

CENTURY NEWS

PRINCIPAL'S MESSAGE— OCTOBER 2008

INSIDE THIS ISSUE:

SUPPORT SERVICES 3

THE CENTURY SCROLL 3

MUSIC BOOSTERS 2

CAREER CONNECTIONS 4

UPCOMING EVENTS 7

SUBSTANCE ABUSE AWARENESS PROGRAMS 8

HOMECOMING INFORMATION 9

SPECIAL POINTS OF INTEREST:

- Information from parent organizations
- Veteran's Day Assembly
- Not My Kid Message
- Mock Interviews
- SAT Prep Dates
- School Policy Update

I hope that this newsletter finds you and your family doing well and that you have enjoyed the opening of school. We hope that all students continue to do as well as they have been ~ this has been a great first quarter! The first interim report card has been sent home with students. If you didn't see this, give us a call. We'll let you know most current grades and put you in touch with ways to get more support if needed.

The next big event for students at CHS is PSAT Day – October 15th. All 10th and 11th grade students will get to take the PSAT; remember the best way to get ready for the SAT is to practice! While students are taking this test, our 9th grade students will provide “1000 Hours of Service” in and around our community. Freshmen Advisory groups will travel to many non-profit and community locations and perform service projects to enhance our community. Our neighbors look forward to this event more each year!

As fall nears, we turn our attention to Homecoming Week (October 20 to 25). Our Marching Band (winners at their recent competition at North Hagerstown) will kick the week off early with the USSBA Maryland Championship at CHS on October 18th. Home athletic contests will be played throughout the week ending Friday night with our football team looking to stay undefeated! I have to stop and brag a moment about our Student Government ~ they organized all clubs and grades to show their school spirit by decorating hallways, windows, and entering floats into the parade through downtown Sykesville (Thursday, Oct. 23rd). The week will end with the Homecoming Dance (tickets sold during lunches). Our SGA is donating \$1 from every ticket to help feed children in Africa. We have some talented students getting everything ready.

A reminder for parents: please talk to your son/daughter about the risks of drugs and alcohol. Statistics show that teenagers are exposed more frequently to drugs and alcohol with Sykesville being no different. Don't miss the chance to remind students and help them avoid dangerous consequences. We want all of our students to enjoy homecoming activities safely!

Lastly, I'd like to thank our parent volunteers who are coming on a regular basis to help CHS by copying materials for teachers, helping in the media center, and for volunteering to mentor students. We have also made connections with both McDaniel College and Morgan State University who will be tutoring students and helping them see what college is all about ~ what a great way to get students closer to achieving their goals. Thank you for helping make Century High School a great school!

Sincerely,

Drew Cockley

Principal



Century will be holding its Third Annual Veterans Day ceremonies on November 12, 2008. Please RSVP by October 24, 2008.

Financial Aid Seminars

South Carroll High School will be holding a financial aid night on November 6 beginning at 6:00 pm. Ellie Geiman will be presenting from McDaniel College

FYI: Our financial aid night is December 8 more news to follow in the next newsletter.

Students should only stay after school for school sponsored (and supervised) activities. They must remain with a staff member and be supervised at all times. Students waiting on a ride after an activity are to wait in the main lobby and are not to be out in the building after 3:00 pm.

For students who do not ride a school bus, please note that our instructional day ends at 2:35 p.m. and arrangements should be made to pick the student up at that time. We ask that parents realize that we do not have staffing to provide supervision for students after school hours unless they are with a particular teacher, program or activity. For safety and security reasons, students must take their regular means of transportation home and then return to school at the designated time the athletic event or program is due to begin.

If you have any questions or need to make special arrangements, please contact an administrator for prior approval.

OBLIGATIONS

Students are responsible for school-owned materials that are issued to them. If the materials are lost or damaged, the student will be required to reimburse the school for the materials. Unpaid parking tickets are considered an obligation. Textbooks, other materials of instruction, and uniforms may not be issued to students until obligations have been satisfactorily resolved.



Requesting a Transcript from Guidance (New Procedure!)

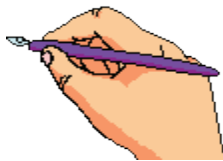
- #1- Visit the guidance office to pick up a TRANSCRIPT REQUEST FORM.
 - #2- Once your transcript request is filled out, return it to Mrs. McKeiver in guidance
 - The first 2 transcript requests are FREE. After that, the cost is **\$1.00** per transcript.
 - #3- We require a **minimum of 10 school days** to process a transcript and **3 weeks** for a Counselor Recommendation.
 - #4- If a Secondary School Report is needed, please turn it in with the transcript request form. You can obtain this form from your college's website if it is required by the college.
 - #5- If a letter of recommendation from Mrs. Hunsicker is needed, please visit our web site (www.centuryhigh.org) under the School Counseling Tab then under College/Postsecondary. Complete the Senior Recommendation Request form, and the Senior Activity Form.
 - To use the senior recommendation request form on our school website, please copy and paste the form into a Microsoft Word document. Additional space may be added beneath each question to make room for answers to the questions asked.
 - #6- After completing the senior recommendation request form and senior activity form, please e-mail the two documents to Mrs. McKeiver.
 - #7- Mrs. McKeiver will handle the collection and mailing of Mrs. Hunsicker's recommendation as well as all other necessary paperwork.
- * It is ideal to try to get ALL your paperwork from Guidance (Transcript, Secondary School Report, and Counselor Recommendation Form) sent to the college at the same time. This means, if you require a Counselor Recommendation, you should fill this out first and submit it on-line, then go to guidance and turn in your Transcript and Secondary Report to Mrs. McKeiver.

STUDENT SUPPORT PROGRAMS

Century High School looks to provide a challenging experience for all students in order to prepare them for life after high school. In doing so, we recognize that not all students will learn at the same rate, or at the same time. Different support programs are available to address the diverse needs of our student population and are available throughout the year. Please do not hesitate to contact our Guidance Office at (410) 386-4408 if you would like information about any of the following:



1. **AM Help**—morning tutoring available in Media Center starting at 7:15 am. Students may receive assistance from teachers or National Honor Society members in one-on-one or small group sessions. Students can also go to the **Media Center Computer Lab** (now the PTSO Computer Lab) to type assignments or to do research in the morning. Students attending AM Help stay until the end of homeroom at 8:00 am (attendance is taken during AM Help).
2. **Knights Support Program**—(Mrs. Heasley, Mrs. Hunsicker, and Mr. Wunder). These faculty members work with students during the school day. Their goals are to provide additional support in classes that are challenging, monitor academic progress, and help students stay organized and focused to be successful. This program was expanded in 2005 to provide assistance to more students!
3. **NHS Tutoring**—National Honor Society (NHS) students tutor others during AM Help and after school. Students in NHS provide tutoring as a way to earn community service and give back to their community.
4. **Peer Facilitators**—Peer Facilitators are students who receive formal training to help others with social issues that most teenagers face at some point during high school. Often, these issues make it hard to focus on learning until properly addressed. Peer Facilitators meet with students to help them handle these issues in a mature way and help others refocus their energies more productively!
5. **Online Courses**—Online courses are offered to students during and after school for a variety of reasons. The benefit of taking online courses could be to regain credit from a course that was failed, take a course that wasn't available in the schedule, or a course that isn't offered due to low enrollment or subject area (MVOL courses). Every student's application is reviewed to see if they meet the criteria to take an online course. A fee is charged for some courses.



Dreamwrights, Century's literary magazine, is currently accepting student submissions for publication. Only original poetry and short stories up to 3 pages will be accepted. All submissions should be typed. Please see Ms. DeMars if you have any questions.

THE CENTURY SCROLL

Subscription Card

NAME _____

ADDRESS _____

EMAIL _____

PHONE NUMBER (____) _____ - _____

Subscription to the "CENTURY SCROLL" is \$15.00
for an estimated 8 issues

Please make checks payable to
"Century High School-Century Scroll"



CAREER CONNECTIONS CORNER with Mrs. DeSalvo

This year, the office of Career Connections is whirling with new partnerships and reaching internship and job shadow record breaking numbers. Our students continue to take advantage of these programs which assist in gaining experiences that will help in planning their future! Make sure your student is taking advantage of these programs or is visiting us on the Century website / Career Connections tab.

SENIORS:

~ For any senior wishing to participate in a Spring Semester internship, there will be a mandatory meeting on **October 22 at 2:45** in the Career Center by guidance. Even if an internship is already in place, you should attend this meeting. You must have a home school (not CCCTC) career major/completer, 2.5 GPA, and 94% attendance. Additional requirements for getting an internship can be found on the website.

~Seniors are allowed to participate in a Job Shadow in their senior year. Please visit the website or make an appointment with Mrs. DeSalvo if you are interested.

JUNIORS:

~This Fall, eleven advisors have invited me into their Advisories to present on Job Shadows. Many juniors are taking advantage of this program. Participating in a Job Shadow allows students to observe the world of work and the “real” behind-the-scenes requirements of a particular job. In order to learn more about job shadows, visit the CHS website, ask your advisor, or make an appointment with Mrs. DeSalvo in guidance. Parents, feel free to email or call Mrs. DeSalvo with your questions.

~Any Junior wanting to learn more about Internships should attend the **Information Meeting on December 17th after school at 2:45** in the career center by guidance. This informational meeting will answer questions and provide ‘scheduling’ guidance for senior year course selections which will take place January-February. If there is enough interest, a parent meeting may take place in the future. The Application Meeting for Internships will take place in April.

HOT OFF THE PRESS: WE HAVE A NEW PARTNERSHIP!!!

Juniors who have a career major or completer within the following areas (see below) can apply for a UNIQUE and EDUCATIONAL senior internship at the National Cancer Institute at Ft. Detrick. This year long internship will begin June 2009 with an 8 week paid (approx. \$3,300) internship which will continue through out the school year (unpaid) until May 2010. The selected interns will be working directly with scientists/researchers in laboratory/research settings dealing with cancer research and other important research venues. Other internship areas include information technology, graphic and media design, and library science.

~The application process for this exciting internship is transitioning to an on-line application. Mrs. DeSalvo is awaiting confirmation for the final changes to be made and will then be marketing this to juniors. All applications must be completed by December. *If your junior is interested, please send me their name via email and I will contact the student once the application process is underway.*

CAREER MAJORS/COMPLETERS needed to participate: Environmental Health, Life Science, Physical Science, Mathematics, Food and Nutrition Science, Graphic Communications, Library & Media.

CHS Drama Students are joining the Rude Mechanicals for a joint production of Romeo & Juliet on Nov. 14, 15, 20, 21, 22, 2008. Plan now to attend and support our wonderful students!!



We all live with the objective of being happy; our lives are all different and yet the same.—Anne Frank

CHS Drama Boosters

The Drama Boosters would like to thank all who assisted with and attended the One Act plays in October. Thanks for your support!

Our next meeting will be held on **Wed. Nov. 5th from 7-8 p.m.** in the CHS Media center. All persons interested in supporting the CHS Drama students are invited to attend.



We strongly discourage the delivery of balloons, flowers, food, etc to students during the instructional day. For obvious reasons, we do not interrupt classroom instruction to make deliveries to students. All deliveries will be held in the main office until the end of the school day. At that time, students will be called to the office to pick up their item (s). If the student rides a bus, the item (s) must be easily transportable on the bus or the student will need to call a parent or guardian to provide transportation.

ATTENTION BINGO PLAYERS!!!

The Class of 2010 will be hosting a Vera Bradley Bingo Saturday, November 8th, 2008 here at Century in the Cafeteria. The time will be 6:00 PM – 9:00 PM, with doors opening at 5:30 PM. Tickets are \$12.00 and can be purchased starting the last week of October (the 27th – 31st) until the day of the event, November 8th. Tickets can be purchased at the door. We have 12 Vera Bradley Bags and other great prizes to be won during 25 games. Refreshments will be available, and all proceeds will benefit the Class of 2010. For more information please contact Mr. Matthew Fogle at or Mr. Marc Rosenberg at (Class of 2010 Sponsors)



Dress Code/Ipods/Cell Phone

Century is off to a great start with regards to the dress code policy, the new IPOD policy and cell phone use during the school day. We ask for your continued support at home as we'll continue to enforce these policies throughout the year. If you have any questions regarding these policies, please read the student-parent handbook, the student agenda book, or contact your grade level administrator.



The Carroll County Board of Education supports the concept that substance abuse is both a health care problem and an illegal act. Violations of alcohol/drug laws will be handled as school disciplinary infractions, as well as, illegal actions. In all cases, parent, and students are advised that appropriate law enforcement agencies will be contacted by the school system officials immediately upon the violation of the county substance abuse Policy. This policy is described in its entirety in the Carroll County Student/Parent Handbook and the CCPS Informational Calendar.



USSBA- Maryland and Delaware State Championships

Century High School Music Boosters will host the USSBA Maryland and Delaware State Championships on Saturday, October 18th. Gates will open at 1:00. So far, **20 high school bands** and **2 college bands** will perform. Check out our web site for complete information on this huge upcoming event!

Come out and support our talented, hard working kids while enjoying a spectacular evening of music and pageantry!

Shopwithscrip.com

Please visit the above website to participate in a fundraising program while you shop. It's easy because it involves **no selling** and the Boosters receive a regular source of revenue to fund all of the Music programs at Century. **Check it out today!** Contact Scrip Program Coordinators, Mary Laulis at or Susan Stephy with any questions you may have.

Mark Your Calendar

The Music Boosters will meet on Thursday, October 2nd at 7:30 in the Chorus Room. Please join us and feel free to bring new people interested in helping support the students involved with the Music Programs at Century! We need everyone's help for this year to be successful !!!

Century High School Spirit Apparel

Purchase your fall clothing now and show your team spirit! The following items are available: sweat shirts, sweat pants, long sleeve shirts, t-shirts, gym bags, lanyards, hats, a variety of jackets and cotton blankets (throws), 48" x 68". Please visit the Music Boosters table at the next home football game, visit our website or stop by the Main Office and see Mrs. Lewis for an order form.

DANCES

Dances and other social affairs are held on nights that do not precede a school day. These activities will begin no earlier than 8:00 P.M. and will end no later than 11:00 P.M. with the exception of the Prom. The Prom will end at 12:00 A.M. Dances will be open to all students of Century High School unless advertised otherwise. A Century student may bring one guest who is a non-CHS student if the guest is of at least high school age and if prior to bringing a guest, the student completed a guest pass available in the office.

Regulations:

Student I.D.'s may be required for admission.

All school rules and regulations will be in effect during dances for students and their guests.

Students and their guests may be admitted only once during the evening. School policy prohibits a second admission (unless approved by an administrator.)

Students will leave their parked cars and enter the dance immediately or they will be asked to leave the premises and not return during the evening. (No sitting in cars.)

A chaperone, administrator, or security person for reasonable cause may deny admittance at the door.

On September 22, approximately 100 student leaders from Century High School attended the "Leadership Day". These students who have demonstrated leadership in our school community worked together to formulate a variety of focused plans ready for implementation at Century High School for this school year. Some of the work completed on this day was helping to plan the "Cultural Expo", and "Empowerment Day". We also analyzed the student advisory surveys; targeting student needs, planning service projects and social events including Spirit Week.

We are on the web!
www.centuryhigh.org



Below is the list of all college visits for the month of October and November:

Kent State University at 10:15 am

Thursday, October 16

Washington College at 11:00 am
 Eastern University at 12 Noon
 Mt. St. Mary's College at 12:30 PM

Tuesday, October 28

US Navy ROTC to discuss scholarship at 9:00 am
 McDaniel College at 10:00 am

Monday, October 20

Coastal Carolina University at 1:30 PM

Thursday, October 30

Roanoke College at 10:30 am

Tuesday, October 21

U.S. Army 11:00-1:00pm

Monday, November 3

University of Baltimore at 8:00 am

Monday, October 27

Thursday, November 6

Army from 11:00 am to 1:00 PM

Friday, November 7

Wilson College at 1:45 PM

Monday, November 10

Susquehanna University at 8:00 am

Thursday, November 13

Lebanon Valley College at 8:00 am
 Lockhaven University at 9:45 am
 Loyola College at 10:30 am

Tuesday, November 18

Army from 11:00 am to 1:00 PM

UPCOMING EVENTS

- ⇒ PSAT DAY: OCTOBER 15
- ⇒ SCHOOLS CLOSED FOR STUDENTS: OCTOBER 17
- ⇒ HOMECOMING PARADE: OCTOBER 23
- ⇒ PEP RALLY AND HOMECOMING FOOTBALL GAME: OCTOBER 24
- ⇒ HOMECOMING DANCE: OCTOBER 25
- ⇒ END OF MARKING PERIOD—2 HOUR 45 MINUTE EARLY DISMISSAL OCTOBER 31
- ⇒ SCHOOLS AND OFFICE CLOSED—PRIMARY ELECTIONS NOVEMBER 4
- ⇒ 2 HOUR 45 MINUTE EARLY DISMISSAL: NOVEMBER 10
- ⇒ VETERANS DAY ASSEMBLY NOVEMBER 12
- ⇒ SCHOOL COSED FOR PARENT CONFERENCE: NOVEMBER 24



Visit eschoolnewsletter.com to get School Updates and Scholarship News!

Sign up Today!

“What Are They Thinking”?

Connecting With Your Teen

All Ages Welcome

A Substance Abuse Awareness Program

Thursday November 6, 2008

The Portico

43 Monroe Street - Westminster, MD

Doors Open 6:00p.m.- Program 6:30p.m.

Speakers

David McDuff M.D. – *The Adolescent Brain*

Adolescent, Addiction & Sports Psychiatrist

Team Physician, Baltimore Ravens

Lenny Moore – *Practical Tips & Insights*

NFL Hall of Fame, Baltimore Colts

DJS Community & Family Partnerships

Refreshments, Information Booths, Questions and Answers Session

Information - 410-848-6100 or 410-876-1788 CEU'S available

Sponsored by the Carroll County Commissioners and hosted by Junction, Inc.

Sponsored by The Commissioners of Carroll County and hosted by Junction, Inc.



The price of the democratic way of life is a growing appreciation of people's differences— Jerome Nathanson

Spanish Charla—You are Invited.

PAGE 9

Every Thursday afternoon (besides Faculty Meeting Days) from 2:45 to 3:30 in Room A212, we are going to begin a Charla Time (Chat Time) in Spanish. I've invited the Spanish 3, 4, and AP classes to attend along with some native Spanish speakers. If your student is currently enrolled in one of these classes, please encourage him/her to attend. Also, if you took Spanish in high school or college or if you are a native Spanish speaker we would love to have you. Parents and community members interested in attending should e-mail Mrs. Fullen (rrfulle@k12.carr.org) for a volunteer form.

Below are the dates on which we will not have Charla.

October 30th (Mid-term Exam Week) , November 20th, December 18th, January 8th, February 19th

March 26th, April 23rd, May 21st . Our last Charla day for the year will be May 14th.

Once Upon a Night....

Homecoming Update

Homecoming festivities are rapidly approaching and there are many things to consider in preparation for the week of October 20th – October 25th. The students are asked to participate in many spirit events throughout the week including dressing in spirit wear. On Wednesday, October 22nd at 7pm, there will be a Powder Puff football game being sponsored by the NHS, taking place at the stadium. On Thursday, October 23rd at 5:00pm, there will be the Homecoming parade, taking place on Main St in the town of Sykesville. On Friday, October 24th, there will be a Pep Rally in school in preparation for the big game which is at 7:00 pm that night. The homecoming dance is from 8pm-11pm on Saturday ,October 25th at Century High School.

Tickets for the Homecoming Dance go on sale October 13th and will remain on sale through October 24th. Tickets will cost \$17 the week of October 13th-October 17th and then the price will increase to \$20 for the week of October 20th – October 24th. The last day to purchase a ticket with a guest pass is Wednesday, October 22nd. This year a \$1 donation will be made by SGA on behalf of Century High School with each homecoming ticket sold to Soft Power Education. Soft Power Education is responsible for building and maintaining schools in impoverished areas of Uganda, as well as, provide uniforms and supplies for students.

SGA can still use parent volunteers to chaperone at the Homecoming Dance and help with refreshments. We are also asking for donations of 2L coke products sodas, clear plastic cups, and pretzels for refreshments at the dance. Finally, we are still in need of a few convertibles for the parade. Donations can be delivered to the front office of CHS by October 24th and all volunteers can contact jmbucol@k12.carr.org for additional information.

Not My Child “Help and Hope for Carroll County’s Youth”

“It’s not what you *say*, it’s what you *do*.”

PAGE 10

“PRESCRIPTION DRUG ABUSE INCREASING”

“According to the Partnership for a Drug-Free America, the use of illegal drugs, such as heroin, methamphetamines, and cocaine, is going down. However, the use of prescription and over-the-counter drugs is going up among teenagers and young adults, and as these numbers continue to grow, so do the number of emergency room visits and deaths. One in five teens abuses prescription medicine. It has become an epidemic among young people. One reason prescription drug abuse is on the rise is because many teens think if the drugs come from a doctor, they must be safe. That’s why, experts say, parents need to explain that when taken appropriately, medicine can heal. However, when abused, the same medicine can lead to brain damage, addiction, and death. Dr. Herb Kleber, professor of psychiatry at Columbia University says, “You have to do more than just preach, you have to follow through by keeping medications in a safe and secure place to make it harder for youngsters to get to them.”*

Tips for Parents*

Warning signs that indicate your child could be abusing prescription drugs:

Physical symptoms: fatigue, repeated health complaints, red and glazed eyes, and a lasting cough.

Emotional signs: personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.

If your child is abusing prescription drugs, your relationship with your child may change. Your child may begin starting arguments, breaking rules, or withdrawing from the family.

You may notice a decreased interest in hobbies and school, a negative attitude, a drop in grades, truancy, and discipline problems.

“Your child’s friends may also change. He/she may have new friends who are less interested in typical home and school activities; friends may have problems with the law, and have less conventional tastes in dress and music” (source: The American Academy of Child & Adolescent Psychiatry).

Prescription medications may become missing from the medicine cabinet, especially those of elderly family members.

“Today, the abuse of prescription medicines is more widespread than the abuse of traditional street drugs, excluding marijuana. In fact, the number of people who abuse prescription medicines is approximately three times the number of people who abuse cocaine. Thus, we all need to be vigilant in protecting our own medicines from abuse.”**

Protect Your Loved Ones**

Lock Medicines and medical supplies in a secure cabinet and secure the key.

Avoid taking medicines in front of children. Children like to imitate grown-ups.

Use child-resistant packaging on your medicines and secure the caps after each use.

Never call medicine “candy”, call it “medicine”.

Do not discard any medications, including patches, in the wastebasket where children can find them.

Keep track of your doses.

If you ever suspect anyone has stolen your prescription medicine, report it to your local police department. You may save the thief from tragedy...you may even save a life.

*These quotes are from the May 4, 2007 edition of Connect with Kids Weekly News and can be found at .

**These quotes are from the “How to Protect Your Medicines At Home” brochure an educational service by Purdue Pharma L.P., Stamford, CT 06901-3431. More information on prescription drug abuse can be found at .

If students are worried about a personal drug or alcohol problem or are concerned about a friend, they are encouraged to make a phone call that could save a life! This toll-free, anonymous phone number is printed on all CCPS student ID cards.

ENERGY DRINKS - WHAT IS MY CHILD DRINKING?

Red Bull, Monster, Amp, RockStar and such have become a regular mainstay in our children's diets. But what exactly is it they are ingesting?

Caffeine is the most common ingredient in these types of drinks. On average these drinks have anywhere from 100mg-200mg per serving. Mountain Dew offers 55mg of caffeine per serving, Coke has 34mg and an 8oz cup of brewed coffee has approximately 80mg of caffeine per serving. So we know these energy drinks have an excessive amount of caffeine but what does that mean? High doses of caffeine may cause side effects such as sleeplessness, nausea, heart palpitations, headaches and will also dehydrate the body. Caffeine has also been proven to deplete the body of calcium, an important building block in bone formation and structure/strength.

Taurine is an amino acid also found in Energy Drinks in high amounts. Taurine is found naturally in many meats and fish, however ingestion of excessive amounts of this amino acid have been shown to cause anxiety, irritability, and a high sensitivity to noise. Taurine is also a diuretic, leading to dehydration.

These energy drinks also include Guarana derived from a plant found in South America, though is also rich in caffeine, it offers a few different stimulants as well (theobromine and theophylline). Guarana seed oil is fatty and is not as quickly digested therefore the effects on the body last longer than caffeine. Studies have found Guarana to increase heart rate and blood pressure, and had unfavorable effects on glucose (sugar) and potassium balance.

Lastly Energy Drinks are laden with sugars. Excessive amounts of sugars in our diets have been proven to lead to Diabetes (Type II). Excessive sugar intake also leads to dehydration and depressive effects on the brain.

Though one may think these ingredients taken alone are not so terrible or dangerous, consider the culminating effect on the brain and the body when combined. Each of these above ingredients alone can cause dehydration, effects on the heart muscle, and changes in brain chemistry-together these dangerous effects are only intensified. There are many other drink choices out there for our children that are both appealing to the palate and safe for their growing bodies. **Water anyone?**



ABSENCES FOR SCHOOL-SPONSORED ACTIVITIES

A student shall be considered in attendance at school when participating in school-sponsored activities during the school day, and there will be no penalty such as denial of opportunity to make up work or lowering of grade for missing this time. Students participating in any school activity which requires them to be out of the building for part of the day are expected to attend school the remainder of the school day as well as the school day following the activity. Students tardy on the day they are to participate in extracurricular activities **may not** participate in practice or any activity that day except by special approval from an administrator or the athletic director. A **doctors' note or funeral notice is required**. Students must be in school for two complete mods to be eligible to participate in after school activities.

Absence for College Visits – Students are allowed two college visit absences per school year. This must be pre-approved by the administration or the visit will count as an unexcused absence. If the visit is pre-approved the visit will not count as an absence.

Differences challenge assumptions.

- Anne Wilson Schaefer

Century High School will participate in the National Student Mock Election, to be held on Thursday, October 30th during all lunch mods. Students will be given an opportunity to register for the vote in Advisory, and will receive voter registration cards. Students in social studies courses have been preparing questions surrounding the issues of: the economy, energy, Homeland Security, education, and immigration. A student representative from each of these classes will attend a “town meeting” on Tuesday, October 21st in which a representative from the Republican Central Committee and the Democratic Central Committee will be in attendance to present their presidential candidate’s platform on these issues and to answer questions. This meeting will be videotaped by students in video production class and will be broadcast to the student body in installments during election week (October 27th). Students from the History Club, SGA, and HHSS academy will be helping to create our polling place, and will man the polls on election day! Students who attend go to the Career Technology Center or currently have an internship/concurrent enrollment, will be provided with registration forms in the main office, and will be able to participate in the vote by absentee ballot. We are excited to provide students with this real world learning experience, and look forward to being able to announce the results on October 31st!



VOTER REGISTRATION APPLICATION-NATIONAL STUDENT MOCK ELECTION-PLEASE COMPLETE IN BLACK INK

- 1- Are you currently enrolled in a United States high school? yes no
*If you answered NO, do not complete this form
- 2- Last Name _____ First Name _____ Middle Name _____
- 3- School Advisory Address: Advisor Name: _____ Room # _____
- 4- Birth Date: Month ___ Day ___ Year _____ Sex: male female
- 5- Party: (check one): Democrat Republican Green
Libertarian Unaffiliated (decline to join a party)
- 6- Under penalty of perjury, I hereby swear or affirm that I am a high school student. I am a Maryland resident, and I have not been convicted of buying or selling votes. The information in this application is true to the best of my knowledge, information, and belief.

Signature Required:

Date:

Do Not Write in Space Below:

After this form is filled out, you MUST sign and send it in to your County Board of Elections (...in this case, Miss Adelman!) It cannot be processed if it is faxed or emailed, because it requires an original signature.

We are a week away - next Wednesday, October 15th all 10th and 11th grade students will take the PSAT. Has your son/daughter been practicing?

The cost of this test is shared by Century High School and Carroll County Public Schools. There is no cost to students. We firmly believe in the value for students to take this test as a way to prepare for their SAT's. We encourage all students to participate because we don't want to eliminate any opportunities for potential plans after high school. We know that plans change, so taking the PSAT can be an insurance policy for students not sure about where they are headed after graduation. In many cases, the PSAT can help a student make good choices about college and what classes to take before graduating. The scores will come back some time in December - look for details as we get closer on how to come to school to pick up score reports and learn more about what results mean.

The PSAT takes about 3 hours, so what will our 9th and 12th grade students do during that time?

Our 9th grade students will perform "1000 Hours of Service" in our community and surrounding areas. Students will travel to Piney Run Park and clean up the park and repair trails, they will create blankets for the "Linus Project" and travel to work with the Chesapeake Bay Foundation. The positive impact of our students is impressive. Ask your son/daughter where their advisory group is headed. As a reminder, all Field Trip Forms are due by this Friday, October 10. Please sign the form and turn it back in to their advisor.

While this is going on, our **12th grade students** will have a morning of activities planned to help prepare them for next year. We'll start with a Senior Class Breakfast and Class Photo in the Stadium for the yearbook - "09" on the football field! Students will then see a documentary title "30 Days on Minimum Wage" ~ a great story to help our students learn more about life immediately after high school. We've also invited speakers from Carroll County Hospital and the Rape Crisis Center to speak with males and females in separate assemblies. They will focus on cancer awareness/education, campus safety, self-awareness, and dating boundaries. Three teachers, Mr. Ingram, Mr. Melhorn, and Mr. Bouselli will share experiences with students related to balancing post-high school life and financial debt, as well as male health topics.

Once testing is over, all students will go to their 3rd and 4th mod classes.

This should prove to be a great day for all CHS students ~ matching our mission statement that prepares students to be self-directed learners in a rapidly changing world.

Please call our main office if you have any questions about the day. We will direct you to the right staff member for more details.