

SPARTANS SPEAK

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MOUNTAIN BROOK HIGH SCHOOL
PTO NEWSLETTER

OCTOBER
2009

A WORD FROM



MR. WILSON

Greetings,

I hope this newsletter finds you enjoying the school year so far. Our students have been recognized for academic, athletic, and extracurricular activities. We have 14 National Merit Semifinalists, 10 Commended Students, nationally recognized debate students, nationally ranked Cross Country athletes, award winning band members, and a host of other students whose work is recognized on the local and state level. It is my firm belief that we will have many more students and teachers at MBHS recognized in the upcoming months. In fact, we have just received information that our debate team at MBHS has been recognized as one of the best in the United States. The National Forensics League has indicated that our debate program is in the top 5% of all teams in the United States. Congratulations to Jeff Roberts and Katie McLure, and all of the debate team members.

An exciting aspect of MBHS is the school spirit exhibited on a daily basis. I invite you to come to a Mountain Brook sporting event or extracurricular activity. Excitement fills the air at Spartan stadium on Friday night with the team playing an exciting brand of football, the cheerleaders and Spartan flags calling the fans to cheer for the team, and the band and Dorians showcasing wonderful talents during the game and at halftime. Excitement can be found at Spartan Arena when our volleyball team plays as well. In fact, we defeated Vestavia to win the regular season championship. We will now play the area tournament at our home court. Come watch our state ranked team perform and watch Camper's Crazies cheer on the team.

Excitement is also evident on Saturdays as our nationally ranked cross-country teams compete and win against the top teams in the state, region, and nation. Also, on Oct 12, our basketball and wrestling teams begin practice in hopes of winning championships as well. Please take the opportunity to come watch any and all of our extracurricular teams compete.

If I could, I would invite you to see the school spirit that is evident on a daily basis in every class. Our students and teachers are working hard and working together to have a positive impact on the learning environment at MBHS. However, I might get in trouble with the teachers and students if we have too many fans in the classroom. We do have exams coming up in the first few days of October. Please encourage your students to study hard, and encourage them to communicate with teachers, administrators and parents regarding the work they do in class. Even though you are not able to be in the classroom, you are still an integral part of the learning process. Your help is needed to ensure school spirit on a daily basis in the classroom by continuing to encourage your student to be the best he or she can be in the classroom, during extracurricular opportunities, and even during a seemingly insignificant but very important time called a free period.

Have a great day!

Vic

PRIDE OF THE SPARTAN PTA

Hello everyone,

Fall is here and October has started with bright blue skies and sunshine. The fall sports are in full swing, along with all of the other extracurricular activities our students are participating in, along with their studies.

The **Mountain Brook Anti-Drug Coalition** held its Kick Off Meeting at the Charles Mason Board of Education Building on Wednesday, September 30th. Leigh Anne Sisson and Missy Scott have been hard at work, with MB school representatives, organizing activities and speakers for our Drug and Alcohol Awareness Program. The Anti Drug Awareness week this year is Oct. 19th – 23rd. Kimberly Rodgers, our MBHS Representative to this committee, has lined up key speakers for this school year and special activities during our Homecoming week. Our first speaker will be Katelyn Carr, on October 20th, at 8:30 a.m. This young lady has a story of her own experience with an alcohol related accident that our students and parents will want to hear. The assembly will be in Spartan Arena. The theme for this year's Drug and Alcohol Awareness program is "Rally Around Our Kids", so let's do just that and participate! Parents, whether you signed the Safe Homes Agreement or not, call your child's friend's parents when your child reports that he or she is going to a party at that home or that they are going to spend the night at that friend's house. Parents in our community are talking or emailing daily about the recent local robberies. Why can't we talk to each other about what our children are doing, and where our children are on the weekends? Mountain Brook High School seniors are above the national average when it comes to the use of cigarettes, drugs and alcohol. We all love to be winners, but that is not the race we want to win.

Karen Svetlay, our **College Advisor**, spoke at our October 1st PTO meeting. Her tips and checklists are valuable tools for our students as they begin to consider and apply to colleges. Our high school is fortunate to have our own College Advisor and such dedicated Counselors.

Again, our **PTO volunteers** have been busy. Tracey Anderson and her Hospitality 4 Committee provided refreshments for our faculty and staff

during last week's Alabama High School Graduation Exams. Robin Chapman and her committee again furnished refreshments for our PTO Meeting. Thank you to those committee members.

If you have not yet given to our **Fundraiser**, please consider doing so. Lisa Miller and her committee are sending out the "second chance" letters soon. Remember, it is our only Fundraiser at the high school and the donation you make will go directly to the classrooms! Also, remember to shop at **Publix**. Part of the money you spend when you shop there goes to MBHS. If you do not have one of the gold Public cards or key fobs, come by the school and pick up a few for you and your family and friends.

Remember to check the MBHS website for **PTO information** and updates. Our next meeting is scheduled for Thursday, November 5th, 2009. Our featured speakers will be Judge Brian Huff and Jefferson County DA, Brandon Falls. Their program will be "**The Consequences of Sexting**". It should be very interesting and educational. I hope to see you all there!

Paige Lee
MBHS PTO President
PTA President

PARENT COFFEE TALKS 2009 - 2010

■ Coffee Talks give parents the opportunity, in a small ■
■ group environment, to hear local professionals ■
■ discuss teen issues. These meetings are geared to ■
■ help empower parents by providing guidance and a ■
■ better understanding of adolescence. Parents from all ■
■ Mountain Brook schools are invited to attend. All ■
■ Coffee Talks are scheduled for 8:00 to 9:00 a.m. in the ■
■ library of Mountain Brook Junior High. ■

■ **Wed., Nov. 4: Technology: Keeping Kids** ■
■ **Safe with Internet and Cell Phones - Dale** ■
■ **Wisely Ph.D.** ■

■ **Wed., Jan. 6: Communicating More** ■
■ **effectively with Teens - Dale Wisely Ph.D.** ■

■ **Wed., Feb. 3: Risky Behaviors and Teens -** ■
■ **Dale Wisely PhD** ■



RESULTS OF PRIDE

Every academic year in the spring, Mountain Brook students in grades 7 through 12 participate in the Pride Survey, which is the Alabama Department of Education's method of attempting to measure a number of areas related to **risky behavior** among students. This includes student attitudes and behavior related to substance abuse, safety, and violence. Here are some key points from the results.

- Relative to the national and state numbers, our students in grades 7, 8, and 9 report low levels of experimentation and use of cigarettes, alcohol, and drugs.
- Sometime between the beginning of grade 10 and the end of grade 12, reported levels of use among our students of cigarettes, alcohol, and drugs catches up with the state and national averages and, in some categories exceed them.
- As one would expect, the number of students who report substance abuse (cigarettes, alcohol, and marijuana, most notably) increases as they get older. However, there is a significant gender difference. Boys report more use than girls. The increase as one goes from grade 7 to grade 12 is very steady among boys. Girls, however, report very low levels of substance abuse until high school and then there is a sharp increase. In other words, much of the surge we see in the level of substance abuse as students attend high school is accounted for by the sharp increase in reported use by girls.
- Of particular concern, for some years, now, is the level of alcohol use among high school students, particularly late in high school. Approximately 60% of seniors, surveyed in March, report some use of alcohol in the last 30 days. Approximately 70% report some use in the last year. From any data we can find, this is considerably higher than national averages.
- The overwhelming majority of substance use occurs away from school and is concentrated on weekends. The most common location for substance use is reported as "friends' houses."
- Our students, at every grade level, report extremely low levels of involvement in violence and fears about being victims of violence at school. At every grade level, the overwhelming majority of students report feeling safe at school.



MBHS LIBRARY

Book Fair

Thank you to all the parents who stopped by the MBHS Library Book Fair, held during the PTO Open House. The Book Fair raised \$70 for the library. The books donated will enhance the collection available to our students. Remember that donating a book to the library can be done at any time during the school year. It's a great way to honor special people or special events in life.

Please contact the librarians to donate a book.

Friends of the Library

Thanks to the families that made a donation to the library at registration this year. Through your generosity, approximately \$9gS was donated to the library. These funds will be used to purchase books, magazines, and other materials not funded through any other source.

BAD WEATHER AND SCHOOL CLOSINGS HOTLINE

414-6025

Please make a note of the Mountain Brook Schools hotline number for weather-related school closings and other emergency information

MBHS Legislative Roundtable

Do you have questions about education for your State Legislators?

Senators **Steve French** and **Jabo Waggoner**, along with Representatives **Greg Canfield**, **Paul DeMarco**, **Owen Drake**, and **Jack Williams** will be at the Board of Education to discuss our school's legislative concerns and answer questions.

Join us for this rare opportunity to meet your State Legislators and voice your concerns and ask questions.

November 19, 2009, 8:30 -10:30

Charles Mason Board of Education Building

Please contact your school's Legislative Representative, **Gina Cox** (205-969-2599) if you have any questions.

DON'T FORGET TO USE YOUR PUBLIX KEY FOB AND YOUR TARGET CARD WHEN SHOPPING.



The PLAN Test will be given on Saturday, Nov. 7, 2009, to interested sophomores. The cost of the test is \$20 (nonrefundable). The deadline for signing up is Friday, Oct. 14, 2009. Please make checks payable to MBHS. Students who want to take this test should register in the Guidance Office. The test helps sophomores in preparing for the ACT and in career planning. The PLAN is made up of academic tests (English, Math, Science Reasoning & Reading), an interest inventory, a study skills assessment, and a student information section. The test will begin at 8 a.m. and should be over at 11 a.m. The room location will be posted in the mall of the high school.

Seniors and juniors who need to take the ACT or the SAT Reasoning Test should remember the following deadlines. (Please note that SAT Subject Tests are given on most, but not all, SAT Reasoning Test dates, so check the College Board web site or the SAT registration packet if you need to take Subject Tests.)

ACT Test Date	Registration Deadline	Late Reg. Deadline
December 12, 2009	November 6, 2009	November 20, 2009
February 6, 2010	January 5, 2010	January 15, 2010
April 10, 2010	March 5, 2010	March 19, 2010
June 12, 2010	May 7, 2010	May 21, 2010

SAT Test Date	Registration Deadline	Late Reg. Deadline
December 5, 2009	October 30, 2009	November 12, 2009
January 23, 2010	December 15, 2009	December 30, 2009
March 13, 2010	February 4, 2010	February 18, 2010
May 1, 2010	March 25, 2010	April 8, 2010
June 5, 2010	April 29, 2010	May 13, 2010



Have you got information for *Spartans Speak*?

Please send your submission by email to Val Holman at val@lewiscommunications.com or Missy Scott at scotland5@bellsouth.net by 10 p.m. on the first Thursday of the month!

DORIAN'S DANCE!



2009 Fall Dance Clinic
Sunday, November 8, 2009 , 1:30pm - 4:30pm
Sponsored by MBHS Dorians

Have you or has someone you know ever wanted to dance with the Mountain Brook High School Dorians? Well, your chance is coming up! The MBHS Dorians will host their annual **Dance with the DORIANS Dance Clinic** on **November 8, 2009**. The clinic is open to all girls, grades K-6. All registration forms and payment must be received by **Friday, October 30, 2009**.

- Clinic for grades K-6 will take place on Sunday, November 8, 2009 in SPARTAN ARENA. Registration will begin at 1:00pm, and the clinic will last from 1:30-4:30pm. \

Participants will learn a dance choreographed by the Dorians and they will perform the dance for parents and guests in Spartan Arena at **4:00 pm** on the day of the clinic.

Each participant will receive a commemorative t-shirt and is invited to march with the Dorians in the Christmas Parade in Crestline Village on December 1, 2009 at 4pm. Please meet at 3:45pm by Crestline Elementary School. Registration forms will be accepted after October 30, 2009, and on the day of Clinic, but these participants are not guaranteed a t-shirt. **Information regarding the Clinic will be posted on our website at <http://www.mtnbrook.k12.al.us/cms/Dorians/3349.html>.** Access our site from the MBHS Athletics page.

The cost of the clinic is only \$45. All registration forms and payments must be received by Friday, October 30, 2009. Please contact Kelly Hargrove (kellyphargrove@charter.net), Heather Wint (wint@mtnbrook.k12.al.us) or Melissa Tuck (tuckm@mtnbrook.k12.al.us) with any questions.

For the clinic, please wear a comfortable shirt and shorts with gym or jazz shoes. For the Christmas Parade, participants must wear the *Dance with the Dorians* t-shirt and black pants. If the weather is cold, layers can be worn under the t-shirt.

Please **detach** and **mail** the registration form along with your **\$45 registration fee**.

Dance with the Dorians Registration Form

Participant's Name _____ School _____ Grade _____
Teacher _____

Address with zip _____

Parents' Name _____

Phone _____ Parents' email _____

T-shirt size (please circle) Youth S M L Adult S M L

Emergency Contact _____

