

February 2010



The IUS Newsletter



Email: IncirlikEHS.Principal@eu.dodea.edu
Web Page: www.inci-ehs.eu.dodea.edu

Incirlik Unit School



Parents, as we move into the new semester, I'd like to thank you for all of your support! It's always exciting to move into the new classes and new assignments that this second semester brings.

I finished the last of our scheduled Parent Forums on Friday, January 22. If you were unable to make it to one of our Parent Forums, please remember that I have an open door policy and would be happy to meet with you at a convenient time. I am now moving ahead with our Student Forums--meeting with grade levels of students and student groups like the student council to get their input into our school as well.

Just a few February dates to note for your calendar:

February 5--Elementary Conference date--no school for elementary students--MS/HS students meet as usual

February 10--11:15 dismissal for all students due to our SAR (Standards Assessment Report) writing day in preparation for our coming accreditation visit

February 12--Honor Roll Assembly for 5th-12th grade in our HS gymnasium beginning at 1:30pm

February 15--Federal Holiday for President's Day

February 25--PTSO Reading Night from 6:00 to 8:00pm

We are also in the midst of planning some additional exhibition games for our athletes for this second season in basketball (men and women), wrestling, and cheerleading. Please stay tuned for specifics!! We hope you will come out and support our teams!!

Thanks also to all of you elementary parents who are ensuring that your child/children are arriving at school at 7:45 or later.

If you have questions or comments, please give me a call!! Take care and more later,

Terry

TERRY A. GREENE Ph.D.

Principal

Incirlik Unit School

New School Bus Schedule Guidelines—

Attention parents/sponsors of AM school bus riders. On February 1, 2010 the pick-up times will be adjusted as shown below. Please call 676-3750 if you have questions.

This is a 39MSG/CC, 39MSG/SLO, & DoDDS coordinated message.

Feb. 01: Instruction resumes. Begin Quarter 3, Semester 2.

Feb. 05: ES Parent/Teacher Conferences. TBA. No school for ES. Full day instruction for MS/HS.

Feb. 05-06: Ankara @ Incirlik, TBA.

Feb. 09: Boys BBall vs. Bilfen HS, 1500, HS Gym.

Feb. 10: SAR writing for faculty. 1115 release.

Feb. 12: 2nd Quarter/ 1st Semester Honor Roll Assembly, 1330, HS Gym.

Feb. 12: MS Dance, 1900, After 6.

Feb. 12-14: Wrestling Qualifiers in Germany.

Feb. 15: Presidents' Day. Federal Holiday. No school.

Feb. 18: SAC Meeting, 1500, HS Media Center.

Feb. 18-21: Wrestling Championship, Germany.

Feb. 19: Volunteer Briefing, 1300, Main Office.

Feb. 23-28: Basketball and Cheerleading in Germany.

Feb. 25: Reading Night, 1800-2000, ES Building.

Mar. 02: Spring Sports practice begins.

Mar. 05: Volunteer Briefing, 1300, Main Office.

INCIRLIK UNIT SCHOOL AM BUS SCHEDULE AS

BUS #/GRADE	ARRIVE @ FIRST STOP ON ADANA STREET IN FALCON HOUSING	Arrive back @ School
BUS 1: K – 1ST GRADES	0730	0745
BUS 2: 2ND – 3RD GRADES	0735	0750
BUS 3: 4TH – 5TH GRADES	0740	0755
BUS 4: 6TH – 8TH GRADES	0720	0730
BUS 4: AYA	0740	0750

Parents, just a reminder--our elementary students are welcome at school at **7:45** each morning. Prior to **7:45**, there is no direct supervision for your child and it is a safety concern that they are at school unsupervised earlier than **7:45**.

Their bell rings to go to class at 7:55 so it is best for our students if they are not at school until **7:45** each morning.

We would also appreciate your support in ensuring that your elementary children are not dropped off at school before **7:45** each morning.

MS/HS students are welcome at school at 7:25 each morning--their bells rings at 7:35 and class begins at 7:40.

In addition, please note that our bus schedule will be changing as noted above.

If you have questions about our start time, please do not hesitate to contact me at 676-3109. Thanks for your support!!

TERRY A. GREENE Ph.D.

Principal

Incirlik Unit School

IUS Continuous School Improvement in Action

SCHOOL BUS TRANSPORTATION—V. R., SLO

Student riders' bus responsibilities:



Parents with dependents riding on the school buses are asked to share with their students the responsibility for student behavior on our school buses. Parents and sponsors must ensure their children understand the rules for riding the school bus and they follow those rules. When children disobey the rules, they make the bus unsafe for every student on the bus. Bus drivers must not be distracted from safe driving by children's misbehavior.

Students must show respect for bus drivers and bus monitors and follow their instructions.

We rely on parents to teach their children proper behavior. Students not complying with the rules can have their bus riding privileges suspended or revoked up to and including the rest of the year (depending on the infraction). When privileges are suspended, parents must make their own arrangements to ensure said child get to and from school according to established school hours. All 39Wing and DoDDS personnel take the safety of the children that ride our buses very seriously. We expect parents and sponsors to do the same. Please sit down with your child(ren) and carefully review the rules below. Let's work together to make the remainder of this school year a safe one.

The school bus rules:

Obey the driver and/or adult.

Enter and exit the bus safely.

Stay properly seated.

Keep your hands, feet and other body parts to yourself.

Do not throw things.

Put nothing out of the window.

Remain quiet and do not disturb the driver or others.

No profanity, smoking, prohibited items or vandalism.

Do not eat, drink or chew gum.

Be responsible and safe.

School bus eligibility:

Currently, school bus transportation is provided to all eligible students living in Falcon/Eagle Housing based on the commuting zone. Non-students are not authorized daily bus riding privileges.

Chaperoning duties during bus trips:

Request to be a chaperone for field trips are handled on a case-by-case basis through the teacher/sponsor or one of the administrators. Volunteer chaperones are expected to perform in accordance with instructions. The sports trip to Ankara is very popular and we receive numerous requests from personnel to act as chaperones for this trip. If you are selected as a chaperone, you are expected to stay with the team and function as a chaperone as part of your agreement to ride the DoDDS funded bus. More information concerning the duties of a chaperone can be obtained from school administrators.



Stop for buses!

All drivers on base are reminded that traffic must stop in both directions, if you come upon a bus either loading or unloading. Failure to do so could result in a visit from a SFS representative because if observed, your tag number and description of your vehicle will be forwarded to SF for action.





IUS Continuous School Improvement in Action

FREE & REDUCED PRICE LUNCH PROGRAM—

V. R., SLO

The Free and Reduced Price Lunch Program is a federally funded and regulated program and is available to qualifying families at Incirlik.

General information that applies to everyone:

- ◆ Sponsors may apply for benefits any time during the school year. However, there is no carryover policy; applications must be renewed at the beginning of the school year regardless of when applied for.
- ◆ An application will not be processed unless it contains ALL eligibility information (this includes attaching your latest LES and proof of income, if spouse is employed).
- ◆ Sure Start students are granted free status regardless of household income. Siblings of Sure Start students do not automatically receive free lunch status; an application must be completed and a separate determination made.
- ◆ Information submitted on the application is subject to verification at any time.
- ◆ Final decision of this office may be appealed by using the hearing procedures described in the Free and Reduced Price Policy.

A big change in determining eligibility for this program means more families will be able to save money on school lunches. The COLA is no longer counted to help determine eligibility. Some families, that originally did not qualify, will now qualify and some that qualified for REDUCED may now qualify at the FREE level. If you haven't already, please contact me to be re-evaluated.

*Also, it has come to my attention some students are charging their meals and the charges are not being paid in a timely manner. Parents, please check the status of your child's account at AAFES Customer Service Counter. If there are charges, they must be paid.

*During my research I discovered some parents were not aware of the charges being made...they are giving the child lunch money, but the money was not being used for its intended purpose. If this is your case, inform Customer Service and the account will be coded so that no charges will be made.

This program is managed by 39th School Liaison Officer. Complete information can be obtained by calling 676-3750.

JOB SHADOW DAY 2010—

V. R., SLO

Job Shadow Day 2010 will be observed again this year. No date has been set yet, as USAFE is allowing local leaders to determine what day works best for their location. Coordination is underway for another successful day for Incirlik and all of its future leaders. So, stay tuned and be ready to assist wherever you can. More to come. . . .





**DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOLS
INCIRLIK UNIT SCHOOL
UNIT 7180 BOX 270
APO AE 09824-0005**



February 1, 2010

Dear Parents,

During the week of March 15-19, Incirlik students in grades 3-11 will take the TerraNova test. The TerraNova is a national standardized exam and an important part of the DoDEA System wide Assessment Program. Standardized Achievement tests are used to provide consistent, accurate, and objective information about the students' achievement in various areas of the curriculum. Standardized means that these tests are always administered with the same directions, the same time limits, and the same scoring criteria, with the goal of ensuring fairness for all students. The TerraNova will allow us to compare how DoDEA students achieve compared to their peers nationally. Before the end of the school year, we will receive a copy of your child's individual results and we will then forward those results to you for your review.

Please try to avoid scheduling appointments in the mornings during the testing week. Be sure your child gets enough rest and has a healthy breakfast before coming to school on those days. This will ensure that your child is at his or her best during the test. If your child is ill, please do not send him or her to school. We will give make-up tests the following week for those students who were ill.

If you have questions or concerns regarding the Terra Nova testing, you may contact your child's guidance counselor by phone at 676-3109 (Elementary Guidance Counselor) or 676-5001 (Middle and High School Guidance Counselor).

Thank you,

TERRY A. GREENE Ph.D.

Principal

Incirlik Unit School



IUS Continuous School Improvement in Action

Sure Start Happenings

—Written and photographed by Sure Start students

Sure Start News



Sure Start has been very busy lately. We are studying food, where it comes from, why we need to eat healthy food, and how to prepare it. As part of learning how to prepare food, we made bread and butter. It was hard work to knead the bread! This was even more interesting because AFN made a story for TV about us. A trip



to the commissary shows us how food is stored before we can buy it and we will go to make pizza soon.



Making Stone Soup

We also made Stone Soup. We are using flow charts to write lots of stories (CSI Goal One), so we used a flow chart, then we made a class story together. Everyone wrote their own flow chart and story, too.

Here is our class story:

Put a stone in the pot. Add potatoes, tomatoes, peas, celery, carrots, broccoli, onion, pepper, garlic, and noodles. Add salt and spices. Put some water. Cook it. Stir it. Eat it!



Learning to Ask Good Questions

We are also working on asking good questions (CSI Goal Two) and using our brains to think about the answer to questions we hear. We wondered why Butterfly, our hamster, always tries to go out the door. We asked the question, “Where will Butterfly go?” and each student predicted what the answer would be and why she might go there. Some of us thought she would go visit a friend, or go to the bathroom or maybe the cafeteria because she was hungry. Then we let Butterfly out in her ball and followed her with our camera. We watched her try to go in some other doors, but they were all closed and she came back to our room. It was a good question, but none of our predictions was right, and we know the answer now!

IUS Continuous School Improvement in Action

20 Ways to Enjoy More Fruits, Vegetables,

Whole Grains and Dairy—

T. C., School Nurse



To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries, and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts, and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds.
11. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
12. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers, and tomato as fillings.

13. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.



14. Stock up: Fill your fridge with raw vegetables and fruits -"nature's fast food"-cleaned, fresh, and ready to eat.

15. Top a baked potato with beans and salsa or broccoli and low-fat cheese.

16. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.

17. "Grate" complement: Add grated, shredded or chopped vegetables such as zucchini, spinach, and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce, and rice dishes.

18. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

19. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with a low-fat dressing.

20. Try this recipe for an easy, healthy snack. Surprise! Popcorn is a whole grain.

<http://www.eatright.org/Public/content.aspx?id=206>



Pediatric Sleep Deprivation

Sleep deprived children may fall asleep in class, but even more often, sleep deprivation takes the form of behavioral problems, poor impulse control, and cognitive issues that result in learning problems. Research is showing that an average of 37% of school-aged children are sleep deprived and that the percentage is even higher in adolescents. Computer and game monitors used before bedtime may worsen the problem. Adolescents may even show signs of depression. For more information access the following links:

http://www.msnbc.msn.com/id/34811472/ns/health-kids_and_parenting/from/ET

<http://www.webmd.com/parenting/guide/how-much-sleep-do-children-need?page=5>

http://www.medscape.com/viewarticle/464556_2

http://pediatrics.about.com/od/sleep/Sleep_Disorders_and_Sleep_Advice.htm



ASACS

ADOLESCENT SUBSTANCE ABUSE COUNSELING SERVICES

SURVIVAL TIPS FOR TEENS AND PARENTS

Family life is bountiful with fun, developmental changes, joys, closeness, and challenges. When children reach adolescence, there may be additional concerns and struggles for the teenager, the parents, and the rest of the family. A BIG transition is occurring: that of moving gradually from child to adult. Sometimes this seems to happen overnight. Often the journey is not smooth and teens and parents disagree, distance and often are surprised about the noticeable and sometimes uncomfortable change in their family life. The teenager is trying to figure out his or her own identity, separate from the parent. This *separation and individuation stage* is normal and needs to occur for a healthy move to adulthood. The teenagers sometimes show their uniqueness in ways that the parents do not like. The parents' task is to try to let them learn, grow, be non-judgmental and at the same time, guide effectively, while dealing with their own fears of the pitfalls and dangers.

Here is what the *Partnership of a Drug Free America* suggests that can help and show your teens that you care:

- ◆ Teach your children to trust you by seeing you as a role model.
- ◆ Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
- ◆ Ask teens what they need from you—and do whatever you can to meet those needs, within reason.
- ◆ Listen to your teen, a lot. Avoid interrupting.
- ◆ Teach your children about ethics, values, and principles they can apply in choices and decision-making.
- ◆ Help them discover the feeling of gratitude, not just to say thank you.
- ◆ Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
- ◆ Answer teens' questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
- ◆ Be understanding when they have a difficult time and let them know you will love them no matter what.
- ◆ Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

If this time is creating difficulties for teens or parents, the ASACS Counselor is available to help.

M. E. P., LCSW, CAS
ASACS Office 113 at the High School
676-8977



IUS Continuous School Improvement in Action

Drama Performance—Letter of Gratitude—

H. M.

I want to express my appreciation to several people for helping us out for our drama production. There is a ton of stuff that goes into any play, even a short, simple production and all of these people helped to make my life easier!

- ◆ Mr. C. for fixing the mikes and making them work much better.
- ◆ H. and his crew for setting up all the chairs.
- ◆ M. E. P. and V. S. for lending lots of props and trees - V. has lots of stuff!
- ◆ Mr. D. C. for his gray shirt.
- ◆ T. W. for lending his old graduation robe.
- ◆ T. S. and L. H. for helping backstage.
- ◆ T. G. for giving us seminar time for practice this week.
- ◆ M. L. for answering my questions and pointing me to the right people.
- ◆ Students B. E. and M. H. for filling in last minute on parts of people who were absent.
- ◆ Student L. W. for finishing touches with shading on the set.
- ◆ Student N. W. for community service time spent helping on painting.
- ◆ All my drama students who worked hard especially those who went the extra mile.

I'd also like to thank the PTSO and R. G. for funding our set materials, self-help for paint and paint supplies, and Aidyn Furniture for obtaining all the materials and then for very kindly building it without charge.

If I have left anyone out, please forgive me and know that I am thankful.

Contrary to all my worries, things went well. My drama kids had fun and loved making the little kids laugh.

Thanks again,

H. M.

IUS Continuous School Improvement in Action



Mrs. K.'s Fourth Graders & William Shakespeare—K. K.

Mrs. K.'s fourth grade class has been learning a lot about William Shakespeare. So far this year, Mrs. K. has read the following plays to her class: *A Midsummer Night's Dream*, *Macbeth*, *Romeo and Juliet*, *Twelfth Night*, and *Hamlet, Prince of Denmark*. Although the plays have been written as stories for the younger students, the students were fascinated by the intriguing plots of these plays written more than 400 years ago. After listening to each play, the students wrote about and illustrated their favorite scene. They also learned to compare and contrast the characters in the different plays. The class thinks they will have time to listen to at least ten plays by the end of the year. They will be well prepared to study the original plays when they get to middle school and high school!

Way to Go Hodjas—A Letter of Appreciation—Coach Daniels



If you see any of The Incirlik Hodja Boys Basketball Team, please let them know how proud they should be of themselves. When they went up against Adana Gundogdu Okul, they found themselves in a real David and Goliath situation at the fitness center against this very good and extremely large Adana team. The boys fought hard and gave the team a run for their money against all odds and they absolutely never gave up and kept their head up throughout the entire game. I watched M. Y. (playing AYA ball), A. B., and I. L. (just to name a few) last year. Where they are now, compared to where they were last year, is a credit to their personal commitment to the game of basketball and to some obviously great coaching from Mrs. S. The boys, their parents, their coach, our school, and our community should be very proud of the teams' effort, sportsmanship, and fighting spirit. By the way, the cheerleaders really got the crowd going as well. WAY TO GO HODJA!!!

Sincerely,

Coach D.

MS/HS Counselor's Corner

SAT and ACT information

The next SAT administration here at IUS is not until May 1, with a registration deadline of March 25th. If you are a junior it is highly recommended that you take the May 1 SAT and then take it again in the fall of your senior year. Plan ahead and do not let these opportunities slip by. These tests are crucial to college plans. See Mr. C. for very important registration information regarding the SAT and particularly the ACT as there is money to save on that!



Please contact D. C., IUS Guidance Counselor, for additional information at

676-6330.



Continuous School Improvement

DoDEA Mission: To provide an exemplary education that inspires and prepares all DoDEA students for success in a dynamic, global environment.

IUS Vision: To prepare students to become problem solvers and life long learners for an ever-changing world.

To Prepare Students - we are teaching, equipping, and providing multiple opportunities to be problem solvers and life long learners.

Problems Solvers - are independent decision makers who think critically and creatively.

Life Long Learners - have a passion for learning in and out of the classroom.

In an Ever Changing World - a society requiring its members to be more flexible and adaptable.

IUS Goals:

Goal 1: All students, by June 2010, will improve targeted **Written Communication Skills** using instructional interventions implemented in all curricular areas as measured by the TN3 Language Arts subtest, PSAT Writing subtest and school-based assessments. The targeted skills are the organization of information for effective writing.

Goal 2: By June 2010, all students will increase performance on targeted **Critical Thinking Skills** using instructional interventions implemented in all curricular areas as measured by the TN3 Math subtests), PSAT Math subtest and school based assessments. The targeted skills are the ability to extract and apply essential information in a variety of situations.

Dates for NCA Accreditation: May 4 - 6, 2010

*A valuable part of our accreditation process is a parent input meeting during the visit. For more information about School Accreditation please visit: <http://www.advanc-ed.org/>