



IB INFORMED!



Volume 2 Number 2 January 1, 2007

KNOW YOUR COORDINATOR



Vicky Bandy

Invitations went out on December 7 for all 8th grade prospects to attend the January 9 information meeting and curriculum fair for Pre-IB. This is our largest group of prospects ever!

The qualified students are currently attending Clay County public schools (Green Cove Springs, Keystone

Heights, Lakeside, Lake Asbury, Oakleaf, Orange Park JH, Wilkinson) and private schools (Annunciation Catholic, Pinewood Christian, and St. Johns Country Day). We look forward to moving into the application phase with the prospects and their families.

I would like to share with you portions of an article (right) from the fall *IB North America* newsletter. The author is Col. Kenneth McCreedy, the commander of Ft. Meade [Maryland]. Col. McCreedy holds degrees from Washington and Lee U, U Cal-Berkley, US Army Command and Staff College, and the Army War College. He is an active member of the Anne Arundel County Public Schools IB Advisory Board.

IB IN THE MEDIA

Take a look at these two articles that were recently printed about International Baccalaureate:

- Time Magazine. "How to Bring Our Schools Out of the 20th Century." by Claudia Wallis and Sonja Steptoe. December 10, 2006
- Edutopia. "Global Superpower." by Fran Smith. November / December 2006

Correction from last issue: Vickie Bandy came to Ridgeview to coordinate the IB program in its second year in Clay County, which was 2000, not 2006.

THE EDUCATION IMPERATIVE

"There are no subjects that are more vital to our nation now than education and learning. Our future security and prosperity rest on preparing our children...The status quo is no longer an option.

We need teachers filled with wonder with the marvels of geometry, excited by the high drama of the American Civil War, enraptured with the play of language and insights into the human condition...But this is not only the job of the schools. Every person reading this bears responsibility for inspiring, coaching, mentoring, financing, and supporting [education]. Henry Adams wrote: 'A teacher affects eternity; he can never tell where his influence stops.'

...Hard work is not for the faint of heart or the lazy. Abigail Adams once observed that 'Learning is not attained by chance, it must be sought for with ardor and attended to with diligence.' Learning is striving. Learning requires discipline. Learning is active, not passive. It demands struggle, effort, and patience...Our culture and our education systems must not only fit us for competition in the realm of ideas, they must also fit us with a determination to succeed, a willingness to fail in attempting a climb, and a sustaining persistence—difficult lessons in an age of cheat keys, instant gratification, self-absorption, and inordinate worry about self-esteem...There is an elemental force in people that rises to challenge, which scorns mediocrity, which values achievement.

...Schools deserve the best we can give them: teachers, facilities, programs, and ourselves...More than anything else, we owe our schools high expectations, fervent demand for excellence and steadfast unwillingness to settle for less. Society cannot give up on its children; neither can it make excuses for them. John Dewey wrote that 'Education is not preparation for life; education is life itself.' The quality of education that our society offers, that it demands, defines the quality of the life we live. And it will dictate our ability to influence our own destinies while protecting the legacy of the Constitution and the promise of America in the face of competing values and ideals."

Col. Kenneth McCreedy

KNOW YOUR COUNSELOR



Polly Partridge

College acceptance letters have been received by many of our IB seniors and I am so proud of them. However, many others have delayed completing their applications and will not be receiving letters until March or later. The wait is very stressful so parents, bear with them.

When acceptance letters are received, please carefully watch the deadlines to submit deposits, and if acceptance letters are received from multiple colleges, please make your final choice and notify the colleges that you have accepted elsewhere. Continue to apply for scholarships and financial aid.

MYSTERY PHOTO



Students, now that your brain got some much-needed R&R, here's a chance to rev it up again. Be the first to identify this intimate glimpse of Ridgeview, and a \$25 Sonic card is yours. Call Richard Morgan with your answer: 534-0173.

Answers to the last Mystery Photo: Inside of the well in the courtyard. Winning answer: Chelsea Brown

\$ MONEY FOR SENIORS \$

January 1 is the first day possible to complete the Free Application for Federal Student Aid (FAFSA). The FAFSA is used to determine how much aid you're eligible for and to give you and the colleges a starting point to determine your actual dollars. The FAFSA uses more information than just income to determine your eligibility so all families should complete this free form. The US Department of Education uses the Federal Methodology to calculate your aid. Paper copies of the FAFSA, as well as worksheets, are available in guidance but the on-line application is preferred:

www.fafsa.ed.gov

In order to maximize your amount of aid, fill out the FAFSA as soon as possible after January 1, 2007, as this maximizes the amount of aid you may receive. The aid includes grants, work-study, scholarships and loans.

Within a few days after completing the FAFSA on line, you will receive the Student Aid Report (SAR). The SAR is a summary of the information you entered on the FAFSA and also notifies you of the Expected Family Contribution (EFC) and identifies those students who are eligible for a Pell Grant. The SAR tells the student how much aid the student is eligible to receive from the federal government and how much the government expects your family to pay. When you receive the SAR, review it immediately for errors and make corrections. Any colleges you listed on your FAFSA will also receive a copy of your SAR so contact the financial aid office at your college immediately if corrections are needed.

Please continue to use the national scholarship searches, as millions of scholarship dollars are available.

January 1, 2007

Fill out FAFSA financial aid form ASAP.

www.fafsa.ed.gov

Continue national scholarship searches:

www.fastweb.com

www.cashe.com

IB Booster Club

MEMBERSHIP

Becoming a member of the IB Booster Club is as simple as sending in the registration form below, along with \$20. Membership dues provides the bulk of the funding for club efforts to support the Clay County IB program. As a paid member, you will receive e-mail from the school and the club, and your input will be solicited for club decisions.

✂-----

IB Boosters Membership Registration	
IB Student's Name	_____
Grade	_____
Parents' Name(s)	_____
Address	_____
City, St, Zip	_____
Phone	_____
Parent's E-mail	_____
IB Boosters membership For 2006/2007 school year	\$ 20.00
Make check payable to "RHS"	
Mail to:	Ridgeview High School IB Boosters 466 Madison Avenue Orange Park, FL 32065

ANNUAL FUNCTIONS

July	Membership directory (\$200), carpool
August	Welcome Social
September	Assist Juniors' Pinning Ceremony (\$60)
October	Rummage Sale
December	Christmas Social (\$200) Gifts for teachers (\$800), Decorate school
January	Assist Orientation for candidates
February	Teachers' Valentines Day luncheon
March	IB medallions engraved (\$265)
May	Graduating class photo (\$300)
Year round	Board positions, Newsletter, Faculty

PRESIDENTIAL ADDRESS

Happy second semester! With one half of the school year behind us I thought you might like to know what the IB Boosters have done so far this year.

In September, we held the pinning ceremony for the new crop of Junior students. As usual there was a bit of pomp and ceremony as each of the 48 students received their IB pin. Several Booster parents served refreshments after the ceremony.

In November, we held the annual rummage sale. We had many generous donations again this year. Perhaps the most surprising was a 50" television donated by our own Mrs. Bandy. It generated quite a bit of interest at the sale. In all, we were able to raise \$780 to be used to support the IB program.

Through a series of unfortunate events, we were unable to hold the annual IB Christmas Social this year. We had hoped to build on the success of last year's event. Maybe next year this can be revived to give our students a chance to relax and blow off a little steam with each other.

We're all looking forward to the second half of the year. We'll have the annual Valentine's Day Teacher Appreciation Luncheon, election of new officers, a new group of prospective students learning about the IB program and finally, GRADUATION. I encourage everyone to get involved and help grow our RHS IB Boosters.

IB Boosters Board 2006/07

President	Richard Morgan	534-0173
Vice President	Anthony Epifano	282-4494
Secretary/Treasurer	Carolyn Magwood	269-4706
9th Grade Reps	Luis & Andrea Febus	213-4482
10th Grade Rep	Stacia Asimos	272-2325
11th Grade Rep	Lynnette Chakkaphak	272-6420
12th Grade Rep	Daisy Podmeyer	278-6966
Teacher Liaison	Debbye Knotts	272-3669
Newsletter	Amy Howard	334-7380
Directory	Lynda Edwards	291-4100

Ridgeview High School IB Boosters Mission Statement

The mission of the Academic Boosters for IB is to provide support to the Administration, Faculty and Students of the International Baccalaureate World School and to inform parents about the IB program.

Freshman News

By Mr. and Mrs. Febus

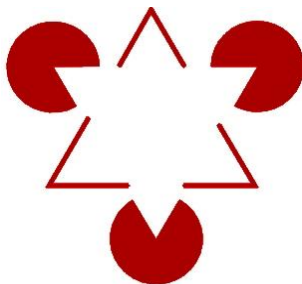
PARENTS IN THE PICTURE

As the year 2006 reached its end, so too did our first semester in the IB program. The local librarians know us by now, and thank goodness for 24-hour Wal-Mart to finish up assignments on short notice. Like many other parents, we learned to plan family activities around school and study schedules.

We saw the truth in various predictions the school counselor made at the first parent meetings before the program actually started. Many challenges had to be overcome in the past month. The A's we long came to expect from middle school vanished quickly when the results from the first tests came home. Guess what? Actually studying and planning ahead was the key to solving these problems.

I believe we and other parents in this new situation helped our youngsters with study and time management skills over the worse parts of the last months. So many hours that used to be filled with leisure activities were suddenly cramped with study time and with sleep. The major obstacle still left is to find time for socializing and making friends and new connections. Hopefully, time will solve this problem as well.

LET THE BRAIN DO THE WORK



Although there are no actual triangles that appear on your eyes' retinas, your brain will somehow interpret the following image as two overlapping triangles. Is this imagination? Are you losing your mind? No, the notched circles and angled lines merely suggest gaps in which objects should be. The brain does the rest by triggering a sort of pattern recognition phenomenon.

<http://www.colorcube.com/illusions/triangles.htm>

Junior News

By Mrs. Chakkaphak

Believe it or not, Junior year is already halfway over! With senior year looming in the not too distant future, it is essential that you begin to plan now for those college applications and scholarship opportunities. January is an important month:

DISCOVER CARD TRIBUTE AWARD

Discover Card awards up to ten \$25,000 national scholarships and up to 300 \$2,500 scholarships to **Juniors** with a minimum GPA of 2.75 for the 9th & 10th grades who demonstrate leadership, actively contribute to their communities and have experienced and overcome a significant obstacle(s) in their lives. Scholarship applications are available on line at www.discovercard.com/tribute or students may call 1-866-756-7932 to request an application. Completed applications must be postmarked by January 31, 2007.

REGISTER FOR THE SAT AND THE ACT

Do not delay! It is highly recommended that all Juniors take the SAT and ACT by January 2007. The exams will be offered at Orange Park High School and Fleming Island High School on the dates shown below. Students should register for the SAT exam online at www.collegeboard.com and for the ACT at www.actstudent.org. (Other test dates/locations may be found by visiting the test websites.)

SAT Test Date	Registration Deadline	Late Registration (Fee)
Jan 27, 2007	Dec 26, 2006	Dec 27–Jan 4, 2007
Mar 10, 2007	Feb 2, 2007	Feb 3–14, 2007
May 5, 2007	Apr 3, 2007	Apr 4–11, 2007
Jun 2, 2007	Apr 27, 2007	Apr 28–May 9, 2007
ACT Test Date	Registration Deadline	Late Registration (Fee)
Feb 10, 2007	Jan 5, 2007	Jan 6–19, 2007
Apr 14, 2007	Mar 9, 2007	Mar 10–23, 2007
Jun 9, 2007	May 4, 2007	May 5–18, 2007

IT'S A BIG YEAR

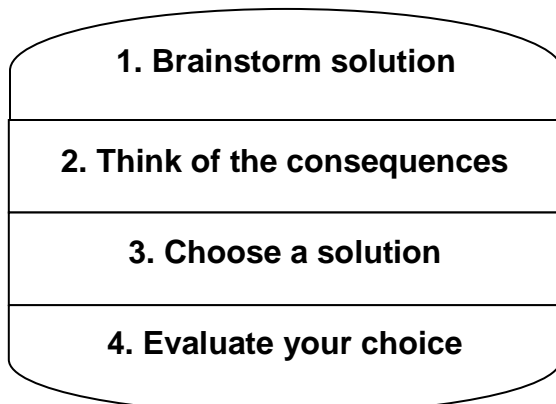
Well, sophomores, welcome back after Christmas vacation. Hopefully, you all had a rest, and used your time off wisely to finish projects that are coming due. But, hopefully, you are keeping your stress level under control. How do you balance the stress in your life? Stay aware of your signs of stress.

SIGNS OF STRESS

Physical (body)	Mental (mind)	Emotional (feelings)
Headaches Nervousness Rashes Stomachaches Fast heartbeat Perspiration Increased urination	Lack of Concentration Forgetfulness Drop in school performance Unable to study Carelessness	Bored Anger outbursts Nightmares Sad/depressed Scared Withdrawn Fighting

If you are having signs of stress, follow the tips below to avoid stress overload (distress). Since stress will be with us the rest of our lives, it is important to know some ways of dealing with it. First of all...

FOUR STEPS TO PROBLEM SOLVING:



Bang Head Here

WAYS TO DE-STRESS

- Take deep breaths/Practice deep breathing exercises
- Watch your thoughts/think positive
- Find time to relax and cool out
- Pray or read something inspirational
- Visualize what you want to happen
- Use pressure points to reduce headaches
- Talk problems over with a friend or counselor
- Don't dwell on your weaknesses
- Feel proud of your accomplishments
- Exercise daily
- Do muscle tension relaxation exercises
- Punch a pillow, scream or kick a can
- Prepare for tests early
- Eat a nutritious meal or snack
- Take one thing at a time
- Set realistic goals
- Stop worrying about things that may never happen
- Learn from your mistakes
- Forgive yourself and others
- Get involved with things you like to do
- Make time for fun
- Do something for others

*From Wholistic Stress Control Institute, Inc. (WSCI)
2545 Benjamin E. Mays Drive, S.W.
Atlanta, Georgia 30311-0481

Class of 2007

ARE YOU A HELICOPTER PARENT?

(Don't answer that, kids)

You may have heard the term "helicopter parent." More and more colleges and universities are using it. But what exactly does it mean? Helicopter parents hover. They are always on the lookout for threats to their children's success and happiness. If a problem does surface, these parents are ready to swoop in and save the day.

In recent years, colleges have reported that helicopter parents are making their presence felt on campus. They are intervening in roommate disputes, registering their children for classes, and questioning professors' grades. The consequences of such behavior have been negative for students, parents, and colleges.

HOW DO YOU KNOW?

If the following items describe you, then you're probably overmanaging your child's life:

1. You are in constant (daily) contact with your child. Cell phones have led to frequent communication between parents and children.

One of the main goals of going to college is for kids to grow into independent adults who can direct their own affairs. If you're emailing or phoning school officials on a regular basis to resolve your child's conflicts, then you are overmanaging.

2. You make your child's academic decisions.

If you are choosing courses, majors, and a career path for your child, then you are too involved. Giving advice or input is certainly acceptable and warranted.

3. You feel bad about yourself if your child does not do well. If you consider college an experience involving both parent and child, then you probably view your child's accomplishments, or lack thereof, as a reflection on you.

NEGATIVE EFFECTS OF HELICOPTER PARENTING

No matter what the motive is though, the results of doing so are negative for everyone involved. Harmful effects of helicopter parenting include the following:

- 1. Children's growth is stunted.** With their parents always ready to step in, kids are failing to learn accountability and responsibility.
- 2. Parents feel more anxiety.** Research indicates that helicopter parents' mental health is suffering. Colleges must use their resources to deal with helicopter parents.

HELP WITHOUT HOVERING

Here are some suggestions to help you distance yourself while fostering independence in your child:

- 1. Let your child call you.** Avoid the temptation to phone every day. When your child does call, listen and give appropriate input, but refrain from decision making.
- 2. Stay out of social and grading disputes.** Help your child learn to be a strong self-advocate.
- 3. Take a coaching role in the area of finance.** Working together to plan and budget is your best bet.
- 4. Engage in activities that are personally rewarding.** Parents who have interests of their own will find themselves less invested in their children's happiness.
- 5. Be aware of the difference between helpful involvement and unproductive hovering.** When your child has experienced emotional or physical trauma, step in. If you notice disturbing behavior or personality changes, step in. If collegiate foul-ups are threatening your child's education, step in. Otherwise, step back and let your child grow into a responsible, independent adult.



Hovering parent at 10 o'clock! Take cover!

OUTWARD BOUND

By Chandler Larsen, RHS IB Junior

This past summer I embarked on the most amazing and inspiring trip of my life. My two brothers and I were all given the opportunity to participate in a program called Outward Bound. My brother, Hunter, went to North Carolina where he white water canoed and hiked, while my other brother, Ryan, went to Maine and white water canoed and rock climbed. Then there was me, who had to be different and venture all the way to Oregon where I white water rafted and rock climbed.

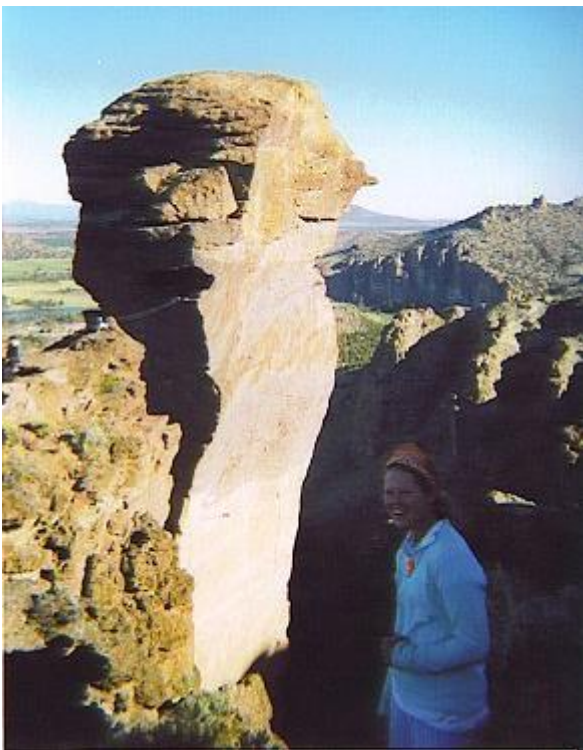
I started my fifteen day adventure not knowing anyone, but we all got along right away which was very rare in these

occasions, or so we were told. For the next fifteen days, we were challenged both individually and as a team. The first seven

days, we made our way down ninety-eight miles of the Deschutes River. During this time, we faced several challenging rapids and one in particular where I had a near death experience. That particular moment opened my eyes to how truly precious life is and made me aware that I should live each day to its fullest, even if it was the scariest moment of my life. For the next seven days, we were challenged not on the water, but now on the rocks. I was given the opportunity to climb in one of the most popular rock climbing areas in the country, and to climb a mountain that contained the most challenging climb in the world until just recently, Monkey Face. After the most strenuous of all my climbs, I made it to the top. No words could ever describe the pride I felt within myself at that moment.



Very proud moment when I built my own tent. :)



Me standing in front of Monkey Face

My parents sent my brothers and me on Outward Bound experiences because they wanted to teach us that it was not only okay, but good, to step outside of our comfort zones. They wanted to show us that we could be entertained by the beauty of the world and not just by our iPods and MTV. They wanted us to learn when to lead, and when we need to hold back, but most of all they wanted us to learn about ourselves and what we are truly capable of.

This fifteen day period was spent in the woods without showers, deodorant, my IPOD, or my family. To some, this may sound like torture, but for me, it was the best experience of my life. I learned more about myself in those fifteen days than I had in my previous sixteen years. I gained so much confidence in myself, pushed myself more than I ever thought possible, and learned what I am truly capable of. I came home with everlasting friendships and unforgettable memories. As said by a fellow Outward Bounder, "When I got home, everything was just as I had left it, the only difference was me."

*To find out more information
on how you can participate in*

*Outward Bound, go to
www.outwardboundwilderness.org.*



I THINK, THEREFORE IB

**RIDGEVIEW HIGH SCHOOL
IB BOOSTERS
WWW.RHSIB.ORG**

Ridgeview High School
IB Boosters
466 Madison Avenue
Orange Park, FL 32065