Wiesbaden Middle School

Nov 28, 2008

Alexia Venglik, Principal
Ken Younkin, Asst. Principal

337-6251/6242/5778 or 0611 721182

Some of our families have a DEROS in December 2008. We know it will be a busy time with reintegration and the holidays but need to remind you to update DEROS if that has changed. If families are not extended please give the registrar, Ms. L, as much notice as possible for early withdrawal of students. Also if families are planning block leave let us know as soon as possible.
Thank you,
Registrar
DSN: 337-6251
Civ: 0611 705 6251

Please take a few minutes to complete the Customer Satisfaction Survey at:
https://webapps.dodea.edu/CSS0809/
We have also placed a link to the survey on our school home page at:
http://www.wies-ms.eu.dodea.edu/

Dear Sponsor:

From January 26 to March 6, 2009, all 4th and 8th grade students in Department of Defense schools are scheduled to participate in the National Assessment of Educational Progress (NAEP), commonly known as the Nation's Report Card. NAEP is sponsored by the US Department of Education and is designed to test what students know and can do in subjects commonly taught in school. Students from every state will take NAEP tests. Taking the NAEP test is

a positive educational experience for students. Results from this test will be used to help the Department of Defense maintain high quality schools for military dependents.

The 2009 NAEP tests are in reading, mathematics, and science with individual students only tested in one subject for no more than 90 minutes. Results are reported at the state level, that is, for DoDEA as a whole. Results for individual students or schools are not reported. Your child's grades in school will not be affected by participation in the test. Your child's participation in NAEP is completely voluntary. You may choose to have your child left out of participation in NAEP by notifying the school principal in writing using the form at the bottom of this letter.

If you would like more information about the 2009 assessment, NAEP has developed a demonstration booklet that contains samples of the types of reading, mathematics, and writing questions, as well as the background questions that students are asked. To see the demonstration booklet, please contact the school principal. For more information about NAEP, please visit its website at http://www.nationsreportcard.gov.

We want you to know that we appreciate the participation of each child.

Alexia Venglik
Principal WMS

REQUEST FOR STUDENT NON-PARTICIPATION IN NAEP TESTING

Student Name: _____

__ I do not want my child to participate in the National Assessment of Education Progress (NAEP)

Sponsor Signature: _____ Date_____

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

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 meal-time 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

Some Important Dates to Remember:
Dec. 1 – School Advisory Meeting 1600 in school library
Dec. 2 – Sixth Grade Honor Roll Awards Assembly 1115 in the gym
Dec. 11 – Winter Concert, 1900 in school gym
Dec 17 – Outdoor Club Ice Skating in Wiesbaden
Dec. 18 – Ms. A German Classes to visit Wiesbaden German School

Looking Ahead!
Terra Nova Testing March 10-11 and 17-18