have it done at Oakton on May 1st, it will automatically be given to the Activities Office.) ALL EMERGENCY CARE INFORMATION FORMS MUST BE TURNED IN TO YOUR COACH BEFORE TRYING OUT. COACHES HAVE MAILBOXES IN THE ACTIVITIES OFFICE. If you mail the emergency care form in, make sure you note on the top what sport(s) you will be trying out for so we can give it to the correct coach.

OAKTON ATHLETIC TRAINING PROGRAM
2900 SUTTON RD. VIENNA VA 22181
(O)703/319-2833, (F)703/319-2713

Dear Parent/Guardian,

I know it is early, but I wanted to give you all a heads up. The Oakton High School Athletic Training Program is offering an opportunity for students to receive a sports health screening and pre-participation physical (PPE) on Tuesday May 1, 2012 from 5:30-8 pm. Our team physicians, as well as a staff of nurses, physical therapists and certified athletic trainers will be on hand to provide a thorough screening including a postural exam, a flexibility assessment, body fat evaluation, and information regarding what each of those assessments mean, as well as a screening by a physician. If during the screening or physical, the physicians find something that is questionable to them regarding your child's health, they may request further evaluation by another physician. We are asking for a minimum donation of \$50 in exchange for the PPE. To pre-register for a PPE, go to <http://www.fcps.edu/supt/activities/atp/ppeoverview.htm> Walk-ins are also welcome on that evening but we ask for a \$60 donation at that time. Look for the registration to open around spring break.

PPE's are being offered in the same format at every high school in FCPS and are fund raising efforts at those schools as well. If you can not attend the PPEs at Oakton H.S., there may be another local high school offering the opportunity on a date that may be more convenient for you. If you attend a P.P.E. at another school it will benefit Oakton H.S. as well. If you have any questions or concerns, contact Kelly Robertson, MAT, ATC at klrobertson@fcps.edu .

Help stop the spread of whooping cough (pertussis).

Adults and Teens:

Get a free Tdap vaccine from the Fairfax County Health Department. Vaccinated adults help protect children and others in the community by limiting the spread of this illness.

Pertussis (Whooping Cough)

Know the Facts:

- Pertussis is a respiratory illness that is very contagious, causes serious illness in infants, children and adults; and can be life threatening in infants.
- Virginia is facing an increase in Pertussis, which is affecting the most vulnerable individuals in our population: infants.
- In 2010, Virginia had 384 reported cases of Pertussis, the highest number in six years.
- From 2010 to 2011, the number of reported cases of Pertussis in Fairfax County increased 55%.
- Protection from vaccination wanes over time so even vaccinated persons may get Pertussis.
- The most effective way to prevent Pertussis [after completing the infant series of Dtap] is to get a Tdap vaccine. Tdap is a vaccine for adolescents and adults that will help protect against tetanus and pertussis.
- Tdap is required in FCPS schools for entry into 6th grade and recommended for 7th -12th grades.

Call the Health Department to make an appointment:

Falls Church District Office: 703-534-8343

Herndon/Reston District Office: 703-481-4242

Joseph Willard Health Center: 703-246-7100

Springfield District Office: 703-569-1031

Mount Vernon District Office: 703-704-5203

A not so secret agent

Oakton is by no means known for its buzzing criminal activity and compared to other high schools in the U.S. it is relatively tame. The recent addition of John Skyles to the Oakton security staff will definitely aid in reinforcing a safe school environment. As a retired Secret Service Agent, having served from President Ford to President Clinton, he is far from inexperienced.

Although Skyles majored in business and administration at the University of Wyoming, after speaking with his uncle who worked in the government, Skyles interviewed for a position on the Secret Service staff.

“I was hired after an intense background investigation,” Skyles said. “The investigator actually stopped by my house to introduce himself. He said I wanted to meet you because I’ve never met a high school or college student that hasn’t done something wrong in their lifetime.”

Skyles’ personality and dedication to responsibility may have predisposed him to be an ideal candidate for the Secret Service, but he still had to spend three months training; toning his physical shape, learning the correct way to handle firearms and mastering important driving skills.

“They had Nascar instructors teaching us how to drive,” Skyles said. “You learn how to high-speed chase, do J-turns and all of those cool turns you see in the movies.”

All of Skyles’ hard work paid off. As a Secret Service agent, he was able to meet Princess Dianna and Mother Teresa, and he was also blessed by the Pope.

“I got to travel all around the world, to places you don’t want to go, and places you do,” Skyles said. “I got to see people and go places I never would have gotten to if I hadn’t been in that position.”

by madlin mekelburg



As a Secret Service agent, Skyles worked in close quarters with the first family. “Everything you heard around the first family is confidential,” Skyles said. “That way they feel comfortable having you around.”



Although Skyles is used to working with Presidents and other important people, he has enjoyed his time at Oakton so far. “I enjoy the staff here, and the students are very nice,” Skyles said. “Everyone has been very welcoming.”

photos courtesy of john skyles