

# Wildcat Newsletter

The Parents & Students Newsletter

October 30, 2008

NAPLES HIGH SCHOOL  
PSC 808, BOX 15  
FPO, AE 09618-0015  
Website: [www.napl-hs.eu.dodea.edu](http://www.napl-hs.eu.dodea.edu)

Sandra Daniels, Principal  
Vince Diaz, Assistant Principal  
Telephone  
DSN 629-4061  
COMM 081-811-4061  
FAX  
DSN 629-4078



## 10 Tips for a Successful Parent-Teacher Conference

by P.G. Ed.S. and M.E., Ed.S.

Parent-teacher conferences present an excellent opportunity to find out how your child is adjusting to the new school year and to get to know her teachers.

Here are some general hints on how to have a successful conference:

1. Ask your child if there is anything that he would like you to discuss with the teacher.
2. Jot down everything that you want to talk about at the conference.
3. Arrive promptly or a few minutes early.
4. Begin with positive comments about the teacher or classroom.

5. Avoid lengthy discussions of topics that are not related to the purpose of the conference.
6. Be open-minded to suggestions from the teacher.
7. Keep your emotions under control.
8. Take notes about what has been discussed to share with your child.
9. Express appreciation for the conference.
10. Do not stay beyond your allotted time.

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## Protect Your Child from Cyberbullying

by: L. C.

Cyberbullying involves hurting others using online tools. While physical bullying usually reaches its peak in elementary school, according to one study, more than 30 percent of middle and high school students report being cyberbullied.

Unlike physical bullying, cyberbullies can deliver an onslaught of accusations and threats at any time of the day or night. They can take and alter photos in damaging ways; then they can post them on social-networking sites, such as MySpace, and add insulting comments. Sometimes, pretending to be the victim, they create fake blogs to attack the victim's friends or to post embarrassing videos.

It is important to understand that attacks a cyberbully posts can last forever. Schools, employers, and others who search the Internet to check references or gather other information, even 10 or more years down the road, may come across the cyberbully's malicious remarks. These remarks may cause employers and other authorities to take a dim view of the victim.

### How to help

Telling kids to just turn off the phone or stay offline is NOT an option. The online world is their connection to their peers, and turning these tools off just isolates them further.

There are specific actions you and your kids can take to prevent or cope with cyberbullying:

Never share information about their online activities, such as their gaming name or passwords, that could be used against them.

Never respond to a cyberbully's attacks, which only escalate the abuse.

Save abusive messages or websites as evidence in case the bully needs to be reported to authorities.

Report abuse—Every Internet service should have a code of conduct and way for you can to notify them about abuse.

If cyberbullying does begin, it helps if its victims can seek support and friendship. Cyberbullies are much more attracted to an isolated victim. Encourage your child to report the bullying activity and discuss the experience with you. It is a myth that "weaklings tattle." Those who speak out and get help are the ones with healthy self-esteem and the courage to stand up for themselves. Victims of cyberbullying are not at fault. They shouldn't be punished for inadvertently sharing personal information with bullies or for not coming forward sooner. Bullied children must feel that those in authority will listen to them and support them.

### If your child bullies

Finally, if your child is cyberbullying, it is critical to make him or her understand that actions taken in a virtual world can inflict real pain. Cyberbullying cannot be dismissed as "kids being kids." Studies show that cyberbullies often fail in significant ways later in life. They are considerably more likely to be convicted of crimes, have failed relationships, and have trouble getting and keeping employment because they haven't learned to get what they want in nonaggressive ways. Cyberbullies may also find themselves facing criminal prosecution for their online actions.

### Upcoming Events

- ◆ October 31: No School, Teacher Work Day
- ◆ November 3: Beginning of 2<sup>nd</sup> Quarter
- ◆ November 6 & 7: Parent teacher conferences-No School
- ◆ November 11: Veteran's Day, No School
- ◆ November 27: Thanksgiving, No School
- ◆ November 28: Recess Day, No School
- ◆ December 12: No School, School Improvement Day

**Student Performance Goal 1:** All students will improve their critical thinking across the curriculum.

**Student Performance Goal 2:** All students will improve effective communication skills across the



Happy Halloween

**"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."**

William James

## NHS DIRECTORY

From off base...replace 629 with 081-811

- ◆ Main Office 629-4061
- ◆ Fax 629-4078
- ◆ Attendance (8-12 am) 629-4185
- ◆ Nurse's Office 629-4010
- ◆ Registrar/Counseling Office 629-4536
- ◆ Transportation 629-4481/2

### E-Mail:

DoDDS Employee:  
Firstname.lastname@eu.dodea.edu

## School News

-Parents, If you are taking a family trip, please fill out the attached Family Trip Form, have your student take to all their teachers for signatures, and return to the School Office when complete. Thank you!

-No School on October 31<sup>st</sup>. It's a teacher record keeping day!

-Parent - Teacher conferences are November 6 & 7. **Parents are welcome to walk in on Friday the 7<sup>th</sup> to meet with teachers!** No school either day!

## Creative Connections

Applications for Creative Connections are now available. Creative Connections is a six-day advanced visual and performing arts activity for 150 high school students exhibiting talent and interest in the arts. The basic objective of this activity is to provide students fine arts experiences beyond what is available in local schools. The activity will be February 8-13, 2009 at the Jungengasthaus, Oberwesel, Germany.

Each year, ten classes are offered with 15 students assigned to each class. An expert instructor and an assistant teach each class. Stateside and European experts are contracted to teach along with DoDDS teachers. Courses include classes in dance, show choir, strings, music composition, multi-dimensional

drawing, printmaking, sculpture, oil pastels digital art, and video production. Instruction culminates with an art exhibition and stage show on the last evening. The final exhibition and performance begins at 1800 on Thursday, February 12, and open to the public.

Students are selected through an application and teacher recommendation process. Applications can be obtained from the school Creative Connections Point of Contact (POC) and are posted online at <http://iweb.aaoi-mzk.eu.ds.dodea.edu/FineArts/cc.htm>. **Applications must be received by COB December 2, 2008.** The list of selected students will be announced not later than December 12, 2008.

--For more information, contact the school.

## Nurse's News

*Teen Clinic November 4<sup>th</sup> and 18<sup>th</sup>*

*What is the Teen Clinic and how do I get an Appointment?*

Every other Tuesday, a team consisting of a Pediatric Nurse Practitioner and a teen clinic nurse come to NHS to see students by appointment only.

The services offered range from physicals exams and health maintenance, management of acute and chronic illnesses and patient education regarding common teen health issues. You can schedule a sports physical or get medication prescriptions. For example, if you

have asthma and need an annual appointment to renew your inhaler, sign up with the school nurse.

To make a teen clinic appointment come to the health office during a break, lunch, or after school.

On the day of your appointment, you **MUST** pick up a PASS in the Health Office prior to your first class in the morning. If you do NOT pick up your PASS in the morning, your appointment may be given away to a student who needs a last minute appointment.



## FALL NEWSLETTER

For  
Strings, Chorus, and Drama



Volume 1  
SY 2008-2009

### Dear Students and Parents,

The first nine weeks is coming to a close this week. Final grades for this period will be posted on Friday, which is a no-school day for students. The following week, on Thursday, November 6 and Friday, November 7, the teachers and counselors will be involved with student, parent, and teacher conferences. If you would like to meet with me on either of these days regarding your child's progress/performance in my class, please send an e-mail or call the school.

### December Concert

On **Tuesday, December 9**, the String, Chorus and Drama classes will present a program in the **HS Cafeteria at 6:30 PM**. The groups will perform pieces they have been working on during the fall with a special presentation of holiday music and drama. Please mark this date on your calendars. The string and choral groups should wear the following attire for this program:

**Boys** ---- Black slacks, white long-sleeved and collared shirt; black shoes and socks. A tie is optional. No jeans, t-shirts or athletic shoes for this concert.

**Girls** ---- Black knee-length skirt, long-sleeved and collared blouse, black shoes and flesh-colored stockings. No slacks, jeans, t-shirts or athletic shoes.

Parents: If you have trouble finding any of these articles of clothing, or have questions regarding the concert dress, please contact me. I do have some black skirts that can be borrowed for the concert. See me if you need one.

The drama troupe will be in costume, so they will not need to adhere to this concert dress.

### Homework/Practice

All classes- strings, chorus, and drama- have homework assignments for every class. For the music ensembles it usually takes the form of practicing their pieces and scales. Each group has pieces and scales assigned for them to play. You should be hearing them practicing on these assignments at least three times a week. The drama class has reading

assignments and scripts to study at least three times a week. Parents, if you do not see or hear this happening, please follow up at home with questions as to why they are not practicing or studying their parts. Every student needs to prepare these assignments before they come to class so that the ensembles can progress. It's a "team" effort.

### Classroom Grading Policy

Reminder: the grades in my music and drama classes are distributed into the following percentages:

64%	Classroom Rehearsals and Homework
12%	Written Exams and Music Juries
12%	Performances
12%	Nine Week Project

### Polo Shirts for Music Ensembles

Last year we offered the option of the Polo Shirt with black slacks/jeans last year for less formal concerts that the students will do at school and in the community throughout the year. This will be offered again this year. However, I am arranging for you to purchase directly at the t-shirt vendor located at the NEX close to the beauty/barber shop, rather than me taking the orders. The shirts will be available for order/purchase beginning this Friday, October 31. The shirts are white with green embroidery for all groups. Each ensemble will be designated on the shirt; i.e. HS Chorus, MS Chorus and String Ensemble, along with the Wildcat Logo. The students will need their polo shirts by December 1 to wear at the Naples ES for a short program and for a performance at the Food Court in December- both dates TBD.

In closing, I want to say what a privilege it is to work with such talented and hard-working students. Thank you, parents, for your continuing support of the fine arts and the encouragement that you give to these students.

Choral, String and Drama classes  
Naples HS

## Naples High School

PSC 808  
BOX 15  
FPO, AE  
09618

DSN: 629-4061  
COMM: 081-811-4061

## Counselor's News

The DEC. 6 SAT and the Dec.13 ACT deadlines are approaching..Nov.5 for SAT and Nov.7 for ACT.

PLEASE tell your juniors & seniors and some sophomores to register TODAY.

FORMS to use to register are in our office.

Thank you,

Counseling Office

## Go Wildcats!

## We're on the Web!

<http://www.napl-hs.eu.dodea.edu/>



## Wrestling

Get into the action with the Naples High School Wrestling team. Wrestling begins in mid-November. The Wildcat Wrestling Team are preparing for this season, so come come and join the team and help us dominate Division II. Whether one wrestles to earn a European Finals berth or to become a European champion, stay in shape for other sports, or to learn a new sport, wrestlers enlist in a proud community of athletes known for courage and dedication. To have a

successful season it is not always just about having a winning season, but it is also up to the student-athletes to come together to build the school program. I anticipate having a great season and look forward to working with everyone. If you have any further questions, please contact the school.

## Yearbook News

Does one of your friends have a birthday coming up? Send them a Wildcat Birthday Gram!!! Buy one now in room 234 for \$5. The gram includes a song, birthday hat, and a treat!

Yearbooks will be sold on Tuesday and Thursday during lunch. The cost is \$70 for a limited time --get yours NOW! Please make checks payable to NHS-SAF. For more information please contact the school.

Attention Seniors!!! Senior yearbook pages will be sold during lunch on Tuesday and Thursday for \$80. For more information please contact the school.

## Asian Auction

The Naples High School PTSA and Booster Club is holding an Asian antique and furniture auction on Saturday, November 8 at the High School gym. The preview and silent auction begin at 11 a.m. Live auction begins at 12 noon.

If you would like to volunteer, please contact the school.