



# WEST HIGH PTSO NEWSLETTER

Helping to make  
WEST the BEST

SEPTEMBER 2014

WESTHS.KNOXSCHOOLS.ORG

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## President's Letter

The West PTSO is off to a great start. During August, it hosted the Staff Appreciation Breakfast, Freshman Orientation, and New Parent Coffee, assisted with WestFest, and prepared back-to-school folders. In addition, parent volunteers are already busy in the front office, library, and bookstore. I am grateful to be part of such a dedicated group.

I encourage everyone to join the West PTSO. **Every dollar invested in the PTSO stays at West to enhance the educational experience for students, teachers, staff, and parents.** Let me highlight our goals:

*For our teachers:* funding mini-grants, hosting hospitality breakfasts and luncheons throughout the year, and providing the "Teacher of the Year" honor.

*For our families:* awarding two \$500 scholarships annually to one male senior and one female senior who demonstrate

excellence in being "Involved, Intelligent, and Inspired"; and supporting Family Engagement Nights.

*For our Seniors:* hosting Senior Suppers, the Awards Ceremony, Baccalaureate, and Graduation Lock-in.

*Fundraising:* Bookstore sales and the Spring Soiree. Through both of these efforts, the PTSO has been able to make significant improvements to West in recent years: the main lobby displays, interior/exterior signage, and the complete renovation of the Lecture Hall.

Please plan to attend our PTSO meetings. They are held the first Thursday of every month at 8:30 am in the library classroom. I hope to see you there!

Best,  
Amy Evans, PTSO President  
amydevans@comcast.net



WHS Seniors show their spirit at WHS vs. Karns football game. Visit [wesths.knoxschools.org](http://wesths.knoxschools.org) for complete athletics calendar.

**PARENT/TEACHER CONFERENCES**  
Tuesday, September 30 • 4:00 to 6:00 pm

# West High School PTSO

## IMPORTANT DATES 2014-15

|                         |  |                |
|-------------------------|--|----------------|
| September 4.....        | PTSO General Meeting .....                     | 8:30 am        |
| September 25 .....      | Teacher Mini-Grant Proposals Due .....         | Due by 3:30 pm |
| Sept. 29 – Oct. 3 ..... | Thank A Teacher Week                           |                |
| September 29 .....      | Teacher Bagels and Juice - Hospitality.....    | 8:00 am        |
| October 2 .....         | PTSO General Meeting .....                     | 8:30 am        |
| October 3 .....         | Teacher Chili Lunch - Hospitality.....         | 11:30 am       |
| October 26 .....        | First Senior Supper.....                       | TBD            |
| November 6 .....        | PTSO General Meeting .....                     | 8:30 am        |
| December 4.....         | PTSO General Meeting .....                     | 8:30 am        |
| December 12 .....       | Teacher Holiday Breakfast - Hospitality.....   | 11:30 am       |
| January 8 .....         | PTSO General Meeting .....                     | 8:30 am        |
| January 16.....         | PTSO Triple I Scholarship Application due..... | Due by 3:30 pm |
| January 23.....         | Teacher Mini-Grant Proposals Due .....         | Due by 3:30 pm |
| February 5.....         | PTSO General Meeting .....                     | 8:30 am        |
| February 13 .....       | Teacher Italian Lunch - Hospitality .....      | 11:30 am       |
| March 5.....            | PTSO General Meeting .....                     | 8:30 am        |
| March.....              | Second Senior Supper.....                      | TBD            |
| April 11 .....          | WHS Spring Soiree, Lighthouse Knoxville .....  | 6:30 pm        |
| April.....              | Senior Breakfast .....                         | TBD            |
| May 7.....              | PTSO General Meeting .....                     | 8:30 am        |
| May 4-8.....            | National Teacher Appreciation Week             |                |
| May 4.....              | Teacher Bagels and Juice - Hospitality.....    | 8:00 am        |
| May 6.....              | Teacher Catered Lunch - Hospitality .....      | 11:30 am       |
| May .....               | Senior Award Celebration.....                  | TBD            |
| May .....               | Senior Luncheon.....                           | TBD            |
| May .....               | Baccalaureate .....                            | TBD            |
| May .....               | Graduation/Graduation Lock-In.....             | TBD            |



WEST PTSO  
NEWSLETTERS  
ARE AVAILABLE  
MONTHLY  
ON THE WEST  
WEBSITE:

[wesths.knoxschools.org](http://wesths.knoxschools.org)

### Support PTSO

West High's PTSO exists solely to make West an ever better school for your child. The PTSO operates on money from only three sources: membership dues and donations, bookstore proceeds, and the Spring Soiree. **PLEASE JOIN, BUY, ATTEND—AND VOLUNTEER!** Your children will (should) thank you!

ATTENDING  
PTSO MEETINGS  
IS A WONDERFUL  
WAY TO LEARN  
ABOUT WHAT IS  
GOING ON AT  
WEST.



**Save the Date**  
2015 WHS  
Spring Soiree  
Saturday, April 11, 2015

# 2014-2015 PTSO Board of Directors and Committee Chairs

MAKE A DIFFERENCE AT YOUR CHILD'S SCHOOL, GET INVOLVED WITH WHS PTSO!

## President

*Amy Evans, amydevans@comcast.net*

Presides over monthly meetings, plans agenda, communicates regularly with Principal, PTSO Exec Board, other board members, represents WHS at Open House and other events as needed.

## President-Elect

*Shuli Mesa, shulime@gmail.com*

Works closely with President and PTSO Board members, preparing to serve as President the upcoming year. Represents PTSO at WHS Foundation meetings.

## Secretaries

*\*records minutes-Leanne Kersey, lmkersey@me.com*

*\*membership-Carolyn Rezler, ckrzler@gmail.com*

Takes minutes at monthly meetings and other official PTSO meetings. Prepares and submits minutes to PTSO Board for approval. Writes "thank you" and other communications as needed.

## Treasurer

*Sharon Toedte, toedte@comcast.net*

Tracks all financial activities of PTSO. Works closely with Bookstore Treasurer and WHS Bookkeeper. Provides monthly financial report to PTSO Board for approval. Prepares the annual PTSO budget for approval. Works with accountant to obtain audit at the end of fiscal year.

## Parliamentarian

*Julia Mullaney, themullaney@comcast.net*

Provides guidance to PTSO Board according to *Roberts Rules of Order*. Attends monthly meetings and is available to answer any procedural questions. Maintains PTSO bylaws. Position usually held by previous year's PTSO President.

## Back to School

*Karen Lampley, karenlampley@comcast.net*

Coordinates with Front Office staff at the end of the summer to prepare student packets for the first day of school.

## Bookstore Volunteer Coordinator

*Wendy Smith, wccbsmit@bellsouth.net*

Solicits volunteers and sets up work schedules.

## Bookstore Buyer

*Anne Tidwell, astidwell@comcast.net*

Determines bookstore items and quantities needed. Purchases bookstore products and delivers such to school.

## Bookstore Records

*Heather Booth, booth@math.utk.edu*

Collects, counts, and deposits money bi-weekly. Maintains accurate record of all bookstore financial activity.

## Bookstore Apparel Buyer

*Amy Evans, amydevans@comcast.net*

Coordinates design, printing, inventory, and pricing of spirit-wear items for bookstore.

## Business Support

*Virginia Babb, virginia\_babb@yahoo.com*

Communicates to parents, families and friends how to make WHS the beneficiary of any bonus programs that are available. Passes out information at Open House and includes in newsletter.

## Facility/Grounds

*Sally Padron, zalip@aol.com*

*Bonnie Marret, bmarret@scrippsnetwork.com*

Establishes and communicates, grounds "work days." Works with WHS clubs and teams to help with clean-up. Keeps inventory of things that need cleaning, fixing, or landscaping and advises the PTSO Board.

## Freshman Orientation

*Mary Ellen Kilburn, kilburn@bellsouth.net*

Organizes event and solicits a team of volunteers. Works with principal and freshman vice principal to coordinate event. Prepares welcome bags, class t-shirts, and snacks and solicits donations to underwrite costs.

## Hospitality/Teacher Appreciation

*Polly Burch, pebbur28@gmail.com*

Organizes a team to sponsor several events for teachers throughout the year. Works with Principal to plan appropriate events. Sample events include: Beginning of Semester Breakfast, End of Year Brunch, Soup & Salad Lunch, etc. TBD by committee.

## Library Volunteers

*Dawn Huff, brandthuff@comcast.net*

Creates schedule of volunteers to work in the Library. Provides training for the volunteers and creates a list of substitute volunteers.

## Mini Grants

*Alison Petre, petre6818@comcast.net*

Twice a year (Sept and Jan), invites teachers to submit a mini-grants request. Works with principal and committee to review requests and determine which can be filled within the approved PTSO budget. Presents committee's recommendations to PTSO for approval at Oct and Feb meetings. Notifies teachers whether their mini-grant will be funded or not.

## New Family Coffee

*Toria Boyd, toriajboyd@gmail.com*

Coordinates donations of breakfast goodies and volunteers for a parent coffee the day of Freshman Orientation.

## Newsletter/Public Relations

*Mary Ellen Johansen, johansenme@comcast.net*

*Julia Mullaney, themullaney@comcast.net*

*Shuli Mesa, shulime@gmail.com*

Collects info, writes, edits, and prepares layout of newsletter. Works closely with Principal and PTSO President to ensure all necessary info is included. Provides final, approved newsletter for printing and online distribution.

## Nominating Chairman

*Marisa Stone, marisastone@gmail.com*

Organizes a committee that recruits new board members for the upcoming year and encourages other parents to get involved at West.

## Office Volunteers

*Sharon Toedte, toedte@comcast.net*

Creates schedule of volunteers to work in Front Office on a once-a-month basis during the school year. Provides training for the volunteers and creates a list of substitute volunteers.

## Open House

*Poppy Beach, 50toes@comcast.net*

Organizes both fall and winter event and solicits a team. Works closely with Principal to create agenda, prints materials, and coordinates refreshments. Works with WHS staff to get tables set up for any clubs/teams to promote their programs.

## PTSO Scholarships

*Maria Jernigan, tmjernigan@att.net*

Updates the two scholarship forms and distributes to the senior class. Coordinates a committee to review applications and determine recipients. Publicizes winners and ensures scholarship are awarded to winning seniors.

## Senior Events

Coordinator: *Amy Evans, amydevans@comcast.net*

Senior Suppers

*Shawn Owens, scowens@mac.com*

Senior Awards Celebration

*Kathy Francis, kathyfrancis@comcast.net*

Senior Breakfast

*Maria Jernigan, tmjernigan@att.net*

*Sylvie Mathot, sylviem@hanset.org*

Baccalaureate

*Joyce Kaye, jkaye1998@knology.com*

Graduation Programs and Class Posters

*Amanda Brown, amanda.brown@knoxschools.org*

Graduation Lock-In

TBD

## Soiree Co-Chairs

*Eleanor Broady, samanneb@gmail.com*

*Marisa Stone, marisastone@gmail.com*

Responsible for planning our annual spring fund-raising event. Involves working with local businesses and includes coordination of committee members to plan the dinner/auction event.

## Teacher of the Year

*Anita Poore, anitapoore@aol.com*

Works closely with Principal to evaluate method to rank teachers and select the Teacher of the Year and the runners-up. Gets prizes for winners and publicizes award.



# NEWS FROM STUDENT SERVICES

## IB Update

The May 2014 IB exam results are in, and West High School students did very well! Twenty-two students successfully earned the IB Diploma (79%), and 73 students earned IB Certificates (73% of Certificate students earned a 4 or higher on their exam). Congratulations to all of the IB students! The class of 2015 has 20 Diploma candidates and 68 Certificate students. The class of 2016 has 30 Diploma candidates and 112 certificate students.



Registration for the 2015 exam session will begin soon. The registration fee for any student taking an exam (\$157) is due on September 15. Registration forms will be due to Ms. Bast by October 1.

Please don't hesitate to contact Sarah Bast (sarah.bast@knoxschools.org) with any questions.

## Follow IB on Twitter!

IB Students and Parents...follow @westhighIB to keep up with important announcements for West High IB students!

## College Admissions Workshop

Please join us **Monday, September 15th, at 5:30PM** in the Lecture Hall for a College Admissions Process Workshop for juniors, seniors, and their parents. Topics will include applying to college, essays, recommendations, scholarships, and financial aid.

## Exploring College Options

Harvard, Stanford, UPenn, Duke, and Georgetown will hold an evening program for students and parents at the **Downtown Marriott on Sunday, September 14**. You must register to attend. Stop by the Student Services bulletin board or see Mrs. Bast for details regarding registration.

## IB Open House

An International Baccalaureate Open House will be held on **Thursday, September 25th at 6:00PM in the Lecture Hall**. Students and families interested in learning about the IB programme and the magnet transfer process are invited to attend.

## 2014-2015 Scholarship Information

The first edition of the Scholarship Booklet is now available! You can find it online in School Counseling: College & Career. Center As more scholarships become available, the booklet will be updated.

## COLLEGE VISITS

*Students should listen for the announcements of upcoming college visits and then go to Student Services to sign up for the school(s) they are interested in.*

|                    |                                    |
|--------------------|------------------------------------|
| September 9 .....  | Salem College                      |
| September 15 ..... | College of Charleston              |
| September 16 ..... | Austin Peay                        |
| September 17 ..... | University of Virginia             |
| September 19 ..... | Roanoke College                    |
| September 26 ..... | Radford University                 |
| September 26 ..... | Virginia Tech                      |
| September 29 ..... | Washington University in St Louis  |
| September 29 ..... | Queens University in Charlotte     |
| September 29 ..... | Agnes Scott College                |
| September 30 ..... | Florida State                      |
| October 1 .....    | Sewanee University of the South    |
| October 1 .....    | Furman University                  |
| October 2 .....    | Rhodes College                     |
| October 2 .....    | Wofford College                    |
| October 2 .....    | Centre College                     |
| October 16 .....   | Lees-McCrae College                |
| October 21 .....   | Davidson College                   |
| October 22 .....   | Vanderbilt University              |
| November 5 .....   | University of Alabama - Birmingham |

## Preliminary Scholastic Aptitude Test (PSAT)

Saturday,  
October 18, 2014

Freshmen, sophomores and juniors who wish to take the PSAT should sign up in the Student Services Office by October 1, 2013. The cost of the test is \$20.

### There are three good reasons to take the PSAT:

1. It's good practice for the SAT 1
  2. It's the first step for juniors to enter the National Merit Scholarship competition
  3. It allows students to receive information from colleges that have programs similar to each student's interests
- Freshmen are also encouraged to take the test for practice.



Test application materials are available in the guidance office. Seniors are encouraged to take the ACT and/or SAT before the winter 2014 holiday break.



### ACT TEST DATES

| Test Date          | Registration Deadline | Late Fee Required            |
|--------------------|-----------------------|------------------------------|
| September 13, 2014 | August 8, 2014        | August 9-22, 2014            |
| October 25, 2014   | September 19, 2014    | September 20–October 3, 2014 |
| December 13, 2014  | November 7, 2014      | November 8-21, 2014          |
| February 7, 2015*  | January 9, 2015       | January 10-16, 2015          |
| April 18, 2015     | March 13, 2015        | March 14-27, 2015            |
| June 13, 2015      | May 8, 2015           | May 9-22, 2015               |

### SAT TEST DATES

| Test Date        | Registration       |                    |
|------------------|--------------------|--------------------|
|                  | Early              | Late*(by mail)     |
| October 11, 2014 | September 12, 2014 | September 26, 2014 |
| November 8, 2014 | October 9, 2014    | October 24, 2014   |
| December 6, 2014 | November 6, 2014   | November 21, 2014  |
| January 24, 2015 | December 29, 2014  | January 9, 2015    |
| March 14, 2015   | February 7, 2015   | February 27, 2015  |
| May 2, 2015      | April 6, 2015      | April 17, 2015     |
| June 6, 2015     | May 8, 2015        | May 22, 2015       |

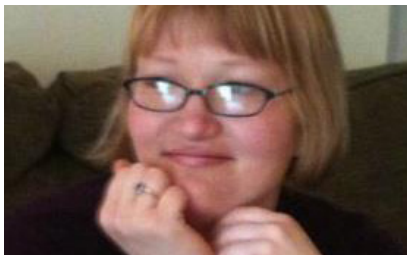
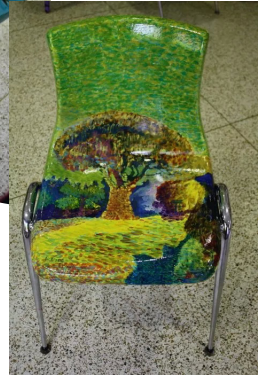
\*Additional fees apply if you register late or make changes to your test type, center or date after registering.



# Art of the Chair

Art Dept. Needs Your Used Chairs and Side Tables

Mrs. Ayres' art classes will be studying the impact we have on the environment. Students will be up-cycling chairs and small side tables by painting them in the style of famous artists. The chairs and tables will then be auctioned in conjunction with the holiday concerts at West High School. Proceeds will benefit the West High School Art Department. **Please donate a used chair or side table—any material, intact or broken--before November 1!** If you're interested in having a chair or side table commissioned, please email Mrs. Ayres for more information: michelle.ayres@knoxschools.org.



*Librarian Nancy Williams*

## From the Library

Dear Parents,

Hello from your West High School Library. I am so pleased that Mrs. Terry Lethgo is rejoining our library team. We both look forward to a productive, fun year at the best high school on Earth! To start off the year with a little fun, we posted WHS teachers' and principals' high school pictures on the library bulletin board. The student who correctly identifies the most photos wins a \$15 Barnes & Noble gift card! That's not all. Tell your kids to keep an eye out for more library fun: Art in the Library, Black History Month, and Beatnick Poetry Jam.

As always, thank you to the PTSO for all your support and kindness, and we look forward to working with you in the coming school year.

Nancy Williams

## Meet New Teacher Etienne Font

I am a native of Puerto Rico and have been an attorney for over 10 years. I taught one period of Spanish at Carter High School last year and am very excited to be teaching Criminal Justice at West this year. Having been a misdemeanor prosecutor and Teen Court Judge in the past, I wanted an opportunity to expose high school students to the criminal justice system in a different way. West is a fantastically diverse school, and I feel very welcomed. I can see why they say "West is the Best."



## West Students Excel at National History Day Events



Five West students competed at the national National History Day competition in Washington, DC, in May:

- Parker Dillard and Abby Eastham: *Mary Breckinridge: The Rural Healthcare Pioneer: Senior Group Documentary*
- Autumn Brockelman, Madeline Cain, and Rainey Bartram: *Fighting for the 19th Amendment: Senior Group Website*

The following West students competed at the state NHD competition after placing in the top three at the East Tennessee Regional competition: Regan Caruthers, Miles Kredich, Abbey Eastham, Parker Dillard, Jonah Zahn, Martina Ibrahim, Annie Dong, Lauren Claxton, Morgan Morton, Madison Burkett, Sarah Bushnag, Caroline Carr, Rainey Bartram, Autumn Brockelman, Madeline Cain, Katie Wade, Will Kersey

Congratulations!



# Welcome to West's FReshman ACademy

## I. Third Year of Implementation

The Freshman Academy has been created to ensure that all Freshman students achieve their fullest potential. The Freshman Academy has seen tremendous growth in academic success in its three years of existence. In the academy's first year, 2012-13, the success rate rose from 73% to 91%. Last year it rose to 94%. The current goal is to have a 95% success rate. The Freshman Academy teachers and administrators have formed an SLC (Small Learning Community) to ensure that students are getting the required support needed to achieve their greatest potential. The SLC collaborates weekly to guarantee that students are thinking critically, collaborating, utilizing proper communication skills through speech and writing, and maintaining focus on academics.



## II. Student Recognition

Every grading period there will be two lists, entitled the Dean's List and Academy Achievers, posted in the freshman hallway by Mr. Myer's office. The Dean's List will contain the names of students who are making all A's and B's in the corresponding grading period; the Academy Achievers list will display the names of students who are passing all their classes. These lists are presented to recognize students who are working hard and to motivate all students to do their best. The students really seem to enjoy it when they can see their names on the recognition wall.



## III. Academic Support

All freshman teachers have designated tutoring times. There are morning sessions and afterschool sessions available for students who want to receive tutoring. However, if students want to receive tutoring in the morning, they are required to ask the teacher for a pass. There is a printable schedule available online, and there are copies available in Student Services. Here is the link to the online version: <http://www.knoxschools.org/cms/lib7/TN01917079/Centricity/Domain/3710/FRAC%20Tutoring%202014-2015.pdf>

The Freshman Counselor, Mrs. Roberts, and her intern, Iesha Williams, are also available to help students who need academic coaching, college and career planning, or personal/social support. As a Professional School Counselor, Mrs. Roberts' mission is to make sure all students are achieving, carrying themselves with dignity and self-worth, receiving a quality education, and receiving the support and guidance of caring, knowledgeable, and skilled adults throughout their educational experience. Therefore, students are encouraged to seek help from Mrs. Roberts if needed. Parents are also encouraged to communicate with the School Counselor in order to ensure that their child is receiving everything they need to be successful individuals.

## IV. Family Engagement Night

The Family Engagement Night events are held in order to build supportive relationships between parents of ninth graders in the Freshman Reading course at West High School. This reading class is designed to help students strengthen their reading skills in hopes that they will be successful in other courses as well. The first event held for Family Engagement Night was a huge success! Over half of the families who RSVP'd were in attendance. We had 21 families, with a total of 59 West High students and family members. A WHS parent, Ms. Jack, treated us to a beautiful song and spoke to parents about the importance of partnering with their student's school faculty to ensure their student's success. Surveys were given out to parents and students. The collected data showed that 98% of parents and 100% of students enjoyed the event. Dead End BBQ catered the event, and special thanks go to the PTSO for helping to fund this successful Family Engagement Night.



## Join the West 365 Club!

The West High School Foundation (WHSF) kicked off its fall campaign, West 365, during West Fest. West 365 asks, “Can you give \$1 a day for West High School?” The money raised from this campaign will help provide the vital funds the foundation needs to fulfill incoming teacher grant applications and computer technology commitments for the fall semester. As an organization, we simply could not continue our work without this income.

During West’s Open House, I was able to share some of what I learned from attending the Tennessee School Foundation Conference in August. The school foundation phenomenon started on the West Coast and has swept across the nation. The number of school foundations in Tennessee has grown from around 40 to over 100 in the past 10 years. Foundations allow individual school communities to provide the extra funds necessary to enable teachers and administrators to raise the quality of their children’s education as well as to have a voice in what they would like to see in education today.

Will you help us at West High School? Will you join the West 365 Club? I invite you to visit our website at [westhighfoundation.org](http://westhighfoundation.org). You can donate directly from the website as a one-time donation or over a period of time. If you have any questions, please feel free to contact me at [WHSfoundation@knoxschools.org](mailto:WHSfoundation@knoxschools.org).

Many thanks to those who have already joined the West 365 Club!

Carney Ivy

2014-2015 WHSF President



*Tommy Pridemore, Joe Hannah, Alex Burch, Walker Ivy, Will Blasius make waffles for the Teacher Appreciation Breakfast.*

## Rebel Corner News

The Rebel Corner, one of West PTSO’s primary funding sources—located in the main lobby—has plenty of new spirit wear in stock for the season. The store offers sweatshirts and hoodies in red, grey, and white in all sizes. Available once again are the popular Rebelmania and Rebel Nation designs.







## 2014 Lady Rebel Volleyball Schedule

|         |                        |         |
|---------|------------------------|---------|
| 9/9/14  | West at Heritage       | 5:00    |
| 9/10/14 | Austin-East at West    | 5:00    |
| 9/11/14 | West at Lenoir City    | 5:00    |
| 9/13/14 | Carter Tournament      | all day |
| 9/15/14 | Carter at West         | 5:30    |
| 9/16/14 | West at William Blount | 5:00    |
| 9/17/14 | Fulton at West         | 5:30    |
| 9/18/14 | West at Maryville      | 5:00    |
| 9/23/14 | West at Bearden        | 5:00    |
| 9/24/14 | West at Austin-East    | 5:30    |
| 9/25/14 | West at Farragut       | 5:00    |

## 2014 LADY REBEL SOCCER SCHEDULE

|       |                                 |      |
|-------|---------------------------------|------|
| 09/06 | @Powell .....                   | AWAY |
| 09/09 | Oak Ridge.....                  | HOME |
| 09/11 | @Catholic (JV).....             | AWAY |
| 09/16 | Lenoir City (D).....            | HOME |
| 09/18 | Hardin Valley (D) (JV).....     | HOME |
| 09/19 | JV Tourney .....                | TBD  |
| 09/23 | @Maryville (D) (JV).....        | AWAY |
| 09/25 | @ Karns (JV).....               | AWAY |
| 09/30 | Farragut (D) (JV).....          | HOME |
| 10/02 | Morristown West.....            | HOME |
| 10/07 | CAK Senior Night.....           | HOME |
| 10/11 | District Tournament Begins..... | TBD  |

The varsity games are at 7 pm, with the JV playing at 5:00.

## 2014 REBEL FOOTBALL SCHEDULE

|         |                     |                     |
|---------|---------------------|---------------------|
| Sept 12 | Asheville, NC.....  | Away                |
| Sept 19 | Farragut .....      | Away                |
| Sept 26 | Cleveland.....      | Away                |
| Oct 3   | Bearden .....       | Away                |
| Oct 10  | William Blount..... | Homecoming          |
| Oct 17  | Hardin Valley ..... | Home                |
| Oct 24  | Heritage .....      | Home (Senior Night) |
| Oct 31  | Lenior City .....   | Away                |

## PHOTOS

PTSO member Polly Burch manages a free website where she posts her photos of WHS Friday night varsity football games, Senior Night, some basketball and baseball games, Senior Celebration, Project Grad, and other events that she can attend.

**Here's how you can access the site:**  
**log on to: [www.picasaweb.google.com](http://www.picasaweb.google.com)**  
**enter the email address:**  
**[westhighrebels13@gmail.com](mailto:westhighrebels13@gmail.com)**  
**enter the password: westrebels**

# IT'S CROSS COUNTRY SEASON!

## CROSS COUNTRY ROSTER

### Girls

Dyana Metheny  
Ellery Jernigan  
Evora Kreis  
Grace Cecil  
Lindsey Stallworth  
Megan Jepson  
Megan Murray  
Rainey Bartram

### Boys

Adam Johnston  
Ben Welsh  
Bruce Boles  
Caleb Wood  
Fletcher Kress  
Graham Sullivan  
Harrison Siegling  
Isaac New  
Joe Eapen  
Jordan Bowser  
Michael Patrick  
Nick Jernigan  
Nick Woo  
William Yates

The boys' cross country team looks to continue to build on the momentum it acquired over the previous two seasons. After a strong fourth place showing at the Region 2 AAA meet last fall, the team aims for a berth at the TSSAA meet in Nashville on November 1. The competition will prove difficult, with Hardin Valley Academy, Oak Ridge, and Farragut returning with strong squads as well.

The Rebels' All-State Jackson Schmid graduated in May. Returning juniors Adam Johnston and Bruce Boles are coming off very strong sophomore track campaigns. Both set new personal records and showed that they are ready to compete with the best in the state on the course. Seniors Nick Jernigan and Nick Woo will need to close any gaps in the scoring five in order to prove that West has one of the top squads in the region. Ben Welsh and Joe Eapen, both juniors, will need to step up and contribute in the Rebels' top seven. Sophomores Graham Sullivan and Jordan Bowser will step in after a solid summer of training. Newcomers are plenty this fall. Fletcher Kress, Isaac New, William Yates, Caleb Wood, Michael Patrick, and Harrison Siegling will make for a deep squad.

The girls' cross country team, which finished seventh at Region 2AAA, returns all its finishers and adds a few new faces. Junior Megan Murray, who will be one of the top runners in the state, will lead the team this fall. She comes off a very successful sophomore track season that saw her gain a coveted spot on the start line in the 1600 meters at the outdoor TSSAA meet in Murfreesboro. The team's lone senior, Grace Cecil, will continue her steady progress, which has made her a key member of the girls' team over the previous two seasons. Junior Evora Kreis, having had her strongest summer of training yet, will show that she is as strong as any runner on the course this fall. Another junior, Dyana Metheny, back after taking last fall off because of injury, will hopefully be able to pick up where she left off as a freshman. Sophomores Rainey Bartram and Lindsey Stallworth now have a year of training, and both will give West a formidable scoring five. A transfer from West Virginia, Megan Jepson, and freshman Ellery Jernigan have displayed the hard work and dedication that a cross country runner needs. Both continue to improve on a daily basis and to show understanding of the team's training process and system.

## 2014 CROSS COUNTRY SCHEDULE

|              |                                       |
|--------------|---------------------------------------|
| September 6  | Victor Ashe Park Fall Classic         |
| September 13 | Cherokee Invitational                 |
| September 20 | Trinity Invitational - Louisville, KY |
| September 27 | Bristol Cross Challenge               |
| October 2    | Ashe Park All-Comers                  |
| October 9    | KIL                                   |
| October 11   | Cherokee Classic                      |
| October 23   | Region II                             |
| November 1   | TSSAA - Nashville, TN                 |
| November 29  | Footlocker - Charlotte, NC            |

## Support WEST HIGH

*The easy way!*



## SENIOR CORNER

FALL SENIOR SUPPER: *The first senior supper will be October 26.*

**West High School** is supported by several local businesses.  
*Let's support those who support West High School!*

### DEAD END BBQ

Each time your purchase a "Rebel Yell" burger at Dead End BBQ. They donate \$1.00 to West High School. Thank you Dead End BBQ!

### FOOD CITY

When you purchase your groceries at Food City, have them scan your Food City Value Card and tell them you are a West High School student, parent or staff member. They will enter the School Code 40820. From then on, a percentage of all your purchases will donated back to our school.

### KROGER

Register for the Kroger Community Rewards Program online at [krogercommunityrewards.com](http://krogercommunityrewards.com). Use your Kroger Plus card to register your card with WHS PTSO after you sign up. Click on SIGN UP TODAY in the 'New Customer?' box. Our NPO number is 107214.

### OFFICE DEPOT

Buy your "Back-to-School" supplies at Office Depot. Mention West High School or our school ID #70093016. They will donate 5% of your total purchase back to West High. This offer applies throughout the entire year.

### TARGET

Use your Target Visa or Target Debit Card and a percentage of the amount of each purchase you make goes back to West High School. Link your card through their website ([www.secure.target.com](http://www.secure.target.com)) and click link to find school. Our Target ID number is 94759.

*Raise money for our school...the easy way!*



**Save the Date**  
**West High School Prom**  
**Saturday, April 18, 2015**  
**Crowne Plaza Knoxville**  
**8:00 - 11:00 pm**

### Bookstore Volunteers

To volunteer, contact Wendy Smith at [wccbsmit@bellsouth.net](mailto:wccbsmit@bellsouth.net)

### Front Office Volunteers

To volunteer, contact Sharon Toedte at [toedte@comcast.net](mailto:toedte@comcast.net)

### AMAZON

**NEW**

You can help raise money for West every time you shop through their Amazon Smile program. Go to the link below (make it a "favorite.") and do all of your shopping here.  
<https://smile.amazon.com/ch/26-2554344>

## Newsletter Deadlines and Guidelines

Newsletters will be posted online in September, October, November, February, mid-March, mid-April, and mid-May. The deadline for submissions will be one week prior to post date. Please send all newsletter articles and photos to Mary Ellen Johansen at [johansenme@comcast.net](mailto:johansenme@comcast.net). Please call Mary Ellen @ 971-4316 or Julia Mullaney @ 567-2096 if you have any questions.



**WEST HIGH  
SCHOOL**

# COLLEGE CHECKLIST

Your Year-by-year Guide to Being Prepared for College

## YOUR FRESHMAN YEAR:

- Take challenging classes and work hard to make good grades. Your GPA (grade point average) is cumulative and starts now! Know your graduation requirements.
- Honors, AP (Advanced Placement), IB (International Baccalaureate) and Dual Enrollment courses will prepare you for college level work, and will prove to colleges that you are willing to work hard. Ask your school counselor to explain the requirements and benefits of these courses.
- Begin exploring the many different types of postsecondary schools including 2 year and 4 year, public and private, technical and professional schools, women's and Historically Black Colleges and Universities.
- Create a file of important documents in preparation for creating your resume.
- Explore your interests through clubs, volunteering and sports. Take an interest survey and explore careers on Tennessee Career Information Delivery System ([tcids.com](http://tcids.com)).
- Ask your teacher about what you need to do all year to be ready for EOC (End of Course) Exams that count 25% of your grade.
- Develop study, organizational, and time management skills. If you need help ask your school counselor, teachers, and parent/guardian.
- Take advantage of before and after school study sessions and ask your teachers about online study resources.
- Consider taking the PSAT in October as practice. Ask your counselor if you qualify for a fee waiver.
- Enroll on [CollegeforTN.org](http://CollegeforTN.org) to track your academic progress, and do research on colleges, financial aid, careers and more!
- College is expensive, but more than half of college students get some type of financial aid such as grants and scholarships.
- Attend the Smoky Mountain Regional College Fair in October.
- Attend Knox County Schools Annual Career Day Feb. 23 to visit displays and talk to employers and college representatives.
- Meet with your school counselor in the spring to talk about next year's schedule. Make sure that you sign up for courses that you need to prepare for AP and IB courses.
- Summer:** Use the summer to attend academic enrichment camps and workshops, and read, read, read!

## YOUR SOPHOMORE YEAR:

- Talk to your school counselor and parents about Honors, AP and IB courses. There are many ways that taking rigorous courses now will pay off in the long run!
- Research the IB program on the WHS website. If interested, contact your school counselor as soon as possible to review readiness for the IB program. You will need a recommendation from your teacher to take IB or AP classes next year.
- Make sure you are taking all classes needed for graduation, and to gain admission to the type of schools you are interested in attending.
- Begin your resume. You will use it for college applications and scholarship competitions.
- Continue exploring interests outside the classroom; keep track of activities, leadership, honors and awards.
- Meet with your school counselor to familiarize yourself with college planning resources.
- Create a list of colleges and universities in which you are interested and note their admissions requirements. Use college search engines such as [collegeboard.org](http://collegeboard.org); [act.org](http://act.org); [petersons.com](http://petersons.com).
- If you intend to play a sport in college, review NCAA academic requirements at [eligibilitycenter.org](http://eligibilitycenter.org).
- Take the ACT PLAN in October as preparation for the ACT.
- Ask your school counselor about taking the PSAT and/or SAT subject tests; discuss the results with your parents and counselor.
- Attend the Smoky Mountain Regional College Fair in October.
- Attend Knox County Schools Annual Career Day Feb. 23 to visit displays and talk to employers and college representatives.
- Meet with your school counselor in the spring to discuss next year's schedule.
- Summer:** Attend academic enrichment camps, volunteer, or work. Visit college campuses. Explore 2 and 4 year colleges, scholarships, and major fields on the web.

## YOUR JUNIOR YEAR:

- Talk to your school counselor about taking Honors, AP and IB classes next year. You must start IB classes (and a lot of AP classes) in junior year because they are 2 year courses.
- Stay on track for graduation.
- Know your graduation requirements and how many credits/what classes you already have.
- Familiarize yourself with college applications and compile all needed information.
- Narrow your focus in clubs and activities in order to increase your accomplishment and assume leadership roles.
- Begin thinking about topics for college essays. Review admissions applications and visit [commonapp.org](http://commonapp.org) for potential topics.
- Talk to recent graduates that are home on breaks; they are a great resource.
- Create an account on a free scholarship search engine such as [fastweb.com](http://fastweb.com).
- Take the PSAT and review results with your parents and counselor.
- Begin ACT/SAT test preparation. Ask your counselor about free resources.
- Research colleges and consult your parents and counselor about narrowing your list to a manageable number.
- If you intend to play a sport in college, review NCAA academic requirements at [eligibilitycenter.org](http://eligibilitycenter.org).
- Attend the Smoky Mountain Regional College Fair in October.
- Attend Knox County Schools Annual Career Day Feb. 23 to visit displays and talk to employers and college representatives.
- Make a list of adults who might write recommendations for you.
- Summer:** Work, volunteer, intern or take special courses to help define your interests and add depth to your college essays. Visit colleges. Work on your college essays and applications to reduce stress this fall.

## YOUR SENIOR YEAR:

### AUGUST

- Meet with your school counselor to discuss your final college list and discuss application deadlines. Make sure you have included “safe,” “stretch,” and “dream” schools.
- Provide your counselor with a list of all schools to which you will apply, what forms they must complete, and the application deadline.
- Submit your most current resume to your counselor for use in writing your letter of recommendation. Parents/guardians may also send information to assist those writing letters of reference.
- If you are considering playing sports in college, make sure that you have registered with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).
- Create a file for each college to which you will apply. Include a list of what is necessary for a complete application.
- Take either the ACT or the SAT in the fall so that your scores can be considered with your application.

### SEPTEMBER

- Check your school’s Scholarship Bulletin often. Copies can be picked up in the school counseling office or viewed online at your school’s website.
- Inform your school counselor at least one month in advance about any Secondary School Reports (a part of many applications which counselors must complete) and Mid-Year Reports; let them know if they can complete this online or whether a printed hard copy is necessary. If forms are required, print them and submit them to your counselor.
- Don’t forget to fill out a **transcript request** for each school to which you are applying and submit them to the registrar in the counseling office.
- Ask teachers who know you well and with whom you have a good relationship to write a **letter of recommendation** (if required by the college). Again, let them know if they may complete this online or provide them with the proper request form, your resume, and an envelope addressed to the college with postage included.
- Find out from the colleges to which you are applying whether a separate application is required for **Financial Aid/Scholarships**. Some schools automatically consider you when you apply; however, some schools require a separate application.
- If required by the colleges, file the CSS Financial Aid Profile online at [collegeboard.com](http://collegeboard.com).

### OCTOBER

- Attend the Smoky Mountain Regional College Fair to meet face to face with nationwide college representatives.
- Finalize and send any early decision or early action applications due this month. Have a parent, teacher, or school counselor review the application before it is submitted. **Always keep a hard copy of any application submitted electronically or through the mail.**
- Finalize your college essays.

### NOVEMBER

- Every college will require a copy of your high school transcript. Follow your school’s procedure for sending transcripts.
- Make sure your ACT/SAT scores have been sent to colleges directly from the testing company.

### DECEMBER

- Attend any **Financial Aid Workshops** held at your school. Request a pin number for you and one parent ([fafsa.ed.gov](http://fafsa.ed.gov)); this will become your electronic signature on your FAFSA.
- Your goal should be to have all applications completed by the end of the first semester.

### JANUARY

- Seniors and families can begin filing the Free Application for Federal Student Aid (**FAFSA**) This can be done online at [fafsa.ed.gov](http://fafsa.ed.gov) Complete it as soon as possible! In order to qualify for the **Hope Lottery Scholarship**, you must complete a FAFSA.
- Complete the CSS Profile (if required) at [collegeboard.com](http://collegeboard.com).
- Remind your counselor if colleges to which you have applied require a mid-year report.

### FEBRUARY

- Attend Knox County Schools Annual Career Day Feb. 23 to visit displays and talk to employers and college representatives.

### APRIL

- You may have received notification of acceptance prior to April 15; however, this is the common final notification date for colleges.
- Make your final college choice after you receive your acceptances. Decline any offers of admission in writing so that colleges may admit other qualified candidates.
- If you are “wait listed” by a college you really want to attend, visit, call, and write the admissions office to make your interest clear. Ask how you can strengthen your application.

### MAY

- May 1- this is the deadline for you to notify colleges of your final decision. Place only one deposit at a college. To submit more than one deposit at a college/university goes against accepted practice.
- Remember to accept financial aid offers and follow the instructions given.
- Make sure that you have submitted the senior survey including the final transcript request. The **senior survey** gives us information regarding scholarships you have received and which college you will be attending. We cannot announce your name at graduation as one who has received scholarships if you have not submitted the survey telling us what you have received...there is no other way for us to find out this information! We must send a final transcript to the school you are attending so it is critical that you complete the **final transcript request**.

### HAPPY GRADUATION!

## HIGH SCHOOL GRADUATION REQUIREMENTS (Beginning with Class of 2013)

*If you have ANY questions, meet with your counselor - better safe than sorry!*

- 4 years of English
- 4 years of Math  
(Algebra I, Geometry, Algebra 2, one higher level math)
- 2-4 years of the same Foreign Language
- 3 years of Science  
(Biology, Chemistry or Physics, one additional lab science)
- 3-4 years of History/Social Studies  
(World History or Geography; 1/2 US Government; 1/2 Economics; US History)
- 1 year of fine arts
- 1.5 Physical Education and Health  
(Lifetime Wellness and one additional 1/2 credit of PE)
- 1/2 Personal Finance
- 3 Electives in one of the elective focus areas (see counselor or website for details)