

TIGER TRACKS

www.arlingtonhighptsa.org



Volume 4, Issue 5

January 2012

PTA

PURPOSES

- *TO PROMOTE* the welfare of children and youth in the home, school, community and place of worship.
- *TO RAISE* the standards of home life.
- *TO SECURE* adequate laws for the care and protection of children and youth.
- *TO BRING* into closer relation the home and the school, that parents and teachers may cooperate intelligently in the education of children and youth.
- *TO DEVELOP* between educators and the general public such united efforts as will secure for all children and youth the highest advantages in physical, mental, social and spiritual education.

From the PTSA President

As we ring in the new year please take the time to see how you can spend more time with your child. They are growing so fast and some of them will be graduating in 5 short months. Whether it is asking how their day went, what college they are wanting to go to, or who that special someone is, it is well worth your time to connect with your child. We only have a short time with them and we need to make the most of it. They learn their morals and values from us whether good or bad. Let's not be the parents who look back and wish we had done a better job. The PTSA tries to provide the opportunity for you to have the material and resources to help your child be the best they can. If there is anything you need to help your child succeed in school and in life, please let me know. We are here to help.

Our Founder's Day program will be at 6:30pm on February 7th and we will be recognizing our cultural arts reflection contest winners. We had some wonderful entries and some even won at the county level! They are being forwarded on to the state level for another round of judging. We will also be presenting some other special student recognitions. At the meeting we will have some information on important topics our students face today: teen pregnancy, teen suicide, bullying, drug and alcohol abuse, and texting while driving. Let's all work together to help our AHS students make the right choices and be the best they can be. We also need to vote on a change in our bylaws, so please make every effort to come to this special and informative meeting.

If you have a senior who has not joined the PTSA and wants to try to win one of the two \$500 scholarships we grant each year, they have until January 27th to join.

Let's all have a great 2nd half of the school year.

Melinda Wilbanks

President
AHS PTSA
hammwilbanks@bellsouth.net

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Make the
Connection 

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Founders Day Program

Please join us on February 7th at 6:30 PM in the AHS Auditorium as we celebrate PTA Founder's Day!! There will be a short presentation about the founding mothers of the PTA. We will also be honoring our winners of the Reflections contest as well as some other student recognitions. There will also be some useful information provided at the evening's program that will help you deal with our teens issues of today. We will also be voting on one change in our bylaws.

Please join us for a wonderful evening as we honor those individuals that started the tradition years ago of promoting quality education for all children and those individuals that are continuing in that same tradition today.

Principal of the Matter

Happy New Year and welcome to the 2012!

I am looking forward to a great spring semester at AHS. As a result of the efforts of students and staff, Arlington High School is a fully accredited high school meeting all of the requirements of the Southern Association of Colleges and School and continues to maintain "Good Standing" with the State Department of Education! I am pleased to report that AHS exceeds the Shelby County Schools and Tennessee State standards in Language Arts and Math. This information is available at: <http://www.tn.gov/education/reportcard/>. Our school is a work in progress, and we are going to continue striving to higher levels of academic performance.

This should prove to be another strong semester for the AHS community of learners. A new semester allows each of us to set some goals for the rest of the year. I'd like to propose several new challenges for each student.

First, an academic challenge. We have a wide variety of students at AHS, but every one of you has the chance to perform to the best of your ability. Take some time to set a goal for yourself with regard to your learning. This could mean shooting for honor roll each nine weeks, or it could mean working toward a certain grade point average. It could also mean working toward passing an EOC test or taking our new ACT preparation class. This semester we will be offering tutoring class on Saturday from Jan-March. Please select the following link for the dates and times: <http://www.scsk12.org/SCS/high/Arlington/welcome.html> At AHS, preparing for your ACT begins the first day you go to class. Rest assured that the time you invest in ACT Prep will increase your chances of admission to the college of your choice and of meeting the requirements of the Tennessee Hope Scholarship.

http://www.tn.gov/collegepays/mon_college/hope_scholar.htm In this day and time, the maximum award of \$6,000 per year comes as a welcome benefit when enrolling in postsecondary institutions. The key is to not settle for the basic minimum when it comes to your academic life. I wish you the best in this challenge.

My second challenge is to "**make the connection**" become involved in the life of your school. We have so many opportunities at AHS for students outside the classroom. Whether it's playing on the AHS Baseball team or singing in the choir ... or participating in an award-winning club like FCLA Club or DECCA, there is an opportunity that is right for you. Sometimes finding the right fit is not easy, but once you find the right fit ... it is always worth it.

My last challenge is for all of us to work together as a proud community of learners. We spend the majority of our days at Arlington High School, and many of us refer to it as "our second home." As you walk through your days here at school, remember that we should all be proud of who we are and what we do. This means that we work hard in the classroom... each day, you should be prepared to learn and do your best. This means that we respect each other... that we treat others as we would like to be treated.

I hope that you will take these challenges and that you will have a great second semester. Make the most of every opportunity. I look forward to seeing each of you on campus.

Have a great 2012!

Sincerely,
Jeffry A. Cozzens, Ed.D.
Principal

Arlington High's Meera Krishnan Published in International Medical Journal

Dr. Meera Krishnan is sharing her medical research with the world!! Dr. Krishnan has conducted research for many years on the origin and pathology of the disease Lupus. She and a group of colleagues have been published 12 times, and their latest findings were recently accepted for publication in the medical journal, *Kidney International*. The strongest indicator for Lupus is antibodies to one's own DNA, and the majority of patients with Lupus have complications associated with anti-DNA antibodies in the kidneys. The published research, titled, "Anti-DNA Autoantibody Initiates Experimental Lupus Nephritis by Binding Directly to Glomerular Basement Membrane in Mice," investigates how these antibodies actually bind to the kidneys. Dr. Krishnan teaches honors and AP biology at AHS. She is also an immunologist. Congratulations Dr. Krishnan, we are so very proud!!!!



PTSA Scholarships



Each year, the AHS PTSA awards two **\$500 scholarships** to graduating seniors. To be eligible, all applicants must be a current member of the AHS PTSA.

Please go to our website at www.arlingtonhightptsa.org for information on becoming a member. A scholarship application will be available through Mrs. Chisum in the Guidance Office and also on our website. The application deadline is March 11, 2011, however, **you must join the AHS PTSA to be eligible**. Please join today!!!

Cultural Arts 2011-2012 Reflections

Please join us at upcoming PTSA Founders Day program on Tuesday, February 7th. We will be recognizing the AHS winners in this year's Reflections Contest.

We would like to say a very special "Thank You" to all of the participating students, supporting teachers/administration staff and community stakeholders - Tommy and Tammy Ashker with the Thomas Kincaid Art Gallery in Wolfchase Galleria Mall, who helped to make this program a success!!

Please come out and support the winners of the Reflections Contest! We hope to see you there!!



Nominating Committee

The AHS PTSA is currently seeking individuals who are interested in serving on the 2012-2013 PTSA Board. This is a great way to be involved and get to know what is going on at AHS. If you are interested and need more information, please check out our website at www.arlingtonhightptsa.org and click on PTSA Board on our home page or contact Maggie Cabot at mtcabot@comcast.net or Lauren Foshee at blinfoshee@comcast.net

Please complete the application form and mail it to AHS PTSA Nominating Committee at 5475 Airline Road, Arlington, TN. The deadline to apply is April 1.

AHS PTSA
Nominations & Leadership
Development Committee

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Student Delegation from Arlington High Represents SCS at University of Central Arkansas Model UN Conference

A 10-member student delegation from Arlington High School traveled to The University of Central Arkansas recently for the Model United Nation's Conference. Arlington was one of 24 schools from Tennessee, Florida, Mississippi and Arkansas to participate in this year's conference. The students combined to represent 70 countries. Six Arlington delegates represented Poland, and the other four represented the Netherlands. For two days, student committees researched and debated topics ranging from national government control, manipulation over the Internet and youth to global unemployment, eradication of tobacco use and national/international legal jurisdiction. All 10 delegates did an outstanding job, and the AHS team representing the Netherlands won a Best Position Paper award for its collaborative work. AHS students will represent the countries of South Korea, Kuwait and Canada at the same conference in 2012.

Up next this school year is the Mid-South Model UN Conference at Rhodes College in February, where the students will be representing the United Kingdom, Israel and Pakistan. ***Pictured here are:*** (Back, L-R) Mitchell Bentley, Walker Pitts, Jesse Silva and Dvid Trivedi; (Middle, L-R) Ben Harrison, Chase Featherston and Drake Watson; and (Front, L-R) Samantha Bennett, Abigail Lockard and Kristen Barnes.



Arlington Dance Teams Deliver at TSSAA Championships!

Varsity Girls Win Fourth Straight State Title; JV Squad Scores Second in a Row

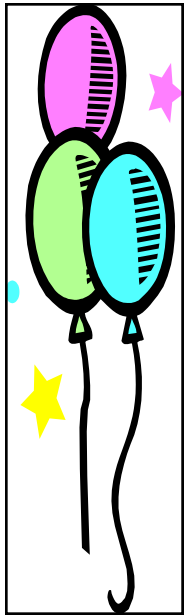
Arlington High School's JV and Varsity Dance teams were two of the best to compete at the 2011 TSSAA Dance Championships. The Varsity team won first place in the Large varsity Pom Division for its fourth state championship in a row. The Varsity girls also followed up their 2010 state championship in the Large Varsity Hip Hop Division with a close second place finish this year. The Junior Varsity Squad took first place in the JV Pom Division. This is the second consecutive year the JV girls topped the Pom Division. **Congratulations, Tigers!**

Varsity team members: (Top photo - Front, L-R): Chelsea Ehalt, Madison Furr, Allie Raney, Amberly Rankin and Morgan Grammer; (Middle, L-R): Sharnique Smith, Samantha Copeland, Sydnie Sacco, Asia Payne, Sierra Dexter, Rachel Nichols and Tabitha Tipton; (Back, L-R): Candace Wright, hip hop choreographer, Wendy Wissman, pom choreographer, Carly Hall, Ambria Beasley, Breanna Boddie, Greta Rossmeissl, Jennifer Levi, team sponsor, McKinsey Harmon and Lisa Powers, coach.

JV team members: (Bottom photo - Front, L-R): Chelsey Harris, Demi Harris, Angela Washington, Rana Webb, Rachel Chambers and Gabrielle Harrison; (Back, L-R): Samantha Smoot, Mone' Owens, Jazmin Jones, Maddy Ray, Jene' Owens and Jami VanBuskirk;



January Birthdays



| | |
|------------------|------|
| Kelti Manning | 5th |
| Shanda Young | 7th |
| Skip Blythe | 9th |
| Brendan Harvey | 21st |
| Shantell Jackson | 25th |

February Birthdays

| | |
|-----------------|------|
| Linda Durbin | 1st |
| Ed Riddick | 5th |
| Michelle Sluder | 9th |
| Anna Terry | 9th |
| Kelli Arena | 11th |
| Chris Wiley | 12th |
| Elaine Johnson | 17th |
| Kevin Stoope | 21st |
| Leon Pickett | 27th |



Heath and Safety

Healthy Snacking

With our kids being pulled in many different directions these days due to school, homework, jobs, and their social life, finding time to snack appropriately is not a priority to them. But snacking on healthy foods can keep their energy level high, immune system strong, and helps to maintain a healthy weight. Healthy snacks are a great way to curve the hunger and get in some extra nutrients needed to ensure proper growth during those teenage years.

Smart strategies for healthy snacking include: staying away from foods with simple carbohydrates like candy and cokes. Instead, eat foods that contain complex carbohydrates like whole grains and combine them with proteins such as peanut butter or cheese. Keep healthier options readily available in the refrigerator or pantry such as fruits, vegetables,

and cheese in a ready to go bags. Keep a healthy snack in their backpack or car so that they always have a healthy snack available. Last but not least, when they do have an unhealthy snack, make sure the serving size is small and only in moderation. It's ok every now and then to have an unhealthy snack but be sure to balance it with many more healthy snacks.

Those who eat regular meals and healthy snacks are less likely to overeat and gain weight. Also, choosing the right snack before doing homework can help the student to stay focused without worrying about being hungry or extra calories.

Karen W. Whitten, RN-BSN
AHS School Nurse



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SCHOOL PTSA
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MARK YOUR CALENDAR

| | |
|-------------|----------------------------------------------------------------|
| January 16 | No School |
| January 27 | Deadline to join PTSA in order to qualify for PTSA Scholarship |
| February 1 | TCAP Writing Assessment 11th Grade |
| February 7 | Founder's Day Program & General Meeting 6:30 PM |
| February 9 | Parent Teacher Conferences |
| February 10 | No School |
| February 15 | Practice ACT test for Juniors |
| February 20 | No School |

Be sure to LIKE us on FACEBOOK to be Connected and stay Connected with all the AHS PTSA Events!! You can find us at Arlington High School PTSA



Like us on
Facebook

Connect with the Clinic....Donations Needed

Our school clinic is always in need of the following items especially after the holiday break!! If you would like to contribute to any of these Wish List items, please feel free to drop them off in the office marked to the attention of the clinic or call Patti Joyner at 848-1137 for large items to be picked up.

Clinic Wish List:

- **Band-Aids (all sizes)**
- **Peppermints**
- **4x4 bandages**
- **Kerlex bandages**
- **Dixie cups-small**
- **Zip Lock bags (all sizes)**
- **Copy paper (colors)**
- **Bleach**
- **Detergent**

- **Pulse Oximeter**
- **Exam Table or Recovery Couch**
- **Pen lights**

Remember, the school clinic receives no funding for supplies and relies solely on your donations. Your thoughtful consideration would be greatly appreciated not only by the school nurse, but also by the student body.

Thank you!

Patti Joyner
VP Health & Safety
AHS PTSA

