

Principal's Newsletter

James Monroe High School
Dr. Taneshia Rachal, Principal

Dear Parents and Friends,

October is here, and we have had an excellent start to the year. This is traditionally a busy and exciting time at our school. The faculty, staff, and students are acclimated to their new schedules and are actively involved in academic as well as extra-curricular activities. JAYEM A.M. is up and running. The program, which begins daily at 7:30 and concludes at 8:00, allows students the opportunity for remediation, enrichment, and school club meetings.

Parents please make plans to attend our first JMHS Boosters meeting of the year on October 1 from 6:00-7:00 P.M. in the lecture hall (Room 120). Our first **Principal's Coffee** will be held on October 8 from 8:00 A.M.-2:30 P.M.

Homecoming, an annual event known for energizing the presence of school spirit at JM, will be celebrated the week of October 19-24. This year's theme is *Fright Night*. The festivities will include daily *spirit week* activities, a dodge ball tournament on October 19 in the gymnasium, and a *powder puff* football game on October 21 at Maury Stadium. The students are excited about constructing their club floats to show off their pride and creativity. They will have the opportunity to do so on *Spirit Friday*, October 23, as the annual parade takes the *Yellow Jackets* down Washington Avenue to historic Maury Stadium for a spirited pep rally. That evening the excitement continues with the traditional Homecoming Football Game when the *Jackets* take on the *Knights* of Spotsylvania High School. The half time show will be performed by the James Monroe Marching Band under the direction of Mr. Chris Mallory. Also at halftime, we will introduce the Homecoming Court and crown the Prince, Princess, King, and Queen of Homecoming 2015. On Saturday evening, October 24, the Homecoming Dance will take place in the James Monroe High School Commons Area from 8:00-11:00 P.M.

You will want to mark your calendars for the following dates: On October 14 the National Honor Society will conduct their annual induction ceremony. Look for your child's Term 1 Quarter 1 report cards which will be sent home on October 14. On October 16, school will be dismissed at 12:00 P.M. for a staff development day. Testing dates for the month include *benchmark testing* the week of October 5-9, the SAT on October 3, the PSAT on October 14, and the SOL Writing Test on October 20-23. This busy month will conclude with performances by the Fine Arts Department. The choirs will perform in concert on October 26, the bands will perform on October 27, and the orchestra will perform on October 28. All concerts are at 7:00 P.M. and are free of charge. The drama department will give a performance of their One Act play on November 5. I hope you will be able to attend one of the many activities scheduled for the month.

Sincerely,

Dr. Taneshia Rachal
Principal



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SCA and Class Officers 2015-2016

The results of SCA and Class Officers elections are as follows:



SCA Executive Board 2015-2016

President—Sharnea Brown
Vice-President—Alexa McNeil
Secretary—Lucy Castles

Class of 2016—The Seniors

President—Monica Dit
Vice-President—Temia Brooks
Treasurer—Temple Wyatt
Secretary—Evan Cobey

Class of 2017—The Juniors

President—Jdody Misidor
Vice-President—Starletta Alston
Treasurer—Kirby Foss
Secretary—Elizabeth Ismail

Class of 2018—The Sophomores

President—Ashley Kim
Vice-President – Maren Gudmundsson
Treasurer—MaKayla Swain
Secretary—Jamilla Lewis

Class of 2019—The Freshmen

President—Declan Zelazny
Vice-Presidents—April Kim
Treasurer—Adrienne Wood
Secretary—Taylor-Jean Wynn

Teen Depression Program

Mental Health America Fredericksburg in partnership with Catholic Charities will present the *More Than Sad: Teen Depression* program to ninth grade students. The program is designed to assist students in recognizing the signs and symptoms of depression and to promote a greater awareness of the treatment process. It will take place during the month of October, and it will be conducted during Health/PE 9 classes. This program is one aspect of FCPS's commitment to provide a comprehensive program to promote healthy lifestyles.

College Fair



Spotsylvania Town Centre
Wednesday, October 21, 2015
6:30-8:30 P.M.

Students can register online for the fair at <http://gotocollegefairs.com>. This will allow students to print out a barcode which can be scanned by the colleges the night of the fair. Students will still be able to attend if they don't pre-register.

Counseling News

Need your counselor's email address for college applications?

Sharon Johnson (A-G): shjohnson@cityschools.com
Holly Stinchcomb (H-M): hstinchcomb@cityschools.com
Gregory James (N-Z): gjames@cityschools.com

The school counseling department has met with the students by grade level to distribute valuable information such as college planning, financial aid resources, and testing. Be sure to ask your student about the information handed out!

Girls' Basketball Team Holds Open Gym

The girls' basketball team is holding open gym every Monday, Tuesday, and Thursday, after school from 3:15-5:45. Participants will work on skill development and conditioning. Interested students should contact Coach Young in Room 111.

Fredericksburg Education Access Channel



Please be advised that the Fredericksburg Education Access Channel (FCPSTV and formerly Channel 18) has been changed to Channel 83. To view this channel, customers need a digital receiver, CableCARD, or Clear QAM tuner. Contact Cox cable for additional information if you do not have the appropriate equipment.



Target Shoppers

**JAMES MONROE'S
SCHOOL ID#: 219328**

Thanks to parents and supporters our school benefits from Take Charge of Education. Every time you shop with your REDcard, Target donates up to 1% of your purchase to your designated school. Please sign up today and select JM as your school of choice!

sign up today
and earn money for our school

it's easy • it's free • it's for the kids

sign up is easy...

1. visit giantfood.com/register and create an account*
2. go to the A+ page found under my Giant Card in the purple bar. Follow the instructions to designate our school ID
3. start shopping to earn money for our school

supported our school last year?

No need to re-register. Log onto your online account to confirm your school ID's.

school name:

school id#:

it's a great partnership...

Once you are registered to support our school, points are earned every time you shop. Those points are used to determine how much cash we receive.



Fraternal Order of Eagles Recognizes Coach Serbay As Teacher of the Year

The Fraternal Order of the Eagles Aerie #4123 has honored Coach Rich Serbay as the Teacher of the Year for 2015. Coach Serbay who began teaching in 1976 retired from teaching at James Monroe in June. He was voted into the Virginia High School League's Hall of Fame in 2014. Coach is currently in his 31st season as the Head Football coach of the Yellow Jackets.

Theater Department

The Theater Department would like to develop a parent support base this school year. Interested parents will be asked to assist with fundraising for productions and field trips, construction of scenery or costumes, and running concessions during shows. There will be an interest meeting in the Drama classroom on October 14 at 7:00 P.M. for parents of Drama Club members.

Would you like to support the JMHS Theater Department by making a tax-deductible donation? You may donate new and used furniture, lumber, clothing, tools, and paint (water-based only) to the department. Contact Mr. Wright at 540-372-1100 x2361 or at markwright@cityschools.com with questions.

Odyssey of the Mind

Odyssey of the Mind is a creative problem-solving process. An Odyssey of the Mind team is composed of seven students who work after school on solving a long-term problem. Students design props, costumes, and music; then use music and dramatic talent to present their solution to a specific problem. In March, the team will enter the regional competition where their solutions will be judged and compared with other O.M. teams in the area.

Odyssey of the Mind is an enormous time commitment. Team members are expected to be at all team practices. All props and costumes are made by the team members, not the coaches or parents. Being a member challenges the student to use their imagination. Students interested in joining should email Chelsea Goldberg at cgoldberg@cityschools.com.

Special Education Parent Advisory Meetings

The Special Education Parent Advisory meets four times a year from 6:30—8:00 P.M. All parents with an interest in special education are invited. Parents who volunteered for the committee will be notified in early October. Please mark your calendars with the following meeting dates for the 2015-2016 school year:

Date	Place	Subject
October 27, 2015	James Monroe	VDOE representative , Gloria Dalton, will talk about parent rights/responsibilities
November 11, 2015	Original Walker-Grant	Holiday gift ideas for children with special needs
February 25, 2016	Hugh Mercer	Talking Books—Central Rapahannock Regional Library
April 12, 2016	Lafayette	Annual Plan/Transition and Waivers

SEPTEMBER

ATHLETES OF THE MONTH



DeJon Weldon
Senior - Football

DeJon Weldon – Senior Football – “Through the first three games, DeJon is among the area’s leaders in rushing yards with 387 yards and three touchdowns. This is his first year in the JM Football program but he has taken on the challenge of being the starting running back. DeJon is a leader for the offense and is a tireless worker.”

Coach Rich Serbay



DeJaunee' Nelson
Junior - Volleyball

DeJaunee Nelson– Junior Volleyball – “DeJaunee is in her first year of playing volleyball and she has played a pivotal role as a starting middle block. She is very coachable and works hard every practice. Not only is she a fine athlete but also an excellent student. She is a member of the Gladys P. Todd Academy.”

Coach Kathy Shoffner

JAMES MONROE HIGH SCHOOL BOOSTER CLUB

Let Your Voice Be Heard and Join the Booster Club!

OCTOBER 1 AT 6:00 P.M. IN THE LECTURE HALL.

Please come and let your voice be heard! If you are interested in getting involved or would like more information, please contact the Booster Club President Mrs. Aude Mann at amann@cityschools.com. If you are ready to make a difference and join this organization, please fill-out the information below with your \$5.00 membership fee per member.

All checks should be made out to JMHS.

Name of New Member: _____

Your JMHS Student's Name _____

Phone Number: _____

Email Address: _____

I am interested in the following:

_____ Serving on the Booster Club Board

_____ Serving on the Golf Tournament Committee

_____ Serving on the Fundraising Committee

_____ Serving on the After Prom Committee

_____ Serving on the Teacher Appreciation Committee

_____ I have additional, new ideas to share with the Booster Club

_____ I am unable to serve on a committee at this time, but would like to be a member