



KUBASAKI HIGH SCHOOL

<http://www.kubasaki-hs.pac.dodea.edu/>

"Home of the Dragons"

Crede quod habes et habes



"Believe that you have and you have."

September 2008

Embracing Knowledge

Volume 62, Issue 01

Mr. Sanchez, Principal

Ms. Connie Turner, AP

Marti, AP

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Welcome to school year 2008-2009! Thanks to our dedicated teachers and enthusiastic students, we had a terrific opening on August 25th. The beginning of this school year has been very smooth, and we are excited to have our students back. I am very proud to be the Principal of Kubasaki High School. The school has a long tradition of excellence in the classroom and on the athletic fields.

This year we have added our Freshman Academy to assist our incoming ninth graders with transitioning into a high school setting. Fourteen teachers are working diligently with our ninth graders to ensure their success. Mrs. Wells is serving as Advisor for the freshmen, Class of 2012. We have provided daily planners and encourage usage of these planners on a daily basis. We are also instituting quarterly honor roll assemblies for the freshmen class.

Our annual Open House is September 17, 2008. This is an excellent opportunity for parents to meet their child's teachers. Parents will be able to attend all 8 of their child's classes, including seminar, by following their schedule. Teachers will be in their classrooms and will brief you about

This won't be a time for parent teacher conferences but rather a chance to place a face with a name. We will have our annual Parent Teacher Conferences after the conclusion of the first quarter in November.

We are sending home our daily bulletin to the email address provided by you at registration. My goal is to keep you informed as well as we possibly can about upcoming events in our school. We will broadcast these announcements each day to our students, but I want to keep our parents in the loop as well. If you have a different email address or alternative email address, please send it to sarah.brown@pac.dodea.edu in our front office. If there is any way we can communicate better, please let me know.

I am happy to be a part of the rich traditions of bar for Kubasaki High School.

Steven L. Sanchez, Principal

Random Acts of **KINDNESS!!**

Dragons **SALUTE** Good Samaritans!

AAFES has donated over \$4200 in coupons for our Dragon Good Samaritan incentive program and for our Freshman Academy. Thank you, Mr. Broccoli AAFES General Manager, for your continued support of Kubasaki DRAGONS during SY 2008-2009!

Inside this issue:

<i>New Faculty and Staff</i>	2-3
<i>SAT Registration</i>	4
<i>Asbestos Letter</i>	5
<i>Immunization Requirements</i>	6
<i>Ivy League</i>	7
<i>Internet</i>	8
<i>i-Safe</i>	10
<i>Helpful Reminders</i>	

Lunch Buddy Program

This program serves as an incentive reward for students in grades 9-11. A teacher or any adult authority figure can recommend a student to receive a lunch buddy pass. The selected student decides on a "buddy" to join him or her for lunch. Parents of both students are contacted to obtain permission for the students to leave campus. McDonald's is the **ONLY** location students can go to for lunch. Selected students must follow the procedures listed: sign-out in the Main Office, receive their pass with their names on it, sign-in upon return to campus, and return the issued pass. Students cannot return to campus late.

KBHS WELCOMES...



Marti (and yes, that is her complete legal name) joins us at Kubasaki this year as an **Assistant Principal**. She comes to KBHS from DDESS Guam. Marti brings exceptional technology skills as well as academic credentials. She has a proven track record working with children of Department of Defense members. Marti's teaching experience spans the full educational developmental continuum, Kindergarten through twelfth grade and University level. Her educational expertise spans the areas of Technology, Gifted and Talented, Social Studies, Language Arts, the Humanities, and Fine Arts. Marti joined the DoDEA system in 1983 as a teacher of Art and Gifted and Talented in Oslo, Norway. Marti earned a Bachelor's of Arts degree in Secondary and Middle School Years Education from the University of Florida and a Master's of Science in Education from Troy State University. Marti has completed course work towards a Doctor of Philosophy from Texas Tech University. Marti believes that a strong parent-school partnership is essential for the success of each student and looks forward to supporting the dynamic team of parents, teachers and students at Kubasaki High School.



Amy Deakins has been a teacher for 13 years. She spent four years in Kelso, WA; five years in Iceland, four years in Tokyo, and now she is thrilled to be here in Okinawa. According to Ms. Deakins, she is originally from Spokane, Washington where she attended Eastern Washington University and received degrees in Communication, Secondary Education, Language Arts, Drama, Speech, and a few other things. She loves theater, reading, acting, playing sports, traveling, going to movies, and a whole lot more! She is the coach for both the JV Volleyball and the Far East Drama team. This year, Ms. Deakins looks forward to many successful performances on the court and on the stage! Her husband is a teacher at Bob Hope Elementary, and they are excited to be a part of the Okinawa community.



Stephanie Davis joins the Dragon family as a PE teacher and coach. She is starting her sixth year in DoDDS. Ms. Davis spent one semester at Kadena High School and prior to that, she was at Yokota Middle School for four and a half years. Before entering DoDDS, she taught at Roy Jr. High in Roy, Utah. She loves to be involved in extra curricular activities and has coached tennis, track and field, basketball, and softball. Ms. Davis served on a SAC committee for several years, been a new teacher mentor, and sponsored a school ambassador program. In her spare time, she keeps busy running to football games, soccer practices, and swimming lessons. Ms. Davis indicated that she has a terrific husband and four wonderful children who keep her on her toes. She is thrilled to be teaching your kids. It is great to be at Kubasaki. Go Dragons!



Charles Levie joins the Dragon family from Daegu, Korea. He loved Korea, but is also very excited about coming to Kubasaki. He has a little history at KBHS... His first nine college credits were taken at Kubasaki at night many, many years ago. According to Mr. Levie, he would drive his Ford Ranchero on the "right" hand side of the road a couple of nights a week to study Japanese and US History. He even saw the Godfather of Soul, James Brown sing in the school gymnasium one evening. Many things have changed, but Mr. Levie looks forward to a good year at Kubasaki High School.



Robert Mastriani joins our Kubasaki team after a lengthy career with the Marine Corps. SgtMaj Robert Mastriano joins Capt Ken Gipson as a military instructor for Kubasaki Junior ROTC Program. You may recall him from his previous position as the SgtMaj of Marine Corps Bases here in Japan. Robert comes to Kubasaki with unique experiences having served over 30 years in the Marine Corps as both enlisted Marine and Company grade officer having commanded two infantry companies. He is a certified Secondary Social Studies teacher from the state of New Jersey and has two Master Degrees in Education. He is also an accomplished author who has published internationally in both Japanese and Marine Corps Professional Military Journals. His publications address various topics espousing Education, leadership and establishing a curriculum for senior enlisted Marines. He is accompanied by his lovely wife, Valerie a Para-professional for DoDDS. He has three children, Robert Jr. a senior attending Chico State in CA., Madeline, and Ian whom both attend Lester Middle School.



Carson McCain joins the Kubasaki faculty as an English teacher and the Junior Class Advisor for Class of 2010. She grew up as an Air Force brat, moving frequently with her family. Ms. McCain even attended several DoDDS schools. She has a degree in English from Valdosta State University and a teaching certification from University of Maryland. She moved to Okinawa in 2006 with her husband and two dogs. This is her first year at Kubasaki High School, and she indicated that she is honored to be a new Dragon.



Evelyn Norwood joins our Dragon family as the new Information Specialist at Kubasaki High School. She has been with DoDDS for two years. Prior to moving to Okinawa, she lived in Oklahoma for twenty-two years. She and her husband have two children and one grandchild. According to Ms. Norwood, they really love living on Okinawa. Her career has included teaching pre-school, grades first through fourth, intermediate elementary and high school Information Specialist. She has worked with students of all ages and truly enjoy the experience. The best part of being an Information Specialist is getting to work with all the students. Ms. Norwood loves technology and tries to incorporate it at every opportunity.

Lisa O'Neill is new to Kubasaki H.S., but not new to DoDDS. In fact, this is her sixth overseas assignment. She started her DoDDS career at Zweibrucken H.S. in Germany, and then transferred to Torrejon H.S. in Spain. From there, she went to Lajes H.S. in The Azores, and then transferred to Baumholder H.S. in Germany. According to Ms. O'Neill, after leaving Germany for the second time, she landed at Vicenza H.S. in Italy, and "from there, well . . . here I am!" This is her first time in the Pacific and she is excited to be working in the Special Education Dept. at K.H.S! She is here in Okinawa with her husband, Damian, who works for the Army Corps of Engineers and three of my four children: Rachel, Sarah and James.

Jennifer Smith is entering her eleventh year in the field of education. After earning her Master's degree in Educational Psychology from the University of South Dakota in Vermillion, Ms. Smith spent 3 years teaching on the Navajo and San Carlos Apache Reservations. It was in these schools that she first learned about DoDEA. Her first assignment for DoDDS was in Daegu, Korea. While there, she enjoyed sponsoring a number of extra-curricular activities, as well as conducting staff development and coordinating School Improvement. Perhaps her best memories of Daegu, however, are the various trips she and her family were able to take together. Jennifer was the Korea District Teacher of the Year for 2007. Jennifer comes to Kubasaki from the Pacific Area Education Division, where she was the Instructional Systems Specialist for Secondary ELA and Social Studies. She is currently teaching history, coaching cheerleading and working on her doctorate in Organizational Leadership.



Charmers Thompson received his undergraduate degree from Saint Leo College in Florida and advanced degrees in Special Education from the University of South Florida. He has been involved in educational partnerships and collaborative efforts at the state, university, and district levels targeting students at-risk of educational failure. His experience at the classroom level and teaching certification has been acquired from the Florida public school system. This is Mr. Thompson's second year as a DoDDS teacher.

SAT REGISTRATION INSTRUCTIONS

Before you begin you will need the following information:

1. Collegeboard.com USER ID and PASSWORD
2. Kubasaki High School Code: 561660 (Your School Site)
3. Test Center Code: 67245 (SAT Test Center Site)

Credit Card with expiration date

This process should take 5-10 minutes to complete if you have previously established a collegeboard.com account.

Step 1. Log on to Collegeboard.com

Step 2. Click SAT REGISTRATION icon.

Step 3. Click the REGISTER NOW icon.

Step 4. If you are already a member of collegeboard.com, enter your User ID and Password. If you are not a member, please click SIGN UP in the lower right hand corner. (*follow instructions to create a new account and return to step 5.*)

Step 5. Click the Register icon, read and check the Terms and Conditions section then click *Save and Continue*.

Step 6. The first section will ask you to *choose a Test* (ie. SAT Reasoning or SAT Subjects).

Click **Outside US** in the location section

Select your current grade level

Select **Kubasaki High School** in the High School Information section. (School Code: 561660) (High School name will appear as **Kubasaki High School DOD, FPO, AP**). If it does not appear, then click on the link to search for it. Search by code (561660).

Click *Save and Continue*

Step 7. Next, *Choose a Date*. Click *Save and Continue*.

Step 8. Select any additional Collegeboard analytical Services that you might require (additional fees apply).

Step 9. Next *Choose a Test Center*

The SAT is administered at Kubasaki High School. Use the search engine to locate the test center or enter the Test Center Code (67245) in the appropriate box. (Test Center name will appear as **Kubasaki High School, Kubasaki-Okinawa**).

Click *Save and Continue*.

Step 10. Select up to four colleges and universities (free) to whom you would like to receive your scores. (Each additional institution incurs an additional fee).

Click *Save and Continue*.

Step 11. Select any additional Collegeboard Resources that you might require (additional fees apply)

Click *Save and Continue*.

Step 12. Review your registration information and enter credit card information.

Click *Submit Payment*

Step 13. Print your *Confirmation and Admission Ticket* (You must bring this ticket on the day of the test. You are advised to retain the ticket until your test scores arrive 3-4 weeks after the SAT is administered.)



**DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS PACIFIC/
DOMESTIC DEPENDENT ELEMENTARY & SECONDARY SCHOOLS -
GUAM**

**KUBASAKI HIGH SCHOOL
OFFICE OF THE PRINCIPAL**

Dear Parents and Staff:

In accordance with the Asbestos Hazard Emergency Response Act (AHERA), inspectors from *Baker Environmental, Inc.*, under contract with *The U. S. Army Corps of Engineers*, Completed an asbestos inspection of all campus buildings. The inspection was conducted during September 2006, in accordance with Environmental Protection Agency (EPA) guidelines and Department of Defense Education Activity policies.

Samples of suspected asbestos-containing materials were taken during the inspection and were submitted to a United States laboratory for analysis. Test results indicate that asbestos is present in the following types of materials used in our buildings:

- 1) Building I400 Thermal Pipe Insulation (Yellow & Black).
- 2) Building I402 Electrical Wire Insulation (White) (Damaged Condition).
 Rope Gasket (White, on Duct connections).

The inspectors recommended the following abatement (removal of material) actions:

Thermal Pipe Insulation (Yellow & Black). No immediate abatement required.

Electrical Wire Insulation (White) (Damaged Condition). Material should be removed as soon as practical.
(This has been done).

Rope Gasket (White, on Duct connections). No immediate abatement required.

As required by the EPA, a periodic surveillance program is in effect to monitor the condition of the asbestos materials.

Copies of the inspection report, periodic surveillance records, and the school's Asbestos Management Plan are kept in the school office. These documents are available for your review.

If you have any questions or concerns, please do not hesitate to contact me.

Ms. C. Turner,

Assistant Principal

SUBJECT: Immunization Requirement Additions

Dear Parents,

At the beginning of School Year 2006-07, DoDEA students were required to meet additional immunization requirements. This continues to be a requirement for SY 2008-2009. Please consult your immunization clinic for information that is applicable for your child(ren). You are advised to call the immunization clinic for availability of vaccine prior to your clinic visit.

The additional requirements are:

Meningococcal Conjugate Vaccine,

To all children at the 11-12 year old visit as well as to unvaccinated adolescents at high school entry (15 years of age).

Tetanus and Diphtheria Toxoids and Acellular Pertussis Vaccine (TDAP-adolescent preparation)

For children 11-12 years old, if 5 years has elapsed since the last dose, then boost every 10 years with Td (Tetanus booster).

All students are expected to take the Hepatitis A vaccination.

The immunization requirements for enrollment in DoDEA schools are determined by the military. The guidelines for military dependent children follow the guidelines from the Center for Disease Control (CDC) and are based upon recommendations from the Advisory Committee on Immunization Practices (ACIP). If a vaccine is not available, DoDEA may grant a temporary waiver for that immunization.

If you have any questions or concerns, please contact EmiLou Ebarle, RN, BSN (School Nurse) at 645-6879.

Steven L. Sanchez

Steven L. Sanchez
Principal

An "Ivy League" College or a College Program for Real Success?

SY 2008-2009, 12th grade for the class of 2009, is the year to get serious about looking at prospective college programs for your soon to graduate dependent. Earlier this year I sent out information on The College Board's My Road program. I suggested that it would be good to start with the personality profiler in My Road and eventually try to match the future goals of your dependent with college career programs which fit their personality characteristics. I'm sure you don't relish the idea of spending upwards of \$75,000 to \$90,000 on a college program for your dependent which leads to a career field your child will grow very dissatisfied with later in life. The idea is to coordinate a college program to personality traits to get a better match, rather than trying to match your child to the "name" of a college that may be prestigious. An "Ivy League" school may have just the program that does fit your child's needs, and that should be the reason to seek admission to that program rather than because the school has a prestigious name. Jay Mathews has written an excellent resource which posits the idea that there are hundreds of great college programs which may be a better "fit" for your child's personality than those which exist at "Ivy League" institutions. The name of his book is HARVARD SCHMARVARD (ISBN number 0-7615-3695-7). It is available in paperback from online book resources at a nominal price. In it, he explains his thoughts and experience for the "fit" approach to college searches, as opposed to the name recognition approach. Mr. Mathews also lists "hidden gem" colleges which many may ignore, or of which you may not be aware. I would like to suggest this book as an early summer purchase, and some family time involved in going through the merits of Mr. Mathews' ideas. I think it will prove to be valuable time spent in striving toward that thing which we all really desire, a fulfilling life, rather than a college which just sounds good.

Have a great BEGINNING - David Young, Class of 2012 Counselor





Open Letter to Parents

Alert for Personal Pages on the Internet /

What Can Parents-Guardians Do at Home?

DoDDS-Pacific/DDESS-Guam shares the national and international concern about Internet safety for all students. With several recent news stories and AFN TV spots about Internet predatory behavior and identity theft we want parents to understand the potential risks associated with the Internet. "Personal Pages" are a potential problem which parents should recognize. Personal Pages may not be monitored appropriately by the web site service companies. Thus, authors of Personal Pages can post whatever they want. These authors may post inappropriate text, pictures, sound, video, or multi-media items. Additionally, some of the postings on these sites may be pornographic; use profanity; endorse or encourage criminal activities; and may also insert malicious codes that result in harm to your computer. Because of the potential for serious threats, Personal Pages are blocked at all of school facilities within DoDDS Pacific/DDESS Guam.

What can parents or guardians do at home to help reduce risk from Personal Pages?

Consider moving your children's computer to an open, common area rather than keeping the computer in their room. Open computing allows parents an opportunity to monitor their children.

Parents can also monitor Internet sites that their children are visiting by checking the "History" in "Internet Explorer."

In addition and most importantly parents can continue the dialog with their children about a web site the child is accessing.

Where are the Personal Pages and what are their internet locations?

There are many Internet sites that host Personal Pages. Some of the more popular ones are

www.myspace.com

www.myplace.com

www.rantblog.com

www.xanga.com

Parents can best become familiar with these sites by taking some time to take a virtual tour. This can be accomplished in just a few minutes. After accessing the site, check if you need to register for the site. You do not have to use your real name or other information to register and you can delete your space at any time. Try searching on your child's name, your child's nicknames, Internet names, or email names they use, your child's school name or school acronym (Seoul American High School would be SAHS). Review what is posted. From your review you could then start a dialog with your child about what they are doing, viewing, and participating in on the Internet.

Open Letter to Parents
Alert for Personal Pages on the Internet /
What Can Parents-Guardians Do at Home?
(continued)

For the last three years, through the implementation of the i-SAFE curriculum, we have continued to ensure our commitment to our students and educators about Internet safety. These commitments require a total team effort among school, educators, students, parents, the military, and the communities we serve. **If any of these stakeholders are not participating, then our students are at risk.**

Just as parents can be vigilant at home, DoDDS-Pacific/DDESS-Guam has several initiatives to promote Internet safety for our students and educators. These include (a) i-SAFE a program focused on Internet safety for Kindergarten through 12th grade, (b) Bluecoat Internet Filtering devices at schools or complexes to block access to inappropriate web sites, (c) the “**Department of Defense Education Activity (DoDEA) Student Computer and Internet Access Agreement**” signed by student and parent/guardian that outlines the technology appropriate use policy, (d) the expectation that educators monitor student Internet use at school, and (e) the expectation that students tell an adult about unsafe Internet situations.

For the last two years, through the implementation of the i-SAFE curriculum, we have continued to ensure our commitment to our students and educators about Internet safety. These commitments require a total team effort among school, educators, students, parents, the military, and the communities we serve. **If any of these stakeholders are not participating, then our students are at risk.**

What else can parents/guardians do at home to promote Internet safety for their children? i-SAFE offers several recommendations. With the entire community contributing, we can continue to educate our children about appropriate choices in their Internet use. Our number one goal is the health and safety of our students and to prepare them to make informed decisions about the Internet **in the absence of web filters and parental supervision.**



i-SAFE America

Internet Safety Tips for Parents

Online predators are out there.

They can infect your computer with viruses, they want to steal your personal information and possibly your identity, and they may be out to harm you or the people who use your computer.

i-SAFE America has created this list of helpful tips and reminders that can be used to help recognize these potentially hazardous situations and how to respond appropriately.

- **Have the family computer in an open area** – Never in your child's bedroom.
- **Respect your child's privacy** – Rather than 'policing' your child's online behavior, keep the lines of communication open with your child. Talk to your child about online predators, identity theft, viruses, and other online dangers. Let them know that they can come to you if they ever find themselves in an uncomfortable situation.
- **Become a part of your child's online experience** – It can be a fun journey to explore the wonders of the Internet as a family. As computer-savvy as kids and teens are today, they may even teach you a thing or two!
- **When using e-mail, beware of opening unsolicited attachments** – Viruses, worms, and Trojan horses can be activated by unsuspecting e-mail users opening infected attachments to e-mail messages. Viruses can "spoof" the sender of the e-mail, making it look like someone you know sent the message. Use updated anti-virus scanning software regularly to monitor your computer.
- **Usernames and profiles can provide a wealth of personal information** – Ask your child about his or her online user name, profile, and downloading activities. Having too much information in user names and profiles can attract predators. Examples of dangerous user names are surfergirl15 or hiphopboy14. We suggest creating a family profile – not an individual profile for your child.
- **Know intellectual property and copyright regulations** – Downloading music and movies is illegal and can result in lawsuits and heavy fines against parents. If your child is using file-sharing programs for downloading music, it can also open up your computer to identity thieves by giving access to your personal information. Talk to your child about the consequences of this type of behavior, emphasizing that intellectual property theft is a crime, not just an inconvenience.
- **Learn about the Internet** - The more you know about how the Internet works, the more you can be informed about how online predators and identity thieves work and what you can do to stop them.
- **Get involved with i-SAFE America** – Make a difference! Talk to other parents about online hazards, and help raise Internet safety awareness by joining an i-SAFE Community Action Team.

Remember the 4 R's

RECOGNIZE techniques used by online predators to deceive their victims.

REFUSE requests for personal information.

RESPOND assertively if you are ever in an uncomfortable situation while online. Exit the program, log off or turn off the computer, and notify your Internet Service Provider or local law enforcement.

REPORT, to law enforcement authorities, any suspicious or dangerous contact that makes you or your child feel uncomfortable.

HELPFUL REMINDERS:

Contacting KBHS 2008-2009

Administrative Office

Principal Mr. Steven L. Sanchez 645-3728
 Asst Principal Ms. Connie Turner 645-3728
 Asst Principal Marti 645-3728
 Secretary Mrs. Sandra Spruill 645-4876
 Registrar Ms. Jackie Tyson 645-6888

Information Center

Information Specialist Evelyn Norwood 645-4546
 IC Clerk Chiyoko Nago 645-4546

Psychologist Ms. Jennifer Greubel 645-0830

Counseling Office

Ninth Grade Mr. David Young 645-5037
 Tenth Grade Ms. Christy Kline 645-6888
 Eleventh Grade Dr. Harvey Getz 645-6888
 Twelfth Grade Ms. Sandra Ruffin 645-6888

ASACS Ms. Margaret Zohni 645-3153

ASACS Mr. David Leon

KBHS School Improvement Plan (SIP)

The main goals of the 2007-2011 School Improvement Plan are to improve abilities to solve problems by applying mathematical concepts across the curriculum and to improve written communication as applied in all curricular areas. Parents, Sponsors and Community Members are welcome, and encouraged, to participate in this process. Contact the Counseling Center for additional information.

From the Registrar

Parents, if you are projected to leave, please bring a copy of the Sponsor's Orders and Area Clearance to the Counseling Center as soon as possible. Area Clearance is required for Navy and Marine Corp only. Civilian employees will need a current copy of the sponsor's Certification of Employment. Please update personal and emergency contact information which includes phone numbers, e-mail addresses and physical addresses. Thank you in advance for your cooperation and prompt attention to this matter.

Jackie Tyson,

Registrar

645-0170

Attention Class of 2009!

Senior pictures will be taken the following days: after school on September 30th, October 1-3 and October 6-7 and on the weekend of October 4-5. The first appointment will start at 2:30 PM and the last appointment will be 19:45 on weekdays. On weekends, the first appointment will be 0900 and the last appointment will be 1815. ALL seniors must have a "Yearbook Sitting" taken by Campus Photography International in order to be in the yearbook. Parents do NOT have to purchase these photos.



Seniors will be receiving information from Ms. Butler, their Senior Class Advisor, for the cap and gown orders. The only method of payment accepted will be money order, cashier check and credit card. Money orders and cashier checks should be made payable to Jostens. It will be very important to include height and weight— a correct weight is important to ensure that the gown will fit properly. Girls should add 2" to actual height to allow for heels. All questions should be directed to Ms. Butler by e-mailing her at shane.butler@pac.dodea.edu.



Health Information for School Year 2008/09



Medications

If your child needs a daily medication (i.e. Ritalin or Concerta) or an as needed medication, (i.e. inhaler or EpiPen) be sure to get a new hold harmless letter signed by your Dr. Also, request a labeled bottle of medication from the pharmacy for school use.

Students with asthma need to bring in a current asthma care plan.

Immunizations

Review your child's immunization record. If updates are due during the summer months, bring a copy of the updated immunization for their school medical record.

Medical History

Any changes in medical history during the summer months need to be brought to the attention of the school nurse at the beginning of the new school year 08/09.

If you have any questions about the school health program please contact the school nurse, EmiLou Ebarle, RN, BSN @ 645-6879.



IS IT PHYSICAL EDUCATION OR PHYSICAL ACTIVITY?

Submitted by Charles Burns

With heightened attention on childhood obesity prevention efforts, there seems to be some confusion between the terms "physical education" and "physical activity." Often the words are used interchangeably but they differ in important ways. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children. I believe every child at our school deserves both a quality physical education and physical activity program.

Our school physical education program offers the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. The National Association for Sport and Physical Education (NASPE) recommends that schools provide 150 minutes of instructional physical education for elementary school children, and 225 minutes for middle and high school students per week for the entire school year. Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.



DoDDS Okinawa Needs Representatives for College Night

A very important element in choosing a college is finding one which is a good fit for the individual. An actual visit to a college campus is one of the best ways to learn what life will be like for the prospective student during the four years of attendance. With an overseas assignment, it is almost impossible for students and families to visit college campuses. Therefore, we are seeking enthusiastic volunteers to provide a personal experience to our prospective college students by representing their beloved Alma Mater at our College Fair. Kadena High School will host the annual Combined Okinawa District College Fair on **October 30, 1730-1930**. If you would like to lend your expertise, enthusiasm, and experience to this valuable endeavor by sharing your college experience, please go to the Kadena intranet site - <http://www.edunet.kadena-hs.pac.dodea.edu/FETS/CN/webs/cn/default.htm>.

Volunteers might want to peruse the following websites for information and direct links to most American colleges: <http://www.utexas.edu/world/univ/state>. www.collegeboard.com. <http://www.collegeview.com>. Although we have requested information from many colleges, little has been received. Therefore, we also encourage you to directly contact your college as soon as possible to request materials. You may want to create your own flyers or handouts that could include basic college information. Volunteers are critical to this process and we cannot do this without them. Please consider sharing your experience with our students so that we can make the college search process a fulfilling experience for the young college bound of our community.

Kubasaki High School Library/Information Center Electronic Card Catalog is now online via the internet.

Students, parents and teachers can now access KBHS (Library / Information Center (IC)) electronic card catalog, anywhere, on island/world as long as they have internet access. Access requires a username and password which is listed below. KBHS's online Card Catalog (listing KBHS IC books & media materials) uses the same basic searching features as most school libraries. Basic Searching includes: Author, Title, and Subject searching, Keyword searching, Call Number searching, Advanced searching features, Brief record display, & Full display of selected records. Students have been informed of the below URL along with the Username and Password required to access the CASPR LibraryWorld.Net URL site whose servers 'houses' KBHS card catalog.

URL: www.LibraryWorld.net

Username: [kubasaki](#)

Password: [kbhs](#) (Password is "case" sensitive (use lower case)).

Questions about accessing Kubasaki High School Online Electronic Card Catalog can be addressed by calling KBHS at 645-4546.



DATES to REMEMBER...

September	17	Open House	1700
	19, 24, and 30	Early Release 1020 each day	Half-day for Students
	25-26	School Picture Days	
October	01	Educator Training Day	No School for Students
	10	Homecoming Game	1900 Mike Petty Stadium
	11	Homecoming Dance	Habu Pit
	13	Columbus Day	No School 



Kubasaki High School

SY 2008-2009

If you are available to volunteer for any activities this year, we need your assistance in the following categories:

- ___ 1. Assist with the Dragon's In (School Store) during the lunch hour or evening events.
- ___ 2. Serve as hall, campus, or lunchroom monitor during the school day.
- ___ 3. Be a volunteer coordinator for the school which would include recruiting volunteers, keeping records of volunteer hours and activities, and partner with the administration and faculty.
- ___ 4. Be a professional resource (guest speaker) for a subject area, i.e. engineers, computer field, journalist, medical, legal, web page designer, etc.
- ___ 5. Be an after-school tutor.
- ___ 6. Assist students in classes: welding, auto service, CPR Training, computer lab, etc.
(Experience needed)
- ___ 7. Assist students in classes. (No prior experience necessary)
- ___ 8. Assist with clerical tasks.