

# Wildcat Newsletter

November 26, 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



*Math Matters!*

Office of the Director, DoDDS-Europe  
Diana J. Ohman, Director

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## Upcoming Events

- ◆ November 27: Thanksgiving, No School
- ◆ November 28: Recess Day, No School
- ◆ December 12: No School, School Improvement Day
- ◆ December 22-January 4: Winter Break
- ◆ January 19: MLK Day, No School
- ◆ January 23: No School, Teacher work day

Nutrition is crucial to children's health and is worth keeping in mind as we approach the holiday season and find ourselves tempted to indulge. Breakfast gets children to lunch, lunch gets them home, and dinner nourishes them overnight. Having a good dinner in the evening just isn't enough; children need to make wise food choices throughout the day, but how do we get them to eat right?

It is important to practice what you preach when it comes to nutrition. You are your children's first and most important teacher, even if your children, particularly your preteens and teens, don't always see it that way. If you start your day with a large coffee and bagel in the car, your children may believe that caffeine and sugar are clever breakfast choices and that eating on the go is normal. Here are some ways to be mindful of what you eat as a family:

Shop for groceries together. Read food labels for nutritional content, and choose foods that are low in sugar and fat.

Discuss the school lunch menu with your child in advance to help him or her make wise food choices. If your child takes a lunch from home, have him or her help pack a healthy one.

Encourage your children to cook with you, and allow them to help plan the week's meals. Slowly introduce

some new wholesome foods.

Dine together as a family as often as possible. Although you may spend many hours in the car attending multiple activities, the car is not the dinner table. Try to refrain from eating there as it encourages eating fast food on the run. Dining together not only encourages healthy eating habits, it helps bond the family.

Stock your home with low-sugar foods and rid the pantry of refined sugar, i.e., processed white sugar found, for example, in many boxed snacks and cereals.

Avoid fast-food restaurants by planning your meals and snacks before leaving home. Be prepared for mealtime changes and food substitutions if necessary.

Food should not be given as a reward.

You know your child better than anyone and can provide food choices that are healthy and tasty. These examples can help guide you and your family toward healthier food choices. As a result, you and your family will achieve a dietary balance that will reward all of you in many ways throughout life.

*Diana J. Ohman*

Director, DoDDS-Europe

**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 curriculum



**"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 Kyte 629-4010
- ◆ Registrar/Counseling Office 629-4536
- ◆ Transportation 629-4481/2

### E-Mail:

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

## School News

-Parents **MUST** come in to sign their students out from school for appointments, etc.

-Going on a trip? Make sure your student fills out the trip form and has all their teachers sign it. Completed forms are turned

into the front office.

-YEARBOOKS will be on sale beginning the week of December 1st on Tuesday and Thursday during lunch for \$70. Get yours at this low price now. Prices will increase in January. Please

## Middle School News

**Dear Middle School parents,**  
 The Naples High School PTSA would like to invite all interested middle school students to participate in the 2008-2009 spelling bee on Tuesday, January 27, 2009. The winner of the NHS middle school bee will travel on to the European spelling bee in Germany in March 2009. If your student is interested in taking part in the spelling bee, permission slips and practice guides are available in room 234 from now until January 23,

2009. Please be advised that a parent or guardian must accompany the winner of our bee to the European level in Germany. The PTSA has graciously donated \$200 toward the travel expenses for the winner, but the participant must cover all other expenses.

If you have any questions please feel free to contact the office. Thank you and Good Luck!

## From the Registrar

Parents if you will be PCSing during the upcoming months please stop by the office with a copy of your orders. You will also need to fill out paperwork notifying Naples High School of the exact date of your student's departure. This is

especially important with the end of first semester quickly approaching. Without properly notifying the school of your departure student clearance and the forwarding of cumulative records may be delayed.



*Happy Turkey Day!*

## Senior News

Dear Students & Parents,

Your school has important class ring event information to share with you. Click this link to find out more:

<http://www.messagefromjostens.com/NaplesHighSchoolYourSeniorgradproductsannouncementstshirtsetcareavailableonlinenowwww.jostens.com>

## NOSC Calendar

### December 8

**NOSC Holiday Celebration** at Villa Nike, 10:30 am - 1:30 pm (members only), Menu: Light brunch, \$15 Ornament exchange and toys for Tots gift drive.

**FREE Babysitter Available & Bus.** Please **RSVP** by December 4<sup>th</sup>

December 10 Book Club - Book to be determined 12:30 pm Theme: Christmas traditions and Italian celebrations

### December 10

Informal Trip to **Christmas Alley & Pizza**, Meet at JFC bus stop inside gate at 8:30 am, Bring money for train, pizza lunch, & shopping, **RSVP** by December 8<sup>th</sup>

### January 2009

**Wine Tour** - location TBA

Naples High School

PSC 808  
BOX 15  
FPO, AE  
09618

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

# Happy Thanksgiving!

**Go Wildcats!**

We're on the Web!

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



>>>>> *Naples Amer HS*<<<<<

Graduation Materials for Seniors (announcements, Class Rings)

[www.jostens.com/](http://www.jostens.com/) K12/United States of America/Armed Forces Canada,Middle East, Africa, Europe/Naples

**Payment Options:**

1. **Payment in full** on order day is appreciated.  
*Check, or Credit Card ONLY*

**Delivery:**

1. Rings will be ready in 6-8 weeks and will ship directly to you at home through your APO address.
2. Graduation Orders will be send to your your APO address.
3. Deadline for ordering Naples announcements will be Dec 15, 2008

**Questions? Contact:**

**Katharina Ebert**

**Email:** [katharina.ebert@jostens.com](mailto:katharina.ebert@jostens.com)

**Tel:** +49 40 970 750 91

**Grevenweg 89**

**20537 Hamburg, Germany**

**History: USMA Class Rings**

The tradition of class rings at American colleges and universities is believed to have originated at West Point when members of the class of 1835 designed their own rings, which were purchased at private expense and made to individual order. In 1836, no ring was adopted, but in the following year the custom was taken up again, and has been consistently observed ever since. Because most officers rode, many of the rings show wear from the rubbing action of the reins. In 1881, the rings began to show some uniformity of design. Prior to 1897, the stone was an engraved seal or signet with the class motto, although occasionally personal initials were also used. 1897 saw the change from an engraved seal to a purely ornamental stone. After 1898, the Academy motto "Duty, Honor, Country" was the only motto to be placed on the ring. By 1917, it had become customary to place a class crest on one side of the ring and the Academy crest on the other; a standard die design was instituted for each class, so that individual preference was limited to the stone, which is selected by the owner.

*From U.S. Military Academy digital library website on Class Rings*



>>>>> *Naples Amer HS*<<<<<

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