



FROM THE ADMINISTRATORS...

We thank our many parents who attended OPEN HOUSE on September 09, 2010. Parents as well as teachers reported that the evening was rewarding. Kubasaki continues to experience an increase in enrollment which has resulted in large class sizes. We have balanced classes which resulted in schedule changes for some students. We were able to add another geometry lab class

Our mission statement states that the Kubasaki High School community is committed to the principle that a strong academic program complemented by broad co-curricular opportunities is basic to our mission. Our purpose is to provide, promote, and protect an environment in which we value and pursue scholastic achievement for all students. We strive to prepare Kubasaki graduates for success as students, members of the work force, citizens of our society, and life-long learners. All classes must earn 26 credits. ALL must have a cumulative grade point average (GPA) of 2.0.

The framework of the KBHS School Improvement Process is based on the 2006-2011 DoDEA Community Strategic Plan.

This plan provides for:

- Goal 1** – Highest Student Achievement
- Goal 2** – Performance-Driven Efficient Management Systems
- Goal 3** – Motivated, Diverse, High Performing Workforce
- Goal 4** – Network Of Partners Promoting Achievement

DoDEA 's Vision:

Communities Committed to Success for ALL Students

DoDEA's Mission:

To provide an Exemplary Education that inspires and Prepares ALL DoDEA Students for Success in a Dynamic, Global Environment.

Guiding Principles:

- S**uccess for ALL Students
- T**rust and Respect for Others
- U**ncompromising Advocacy for Students
- D**evelopment of Lifelong Learners
- E**qual Access to Quality, Rigorous Education
- N**ew and Motivating Challenges to Inspire
- T**eaching with High Expectations
- S**afe and Stable Learning Environment

The main goals of the 2006-2011 Continuous School Improvement Plan (CSI) are:

1. All students will improve their abilities to **solve problems** by applying mathematical concepts across the curriculum.
2. All students will improve their **written communication** across the curriculum.

Parents, Sponsors and Community Members are welcome, and encouraged to participate in this process. Contact the Counseling Center for additional information.

We will have our annual Parent Teacher Conferences after the conclusion of the first quarter in November 10, 2010.

We are sending home our daily bulletin to the email address provided by you at registration. Our goal is to keep you informed as well as we possibly can about upcoming events in our school. We have announcements each day over the intercom system for our students, but we 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 angelica.straub@pac.dodea.edu in our Main Office.

Kubasaki Welcomes New Principal Walter Coulter

Ms. Martha Brown, Superintendent, DoDDS Okinawa, is pleased to announce the selection of Mr. Walter Coulter as Principal of Kubasaki High School. "Mr. Coulter is a fine instructional leader with experience at the high school and middle school level at schools within and outside of the DoDEA system. He is a good match for Kubaskai High School," reports Ms. Brown. Mr. Coulter comes to Okinawa from the DDESS Kentucky District where he served as principal of Wassom Middle School for the past two years. Prior to his DoDEA experience, Mr. Coulter served as a high school principal at schools in Wyoming, California, and Kuwait. In his first DoDEA assignment he served three years as the assistant principal of Fort Campbell High School. Raised in the Midwest, Mr.



Coulter completed a tour in the Navy before heading to college. Since then, he has earned a BS in History Education and a Masters of Education in Educational Leadership, both from Northern Arizona University. He is scheduled to defend his PhD dissertation in Educational Leadership from the University of Nevada this Fall.

NEW TEACHERS...

Ray Beaver: I am originally from Montana, but Seattle, Washington is my legal stateside residence now. I am married, and my wife's name is Ivy. I attended primary school, junior high and graduated from high school in Helena, Montana; did my undergraduate work and graduated at Rocky Mountain College in Billings, Montana with degrees in Physical Education, Business Administration and Economics and History. My graduate work in History was primarily at the University of Montana and the University of Washington; although I have taken recertification courses



at several other universities, most notably the University of Maryland. I am beginning my 32nd year of teaching, and 26th year with the DoDDS system. 11 years in Germany, 9 in Italy, 2 in Korea and 3 years on the main island of Japan prior to my PCS'ing here to Kubasaki High School. I enjoy outdoor activities, and especially like to ride my bicycle.

Janae Burger: I've been on island with my husband and three children for a year and we've loved the beaches, camping, hiking and enjoying the warm sunshine. I'm excited to be back in the schools working with the students. I have a Masters in School Counseling and have my undergrad in history. Prior to our move



to Okinawa I counseled at Syracuse High School in Utah. I look forward to working with the students as a counselor as well as a teacher.

Victoria Holland: This is my 9th year teaching for DoDEA, as an LI teacher in the Special Education Department. My BA is in English with a certification in secondary teaching and my graduate degree is in Special Education. I'm looking forward to teaching at Kubasaki!



Kendra Stolee: My name is Kendra Stolee and this will be my 6th year teaching high school English. I have experience in all grades and with all types of students during my career and am looking forward to getting to know the Kubasaki community. This year I will be working with 9th graders in the Honors World Literature classes, 11th graders in the AP Language and Composition class as well as a variety of grade levels in the College Prep class.



Scott Milanovich: I was born and raised in sunny California, coming most recently from San Diego. This will be my 15th year teaching math, and the 9th as a DoDDS teacher in Japan. I am very excited to come to the island and look forward to helping Kubasaki become a math powerhouse!

CONTINUED ON NEXT PAGE....

...NEW TEACHERS

Ron Coia: Ron Coia moved to Kubasaki from Lester Middle School this year. He and his wife come from Portland, Oregon, and they have lived in Germany and Korea with DoDDS. He enjoys books, movies, good coffee, and his yellow lab named Aslan.



Katherine Higgins: I am teaching Biology and Chemistry. I obtained my B.S. in Psychology from Illinois State University and my M.Ed. from DePaul University in Chicago. My husband is a proud member of the Marine Corps, and although we are from Chicago, Illinois we



have been happily living on Okinawa since last year. I am looking forward to meeting all the Kubasaki parents and students, and hope to have an exciting and educational school year.

William VanderMeyden: I have been teaching for 16 years, 6 years with DoDEA. Geometry is probably the most fascinating math course to teach. It is an opportunity for students to explore their world, start seeing connections, and develop logical reasoning. Creativity and a willingness to take risks play an important role in geometry, and I love watching as students gain confidence in their skills. I am extremely excited to have a full schedule of geometry this year.

Mike Hogen: 11th year in teaching and 7th year in DoDDS, Previous DoDDS locations: Osan, Korea, Lakenheath, England. Stateside residence: Las Vegas, Miami, Tucson (currently) Family: Wife (Marta), 3 year old son (Alessandro) Hobbies: Travel, volleyball, lifting weights. I am SO, SO happy to be here at Kubasaki and plan on making Okinawa a more permanent home for my family.



Chris Eastman:



I was born in Okinawa and spent much of my childhood here. I attended college in Washington graduating from Western Washington University

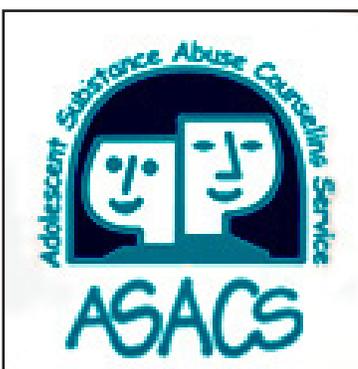
with a degree in Math/Computer Science. This will be my fifth year teaching in DoDDS and am excited to join a great staff and enthusiastic student body at Kubasaki.

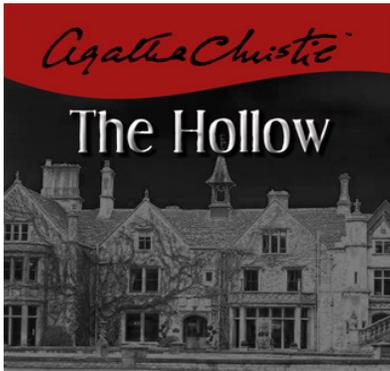
I will prepare to be a Life Long Learner and a Positive Contributor to a Global Society and improve in Problem Solving and Communication.

ASACS

Adolescent Substance Abuse Counseling Service is a private, confidential counseling program for students and parents preventing high risk behaviors and supporting a drug free lifestyle. ASACS counselors are located at Kubasaki high school, rooms 401 and 402.

For more information please contact David Leon at 645-6878 or Richard Petersen at 645-7117.





Kubasaki HS Drama Fall Production of Agatha Christie's "The Hollow" will be October 21, 22, 23 in the Kubasaki HS auditorium at 7:00p.m. Doors open at 6:30p.m. and a donation of \$5.00 for students and \$8.00 for adults will be accepted.

DRAGON FOOTBALL

The Dragons are off to a fast start on the 2010 Football Season. Many of the players trained hard during the spring and summer months and their dedication has paid off with a solid 4-0 record to date. The Dragons opened vs. Ryukyu University Stingray on Aug 21 and posted a tough 20-9 victory. After a great Green and White Scrimmage on Sept 5, road wins followed at Osan American HS on Sept 12 (47-0) and at Seoul American HS on Sept 19 (31-6). Last Sat night, Sept 25th, the Dragons were back home in the friendly confines of Mike Petty Stadium where they posted a 43-18 victory over a determined Daegu American Warriors team. The Dragon JV team has played three tough games as well and are improving each week.



Many Dragons have turned in fine game performances thus far in the season. Senior Deon Lewis leads the Dragons in rushing with 42 carries for 485 yards and 5 TDs. Brandon Crawford leads the team in Receiving posting 228 yards and 5 TDs on 12 catches. Quarterback Cristian Rivera has thrown 35 completions in 47 attempts for 5 TDs with no interceptions. Return yardage numbers show Deon Lewis once again leading the Dragon charge with 224 yards and 1 TD on 5 returns. Brandon Crawford has recorded 86 yards on 3 returns and has also posted 3 Interceptions on defense. Defensive End Patrick Snowman is leading the team in total tackles with 38 and Jacob Wood, Jon Williams, and Terry Bakewell are close behind.

FROM THE NURSE...

Immunization Update

Letters were sent out requesting parents to update their child's immunization status. If you received a letter and you think, "my child doesn't need this shot, he/she already had it." The updated immunization record needs to be brought to the school health office to update his/her medical record

DRAGON VOLLEYBALL

The Lady Dragons finished 7th in the Far East Tournament last year which was a great finish for a DoDDS team. Actually, it was the best DoDDS finish ever, Seoul 3rd, Kinnick 6th, and Kubasaki 7th, in a tournament featuring the private schools in mainland Japan, Philippines, and the always powerful



Guamanian teams (both private and public). Many of our volleyball players worked hard in the off-season which has catapulted us from a rebuilding year to a reloading year. The girls are running a legit offense which is typically reserved to stateside programs as there usually just is not enough time or recidivism to incorporate one in DoDDS. We won our first three matches handily (2 against



OCSI and 1 against Kadena). There are many hiccups as our strategy is rigid and unforgiving, this should all pay off in November when we travel to Korea to play in the Far East Tournament. To be frank, if you think in the short term, in terms of wins early, then you will probably not be very well prepared against the Int. teams in Far East. There are growing pains always if the team wants to play and win against the Far East powers. We

have been able to play quite a few more matches or scrimmages against Japanese teams and this is a key to progress. The girls are further along this year at the same time than last year. There are probably five girls that are on the cusp of taking on a major leadership role on the court (go to player) when things are tight. If hard work is any indicator then the girls should be rewarded come November.

at school. His/her immunization record at school does not reflect the most recent immunization status. If you have any questions, please call the school nurse, Ms. Ebarle @ 645-6879 or send a message to: Emilou.ebarle@pac.dodea.edu

RED RIBBON WEEK

Dear Parents:

Kubasaki High School has declared October as Drug Awareness Month. Our efforts will heighten the awareness of our students regarding abuse of prescription drugs, over the counter medication, and illegal drugs. Many activities have been planned for this month. Our major activity is a Drug Awareness march from Kubasaki High School to Building One on October 8th starting at 0805. We invite you to show your support of our efforts by participating in this march or by coming to observe. Please consider making a poster with your family's name indicating that you support our efforts in providing a drug free campus and educating our students about drug abuse. We are asking all participants to wear red.



We will take advantage of this Drug Awareness March by activating an evacuation of the school which will serve as the first stage of the march to assemble the classes.

MajGen Talleri will address our students and lead them in the pledge against drugs. The III MEF Band will lead Kubasaki students in the Drug Awareness March. We have invited the students of Lester Middle School to join us in this march. We have also invited the fourth and fifth graders of Zukeran Elementry School to join us as well. We believe that it is never too early to start talking to children about drug abuse.

Gate closures for 8th: The Sgt Majors Gate will close at 0745; Building One Gate will close at 0800.

We strive to assist our students in making sound, informed decisions related to their future. We strive to assist our students in finding healthy lifestyle alternatives to drugs. Our Alcohol and Substance Abuse Counselors (ASACS), Mr. Leon and Mr. Peteresen have been instrumental in planning activities for this month. Brief, important facts regarding drug abuse will be shared via intercom during the evening announcements.

Red Ribbon Week, which will be observed October 25th through October 29th, is embedded in this Drug Awareness Month.

OCTOBER ACTIVITIES....

OCT 1

FOOTBALL: Mike Petty Stadium, JV KBHS v. KDHS, 1500, VAR KBHS v. KDHS, 1900

OCT 2

KBHS Homecoming Dance

OCT 3

Volleyball KDHS vs Oki Kadena HS, Oki Kadena HS, 1500

OCT 4

Develope Tennis @ Risner, 1500

OCT 5

Cross Country @ KDHS, 1545
Varsity Tennis @ Risner, 1500

OCT 6

No School for Students, Professional Staff Development

OCT 7

Volleyball-JV KBHS v. KDHS, KBHS, 1700

OCT 8

Football - JV KDHS v. KBHS, RMS, 1630
Football -VAR KDHS v. KBHS, RMS, 1500

OCT 11

No School Columbus Day

OCT 12

KBHS SAC Meeting
Varsity Tennis @KBHS, 1500

OCT 13

Cross Country @OCSI, 1545

OCT 14

KBHS PTSA Meeting 1530
Volleyball - JV KBHS v. OCSI, OCSI, 1700, VAR KBHS v. OCSI, OCSI, 1900

OCT 15

Volleyball - JV KDHS v. KBHS, KBHS, 1700, VAR KDHS v. KBHS, KBHS, 1830

OCT 16

Football JAPAN #2 @ OKI-NAWA #2 TBA

OCT 18

Far East Journalism, Tokyo•Red Ribbon Week
Developmental Tennis, Risner, 1500

OCT 19

Far East Journalism, Tokyo
Red Ribbon Week
Tennis - District Doubles Championships, KBHS, 1500

OCT 20

Far East Journalism, Tokyo
Red Ribbon Week
Cross Country, KBHS, 1545

OCT 21

Red Ribbon Week

Volleyball - JV KBHS v. KDHS, KBHS, 1700, VAR KBHS v. KDHS, KBHS, 1900

OCT 22

Red Ribbon Week
Football - Mike Petty Stadium, JV KDHS v. KBHS, 1630, VAR KDHS v. KBHS, 1900

OCT 25

Tennis - District Singles Championship, Risner, 1500

OCT 27

Cross Country @ OCS, OAC District Finals 1545

OCT 28

Volleyball - VAR KBHS v. OCSI, KBHS, 1700

OCT 29

Volleyball JV KDHS v. KBHS, 1700, VAR KDHS v. KBHS, 1900, KDHS

PSAT scheduled for October 13.

Date/Time: Oct. 13 7:20 AM

Location: Kubasaki High School

Additional Info.: Ms. Burger, Counseling Office

Who: All Sophomores, Juniors, and AVID students

PSAT/NMSQT

(Preliminary SAT/National Merit Scholarship Qualifying Test)

- Assess critical reading, mathematical, and writing skills
- Get specific suggestions on how to improve academic skills
- Prepare for the SAT with a free personalized study plan
- Enter Nation Merit Scholarship Corporation competitions for recognition and scholarships
- Request free info from colleges and universities
- Use MyRoad to access free resources and information about college majors and careers that interest you

My College Quickstart

This personalized online college and career planning tool allows students to take a personality test and explore college, major, and career opportunities. It also helps students take a closer look at their PSAT/NMSQT performance and learn what they can do to improve their skills before they take the SAT.

Changes to PSAT Reports

The student Score Report Plus has been redesigned for the 2010 test administration. This change introduces improved online PSAT reporting tools. This gives students a more robust and actionable feedback to help improve success. To learn more about PSAT skill reporting changes or to access related materials to help you get the most from skills feedback and reporting tools visit www.collegeboard.com/pastreports.

From the school psychologist's office:

Oct 7 is National Depression Screening Day. A free anonymous self-assessment is available at:

www.mentalhealthscreening.org/events/nation-depression-screening-day.aspx.

or

www.HelpYourselfHelpOthers.org

Local resources are available to you on Okinawa. If you would like more information please contact the school psychologist at jennifer.greubel@pac.dodea.edu

What is Depression ?

- Depression is a treatable medical illness marked by changes in mood, thoughts, energy and behavior that affects more than 22 million American adults each year. It is the most common serious brain disease in the United States.
- Depression is more than the inevitable sadness or disappointment that accompanies life's ups and downs. It is a combination of five or more recognizable symptoms that are strikingly distinct from a person's normal range of feelings and behavior. These depressive symptoms persist for more than two weeks and interfere with daily individual and family functioning.

- Depression involves the whole body but researchers have detected it in the brain through modern imaging techniques. People with depression have an imbalance of certain brain chemicals known as neurotransmitters. This imbalance produces serious and persistent physical symptoms such as changes in sleep, appetite and energy; cognitive losses such as slowed thinking and indecisiveness; and discernible feelings like irritability, hopelessness and guilt.
- Major depression is characterized by a single depressive episode that may recur during a person's lifetime. Although distressing life events can trigger a depression, not all stressful events lead to depression, nor are all depressive episodes preceded by a stressful event.

Depression and Suicide

- Depression is the cause of over two-thirds of the 30,000 reported suicides in the US each year.
- The suicide rate for older adults is more than 50% higher than the rate for the nation as a whole. Up to two-thirds are attributed to untreated or misdiagnosed depression.
- Untreated depression is the number one risk for suicide among youths. Suicide is the third leading cause of death in 15-24 year-olds and the fourth leading cause of death in 10-14 year-olds. Young males age 15-24 are at highest risk or suicide, with a ration of males to females a t 7:1.

CSI - Continuous School Improvement...

The Kubasaki HS Continuous School Improvement team is looking for interested parents and community members to contribute at our monthly meetings. Please come see what Kubasaki is all about and help make it the best learning environment for your child. Contact Amy Deakins at amy.deakins@pac.dodea.edu if you would like to be a part of the CSI team.

Mu Alpha Theta is the National Mathematics Honor Society. Students who maintain a grade of A/B in their math classes through Pre-Calculus or AP Statistics will be inducted in the spring.

This past weekend, students from OkiSho and Mu Alpha Theta (MAT) members had a cultural exchange. Friday night, we hosted OkiSho at our Homecoming Game. On Sunday, Kubasaki students visited OkiSho's annual Open Campus event. At both events, members from both schools enjoyed each other's company as they participated in the festivities of both days.

Upcoming MAT Events include teaching math lessons in English at a local Japanese school and volunteering for Special Olympics.



CULINARY ARTS...

The culinary arts II class was invited to demonstrate their culinary skills at the Camp Foster commissary on September 16 & 17 during their annual case lot sale.



The theme for the demonstrations was the local Okinawan cuisine. The recipes the students made were Goya champuru, togan soup, gyoza, eggplant stir fry, guacamole, and sakana furai (fried fish) with a garlic cream sauce.

To prepare for the commissary demonstration, local Okinawan cook Mrs. De Brosky, demonstrated to the class how to make two Okinawan favorites: Goya champuru and togan soup. Besides learning about how to demonstrate cooking in front of people, the students experienced what it was



like to be on their feet for long periods of time. A common comment by the students was that they were going to wear comfortable shoes to work and they needed to smile and be pleasant to the customers.

Many customers of the commissary including many teachers from Kubasaki High School enjoyed the food that the students made.

WINTER SPORTS at Kubasaki will begin on November 8th. All students interested in Basketball, Wrestling, and Cheerleading are encouraged to participate in one of these activities. All athletes must have a current athletic physical on file with the school nurse. If you have any questions about Kubasaki Athletics please contact Fred Bales at frederick.bales@pac.dodea.edu or by cell phone 090 1518 2888.

Cheerleading

Boys Basketball

Girls Basketball

Wrestling

Becky Wood

Jon Fick

Stephanie Davis

Ron Geist

becky.wood@pac.dodea.edu

jon.fick@pac.dodea.edu

stephanie.davis@pac.dodea.edu

ronald.geist@pac.dodea.edu

SPECIAL OLYMPICS...

24hr Jog-a-Thon, Marek Park Jogging Track, Kadena Air Base

Thu 7 OCT 0700 thru Fri 8 OCT 0700

- The event is open to anyone willing to donate a little sweat, time, and laps/miles running/jogging/walking for donations to Kadena Special Olympics
- Donations/Pledges can be collected per runner or per team
- Track is 1/2 mile per lap, donations are per mile
- Prizes will be awarded for:
 - ❖ Most money pledged/collected per person
 - ❖ Most money pledged/collected per team
- Funds must be turned in to ea service POC NLT 1630, 29 OCT
 - ❖ Air Force: MSgt Brent Sanders, 18 SFS, wk 634-5069, Brent.Sanders.1@kadena.af.mil
 - ❖ Army: SPC Alethea Thompson PMO, 080-2720-6984 Alethea.Benton@us.army.mil
 - ❖ USMC: Lt Diana Salmela PMO, 080-4132-7102, Diana.Salmela@usmc.mil
 - ❖ Navy: MAC Jack Cooley CFAO Security 634-9338, Jack.Cooley@fe.navy.mil
- Awards presented informally shortly thereafter
- Runners may participate individually or in teams
- There is no limit as to the size of each team
- If running in a team, please be courteous to other runners, leave room for others to pass
- Slower runners, please stay towards the outside of the track
- Runners will run in a counterclockwise direction
- Try (not mandatory) to have at least one runner on the track (0700-0700)
 - ❖ The Kadena Special Olympics is always available to carry during your run
- More than one individual/team may run at a time
- There is a support tent manned with 2 volunteers
 - ❖ Cold bottled water should be available, be prepared in case we run out
- We will run, rain or shine...there is no bad weather, just bad gear



Special Olympics
Kadena



NOVEMBER DATES TO REMEMBER

November 4– End of the 1st Quarter, College Night @ Kadena

November 5 – NO SCHOOL, Teacher Work Day

November 6-13 – Far East Football @ Kubasaki

November 8-12 – Far East Cheerleading @M.C. Perry,

Cross Country @ Yokota, Tennis @ Kadena, Volleyball@ Seoul

November 10– NO SCHOOL Parent Teacher Conferences

November 11– NO SCHOOL Veterans Day

November 25-26 – NO SCHOOL Thanksgiving Holiday



Kubasaki High School SY 2010 – 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Aug.30 Day 1 A	Aug.31 Day 1 B	Sep. 1 Day 2 A	Sep. 2 Day 2 B	Sep. 3 Day 3 A
Sep.6 Labor Day	Sep.7 Day 3 B	Sep.8 Day 4 A	Sep.9 Day 4 B	Sep.10 Day 5 A
Sep.13 Day 5 B	Sep.14 Day 6 A	Sep.15 Day 6 B	Sep.16 Day 7 A	Sep.17 Day 7 B
Sep.20 Day 8 A	Sep.21 Day 8 B	Sep.22 Day 9 A	Sep.23 Day 9 B	Sep.24 Day 10 A
Sep.27 Day 10 B	Sep.28 Day 11 A	Sep.29 Day 11 B	Sep.30 Day 12A	Oct. 1 Day 12B
Oct.4 Day 13 A	Oct.5 Day 13 B	Oct.6 Professional Develop. Day	Oct.7 Day 14 A	Oct.8 Day 14 B
Oct.11 Columbus Day	Oct.12 Day 15A	Oct.13 Day 15B	Oct.14 Day 16A	Oct.15 Day 16B
Oct.18 Day 17A	Oct.19 Day 17B	Oct.20 Day 18A	Oct.21 Day 18B	Oct.22 Day 19A
Oct.25 Day 19B	Oct.26 Day 20A	Oct.27 Day 20B	Oct.28 Day 21A	Oct.29 Day 21B
Nov.1 Day 22A	Nov. 2 Day 22B	Nov. 3 Day 23A	Nov. 4 Day 23B	Nov. 5 Workday
Nov.8 Day 24A	Nov.9 Day 24B	Nov.10 Par. / Tea. Conferences	Nov.11 Veterans' Day	Nov.12 Day 25A
Nov.15 Day 25B	Nov.16 Day 26A	Nov.17 Day 26B	Nov.18 Day 27A	Nov.19 Day 27B
Nov.22 Day 28A	Nov.23 Day 28B	Nov.24 Day 29A	Nov.25 Thanksgiving	Nov.26 Thanksgiving
Nov.29 Day 29B	Nov.30 Day 30A	Dec. 1 Day 30B	Dec. 2 Day 31A	Dec. 3 Day 31B
Dec.6 Day 32A	Dec.7 Day 32B	Dec.8 Day 33A	Dec.9 Day 33B	Dec.10 Day 34A
Dec.13 Day 34B	Dec.14 Day 35A	Dec.15 Day 35B	Dec.16 Day 36A	Dec.17 Day 36B
Dec.20 Winter Break	Dec.21 Winter Break	Dec.22 Winter Break	Dec.23 Winter Break	Dec.24 Winter Break
Dec.27 Winter Break	Dec.28 Winter Break	Dec.29 Winter Break	Dec.30 Winter Break	Dec.31 Winter Break
Jan. 3 Day 37A	Jan.4 Day 37B	Jan.5 Day 38A	Jan.6 Day 38B	Jan.7 Day 39A
Jan.10 Day 39B	Jan.11 Day 40A	Jan.12 Day 40B	Jan.13 Day 41A	Jan.14 Day 41B
Jan.17 M.L.King Jr. Day	Jan.18 Day 42A	Jan.19 Day 42B	Jan.20 Day 43A	Jan.21 Day 43B
Jan.24 Day 44A	Jan.25 Day 44B	Jan.26 Day 45A	Jan.27 Day 45B	Jan.28 Workday
Jan.31 Day 46A	Feb. 1 Day 46B	Feb. 2 Day 47A	Feb. 3 Day 47B	Feb.4 Day 48A
Feb.7 Day 48B	Feb.8 Day 49A	Feb.9 Day 49B	Feb.10 Day 50A	Feb.11 Day 50B
Feb.14 Presidents Day	Feb.15 Day 51A	Feb.16 Day 51B	Feb.17 Day 52A	Feb.18 Day 52B
Feb.21 Day 53A	Feb.22 Day 53B	Feb.23 Day 54A	Feb.24 Day 54B	Feb.25 Day 55A
Feb.28 Day 55B	Mar. 1 Day 56A	Mar. 2 Day 56B	Mar. 3 Day 57A	Mar. 4 Day 57B
Mar.7 Day 58A	Mar. 8 Day 58B	Mar. 9 Day 59A	Mar.10 Day 59B	Mar.11 Day 60A
Mar.14 Day 60B	Mar.15 Day 61A	Mar.16 Day 61B	Mar.17 Day 62A	Mar.18 Day 62B
Mar.21 Day 63A	Mar.22 Day 63B	Mar.23 Day 64A	Mar.24 Day 64B	Mar.25 Day 65A
Mar.28 Day 65B	Mar.29 Day 66A	Mar.30 Day 66B	Mar.31 Day 67A	Apr. 1 Day 67B
Apr. 4 Day 68A	Apr. 5 Day 68B	Apr. 6 Day 69A	Apr. 7 Day 69B	Apr. 8 Workday
Apr.11 Spring Break	Apr.12 Spring Break	Apr.13 Spring Break	Apr.14 Spring Break	Apr.15 Spring Break
Apr.18 Day 70A	Apr.19 Day 70B	Apr.20 Day 71A	Apr.21 Day 71B	Apr.22 Day 72A
Apr.25 Day 72B	Apr.26 Day 73A	Apr.27 Day 73B	Apr.28 Day 74A	Apr.29 Day 74B
May. 2 Day 75A	May. 3 Day 75B	May. 4 Day 76A	May. 5 Day 76B	May. 6 Day 77A
May. 9 Day 77B	May.10 Day 78A	May.11 Day 78B	May.12 Day 79A	May.13 Day 79B
May.16 Day 80A	May.17 Day 80B	May.18 Day 81A	May.19 Day 81B	May.20 Day 82A
May.23 Day 82B	May.24 Day 83A	May.25 Day 83B	May.26 Day 84A	May.27 Day 84B
May.30 Memorial Day	May.31 Day 85A	Jun. 1 Day 85B	Jun. 2 Day 86A	Jun. 3 Day 86B
Jun. 6 Day 87A	Jun. 7 Day 87B	Jun. 8 Day 88A	Jun. 9 Day 88B	Jun.10 Day 89A
Jun.13 Day 89B	Jun.14 Day 90A	Jun.15 Day 90B	Jun.16 End Qtr.4, Sem.2	Jun.17 Teacher Work Day

VOLUNTEER...



Kubasaki High School SY 2010-2011

NAME: _____ DATE: _____

E-MAIL ADDRESS: _____

TELEPHONE NUMBER: _____

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 classroom teachers with clerical tasks or assist in the Counseling Center.

___ 9. Other

OKINAWA DODDS SPORTS PRE-PARTICIPATION HEALTH EXAMINATION
A Service of the Pediatric and Family Practice
Departments of Lester U.S. Naval Hospital

_____, _____, _____ School _____
Last Name First Name MI Grade _____
/ _____
FP Sponsor's SSN Records kept at

Age _____ DOB ____-____-____. Race _____. Sex ___M___F

This application to complete in interscholastic athletics is voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations.

_____-_____-_____
Date Student Signature

PARENT'S OR GUARDIAN'S PERMISSION RELEASE

I herby give my consent for the above named student to participate in this exam and his/her school athletic activities, except those indicated on this form by the examining physician, physician assistant, or nurse practitioner, provided that such athletic activities are approved by the school.

This per-participated sports history and physical examination is for the express purpose of determining the appropriate level of athletic participation of the student in established athletic programs. This examination is not intended to be a complete medical evaluation or include all screening tests and well child care appropriate to the age of the student. These facets of your child's medical care need to be addressed specifically at other appointments with medical providers. A normal history and physical examination or clearance to participate does not predict that your child will be free from injury or illness if he/she participates. The Pediatric and Family Practice Department of Lester Naval Hospital have no responsibility to provide first aid at any of the games or practice sessions. The parents understand that the risk of injury is assumed by the student and parents when they execute this form.

Printed name of parent / guardian Signature of parent / guardian

GENERAL PHYSICAL EXAM CONTINUED:
COMMENTS: (by term #)

ASSESSMENT:

PARTICIPATION RECOMMENDATIONS

1. ___ There were no history or physical findings with should prohibit this student from participating in scholastic athletics.
2. ___ The following problems must be evaluated or treated prior to participating in scholastic athletics.
3. ___ This student has health problems that prohibits and disqualifies him/her from scholastic athletics.

FOLLOW UP, RECOMMENDATIONS, PREVENTIVE MEASURES, TREATMENTS

1. ___ ROUTINE, as needed for health maintenance evaluations.
2. ___ Make follow up appointment
3. ___ Additional Medical Plans / Instructions for prevention of injuries

Medical Officer

Medical History

yes	no	Has this student had any:	yes	no	Has this student had any:
1. ___	___	Chronics/ recurrent illness?	13. ___	___	Wear Glasses (contact lenses)?
2. ___	___	Illness lasting over 1 week?	14. ___	___	Wear dental bridges / braces/ plates)?
3. ___	___	Hospitalized?	15. ___	___	Take any medication?
4. ___	___	Surgery?	16. ___	___	Injuries requiring a doctor's Attention?
5. ___	___	Missing organs (eye, kidney, testicles)?	17. ___	___	Neck injuries?
6. ___	___	Meditation allergy?	18. ___	___	Knee injury?
7. ___	___	Problems with the heart or blood pressure?	19. ___	___	Knee surgery?
8. ___	___	Chest pain with exercise?	20. ___	___	Ankle injury?
9. ___	___	Dizziness or fainting with exercise?	21. ___	___	Other serious injury?
10. ___	___	Dizziness / fainting frequent headaches or convulsions?	22. ___	___	Broken Bones? (Fractures)?
11. ___	___	Concussion / unconsciousness?	23. ___	___	Is there any reason why this student should not participate in sports?
12. ___	___	Heat exhaustion, heat strokes, or other problems with heat?	24. ___	___	Has any family member died suddenly of causes other than an accident?
			25. ___	___	Has any family member had a heart attack at less that 55 years of age?

Date of last known Tetanus shot: _____

Is there anything else you would like to note or discuss with your doctor?

Height _____ Weight _____ Temp _____ Pulse _____
 Blood Pressure _____ / _____ Distant Visual Acuity R 20 / _____ L 20 / _____

General Physical Exam

Normal	abnormal	Not examined		
1. Eyes		_____	_____	_____
2. ENT		_____	_____	_____
3. Mouth, Teeth		_____	_____	_____
4. Neck		_____	_____	_____
5. Chest		_____	_____	_____
6. Lungs		_____	_____	_____
7. Cardiovascular		_____	_____	_____
8. Abdomen		_____	_____	_____
9. Genitalia/Hernia		_____	_____	_____
10. Sexual Maturity		_____	_____	_____
11. Skin, Lymphatics		_____	_____	_____
12. Spine		_____	_____	_____
13. Shoulders		_____	_____	_____
14. Arms, Hands		_____	_____	_____
15. Hips		_____	_____	_____
16. Thighs		_____	_____	_____
17. Knees		_____	_____	_____
18. Ankles		_____	_____	_____
19. Feet		_____	_____	_____
20. Neurological		_____	_____	_____
21. Other		_____	_____	_____