



WEST HIGH PTSO

NEWSLETTER

FALL 2015

WESTHS.KNOXSCHOOLS.ORG

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Big Orange Tour Bus Visits West!



"Rocky Top" rang through the halls of West September 30, 2015, when four of our senior classrooms got visits from The Big Orange Tour Bus. West was the first of seven local high schools visited by Chancellor Jimmy Cheek, Superintendent Jim MacIntyre, Smokey, and other representatives from UT to deliver early acceptance letters.

The Big Orange Tour Bus traveled to nine high schools across Tennessee delivering the good news to more than 2,000 students.

"As the state's largest public research university, 88 percent of our undergraduates come to us from big cities and small towns all across the state," Cheek said. "Visiting with students, principals and guidance counselors on their home turf helps us to stay in touch with their needs and boost our recruiting efforts."

UT's priority application and scholarship deadline is November 1. The regular deadline for high school students to apply is December 1. Info: admissions.utk.edu.

- excerpted from an article by Sara Barrett from the Bearden Shopper News, October 7, 2015.



A MESSAGE FROM PTSO PRESIDENT SHULI MESA

Did you know...

...that the PTSO has funded the startup capital for new clubs, given mini-grants for teachers, organized project grad; a lock in at the Zone for our seniors, handed out the Teacher of the Year Awards, and given a free t-shirt to all incoming Freshman?

We also provide a scholarship to two Seniors, oversee the Baccalaureate, conquer Thank a Teacher Week, sell Spirit Wear and snacks in the Book Store, and we even help compile the Back to School Folders.

Did I mention that we supply the much needed support in the front office and library?

And when it comes to our faculty and staff...let's just say that the PTSO keeps them well fed and loved throughout the year! Just think; a happy teacher leads to a happy classroom.

And that is just scratching the surface of all that we do. But don't take my word for it... Come see for yourself; we meet the first Thursday of every month at 8:30 in the library.

Every meeting we are directly exposed to all things West. First, we hear straight from Mrs. Banner on what the school is working towards and how far we have come. With both a teacher and student representative we further learn how things are being handled on the ground level and how the students are being implicated. Each meeting we highlight a specialized area; such as a mini-concert performed by Studio West or a discussion on the upcoming changes to the SAT and the importance of test taking for our children. This is on top of spending the morning catching up with other moms and updating the group on where we stand on the committee levels.

I would like to thank you for continuing to make West the Best.



WEST PTSO NEWSLETTERS ARE AVAILABLE QUARTERLY ON THE WEST WEBSITE:

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 what is going on at WEST!

What is the West High School Foundation?

And Why Should I Support It?

A Message from David Eldridge, 2015-2016 President

Through your contributions, the West High School Foundation supports our students and faculty in an effort to give our students the best education possible. The minimum public education guarantees kids a *free* education; it does not guarantee a ***first-rate or even a good education***. And the reality is that our students, teachers, and our school need more resources to compete with the best schools in the region and the country and to give our kids the best support we can to thrive in the world they will inherit.

To give you an idea of what your contributions to the Foundation do for our school, in the last school year, your gifts provided:

- \$9,000 in "Above & Beyond Recognition Awards" to WHS Teachers**
- \$25,000 to help support the West PTSO to fund their many WHS projects**
- \$21,000 for faculty grants for supplies and equipment**
- \$6,000 in professional development, providing grants to our faculty to continue their education**
- \$12,000 in computer technology expenses**
- \$10,000 for educational enrichment programs**
- \$20,000 for faculty support**

In addition, this year, because of the increasing technology needs at the school, the Foundation has already committed:

- \$27,500 for 120 Chromebooks and 4 charging stations**

In the coming weeks, you will receive a letter providing more information about the school's needs and asking you to make a pledge to the Foundation. We will also be conducting a phone-a-thon the week of November 16. Please help our school be the best with a gift to the Foundation. You can send your gift to our address at P.O. Box 1032, Knoxville, TN 37939, or give on line at westhighfoundation.org. Thank you for your consideration and if you have any questions, please don't hesitate to drop me an email at david.eldridge@comcast.net.





2015-2016 PTSO Board of Directors and Committee Chairs

President

Shuli Mesa, shulime@gmail.com

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

Jennifer Yates, Jenshu4@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

*minutes-Leanne Kersey, lmkersey@me.com

*membership-Carolyn Rezler, ckrezler@gmail.com

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

Treasurer

Sharon Toedte, toedte@comcast.net

Beth Dible, bethdible@yahoo.com

Tracks all financial activities of PTSO. Works closely with Bookstore Recorder 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. Tracks income from Business Support activities.

Parliamentarian

AmyEvans, amydevans@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

Ellen Keim, dvellenk@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.

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

Patti Blevins, randyblevins@comcast.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.

Library Volunteers

Sylvie Mathot, sylviem@hanset.org

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, torajboyd@gmail.com

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

Newsletter/Public Relations

Julia Mullaney, themullaney@comcast.net

Virginia Babb, virginia_babb@yahoo.com

AmyEvans, amydevans@comcast.net

Kelly Pryor, pryor3@aol.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. Writes articles for local newspapers.

Nominating Chairman

Suzanne Caruthers, scaruther@bellsouth.net

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

Open House

Marisa Stone, marisatstone@gmail.com

Marsha Dance, marshadance@comcast.net

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

Office Volunteers

Sharon Toedte, toedte@comcast.net

Jennifer Serle, jennifersearle@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.

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.

Senior Events

Coordinator:

Amy Evans, amydevans@comcast.net

Senior Suppers

Paige Wardell, paigewardell@gmail.com

Poppy Beach, 50toes@comcast.net

Senior Awards Celebration

Eleanor Broady, samanneb@gmail.com

Mary Ellen Kilburn, kilburn@bellsouth.net

Senior Breakfast

AmyEvans, amydevans@comcast.net

Baccalaureate

Julia Mullaney, themullaney@comcast.net

Graduation Programs and Class Posters

Amanda Brown, amanda.brown@knoxschools.org

Graduation Lock-In

Leanne Kersey, lmkersey@me.com

Publicizes winners and ensures scholarship are awarded to winning seniors

Soiree Co-Chairs

Marisa Stone, marisatstone@gmail.com

Ellen Sullivan, jsullivan123@comcast.net

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

Stephanie Case, stephanie@caseantiques.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.

Teacher Appreciation/ Hospitality

Patti Blevins, randyblevins@comcast.net



West High School PTSO

IMPORTANT DATES 2015-2016

November 15.....	First Senior Supper.....	4:30 pm
December 3	PTSO General Meeting	8:30 am
December 17.....	Teachers Holiday Breakfast- Hospitality	8:00 am
January 7.....	PTSO General Meeting	8:30 a.m.
February 4.....	PTSO General Meeting	8:30 am
February 12.....	Teachers Italian Lunch - Hospitality.....	11:30 am
March 3.....	PTSO General Meeting	8:30 am
March 5.....	WHS Spring Soiree, Lighthouse, Knoxville.....	6:30 pm
March 10.....	PTSO Triple I Scholarship Application Due.....	Due by 3:30 pm
March.....	Second Senior Supper.....	TBD
April.....	Senior Breakfast	TBD
April 7.....	PTSO General Meeting	8:30 am
May 5.....	PTSO General Meeting	8:30 am
May 2—6.....	National Teacher Appreciation Week	
May 2.....	Teachers’ Bagels and Juice—Hospitality.....	8:00 am
May 5.....	Teachers’ Cinco de Mayo Lunch—Hospitality.....	11:30 am
May.....	Senior Award Celebration.....	TBD
May.....	Senior Luncheon.....	TBD
May 15.....	Baccalaureate.....	4:00 pm
May	Graduation/Graduation Lock-in.....	2:00 pm

Dates are subject to change. Any changes will be noted in the newsletter.

SAVE THE DATE!



West High 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

enter the email address:
westhighrebels13@gmail.com

enter the password:
westrebels15

EDUCATIONAL SUPPORT

1st Semester PTSO Mini-Grants Applications 2015



Nancy Williams (pictured with senior Corbin West) - **Library** - Books (Graphic Novels/Manga)

Jessie Stephens - **English** - Rolling Organizational Cart

Shellie Ayres - **Art** - Pressure Washer and Shop Vac

Andrea Lawyer - **Math, English and Spanish** - Color printer for Instructional Coaches to share

Lisa Nelson - **Theatre** - Ipad Air Wi-Fi 32 GB & Tripod

Amanda Sharp - **Upper House (11th/12th grades)** - Positive Behavior Intervention & Supports

Carrie Hastings - **Social Studies** - Cost of a Substitute Teacher & Lunch for the Judges for National History Day

** Total awarded was \$2,500.*

WHS Foundation Grants 2015

In the last month, the following grants have been approved to support West High School. If you would like to donate so that this type of support can continue, please send your donations to the **WHS Foundation, P.O. Box 10321, Knoxville, TN 37939.**

- 120 **Chromebooks** and 4 charging stations will be purchased for students use throughout the school.
- A Porta Roller for the **Art Department** to better work in clay.
- **Ms. Nanney, WHS Science Teacher**, travel expenses covered to the National Science Teacher Association Conference in Philadelphia
- **Amanda Sharp, WHS Social Studies Teacher**, travel expenses to the National Council for Social Studies Teachers in New Orleans. Ms. Sharp will be a presenting speaker.
- **Sara Scott, Dance Team Sponsor**, partial funding of travel expenses to the Dance Team National Competition.

Help support the WHS student, faculty and programs through donations to the WHS FOUNDATION!

Thank A Teacher Week

CHILI LUNCHEON

The PTSO Hospitality Team led by Patti Blevins and Mimi Grove treated our West teachers to a chili luncheon Oct 2nd. Over 100 people were served as part of our "Thank a Teacher" week celebration. Teachers were also given breakfast one morning as well as daily surprises (like personalized West frisbees). Thanks to Trader Joe's for donating 120 candy bars for our entire staff! We are so grateful for our dedicated administration and teachers. Thanks to all the cooks and bakers who contributed their time and talents!



Save the date!

December 17—Holiday Breakfast

The PTSO will provide bagels and pastries. We will need volunteers to send in small items to give away that morning: pencils, kleenex, hand sanitizer, paper, gift cards, etc. All items will be on sign up genius. Contact Patti Blevins at [865-207-1806](tel:865-207-1806) (and send her your email) to help.



It is so EASY to give money to West High School through your regular shopping. Just take a few minutes to link your loyalty cards at Target, Kroger & Food City. Do you shop on Amazon? Go to the Amazon Smiles site instead. Shopping for Back- to-School supplies? Mention our school ID at Office Depot and you are helping the school!

Just follow these simple instructions below!

FOOD CITY

Food City supports our school every time you swipe your loyalty card that is linked to West High School. When you purchase your groceries at Food City, tell them you are a West High School student, parent or staff member. They will enter the school code 40820, then a percentage of your purchase will go to West!

KROGER

Every August, you must re-register your Kroger loyalty card in order to get a percentage of purchases given back to the school. Go to krogercommunityrewards.com to register for the West High School program. Our school ID#107214. Even if you have registered your loyalty card before, between August 1-31 new and returning customers must re-register their card.

PUBLIX

Pick up your key tag for Publix in the West High School office. Your purchases will benefit the school.

OFFICE DEPOT

Any time you buy 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 School. Use it for “Back-to-School” supplies and all year long!

AMAZON SMILE

Are you an Amazon shopper? You can help raise money for West every time you shop through their Amazon Smile program. All you have to do is go directly to this link (you can even make it one of your “favorites”) and do all of your shopping here: <http://smile.amazon.com/ch/26-2554344>

TARGET

Register your Target Visa or Target Debit with their TAKE CHARGE OF EDUCATION program and designate “West High School”. Go to www.target.com/tcoe to register your card and designate West High School. Every time you shop at Target, a percentage will be given back to the school.

DEAD END BBQ

Located nearby on Sutherland Avenue, Dead End BBQ supports West High School by donating \$1.00 to West High School every time a “Rebel Yell” Burger is ordered. Stop by often to eat a “Rebel Yell” Burger!

CROWN CLEANERS

Are you a Crown Cleaners customer or in need of a dry cleaner? Crown Cleaners has 2 locations and also has free pickup and delivery. Just let them know you are a West High School supporter and a portion of your sales will benefit West High School PTSO.



Join West High School PTSO

The Parent Teacher Student Organization (PTSO) welcomes you and offers you an opportunity to join this dynamic group in making a positive difference at West High School. Every dollar invested through Membership Dues and Enrichment Contributions stays at West to enhance the educational experience of every student.

Enrichment Contributions are above-and-beyond donations used to purchase materials and equipment and to fund projects not paid for by Knox County Schools. Won't you please consider making an even greater impact with an Enrichment Contribution of any amount?

Anyone can join – parents, guardians, grandparents, staff, students, and friends!

Member Name _____

Email _____ Phone # _____

Member Name _____

Email _____ Phone # _____

Student's Name _____ o 9th o 10th o 11th o 12th

Student's Name _____ o 9th o 10th o 11th o 12th

Student's Name _____ o 9th o 10th o 11th o 12th

MEMBERSHIP DUES

\$ _____ Family Membership - \$20/family

\$ _____ Staff Membership - \$5 each

\$ _____ additional Enrichment Contribution (no donation too small...\$10, \$20, \$100, \$500, \$1000)

\$ _____ Total amount enclosed

Make check payable to WHS PTSO. Please return this form, along with your check, to the main office.

VOLUNTEER OPPORTUNITIES

West High depends on its wonderful volunteers to help the school community operate efficiently. How can you help?

- Office Volunteer:** Assist the staff by greeting visitors, assisting parents & students, and answering the phone. One shift monthly, either 8:30am-12:00pm or 12:00pm-3:30pm.
- Bookstore Volunteer:** Work with a fellow parent volunteer in the WHS Rebel Corner and interact with students making purchases. One shift monthly, either before school or during lunch.
- Library Volunteer:** Assist librarians with re-shelving, check-out, plant care, etc. One 2-hour shift monthly.
- Soiree Committee Volunteer:** Help plan our annual spring fund-raising event. Work with committee members and local businesses to plan the dinner/auction event.
- Hospitality Events Volunteer:** Help by providing food and by serving at Faculty & Teacher Appreciation events.
- Senior Events Volunteer:** Help to plan senior events such as Senior Suppers, Senior Breakfast, Senior Celebration, Baccalaureate.
- Mini-Grants Volunteer:** Helps review mini-grants submitted by teachers in the Fall and Spring.
- PTSO Scholarship Volunteer:** Help to review scholarship applications to determine recipients.

Facility & Grounds Volunteer: Help with grounds clean-up days and planters at the WHS main entrance.

Volunteer Pool: Include my name in the volunteer pool and contact me to inform me of opportunities to help as needs arise.

Other Contributions: I have other talents and resources that might benefit WHS, please contact me about the following:



Get Your Spirit Wear!

The **Rebel Bookstore** is open during lunch every Wednesday and each morning before school from 8—8:30 a.m. There are lots of new styles and designs to choose from, and prices range from \$12 tees to \$25 sweatshirts. Stop by and do some Christmas shopping!



Clean Up Day At West



Thank you to WHS Parent, Bonnie Marret, for organizing a grounds clean-up at West. Huge thank you to everyone who showed up to participate including several students -- Eric Middleton, Anthony DelCaro, Nyiah Ikard, Walker Smith, Noah Mesa, and Puxin Xuanyuan.



Alumni Spotting

West graduate, Abraham Amatari, right, was spotted in the newspaper visiting local health care residents in September. He is a sophomore at UTK and a Volunteer cheerleader. (Photo from *Bearden Shopper*)

SENIOR RECOGNITION



National Merit Semi-finalists

Margaux Armfield,
Justin Stevens,
Brenna Armfield,
Benji Toedte,
& Emily Plank

Senior Superlatives Awarded During Annual Skits

- **Mr. & Ms. West:** Grady Beach & Gil Turner
- **Best to Bring Home to Mom & Dad:** Anne Broady & Cole Skvara
- **Most Talented:** Fiona Boyd & Hayden Smith
- **Most Likely to Brighten Your Day:** Tori Duncan & Bennett Neece
- **Most Likely to Succeed:** Caroline Chapman & Justin Stevens
- **Most Involved:** Ella Walsh & Griffin Hamstead
- **Best Dressed:** Jamaya Gillis & Jackson Kilburn
- **Best Smile:** Madison Thomas & Rome Wells
- **Most Likely to Survive a Zombie Apocalypse:** Lizzie McKeen & Jake Whitfield
- **Best couple That Never Was:** Sam Springer & Mary Kathryn Redd
- **Most Likely to Make a Difference:** Bailey Butler & Frenando Blevins
- **Most Athletic:** Nicole Adams & David Kraski
- **Most School Spirit:** Kailyn Johnson & Cooper Thomas
- **Funniest:** Arielle Booker & Gavin Kres

IB Update

The senior class has 27 Diploma candidates and the junior class has 33 Diploma candidates. There are 113 senior Certificate students and 70 junior Certificate students.

Sarah Bast is visiting sophomore English classes this month to talk about IB, what their options are and reviewing the application process. Current sophomores will apply to IB (both Certificates and Diploma) at the beginning of January.

Senior Night!

Congratulations to all the Seniors recognized during Friday night's game.



The Football Team led by Head Coach Jeff Harig: Dee Bingham, Tyreke Cobb, Chris Davis, De'Erick Elder, Blake Ensley, Jamarius Franklin, Ardarius Geter, Isaiah Mobley, Dazhan Rogers, Cole Skvara, Cameron Trainer, Justin Webb, Rome Wells, Corbin West, Jake Whitfield, Tyler Yarski and Rob Williamson

The Band led by Blake Garcia: Fernando Blevins, Promise Carter, Kaleb Emmert, Kirsten Fandrich, Sarah Fisher, Jamauri Griffin, Eve Herinkova, Joe Hutzenbiler, Matthew Jenkins, Diamantii Jones, Aaron Northcutt, William Roberts, Jordan Robinson, Dmarkus McKenzie Simpson, Ritchie Todd and Brandon Vasquez



The Cheerleaders, led by Paula Franklin and Kristin Simerly: Savannah Huff, Kailyn Johnson, Jazzmine Joiner, Emily Jones and Brooke Treece



Dance Team led by Lisa Hoffman and Sarah Scott: Tori Duncan Alayne Hoffman, Meghan Jardine, Whitney Lloyd, Reilly Sawyers and Dani Swaggerty

Cross Country coached by Patrick Gildea: Bruce Boles, Ethan Grissom, Adam Johnston, Evora Kreis, Dyana Metheny, Megan Murray, Cameron Riehl, Justin Stevens and Ben Welsh



Girls Soccer coached by Nicholas Kim: Morgan Jones, Allie Marret, Molly Stooksbury and Leslie Williams



Golf led by Todd O'Dell: Will McClamroch, Aiden Searle, Kendall Tomberlin and Dani Swaggerty

The Navy National Defense Cadet Corps led by Mark Labello: Brandon Bell, Adam Berrios, Sean Berrios, Alexis Brooks, Alex Espinoza, Joshua Hurst, Joseph Hutzenbiler, Shelby Jones, Michael McMahan and Bryan Tillery Jr



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).
- ◇ Ask your teacher about what you need to do all year to be ready for EOC (End of Course) Exams that count 20% 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 CollefeorTN.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 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; act.org; petersons.com.
- ◇ If you intend to play a sport in college, review NCAA academic requirements at eligibilitycenter.org.
- ◇ Take the ACT PLAN in October as preparation
- ◇ 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 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.
- ◇ 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.
- ◇ Attend the Smoky Mountain Regional College Fair in October.
- ◇ Attend Knox County 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.
- ◇ 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.

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); 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 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.
- ◇ 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

*This guide was compiled by West High school counselors and parents from information provided by the **National Association of College and Career Counselors** (nacacnet.org).*

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

- 4 years if English
- 4 years of Math (Algebra 1, 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)

- 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).

Art & Theatre

The WHS Art Department invites you to

EMPTY BOWLS

soup/chili fundraiser for
THE LOVE KITCHEN



THURSDAY, NOVEMBER 19th 6-7 PM
in the WHS cafeteria
tickets: \$10-advance \$12-at the door
additional donations welcomed and appreciated

Each ticket holder will enjoy soup/chili and be entertained by the WHS Jazz Band. Each ticket holder will leave with a unique, hand-made bowl to keep.

Anon(ymous)

The West High Theatre Department presents a modern day retelling of Homer's *Odyssey*. In this version, students will be portraying refugees making their dangerous journeys to America, searching for a new home.

In the play *Anon(ymous)*, after being separated from his mother at sea, "Anon" begins his search from her, and encounters many dangers such as a one eyed butcher, an obsessive young girl, and a malicious sweat shop owner. The writer, Naomi Iizuka, is an award-winning professor who teaches playwriting at the University of California, Santa Barbara.

Steel Magnolias

On December 4th, come enjoy the IB theatre program's presentation of *Steel Magnolias*. Directed by senior **Ike Hannah** and starring a cast of Advanced and IB Theatre students, *Steel Magnolias* highlights the bond between a small group of southern women in Louisiana. These women will have you laughing non-stop all evening, while they demonstrate grace under pressure, laughter through tears, and friendship that endures.

The play will be presented at 7:00 in the Main Auditorium. Tickets will be \$5 for students and \$7 for adults. Hope to see you there!



ORGANIZATIONS



Band members Brandon Vasquez, Kirsten Fandrich and William Roberts model their new uniforms.

WHS Band Excels at Competition

Saturday, October 17, the WHS Band competed at the Admiral's Cup Invitational and won class awards for **Best Overall Percussion, High Music, and Best Overall Band.** The band was also awarded **Grand Champion of classes A through 3A** and received awards for **Highest Overall Visual and General Effect.**

Congratulations for all of their hard work and dedication!

WHS Band Debuts New Uniforms

The West High School Foundation, along with the WHS Band Parent Association and other private donors, joined in funding the purchase of new uniforms for the band for the 2015 marching season.

West last had new uniforms in 2007. "The new ones breathe easier, they're washable, newly innovative and up with the times," said Melissa Mack, head chaperone and West Band Booster chair.

Previous WHS band director Jeremy Lumpkin chose the new design "because he wanted something that would reflect what success looked like, and school pride, she said. Lumpkin wanted new uniforms to be the final stamp he left on the band, and wanted Blake Garcia, current band director, "to come in on a good foot."



- excerpted from an article by Sara Barrett for the Bearden Shopper News, October 7, 2015.

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ORGANIZATIONS

National Spanish Honor Society

Last month, many of us attended the HoLa Festival in Market Square to celebrate the Latino community within Knoxville. We tried delicious food, heard good music, and saw the parade of nations! As always, it was muy divertido!

This month, we are preparing for our 3rd annual Day of the Dead Festival. It will be at West High on Tuesday, November 3rd at 5pm. We hope everyone can come out and learn a little bit about the Día de los Muertos with us!



On November 11th, we will also be dining at El Mezcal to have buena conversación y comida.

Our fiesta de Navidad is December 1st.



West Spanish Students Caroline Chapman, Alex Bernard and Jamie Mehula at the Great Llama Race

Student Council

On October 26, the Student Council provided a Trunk or Treat event for the students at Pond Gap Elementary. In spite of the rain, members dressed up and handed out candy to lots of happy kids.



SPORTS

Cross Country Team News Megan Murray Wins State Championship!

On October 15, the West Cross Country teams competed in the annual KIL race, competing against all other Knox County High School teams. Both the girls and boys teams placed 5th in the race. Megan Murray placed first in the girls race and was named to the All-KIL team, and Elizabeth Babb and Lindsay Stallworth also placed in the top 25.

Adam Johnston placed 3rd and Bruce Boles placed 4th for the boys team and were also named to the All-KIL team, and Brock Warwick also placed in the top 25.

Megan Murray went on to win the State Championship in Nashville November 7.



Coach Patrick Gildea is shown at the Knoxville Interscholastic League (KIL) championships at Sequoyah Hills Park with medalists Elizabeth Babb, Lindsay Stallworth, Megan Murray, Brock Warwick, Bruce Boles and Adam Johnston.

Football Team Wins 2015 Region Championship!

Congratulations to the West High School Football Team who defeated Heritage and won the Region Championship for the first time!



Homecoming 2015



In the weeks leading up to Homecoming, October 17, students collected \$2,300 and 18,000 pounds of food benefitting the Love Kitchen and FISH Pantries as “votes” for the Homecoming Queen. The Queen, princesses, attendants and their escorts were presented during half-time of the Homecoming game against Heritage. Congratulations to our winners! And thanks to all of those who contributed food and money.

Our WHS attendants, princesses and queen were:

FRESHMEN: Ava Peer—Princess, Atzimba Ramos, Anna Scott, Maggie Sparks

SOPHOMORES: Nichole Dudenbostel—Princess, Christell Foote, Erica Greer, Jada Mostella, Lyric Ray, Yukai Tomsovic

JUNIORS: Madison Burkett—Queen, Brianna Snell, Deaisha Stegall, Doshenique Stewart, Tionna Thompson—Princess, Marguerite Troutman, Jonasia Tyler

SENIORS: Arianna DuBose, Haley Dykes—Princess, Precious Johnson, Carly Rucker, Kendlayn Smith, Kendall Tomberlin

Queen Madison Burkett with escort

