



Bulldog Bulletin October 2009

Remember to visit the [PTSA web site](#) for the latest news



Contents

- [President's Message](#)
- [PTSA Tidbits](#)
- [FCPS Newswire](#)
- [Membership](#)
- [Advertising in the Student Directory](#)
- [Music News](#)
- [Booster News](#)
- [Minority Achievement News](#)
- [Reflections News](#)
- [Volunteer](#)
- [Ways & Means](#)
- [Coalition and Tip Line](#)
- [Community Programs](#)
- [Links of Interest](#)

President's Message

Wow! September went by in a hurry with school starting a week later than usual! Westfield student headcount has settled in at over 2,900, with class numbers of 709 freshmen, 708 sophomores, 752 juniors and 741 seniors. **Thanks to all who attended the Bulldog Barbeque and supported our school programs and the Silent Auction.** The auction raised over \$7,000 for PTSA programs! It could not have been done without the dedicated work of Terry Schweinhart, Cindy Baker and their committee for organizing and soliciting 248 bidding opportunities over the summer months. Thanks also to Soon Kim and Westfield Korean parents who cooked and donated food for the BBQ which netted the PTSA over \$1,000!

We had our BIG "destapling" event for all of the forms that were sent back to school, with adult volunteers logging over 127 hours in the main office, sorting 12,000 pieces of paper. Thank you to Suzanne Olijar, our volunteer coordinator, for orchestrating and standardizing the process. The "Back to School Packet Project" required 550 hours from start to finish! Especially in these times of a declining school budgets, **WE LOVE OUR VOLUNTEERS** – we really could not do it without you! Thanks also to Kerri Peterson, Patti Schule, Colleen Nicole, Debbie Sweezy and their committee helpers who pulled the Bulldog Cafe together for the Back to School nights and fed well-deserving teachers and parents.

Do you, a friend or associate have a business or service you'd like to advertise to WHS students and families? The PTSA offers a limited amount of advertising space in the Westfield Student Directory. **We have extended the deadline for directory ads until October 7th.** Available space includes: Inside back cover \$350 (1), Full Page Ad Inside Back Cover (1) \$325, Full Page \$300, Half Page \$200, Quarter Page \$150, Business Card \$100. The PTSA reserves final approval for ads based on the content and appropriateness for the high school population. Payment must be received before we go to print. All images must be submitted in TIFF (CMYK) format (minimum 1200dpi). Copies of the directory can be reserved for \$10, with checks made payable to WHS PTSA. We are trying to stay green and only order what is needed. Please help us by ordering ahead.

There has been a lot of **concern voiced about the upcoming flu season and H1N1.** Have you thought about getting at least the seasonal flu shot? A big issue with containing the flu is knowing the symptoms. Go to the Fairfax County Health Department website at <http://www.fairfaxcounty.gov/hd/flu/swineflu.htm> or the Center for Disease Control Center for Disease Control website at http://www.cdc.gov/h1n1flu/general_info.htm for information about the flu and its symptoms. **Please remember to wash your hands frequently with soap and water and stay home if you are sick!**

THE PTSA will have a **Fundraiser at Tropical Smoothie Cafe** on Wednesday, October 14 from 4:00 to 8:00pm. A percentage of the sales during this period will directly benefit the PTSA. The address is 14220-B Centreville Square, Centreville, VA 20120. Contact Lea Holland with questions at waysmeans@westfieldhs.org.

Thank you to Leslie Churn, MA, Student Assistance Counselor for her presentation on Trends in Substance Abuse last week. If you missed it, **we're having another program for parents AND STUDENTS, "[Reaching Out to Protect Your Child From the Realities of](#)**



Calendar

- **Fri, Oct 2**
Homecoming Parade
- **Sat, Oct 3**
 - Homecoming Dance
 - BITS Informational Meeting (9:00am EDT) Westfield
 - Athletic Boosters Hold Alumni Event
- **Wed, Oct 7**
Freshman Parent Night
- **Sat, Oct 10** SAT Exam Westfield HS
- **Mon, Oct 12** Student Holiday
- **Tues, Oct 13 7PM**
Minority Achievement Committee Meeting
- **Thurs, Oct 15, 7pm**
Monthly PTSA Meeting
- **Sat, Oct 17**
 - TAG Day
 - BITS classes begin
- **Mon, Oct 19 7PM**
Parent Program "[Reaching Out to Protect your child](#)"
- **Tue, Oct 20 7PM**
[ANGP Interest meeting](#)
- **Thurs Oct 22**
Deadline to submit Reflections Entry
- **Fri Oct 23** Deadline to submit Nov newsletter articles
- **Fri, Oct 30** End of 1st Quarter
- **Tues, Oct 27 7PM**
Superintendent Advisory Council Meeting

Board Officers

- **President**
[Jennifer Campbell](#)
- **1st VP:**
[Mary Coleman](#)
- **2nd VP:**
[Salma Ashmawi](#)
- **Recording Secretary:**
[Kimberly Gilbert](#)
- **Treasurer:**
[Kathy Sanders](#)

[View more board member](#)

Links of Interest

- [Fairfax County Public School](#)

"Substance Abuse" on Monday, October 19th, 7–8:30pm in the WHS auditorium. Hear from local parents whose kids have used illegal substances, a teen substance abuser and treatment professionals about the signs and symptoms, actions and available treatment resources. The event is free and open to the surrounding community.

On Saturday, October 24, the **PTSA will team up with Volunteer Fairfax for a clean up project on the Westfield property.** If you have seen the grounds the day after our biggest football game (Chantilly) you'll be glad this is happening and hopefully will participate.

We still have open PTSA positions, including chairs for: ANGP Mulch, After Prom Party, FCPS Budget, Legislative, Landscaping, Parent Programs/Westfield Community Coalition and 2010 Silent Auction. Descriptions for some of these roles can be [viewed online](#). We also need volunteers to provide support in the library and to support Health Screening for 10th graders on November 5th and 6th. Contact volunteerCoord@westfieldhs.org.

Remember our annual PTSA Membership drive! Any non-staff member joining the PTSA can designate a WHS group/team/club to receive \$1 of their membership fee. The money will be given directly to the designated group to use at their discretion. The only catch is to join the PTSA and check off the box indicated on the PTSA's [All in One Form](#).

Join us for our **next PTSA meeting on October 15th**, 7pm in the library. At 8pm Diane Eckert will give the Westfield Pyramid specific date from the Youth Survey. Remember to update your Keep In Touch (KIT) email profile and read the Westfield Watchdog and school emails. Any questions or concern, please contact me at ptsa_president@westfieldhs.org.

Thanks!

Sincerely,

Jennifer Campbell, WHS PTSA President

- [Fairfax County Council of PTAs](#)
- [Northern Virginia District PTA](#)
- [Virginia PTA](#)
- [National PTA](#)
- [US Department of Education](#)
- [Safe VA Highways](#)
- [Alliance for Virginia Students](#)

- [FCPS Family Gram](#)
- [FCPS Parent Resources](#)
- [FCPS Incentive Weather Plans](#)
- [Sign up for FCPS Keep In Touch](#)

- [Athletic Boosters](#)
- [Band Boosters](#)
- [Choral Boosters](#)
- [Guitar Boosters](#)
- [Orchestra Boosters](#)
- [Theatre Boosters](#)

Reminder

Items to be included in the October 2009 Bulldog Bulletin must be **submitted to newsletter@westfieldhs.org on or before Oct 23, 2009**

Your feedback is important to us. Send to newsletter@westfieldhs.org comments or suggestions to make your PTSA better

Tidbits

- [View latest information about H1N1](#) and what FCPS recommendations.
- The **BITS Information parent meeting is on Saturday, Oct 3rd in the Library.** The beginning date for BITS is Saturday, October, 17, 2009 from 9:30-11:00 a.m. in the Library. Students complete an application before they can begin receiving services. They can pick up an application in any subschool or online. Students who are tutors receive service hours. All they have to do is fill out a form and give it to the BITS leaders on a Saturday. To download registration form and for more information, visit [BITS information page](#).
- The **Virginia Department of Transportation and the Virginia MegaProjects will host the 5th Annual Transportation Career Fair for High School Students in Northern Virginia.** The event, "**Transportation: Your Ride to the Future!**" will offer students a wide variety of information about careers in transportation-related fields such as engineering, architecture, technology, construction and the environment. Last year's career fair was well-attended and well-received! **This is a wonderful opportunity for our Northern Virginia 11th and 12th grade students** to explore trades and professional careers from our industry experts. We encourage

FCPS Newswire

- Introducing our Fairfax County Adult & Community Education course, **Little-Known Secrets of Paying for College.** In addition to Fairfax County, we have taught our course for many years through Arlington County, Loudoun County and Alexandria City Public Schools. Please review the [flyer](#) for specific dates and locations for the Fall '09 course schedule. The strategies taught during the course have helped families save as much as \$40,000 per year of out-of-pocket college costs. We will also teach parents how to attend expensive private schools for the same "cost" as in-state public schools. Due to changes in the economy, there have been many changes in the last year for college funding. Please do not hesitate to contact [Andrew McFalls](#) for any reason.
- **Superintendent Advisory Council Meetings:** I invite you to join me to discuss hot issues and share what's on your mind at the four Superintendent's Parent Advisory Council meetings this year held at Gatehouse Center Café:
 - Tuesday, October 27, 2009, 7 pm
 - Tuesday, November 24, 2009, 7 pm
 - Tuesday, February 23, 2010, 7 pm
 - Tuesday, April 27, 2010, 7 pm
- **How Do I Update My Keep in Touch Account?** Fairfax County Keep Public Schools has a new vendor for the Blackboard

your support in assisting your respective schools in participating to its fullest. This event was sponsored by the Woodrow Wilson Bridge Project for the first four years and is now an activity of the [MegaProjects](#) (HOT Lanes, Dulles Metro Rail Extension, Fairfax County Parkway and the Widening of I95 are all "Mega Projects".) For more information [Download flyer](#) and [registration form](#).

Connect (formerly NTI, Connect-ED). Blackboard Connect is an award-winning company with years of experience with K-12 education systems, many as large as or larger than FCPS. To learn more about Parent View, go to <http://www.fcps.edu/fcps247.htm>. For assistance with Parent View, call 1-866-434-8880.

Music Department News

Westfield Music Students to Visit Our Community Saturday, October 17

Please open your doors to Westfield High School music students during **our annual Tag Day event, scheduled for Saturday, October 17!** Students from band, chorus, guitar and orchestra will be visiting their neighbors' homes requesting donations to our award-winning music program for the 2009-2010 school year. Your generous donations will be used to cover costs related to clinicians, instruments, uniforms and costumes, and competitions not covered by the FCPS Budget. **They will support over 600 students, many of whom play more than one instrument and are a part of more than one music group.**

Just visit any of our music class rooms and you will see by the number of trophies that all WHS music groups consistently earn high ratings and receive awards in competitions. If you have been to a home football game you have already had the opportunity to see the Bulldog Marching Band perform. I invite you to "come inside" and hear some of our other music groups to see why. Concerts are generally free to the public and I promise that you will not be disappointed.

Visit the [various music program web sites](#) to learn about upcoming musical and fundraising events in store for you this year.

*Thank you for supporting our 600+ talented musicians!
Kym Sunday, President WHS Music Booster*

Membership News

I would like to thank all of the Westfield families and staff who have joined the PTSA and donated to the Bulldog Bankroll. We are off to a great start! Our goal is always 1 member per student. I wanted to share some PTSA Stats as of September 21, 2009:

- **2008-2009** Membership – 49%
Families Joining the PTSA – 35%
Bankroll – 83% funded
- **2009-2010** Membership – 36%
Families Joining the PTSA – 27%
Bankroll – 76% funded

As you can see, we still have a little way to go to match last year's membership numbers, and we are still 24% short on funding the Bulldog Bankroll (aka – "No Fuss Fundraiser"). If you have already joined but did not donate to the bankroll, would you please consider doing so? Any amount helps! Last year when we fell a little short of our goal we were not able to fund some valuable programs.

Since the FCPS Budget has been tightened, the PTSA is receiving more requests than ever to help fund some very worthwhile educational activities. Without the continued support of our community we will have to turn many of them down.

As the "Academic Boosters" of the school, we pride ourselves on working with the whole school for the benefit of all students. This year, in honor of the school's 10th anniversary, we are offering a membership challenge. Members may designate \$1 of their membership fee to benefit any organized Westfield Group.

If you have not already done so, PLEASE support the PTSA at Westfield. Membership is only \$10 for parents/grandparents and \$5 for students. You may choose to use [PayPal online](#) at NO additional cost to you or if you prefer to write a check you may [download the Membership form](#) or [All in One Membership Form](#). It would be great if we could EXCEED last year's Membership Stats!

If you still want to know more before joining, please check out www.pta.org or <http://ptsa.westfieldhs.org/> Questions? Feel free to email me at membership@westfieldhs.org.

Student Directory

We have extended the deadline for directory ads until October 7th. Available space includes: Inside back cover \$350 (1), Full Page Ad Inside Back Cover (1) \$325, Full Page \$300, Half Page \$200, Quarter Page \$150, Business Card \$100.

The directory includes resources for the school as well as student addresses and phone numbers. It is a resource only available to the school community and is something many students, teachers, parents, and staff members hang use as a resource to keep in touch. Advertising in the Student Directory offers a unique opportunity to reach thousands of people in the Westfield area! Directory ads are sold on a first paid/first served basis. They are printed in black and white. If interested contact Jennifer Campbell at JCcampbellpta@aol.com

Minority Achievement News

Welcome from the Minority Achievement Committee (MAC)

The first meeting for MAC was held September 16, 2009 in the Westfield High School Library. Support from the parents and faculty was great. Following are a few of the highlights:

- Principle Thomas showed graphs of SOL Statistics as they apply to the minority and handicapped students at Westfield High School. The report showed significant improvements in more than half of the subject but also indicated there is still weaknesses that need to be addressed
- Please mark your calendar for the **upcoming November 17, 2009 MAC Parent Coffee** to be held off site. We are looking for motivational speakers who can relate to the parents and students. Please send names and phone number of those you think might motivate our students to work hard and commit to being serious about their education commitment.
- **Remember the next meeting is October 13, 2009 in the Library.**

[Read more latest news online](#)

Sincerely
Evelyn Spain and Milan Coleman, MAC Co-Chairpersons

Reflections News



It's not too early to think about Reflections for the this year:

The theme for the 2009—2010 is "Beauty is . . ."

The theme for the 2010—2011 is "Together We Can"

Deadline to submit your project is October 22, 2009.

Students can get to work now on artwork for next year. The categories are literature, musical composition, dance choreography, visual arts, film production, and photography. [Read and download more information online.](#)

Sincerely
Sue Bark and Mary English, Reflections Co-Chairpersons

Volunteer

An enormous "Thank You" to all who helped with the back—to—school packets! Alphabetizing and copying 12,000 pieces of paper is mind numbing, but the job got done quickly with such a great team of volunteers! I hope many of you will come back next year... and bring a friend! This is one job you walk away from knowing you are needed and

appreciated by the staff at Westfield.

Thank you to everyone who completed a PTSA Volunteer Opportunity Sheet. It takes me a couple weeks to process them, but I do appreciate your desire to volunteer, and your patience with me in the interim. If you signed up for a particular activity/event, your contact info will be given to the chair of the committees/activities that you expressed interest in. Those chairs will contact you about the event.

If you are interested in doing weekly or bi-weekly volunteer work, I may be able to find you a job immediately. Below is a list of upcoming volunteer opportunities:

- **Library helper**—help is needed Mondays, Thursdays and Fridays from 11am–1pm.
- **Clinic assistant** – during school hours. To work in the clinic, you must have completed a Fairfax County Health Department Training. The trainings are offered several times each fall. Please call our clinic at 703-488-6310 for training dates.
- **Senior Class meeting, Wednesday October 14, 8:30am–10am** – assist with a light senior breakfast and help organize all 741 seniors for their senior class photo in the stadium.
- **November Hearing and Vision Screening for 10th graders.** This is fun as the kids can be goofy. You will be instructed on how to do basic screening; any student whose results are questionable is retested by the school staff. A small army of volunteers are needed to assist with this on November 5th and 6th at the following times: 7:15am–9am, 9:10–10:45am, 10:55–12:15pm, 1–2pm.
- **Westfield High will host "The Perfect 10"** All Night Graduation Party from 11pm, June 20 to 5am, June 21st at ESPN Zone in Washington D.C. An information meeting will be held Tuesday, October 20 at 7pm in the library. This is an opportunity to find out what this party is all about. Parents of undergrads – you really should come – because you will be running this event sooner than you think! This is the 10th year we will host this party, and every year we change things based on student and parent input. Here is a chance to ask questions and learn how you can get involved.

To volunteer for any of these events, please email: volunteerCoord@westfieldhs.org

*Sincerely,
Suzanne Olijar, Volunteer Coordinator*

Ways & Means Committee

Westfield Parents and Students,

My name is Lea Holland and I am the new chairperson for the Ways and Means Committee in the PTSA. I want to take a moment to remind parents to make sure they have taken the appropriate steps to help Westfield High School earn FREE easy money just for living your everyday lives. We are working some exciting new programs for the 2009-2010 school year so keep an ear out for upcoming announcements.

Our Current program Giant A+ Bonusbucks begins October 9, 2009 and runs through March 25, 2009. Please do your part to register and designate your bonus card to Westfield code #03798. Please note you have to re-designate your card every new school year. You can log on to www.giantfood.com/aplus to register online, call 1-877-275-2758 to register over the phone or in the store. At Back to School Night and PTSA meetings there will also be a sheet to enter your card info and I will register you online to save your time. **Please visit our [information page](#) for any additional information and fundraising opportunities.**

Remember the next **Fundraiser at Tropical Smoothie Cafe** on Wednesday, October 14 from 4:00 to 8:00pm. A percentage of the sales during this period will directly benefit the PTSA. The address is 14220-B Centreville Square, Centreville, VA 20120.

*Sincerely,
Lea Holland, Ways & Means Chair*

Booster News

Band Boosters

Thank you all for the wonderful support and applause at this year's Bulldog BBQ. The band really enjoyed performing for you. If you came to the last home game, we hope you enjoyed the preview of **our fall show, West Side Story**. This year's show is full of wonderful

music and marching with a great performance from the color guard as well. The marching band this year is one of the largest yet at the school so make sure to come to the rest of the home varsity football games to see the band perform the full show.

This year's concert season is starting off early with a performance from the award winning Westfield Jazz Band. Come to the Westfield Theater on October the 15th from 7pm to 9 pm to hear some great music.

For more news about the band, please visit our web site at <http://www.westfieldband.org>

Athletic Boosters

The WABC invites all WHS alumni to celebrate our 10 Years anniversary and to attend our **1st Alumni Flag Football tournament and picnic!** Homecoming weekend - Oct. 3rd from 10:00 AM - 2:00 PM at Westfield. Come to play, come to watch, or come to catch up with old friends! Please RSVP if you plan to attend and be sure to let us know if you are going to play. All WHS graduates are invited! Please help spread the word by inviting other WHS grads. Celebrating Ten Years of Tradition, A Decade of Excellence! To RSVP or to get more information, contact Lory Sasek at Lorsas@aol.com

Community Programs

Look at what The FCPS Parent Resource Center has coming up!

View a complete list of all upcoming Workshops and Activities posted to the PRC [web site](#).

Westfield Community Coalition (more resources online)

Underage drinking parties can be reported anonymously to the police at 703-691-2131 where they will disperse police assistance, or 703-246-2333 for the "Shut it Down" Hotline, to report date, time, and location of an underage drinking party. To report WHS security concerns, contact Ray Clements at 703-488-6307 or Ray.Clements@fcps.edu

Parents: the Anti-Drug <http://www.theantidrug.com/> TheAntiDrug.com was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with the tools they need to raise drug-free kids. Working with the nation's leading experts in the fields of parenting and substance abuse prevention, TheAntiDrug.com serves as a drug prevention information center, and a supportive community for parents to interact and learn from each other.

Feeling Alone? Don't know what to do? Tired of Signaling for help? Is your Adolescent in trouble? Is your teenager running away, truant, abusing alcohol or drugs, out of control at home, school, or in the community? This is a free group sponsored by the Fairfax County Juvenile and Domestic Relations District Court. Parent's Support Group — Every Tuesday at 7:30pm at The Historical Courthouse Bldg, 4000 Chain Bridge Rd., Fairfax, VA Room 2221. This is a walk-in group with no registration necessary, for parents of a teenager seeking help finding information,

Under Your Influence This [web site](#) is meant to be your resource and link to the information you need in your role of teaching your child about underage drinking and discusses impaired driving to vital importance of seat belts and enforcement of graduated driver license laws as well as your role in both teaching your child and establishing rules that will protect them both as a driver and passenger.

Leslie Churn, MA, Substance Abuse Counselor for Westfield HS Contact 703-488-6308 or at Leslie.Churn@fcps.edu for a free and confidential assessment.

Powerful video on seatbelts. It was produced by Montana Dept of Transportation. It is a true story. No actors."

Shut It Down Hotline 703-246-2333, to report date, time and location of an underage drinking party if you hear about it ahead of time.

Ethics Day at Westfield HS (Cluster 8; Westfield HS) Sophomores learn valuable lessons about decision-making and consequences. [View Video \(5:15 min\)](#)

Parents Who Host Lose the Most (Safe and Drug Free Youth; All Clusters) [Interview with Diane Eckert](#), Safe and Drug Free Youth and Tim Thomas, Westfield HS. (4:26)

Westfield Community Coalition

gaining insight or regaining control of their child. Contact Fran DeLoatche or Paula King at 703-246-2495 for further information.

Unified Prevention Coalition

The Unified Prevention Coalition of Fairfax County Public Schools is dedicated to promoting prevention and early intervention for violence and drug use in our community. [Visit web site for resource information.](#)

Coordinator: Jennifer Cooper
(jalcooper@aol.com) 703-966-8304.

Contact Jennifer to be on the email list to receive free information about prevention programs and upcoming events.

Under Age Tip Line 703-691-2131.

Underage drinking parties can be reported anonymously to the police at this number. They will disperse police assistance.

You received this newsletter because you signed up via online membership or hand submitted membership form. You may subscribe or unsubscribe anytime by visiting <http://ptsa.westfieldhs.org/subscribe2/subscribe.htm>