



The Cavalier Chronicles

Parent-Teacher-Student Organization (PTSO) Publication

February 2017

<http://www.woodsonptso.org>

WT Woodson PTSO Executive Board 2016 - 2017

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Dear Woodson Community,

We've passed the half-way mark in this school year, and before the end-of-school-year crush that becomes all consuming, the PTSO Board thought it may be helpful to update you on upcoming programs and services being planned for spring.

If you are a parent of a graduating senior this year, you'll want to make sure you follow Baccalaureate planning efforts and the latest All Night Grad Party (Cav Cruise) information. Several PTSO Parent Volunteers with graduating seniors will leave Woodson as well; please check out the list of position vacancies for next year and consider volunteering.

Our Hospitality Team has been busy all year. Many thanks to those who baked and distributed thousands of cookies so far, provided support for our Teachers and staff by contributing in various ways to the Staff Self Care Program, the December Holiday Hospitality Room, Custodian Appreciation, Snacks for Vision Screening, and the monthly acts of thoughtful kindnesses. The spring will bring more opportunities! Next up is the Soup and Salad Bar Teacher Workday lunch on March 24. Read about the various ways you can help at <http://www.signupgenius.com/go/10c044ea5af292-wtwsoup>. Let's show our teachers how much we appreciate all they do for our students.

The PTSO has had great successes in fundraising efforts this year starting with the advertisement revenue from the Student Directories, sales of the Directories, Engraved Bricks, Car Magnets, and Membership Dues - all of which are reflected in the updated budget maintained on the PTSO website. However, **we want to especially acknowledge the fundraising success of the ACT/SAT Mock Exams**. In November and February, 127 students took either the ACT or the SAT; the PTSO raised \$3,390. All money stays right here to support programming for our staff and students. Normally, the PTSO runs two Mock sessions each year, however, our exam coordinator, Yelena Jones, is trying to set up a third session; the date, time, and location will be announced via the WeMail.

Thank you for your commitment to Woodson. We hope to see many of you at our next PTSO meeting on Monday, March 6 at 7pm in the Woodson Library.
~The PTSO Board

There are 4 more PTSO Meetings this year. Please consider attending, and make a difference!

March 6

April 3

May 1

June 5

Mondays, 7pm, in the Library

There is a new page on the PTSO Website to help families new to Woodson called

"FOR NEW FAMILIES."

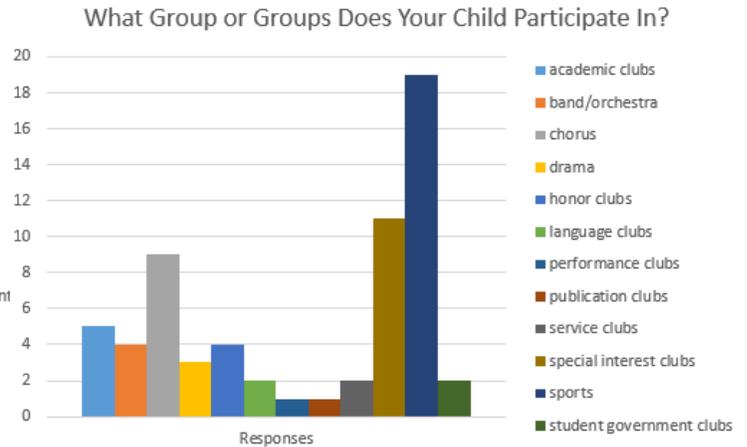
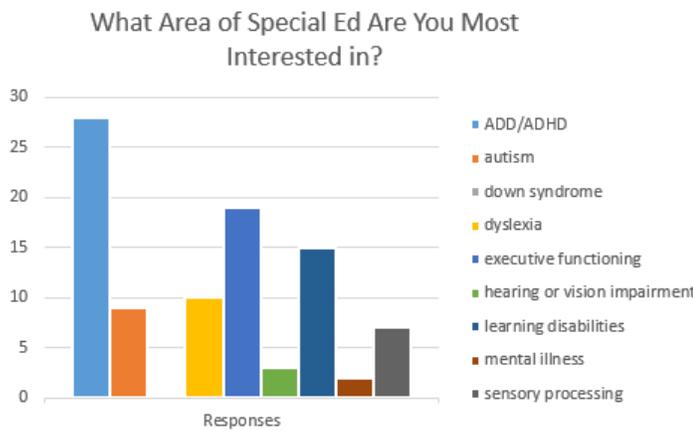
Go to <http://www.woodsonptso.org/welcome-to-woodson.html> and read about the two "newcomer" programs at Woodson:

Student-2-Student and the **PTSO Welcome to Woodson Program**. Even if you are not a new family, you'll want to check out the information accessible from this page: technology connections, school culture, "Ten Important Things to Know," highlights from the "Student Handbook," and information for Military Families. *You may need to "refresh" your browser to see the new tab.*

For Clubs and Daily Meeting Reminders, check the Daily Announcements on the WT Woodson Home page: <http://www2.fcps.edu/woodsonhs/>

SPECIAL EDUCATION PROGRAM AND FROST-WOODSON SPECIAL SERVICES

In December, the PTSO Special Education Coordinator, Joanne Ladino, asked Woodson parents to complete a survey. Forty-seven parents responded. Joanne is using the survey results, some of which are reflected in the charts below, to plan Special Ed Spring programs to support parents and students. We are also planning to host a forum in late March on ADHD/Executive Functioning. ADHD and Executive Functioning were identified as important issues in the survey.



Joanne also works with the special education liaisons at feeder schools, and especially at Frost Middle School. As students progress through secondary education, and when planning for the transition to postsecondary life, the PTA/PTSO liaisons group provides essential assistance in helping identify resources and information. In collaboration with the Frost PTA, we are planning a transition night for parents this spring. The WeMail will share that information, when it is available.



SOUP AND SALAD BAR TEACHER WORKDAY LUNCH

On Friday, March 24 we are treating the teachers and staff to lunch. This is a teacher workday, so our students will not be on-site. Lunch is a real treat for the teachers. In order to carry this off we need food/soup donations and help. Please take a look at the sign up genius - <http://www.signupgenius.com/go/10c044ea5af292-wtwsoup> - many items can just be purchased and dropped off at Woodson before Friday. Soup got you stumped? It doesn't have to be home-made; chili is OK and there are lots of recipes that can be made in a crockpot. If you have any questions, please feel free to contact Lynn Barnsback at 703-508-8544 or barnsback4@verizon.net.

BACCALAUREATE SUNDAY, JUNE 18, 2017 WE NEED YOU!

Baccalaureate is an inclusive, non-denominational, and inspirational event designed to help celebrate our graduating seniors. Seniors get to wear their caps and gowns at Woodson, which makes for great pictures! We would love to have lots of seniors help plan the event so we can celebrate all of Woodson's students. We also need parents (including senior parents) and any other students who would like to participate.

We are hosting a planning meeting and ICE CREAM Sundae Party on Wednesday, March 8 at 3:05 p.m. in Café A open to all. We have several jobs to fill ranging from 2-10 hours of time. We are also looking for ideas - for example, what speakers would you like to hear at YOUR baccalaureate? If you cannot make the meeting but would still like to help out or if you have any questions, please contact Kelly Gerber and Melissa French at bacc@woodsonptso.org.





WTW PTSO Grant Program

By Shawn Guth, Grant Program Chair

grants@woodsonptso.org

One of the largest programs sponsored by the PTSO, the WTW PTSO Grant Program partners with teachers, staff, clubs and the administration to deliver financial assistance to programs with direct benefit to our students.

The program is funded by the PTSO budget through membership, contributions and fundraising, and operates within the strict guidelines of a non-profit organization.

With the ability to deliver funding and resources to a wide variety of diverse programs within the school community, the WTW PTSO Grant Program enables organizations to reach beyond their current funding capabilities.

The goal of the program is to provide a unique mechanism for teachers, staff and others to develop and implement new ideas in support of student success.

This year alone, the WTW Fall Grant Program funded nine new initiatives that enabled student success in the Arts, Band, Career Center, Model UN, Club Sports, and Social Studies. The Grant Program also funded the completion of a multi-year, school-wide Mindfulness Initiative aimed at equipping students and staff with key tools and coping strategies.

Further, the Grant Program funded and supported the implementation of the new Math Center and Math Honor Society Tutoring Program. Serving over 800 students in one quarter alone, this new center has proven itself a key initiative in fostering student success in Math. This year, we continued support of our highly valued College 101 program which provided valuable insight and direction to parents and students alike in their college search, as well as delivered funding for the well-loved and beautiful Spring Art Show. The Grant Program was pleased to sponsor an even larger WTW Model UN team at their John's Hopkins competition just this month and supported over 600 social studies students in team-taught to AP courses in the annual winter Model Congress initiative.

Reaching a diverse group of students in a wide variety of initiatives, the WTW PTSO Grant Program accepts grant request submissions in the Fall and Spring of each year. Grant recipients must be PTSO members in good standing, and have a staff sponsor within the WTW community to be considered. Programs are selected and voted upon based on their application to the broadest array of students and their ongoing impact at fostering student success.

This Spring, we look forward to launching other exciting new programs at WTW in support of our students. If you have an idea about a program that will directly benefit our students, please reach out to Shawn Guth, WTW PTSO Grants Chair at grants@woodsonptso.org. We would be excited to partner with you in the success of our WTW students!

Please plan to attend the 7pm March 6, 2017, PTSO meeting where the Fall Grant recipients will share their accomplishments and highlight the many ways in which their program benefitted WTW students.



THE WELCOME TO WOODSON PROGRAM FOR NEW FAMILIES is a great way for families coming into the Woodson Community to feel included and at ease with a new situation and new surroundings. An outreach involves pairing new families with parents who have been at Woodson. The “welcome” family can help the new family with questions about the goings-on at Woodson – schedules, academics, sports, extracurricular activities. Moving into a new school community can be very stressful, so the “Welcome to Woodson” program is designed to help families adjust. If a family arrives in the summer, there is a Newcomer Hour in the week or two before the start of school where newly arrived parents are invited to come to the school for an hour to meet other new parents as well as those parents already established at Woodson. It’s a great way for new folks to start friendships. There is also a webpage for our new families that features everything a new family needs to know to get started at Woodson: <http://woodsonptso.org/welcome-to-woodson.html>.

WE ARE HERE TO HELP, AND WELCOME TO WOODSON!!



COMMUNITY OF SOLUTIONS: LEARN MORE. GET INVOLVED. MAKE A DIFFERENCE.

Community of Solutions: a volunteer group of parents, teens, school administration, mental health professionals and other concerned citizens from Fairfax County who share a common interest: helping our teens live happy, healthy lives.

*"How can we better prepare our teens for the challenges and stress that they are facing now and as they become adults?"
"How can we provide parents, teachers and school administrators with the resources and tools they need to support our teens?" "How can we educate our community about mental health, share resources and reduce stigma?"*

COS strives to bring the community together to talk, share ideas and resources in an effort to help our teens learn to cope with life stress and build resilience. Here are some of the actions that we are currently focusing on:

- ✓ **Building Resilience** - incorporating mindfulness into the classroom; after-school yoga for students.
- ✓ **Student/Teacher Forum** - initiated by a Woodson high school student in an effort to build communication between students and school staff.
- ✓ **Host Staff Self-Care Days** - for stress-relief and to show appreciation for teachers and administration
- ✓ **Self-Advocacy** - focus on strategies for communicating this valuable life skill to students
- ✓ **Education** - hosting/participating in community events that focuses on teen wellness, mental illness and reducing stigma
- ✓ **Positive approaches to Homework and AP classes** - examines the academic research, stress factors and solutions implemented throughout Fairfax County.
- ✓ **Promote Positive Messaging** - to teens via social media and other visual means
- ✓ **Advocacy** - work at the school, county and state level to support improved teen mental health services

Other COS impact/actions/solutions:

- **advocated** for the implementation of a crisis line app
- **encouraged** students and teachers to become certified in Mental Health First Aid
- **facilitated** eliminating homework during school holidays
- **created** mental health and wellness resource magnets for student lockers

Learn more. Get involved. Make a difference.

Join our Facebook page to hear about upcoming meetings and to participate in the discussions. Sign up for our mailing list to receive email notifications about upcoming meetings and related community events.

Website: www.communityofsolutions.org | Facebook: www.facebook.com/cosdcmetro | Twitter: @COS_teens



WTW LEADERSHIP PROGRAM

*By Shawn Guth, PTSO Leadership Representative
shawn.guth@verizon.net*

The WTW Leadership Program is composed of 100+ students who envision, create and deliver the significant events and programs so key to the spirit of WT Woodson. Together with the PTSO, Leadership sponsors the Cav Kick-off dance. The Leadership students also plan and host all of the Homecoming Week events including the well-loved Homecoming dance. Replete with creative decorations and a booming beat, the Homecoming dance is the top event attended by over 1200 students at WTW. The Homecoming Parade, Pig-Out, and the Fall Festival for children are also Fall highlights enjoyed by the students as the school year begins.

On Saturday, May 20 Leadership will host the Woodson 5K run/walk as a fundraiser for local charity, Alice's Kids. In support of our teachers and staff in all capacities, Leadership plans and executes Appreciation Weeks for Counselors, School Psychologists, Administrative Assistants, Interpreters, Teachers, Seniors, and Custodians throughout the year. Wonderful traditions such as decorating doors, making pancake breakfasts, delivering flowers and notes, and showing up for those who support them solidify the bond between students and staff and demonstrate the students' commitment to those within their school who mean so much to them.

On Friday, Feb 10, the Leadership class hosted their 6th annual PS I Love You Day. This day showcased hundreds and hundreds of small post-it notes that packed a punch. With notes of love, respect and empowerment, PS I Love You day is a day when students take the time to say something positive to others and brings attention to suicide awareness.

Hats off to the PTSO and our Leadership Team spearheaded by Ms. Brown and Mr. Schaefer for all the wonderful things they do to support the Woodson Community!



WTW CHORAL PROGRAM

*By Shawn Guth, PTSO Chorus Representative
shawn.guth@verizon.net*



The WTW Choral Program is a time-honored, well-loved tradition at Woodson. Built upon a model of RESPECT, the students create beautiful music in a climate that teaches them how to work with others, accept responsibility for their actions, manage deadlines, and have a good time. Along with both the Winter and Spring Concerts, students, teachers, staff and parents all came together most recently to deliver the annual Dessert On Broadway musical production. A fantastic feast for the senses, "DOB" as it is fondly called, was once again a spectacle to remember. Under the direction of the indomitable Mr. Michael Ehrlich and the talented Mrs. Amy Moir, the 260+ students reached out to the WTW community through song and dance.

Former choral parents, current families and students from other schools were all in attendance at the 4-day, 5-show production. Perhaps most exciting is the support of the WTW staff and administration. Staff are offered \$5 tickets to the Wednesday pre-show and come out in significant numbers to support their students. Throughout the week, teachers appear at each show to watch their students and support their study of the arts. Teachers and administration are often found at the very front tables, cheering on their students and waiting after the performance to congratulate the students and take photos with them.

A uniting force for good at WTW, the Choral Program empowers the students, teachers and administration to be better together.

PTSO POSITION VACANCIES FOR 2017-2018

PTSO Board: Recording Secretary and VP2 – Fundraising

Interested? Contact Kim Waxman, Nominating Committee Chair at woodsonWEMail@woodsonptso.org

Drama Boosters: President

Interested? Contact Pam Hardin at pamhardin@verizon.net

Athletic Boosters: Communications, Corporate Sponsors, Treasurer

Interested? Join us at our next Athletic Booster meeting, Monday, March 6 at 7pm in room C159

W. T. WOODSON ATHLETIC BOOSTER ORGANIZATION

The W. T. Woodson Athletic Booster organization works to foster high standards of citizenship and community involvement through the promotion of student athletic and related educational programs. Through your involvement and contributions, we seek to enhance the athletic programs at Woodson so that all students can have the best, most positive athletic experiences possible during their high school years. When you and your children see turf fields, new equipment in the weight room, upgraded dugouts, and many other items, there's a good chance the Boosters helped make it happen.

Next year, with graduating seniors, the Boosters will have three open positions: **Communications, Corporate Sponsors, and Treasurer**. The Communications Chair coordinates the sports highlights in the weekly WeMail and helps manage the website, The Corporate Sponsor Chair works with current and potential sponsors to ensure ongoing community/business support, and the Treasurer manages the finances for the Boosters. If you are interested in any of these positions or would simply like to find out more about the Boosters, please join us at our next meeting, Monday, March 6 at 7pm in room C159.

DRAMA BOOSTER

PRESIDENT DUTIES

The Drama President serves as a liaison between drama parents and the drama department. The job has a lot of flexibility. The ideal volunteer needs an enthusiasm for drama and interest in supporting the cast, crew and Mrs. Hobson.

PTSO BOARD POSITION DUTIES

The **Recording Secretary** attends monthly PTSO meetings, prepares the agenda, writes the minutes, and posts them, once approved, to the PTSO Website. He or she keeps the official file copy of the PTSO records and correspondences.

The **Second Vice President (VP-2)** oversees and coordinates the fundraising committees, arranges for use of school facilities for PTSO meetings and events, and, along with VP-1 position, acts as an aide to the President.

ALL NIGHT GRAD PARTY: CAV CRUISE 2017 - JUNE 20th 11pm-5am at Oak Marr Rec Center

Registration is ongoing via the Cav Cruise Online Reservations link:

<http://www.woodsonptso.org/register.html>

\$85 until April 30; \$100 May 1 -June 16; \$120 at the door.



The **ALL NIGHT GRADUATION PARTY** for seniors is held on graduation night. Cav Cruise's mission to keep our graduates safe on what can be a high risk night. View the Cav Cruise Page on the PTSO website to see a video of all the fun! <http://www.woodsonptso.org/cavalier-cruise.html>

For information about Cav Cruise volunteer opportunities contact Nanci Pedulla and Margaret Scheele at cavcruisevolunteers@woodsonptso.org.
Coming Soon! The Cav Cruise Volunteer Sign Up Genius will go live in early April!