

March 2010



The IUS Newsletter



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

Incirlik Unit School



Dear Parents,

In last month's newsletter, our principal, Dr. Terry A. Greene, shared with you some suggestions for helping your child prepare for the Terra Nova testing that will take place this month. Please remember that testing dates are March 15-19, and make-up tests will be given during the week of March 22-26, 2010. Students in grades 3-11 will participate in Terra Nova testing.

In this month's newsletter I would like to share with you a few more test taking tips for your child(ren):

- ◆ Find creative ways to help your child keep his/her anxiety level down regarding the test.
- ◆ If your child is not currently participating in any sports or other physical activities, try to ensure that he/she begins getting some exercise in during the weeks before the test and during the week of the test. Physical activity helps to reduce stress and keeps the mind sharp!
- ◆ Help your child to maintain a positive attitude about the test!
- ◆ Encourage your child to do his/her very best on the test, but avoid pressuring him/her (pressure will only serve to raise your child's anxiety level).
- ◆ Make sure your child avoids heavy foods on test days because grogginess can result (also avoid foods high in sugar).
- ◆ Most importantly, just talking with your child about the test can relieve the stress of test taking.

Again, as Dr. Greene stated in her address to you in last month's newsletter, if you have questions or concerns regarding the Terra Nova testing, please contact your child's guidance counselor via phone at 676-3109 (Elementary Guidance Counselor) or 676-5001 (Middle and High School Guidance Counselor).

Thank you,

Yolanda K. Washington

Assistant Principal

Incirlik Unit School

Mar. 02: Seussville Reading Night, 1800-2000, ES Building.

Mar. 02: Spring Sports practice begins.

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

Mar. 11: Winter Sports Banquet, 1800, MPR.

Mar. 12: SAR writing for faculty. 1115 release.

Mar. 12: Spring Fling (Sadie Hawkins) Dance, 1900, After Six.

Mar. 15-19: TerraNova Testing, grades 3-11.

Mar. 18: SAC meeting, 1500, HS Media Center.

Mar. 22-26: TerraNova make up testing.

Mar. 22-26: Spring Pictures, TBA.

Mar. 26-27: Ankara @ Incirlik, Soccer, TBA.

Apr. 01: Volunteer Briefing, 1300, Main Office.

Welcome to Seussville!!!



Reading Night has a new name and a new date!!!! Welcome to Seussville has been moved to **Tuesday, March 2, from 6-8PM** at the IUS Elementary Building. The date was changed in order to have our reading night coincide with Read Across America and Dr. Seuss' Birthday!!!! Please mark your calendars for this fun family event. See you there!





FOODS THAT BOOST BRAIN FUNCTION ***(Preparation for School and Exams)***

—Nurse T. C.

Dear Parents,

Do you want your children to learn better in school and improve their grades?

A healthy diet is important for many reasons. But did you know, there are specific foods that actually boost and improve brain function?

- ◆ **A HEALTHY breakfast is critical!** Research indicates that this is the most important meal of the day. Nourishment and energy from healthy food sources will rev-up the metabolism and spark cognitive function enormously. Skipping the first meal of the day can hinder academic performance and interfere with cognition and learning.

Food and Nutrients that Build and Increase Brain Function:

- ◆ **Choline** is good for memory and brain development: eggs and nuts.
- ◆ **Antioxidants** improve memory: FRESH fruits & veggies, nuts, beans, legumes.
- ◆ **Omega-3 Fatty Acids** improve cognitive function: healthy fats/oils, fish, avocado, flaxseed, nuts, etc.
- ◆ **Whole Grains** improve concentration and prevent fatigue: wheat, oatmeal, rice, etc.
- ◆ **Iron** for mental alertness and energy: lean red meat, poultry, spinach, beans, dried fruits, and whole-grains.
- ◆ **WATER** is extremely important to help prevent fatigue and improve concentration.

Food that Drains the Brain:

- ◆ Foods with artificial sweeteners or coloring.
- ◆ High-fructose corn syrup.
- ◆ Sugary fruit drinks, colas and juices.
- ◆ Refined white sugars and breads.
- ◆ Transfats and partially hydrogenated oils.
- ◆ Processed snack foods and luncheon meats.



IUS Continuous School Improvement in Action

—V. R., SLO



STUDENT FEEDING PROGRAM: Recently there have been questions surrounding the Free and Reduced Lunch Program. I will attempt to answer some of what has been presented to me and, if you, as a parent, have questions/concerns, please contact me, so we can stop the rumors.

Q: Is breakfast covered under the Free and Reduced Lunch Program?

A: No. As a matter of fact, there is no official "breakfast program" at this time. AAFES personnel made the decision to have breakfast sandwiches, pop tarts, and the like, available but it is not to be confused as being part of the federally mandated Free and Reduced Lunch Program. Also, any items purchased by a child in the morning must be paid for. It cannot be charged (because it is not part of the Free and Reduced Lunch Program).

Q: Are the items available in the morning purchased at a reduced price?

A: No. Since these items are not part of the Free and Reduced Lunch Program, anything purchased is sold as advertised.

Q: Are snack items such as chips and sports drinks available in the morning?

A: They were previously, but effective immediately, anything not considered a "breakfast" item by cafeteria personnel, will not be sold. These items are out in preparation for lunch, but they will not be sold in the mornings.

Q: What is the policy on charging in the school cafeteria?

A: Nothing on the ala carte line can be charged. This is pay as you go. We have, in the past, allowed students to charge the standard meal, if a student had a negative balance, but this is being looked at very closely, in view of some outrageous charges. The matter is being staffed and, in the near future, there will be a coordinated, written policy for Incirlik.

Q: If a child does not have money to purchase a lunch, will he or she be denied a meal?

A: No. No child will be sent away without being given something to eat and drink.

Q: I heard that changes in the program may mean I could now qualify, where I originally did not qualify. True or False?

A: True statement. The decision was made to drop COLA as one of the factors in determining eligibility and it is true that you may have been disqualified earlier, but now could indeed qualify for the program. NOTE: We are requiring anyone, whose status changes from REDUCED to FREE, to ensure all charges have been cleared up, before being allowed to change categories.

IUS Continuous School Improvement in Action

V. R., SLO



PETS ON CAMPUS: Parents are asked to please not bring their pets on campus during the school day and or any school activity where students are gathered. Recently, an adult was bitten by someone's pet and quite frankly some of the students are afraid of the larger dogs. If you have questions and or concerns, contact me or one of the administrators.



LEAVING INCIRLIK SOON?: If you are PCS'ing and if you are interested, HQ USAFE/A1SAS (School Liaison Officer) has purchased a nice blue and black student portfolio, complete with a Student and Parent School Transition Checklist, and is free to students departing IUS. Stop by our office (located directly below the Base Education Office in Bldg 2715A) during regular duty hours. Additionally, the School Registrar requests you bring a copy of your PCS orders, at least two weeks prior to your actual departure date, to allow for the proper collection of final grades and such, from your child's teachers. Should you have questions and or concerns, contact me.

JOB SHADOW DAY: Planning for this event continues. It has been a real challenge because this year we have decided to schedule on, either a day that is a half day in school or one that is a full day out of school, so no academic time will be lost. The challenge comes when trying to fit that around the Wing exercise schedule and everything else that has to be considered. We continue looking at the calendars and hope to nail down a date real soon.

VOLUNTEER BUS MONITORS NEEDED: Finally, we need two or three volunteer bus monitors per week until our vacancy slots can be filled. If you are interested please contact us. If you are interested in applying for one of the paid positions, go to www.usajobs.gov.

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.



ASACS

ADOLESCENT SUBSTANCE ABUSE COUNSELING SERVICES

DXM Alert

What is DXM?

DXM is a non-narcotic cough ingredient found in over 100 over the counter (OTC) products, many of them available on base at the BX, etc. When used appropriately, DXM is safe and effective in self-treating cough symptoms, due to common cold or flu.

What are the effects of DXM abuse?

Although the medication is safe, there is the potential for abuse. The effects of the abuse of cough medicines containing DXM vary with the amount taken. Common effects include confusion, dizziness, double or blurred vision, slurred speech, loss of physical coordination, abdominal pain, nausea and vomiting, rapid heart beat, drowsiness, numbness of fingers and toes, and disorientation. DXM abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations, "out-of-body" dissociative sensations, and loss of motor control.

What parents can do?

- Watch for the signs listed above and ask questions/take action if you notice them.
 - Check what over the counter medications your teen has in their possession.
 - If they have anything with DXM in it, take charge of it yourself and give as needed.
 - Stay alert to your teen and their friends having several packets of these substances.
- ♦ **Be aware that some older teens are buying DXM products for younger teens.**

You may also find the following websites helpful:

http://www.chpa-info.org/issues/DXM_Overview.aspx

<http://checkyourself.com/>

For more information or help contact the ASACS counselor:

M. E. P., LCSW, CAS

Office 113 High School DSN 676-8977



IUS Continuous School Improvement in Action

Thank You Note—C. M.

Tuesday, Feb. 16th, First Grade, Room 128, did many fun activities with 100. Thanks to L. M., K. A., and S. M. for helping with all things.

Congratulations Lady Hodjas Basketball Team —Coach D.

The Incirlik Unit School Lady Hodjas Basketball Team competed in their first games of the season on Friday, February 5th and Saturday, February 6th against The Ankara Lady Trojan's. The Lady Hodjas came out on fire Friday with an incredible display of shooting and fundamentally sound basketball and went on to a very impressive 44-27 victory over Ankara.

In the second game against Ankara, the Lady Hodjas couldn't seem to buy a basket and found themselves down by 12 points. The Lady Hodjas showed a lot of heart, character, and desire and never gave up, as they fought back to a 1-point lead with only a few minutes left in the game. The Lady Hodjas had several great opportunities to put the game away, but fell just a little short, losing in the last minute 30-28.

Game #1

A. Y.-15 points
S. C.-15 points
M. H.-10 points
B. P.-4 points

Game #2

A. Y.-17 points
M. H.- 7 points
S. C.- 2 points
B. P.- 2 points

Sincerely,

Coach D.



IUS Continuous School Improvement in Action

Incirlik Boy's Basketball—Coach S. S.



On January 7th, the boy's basketball team was host to Gundogdu College (a high school in Adana). In our first meeting back in December, we lost to them 117-54. This time, our goal was to hold them under a 100, as they are significantly taller than us. This was a true David vs. Goliath. We ended up losing the feat 72-45, but had some key performance from T. S., I. L., and A. B.

Our next scheduled game was set for us to travel to Ankara for a true DoDDS match-up tournament. As luck would have it, we were held at bay, due to poor weather conditions. So we were forced to wait another week to play a true contest. They arrived here Feb 5 and we played following the girl's basketball game. We controlled 3 out of the 4 quarters. The final score was 67-37 with leading play by A. H., T. S., and L. G. The second game, in less than 24 hours, was a test for our team, as we had not played in back to back days, much less, two games in a week. The Hodjas again controlled 3 out of the 4 quarters and dominated the game with excellent plays from S. M., S., G. and H.

The Hodjas were scheduled to play another Turkish High School, but were forced to reschedule Friday, February 19. As we get ready to leave for championships February 24-28, we are trying to fine develop our game and become more fundamentally sound.

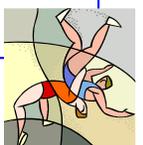
I was pleased with the effort the team showed and am looking forward to our fight at championships. I hope the hard work, dedication, and sweat will help see us through championships. These athletes have dedicated four months and only played in a maximum of 10 games. Those numbers are a huge disadvantage, as most schools have played 20-40 games by now. So going into championships, we will need to become more focused and drive harder to reach our goals.



Let's Here It for The Hodja Wrestlers!

—Coach D. W.

The wrestling team traveled to Germany for the Western Sectionals meet, Feb. 12-14. All of the boys fought hard despite being at a tremendous disadvantage. We started a little rocky; only one win in the first round of matches, but finished strong. Two kids placed second in their weight classes: J. I. and M. W. (each was a few points from 1st place). C. M. took 3rd place and N. E. took fourth. J. and M. are placed in the finals and C. as a wild-card. The wrestlers met their competition Feb. 18-20, again in Germany. C. M. placed 5th in all of Europe in the 145 pound weight class; M. W. placed 6th in the 171 pound class, and J. I. was in a tie for 7th place. The team earned our school an overall 3rd place in all of Europe for Division III (small schools division). If you see any of these champions, give them the congratulations they deserve.



IUS Continuous School Improvement in Action
MIDDLE SCHOOL INTRAMURALS—J. D.



CALENDAR OF ACTIVITIES

(Note: All activities are for 6-8 grades ONLY – Boys and Girls Divisions in some sports and Coed teams in others)

KICKBALL:

Sign-ups: took place 22-26 Feb.

Activity: 1-15 March

3-on-3 BASKETBALL:

Sign-ups: 15-26 March

Activity: 29 March- 8 April



TRACK CLUB:

Sign-ups: 19-23 April

Activity: 26 April – 7 May



SOFTBALL and/or

ULTIMATE FRISBEE:

Sign-ups: 10-14 May

Activity: 17-28 May



(Note: All activities will follow this sequence: 1. Sign-ups in room #126/HS bldg. 2. Organizational meeting in room #126 before activities begin 3. Tournament or Round Robin play 4. Championships)





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/>