



# IB INFORMED!



Volume 2      Number 3      April 1, 2007

## KNOW YOUR COORDINATOR



What an exciting year! The efforts of our fourth year of IB-12 students have expanded the long list of colleges and universities that sent acceptance letters to applicants from the RHS IB Diploma Program. We add the University of Iowa, University of Nebraska, Ohio State University, Wingate

University, Tulane University, Tufts University, Rutgers University, University of Tampa, and Auburn University. April 1 will bring another round of acceptances. Stay tuned...

Paul Campbell from the IB North America regional office in New York receives comments about IB from major US colleges and universities. Here are a few quotes he sent me:

*"Send us prepared students a la IB...it is the best high school prep curriculum an American school can offer."* (Marilee Jones, Director of Admissions, Massachusetts Institute of Technology)

*"One of the advantages of an IB curriculum is its structure and quality. It's a coordinated program, well established, well known, and well respected. We know the quality of IB courses, and we think the IB curriculum is terrific."* (Christoph Guttentag, Director of Admissions Duke University)

*"Advanced Placement and IB examinations for most highly selective institutions are the 'gold standard' in terms of quality and in terms of predicting success on our campuses."* (Dan Walls, Director of Undergraduate Admissions, Emory University)

*"The IB is a first-rate program, one we are familiar with, and it prepares students well for a university like ours."* (Fred Hargadon, Director of Undergraduate Admissions, Princeton University)

*"IB is well known to us as excellent preparation. Success in an IB program correlates well with success at Harvard. We are pleased to see the credentials of the IB Diploma Program on the transcript."* (Marlyn McGrath Lewis, Assistant Dean of Admissions, Harvard University)

*"The IB student in particular presents qualifications and qualities that are really valued by admissions officers, by admissions evaluators....The breadth and depth of the IB program, the curriculum, provides us at the Admissions Office with a kind of information and assurance that students have done the work that we expect of them in the academic area. Not only that, they exhibit the potential of doing very well at our institution. That's what we try to assess in the admission evaluation process. In short, what is in the program of IB, the emphasis on the linkages between the disciplines being studied...are really excellent indicators to us that the student has done the work that we require and, also, the student will bring a lot to the institution...there are other things that are intangible... candidates exhibited evidence of determination, tenacity, motivation, and all these kinds of qualities that are really, really very valued by all of us as we do our selection for admission."* (University of California)

Those remarks can be reassuring to students going on to college in the fall of 2007 and those comments should also encourage rising IB-12 students from RHS to consider applying to prestigious universities next fall.

This has also been our most successful year for 8th grade applicants who are interested in joining the program. To date, we have received nearly 120 applications, although the exact number of acceptances is yet to be determined. Applications represent our Clay County junior high schools [Green Cove, Keystone, Lake Asbury, Lakeside, Oakleaf, Orange Park, Wilkinson], St. Johns Country Day, Annunciation Catholic, Pinewood Presbyterian, Madeira Christian, and home schooling. It's very exciting to see the variety of educational backgrounds represented in this program. New to that list this year are Oakleaf and Madeira. These are exciting times at RHS-IB!

## KNOW YOUR COUNSELOR



Polly Partridge

I would like to say a special thank you to Mrs. Chakkaphak for being my contact with the IB parents by forwarding my emails on to all those parents registered with the IB Booster Club. She has saved me many hours of work!

Hopefully, Ridgeview will be the pilot school for a free school/home internet program this fall, called PrepHQ. PrepHQ allows parents and students to enter their email addresses to receive continuous updates on happenings at RHS, such as dates for testing, scholarships, university visits, etc. Students can request transcripts, enter acceptance information, and contact their counselor instantly. More information will be available this summer.

## \$ CONGRATULATIONS \$

The Florida League of IB Schools has awarded a \$1,500 scholarship to Michele McDonald and a \$500 scholarship to Delia Castro. Each of the 50 IB schools is permitted to nominate 2 candidates and we are quite pleased that both our nominees received awards. The committee designates the amount based on the funds available and the qualifications of the candidates.

## WORLDWIDE ASSESSMENT

As you know, IB is a worldwide organization. Part of its structure is the international system of essay grading which encourages global consciousness among students and teachers. Here are where this year's papers were sent for grading:

**Extended Essays:** UK, Indonesia, Germany, Marutius, Norway, Singapore, Canada, Kenya [location varies according to subject area of the essay]

**TOK Essays:** China

**World Literature Papers:** India

## SENIOR AWARDS NIGHT

First Baptist Church on Kingsley Avenue  
Thursday, May 10, 2007  
7:00 – 8:00 pm

All IB students, from Freshmen to Seniors, as well as parents, should attend the Senior Awards Night. Of course the Seniors will be there to receive their IB medallions. But younger students benefit greatly by observing this amazing ceremony.

If you've ever wondered if Mrs. Partridge was exaggerating about the availability of scholarship money—

If you're not sure how successful Ridgeview students are *outside* the IB program—

If your enthusiasm to fight the good fight is dragging—

—just come watch our Ridgeview Seniors rack up.

Representatives of sponsors shower much deserved reward and honor on hard-working students. Unlike a graduation ceremony where hundreds of names are cycled through an endless line of handshakes, the Senior Awards Night cycles through hundreds of thousands of dollars.

## MYSTERY PHOTO



Kids, how well do you know your school? This is a tough one; look closely. 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.

Answer to the last Mystery Photo: Bell on Mrs. Williams' portable.

# 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 2007/2008 school year	\$ 20.00
Make check payable to "RHS"	
Mail to:	Ridgeview High School IB Boosters 466 Madison Avenue Orange Park, FL 32065

### 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.

## PRESIDENTIAL ADDRESS

Way back in early March, an email was sent to all IB Booster members to let you know it was time for the election of board members for the next school year. Because of the lead time required for our newsletter, I am writing this even before the nomination meeting is held. I hope the newsletter is received before the actual elections on April 5. The board will need four grade representatives, a secretary/treasurer, vice-president and president.

If you'd like to help in some way other than a board position, consider this summer project: before the students even return to school, coordination needs to be in place for the Welcome Social in August. Most of you have attended at least one of these socials and probably have some ideas about what you would like to see. If so, the next two meetings are for you. Trust me – it's not as time consuming as you may think. It's also a great way to meet other IB parents with children at different stages of the IB experience.

As you can see from the list of Annual Functions (below), there will be other events during the school year. I hope everyone will consider taking part in these as well. Our son graduates this year, so Debbie and I will be leaving the IB Boosters. We enjoyed our years with the boosters and hope that all of you do, too. Sure, we had some tired feet and some aching muscles after some of the events but at the same time we made some great friends. I hope you can find a little spare time to participate in this rewarding experience.

assistance and supplies (\$xxx)

### 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

## Freshman News

By Mr. and Mrs. Febus

### IN THE HOME STRETCH

This will be the last issue of the newsletter this school year. Remember that there will be a reading list again and other work over summer. Do not procrastinate, stay on top of the assignments as always. Time has passed quickly. With FCAT finished we are looking forward to the last stretch. The countdown is on. Overall it was a very successful year, including a glimpse of what opportunities lay ahead.

Culture Night was a great success. The language department celebrated diversity by sponsoring an evening of surprising talents and wonderful international food, representing the cultural backgrounds of RHS students. Soon we will have our IB Buddy Day. We're looking forward to introduce the new members into our group. Some of our students will enjoy a day in Epcot, again with the language department. What a perfect way to kick off Spring Break: Mar 18-24.

### AP HISTORY EXAM

Thursday  
May 17, 2007

AP World History Exam

Freshmen will take the AP Exam for World History at Ridgeview on Thursday, May 17. As you know, kids, this is your opportunity to earn the credit that exempts you from certain courses in college.

Remember, this test is not easy, and not everyone scores high enough for the credit. You must study beyond what gets you through the regular class. Below is a list of colleges and the credit they grant for AP World History test scores. These credits usually apply toward a History or Humanities requirement:

Test Score	3	4	5
University of Florida	3.0	3.0	3.0
University of North Florida	3.0	3.0	3.0
Florida State University	3.0	3.0	6.0
University of Georgia	3.0	3.0	6.0

## Senior News

By Mrs. Podmeyer

### Class of 2007

Well, it's finally here. The time you have been working so hard for!! The end of your IB school years. But you can't slack off yet because there's still a lot to do for all you high achieving students! There's Grad Bash, Prom, Senior Award's Night, Exams, and Graduation. There's also the last of your CAS hours, documentation, and finalizing decisions on where to attend college.



Let's not forget the pictures that you should be sending Clara Scharhag of all your high school years! She so kindly has volunteered to put together an e-collage of senior's pictures throughout their four years at RHS. She will download this collage onto CD's and will make these available for anyone that is interested. Please send pictures electronically by mid-April to rhsib12pics@gmail.com.

Don't fret Seniors! It all gets done, and soon enough, you will all be on your way to discover our world and leave your footprints!

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."*

*~Attributed to Mark Twain, unconfirmed*



### IB GRADUATES PHOTOGRAPH

The 2007 IB Class photo will be taken at Senior Awards Night. All seniors please come to the podium immediately following the ceremony. This picture will be mounted in Ridgeview's front office. Individual copies may be purchased separately from Flashback Photography.

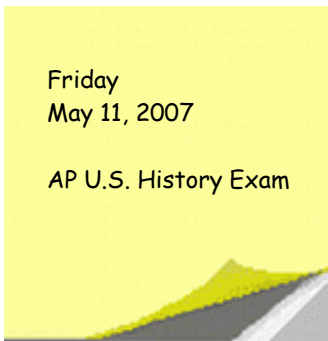
# Sophomore News

By Mrs. Asimos

The fourth quarter is upon us now, the PIB Exit Evaluation completed, and summer vacation is a matter of weeks away! We know there is anxiety from the academic pressures that come at the end of the year, and the stress of what the IB Diploma Program in your Junior year will bring. There are AP tests, papers that are due and exams to take. And with spring here, the weather is getting beautiful. You may be feeling spring fever, burnout, lack of motivation and a bit of apathy.

But look at the bright side... really! On the right side of this page, you'll see proof that finding the funny side of life IS the best medicine.

## AP HISTORY EXAM



Sophomores will take the AP Exam for U.S. History at Ridgeview on Friday, May 11. As you know, kids, this is your opportunity to earn the credit that exempts you from certain courses in college.

If you remember from last year, this test is not easy, and not everyone scores high enough for the credit—at least a three. You must study beyond what gets you through the regular class. The more you study, the higher your score will be. That may not feel significant to you at the moment. But investing the hours now is well worth the months you'd be repeating later, not to mention the dollars. This is your last year with only one college credit test to worry about. Beginning next year, you'll have a whole menu of them to take at the end of the year.

Below is a sampling of colleges and the credit they grant for this exam. Some of these credits apply only to particular courses at the university.

Test Score	3	4	5
University of Florida	3.0	6.0	6.0
University of North Florida	3.0	6.0	6.0
Florida State University	3.0	6.0	6.0
University of Georgia	3.0	3.0	6.0



## FOR STRESS AND ITS EFFECTS, LAUGHTER:

- Lowers blood pressure and reduces hypertension.
- Provides good cardiac conditioning especially for those who are unable to perform physical exercise.
- Reduces stress hormones (studies shows, laughter induces reduction of at least four of neuroendocrine hormones—epinephrine, cortisol, dopac, and growth hormone, associated with stress response).
- Cleanses the lungs and body tissues of accumulated stale air as it empties more air than it takes in. It is beneficial for patients suffering from emphysema and other respiratory ailments.
- Increases muscle flexion, relaxation and fluent blood circulation in body.
- Boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and disease-destroying antibodies called B-cells.
- Triggers the release of endorphins—body's natural painkillers.
- Produces a general sense of well-being.

So don't slack off now! Try to keep your head in school, and have a hearty laugh at life! It's good for you.

Data from Life Positive, WPI Group Inc.

[www.lifepositive.com](http://www.lifepositive.com)

### SUMMER'S COMING

We're headed toward the finish line of junior year! Although you are already dreaming of what it will be like to be a senior next fall, there are still many things you need to be working on this spring and summer. Here are just a few of the items that should be on your "to do" list as you prepare for senior year and your college applications.

#### **Check out some great summer opportunities.**

There are a wide variety of summer honors programs at various universities around the world. Check the bulletin board outside Mrs. Partridge's office for the most current information.

#### **Be aware of your Extended Essay deadlines.**

Each student received a complete Extended Essay folder and timeline on February 28. The first few deadlines have already passed, but there are many more to come.

#### **Review the CAS Timeline**

Assess your progress in completing your CAS requirements. The deadline for submittal of CAS Approved Activity forms for summer activities is May 10.

#### **Consider your SAT and ACT scores.**

All juniors should have taken both the ACT and SAT by now. If you intend to take either exam again before applying to colleges, you should be checking on exam dates and deadlines. Keep in mind that many colleges have early fall due dates for applications. The SAT will be offered two more times before the fall (May 5 and June 2). After these test dates, the SAT will not be offered again until October 6 and November 3 next fall. The ACT will be offered on June 9, September 15 and October 27. Check the websites [collegeboard.org](http://collegeboard.org) and [actstudent.org](http://actstudent.org) for registration deadlines.

#### **Keep your grades up!**

Most college admissions are based on grades earned in 9<sup>th</sup> – 11<sup>th</sup> grades, so maintaining excellent grades is very important for juniors. The universities look at test scores, grades earned, courses taken, and the senior schedule when making an offer for admission. And admission offers may be rescinded if the senior year expectations are not met.

### VISIT COLLEGE CAMPUSES.

The spring and summer are great times to visit the college campuses you are most interested in. Schedules for information sessions and tours are posted on each school's website.

For example, the University of Florida has information sessions and walking tours of the campus at 10:00 a.m. and 2:00 p.m. Monday through Friday and 10:00 a.m. Saturday, excluding state holidays and special events. There will be an expanded tour schedule from March 19 through Monday, April 9 to accommodate high school visitors during spring break weeks.

More elaborate visiting options are also available:

- **Oxbridge University Tour**  
Tour starts in Boston and ends in Washington, DC. Along the way you visit 14 different universities and colleges including Yale, Harvard & Georgetown. You will make campus tours and meet with admissions teams on each campus.
- **College Visits USA**  
Week-long tours of colleges in different areas of the country are available (New England, Northeast, Middle Atlantic, Southeast) where students meet with admission representatives and tour the college sites. Students meet in an "originating city" and travel to different colleges together.



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## WHAT DO YOU THINK COLLEGE IS LIKE?

A message to all college-bound students, contributed by Flagler College student, Kelsey May.

When I was in high school, my concept of college was completely unrealistic. The conventional school of thought says that college years are the best of one's life, filled with partying, freedom and new experiences. All of these things may be true, but only to an extent. Your parents no longer set a curfew on you during the school week, but the paper that's due tomorrow has just as much control.

You get lonely in your tiny dorm room. You miss family dinners you once took for granted. You have to do your own laundry. And you get stressed out during finals. I wouldn't trade these past years for anything, but I wish someone would have told me about the reality of college.

If you would rather continue thinking that college is a 24-7 party, I suggest you put this newsletter down and go rent *Van Wilder*. However, if you'd like a heads up about what to expect from college, grab a comfortable seat and keep reading.

During my first few days at my small liberal arts college, from which I will graduate next year, my idea of college life was shattered. I saw no one running around in a toga, no kegs and no parties. We have dry campus and all the shindigs were in off-campus houses. I thought I had made a terrible mistake.

But two weeks later I realized the college rules were the best thing for me. I ended up meeting hilarious people who didn't drink. My new friends and I would sit around the campus courtyard every night laughing about stupid stuff. We used to run around our

historical town, climbing statues and running through fountains. We'd take our foam surf board, place it on a long board and video tape us 'paddling' around campus. The dorky things we did weren't the typical 'college life' activities, but we had fun. The best part is I didn't gain the 'Freshman 15' my freshman year.

I did eventually go to some parties, but I never got out of control because I was never on a tight leash (In high school, my curfew had been 9:00 on school nights and 2:00 on weekends). In college, I saw lots of kids go off the deep end because their parents had been very controlling. They would binge drink and act really obnoxious at parties. It was not appealing. Some of my old friends from home really overdid the frat and sorority parties at their colleges and failed out. It's really a shame.

The thing that still surprises me most is how different I've become in only a couple years. You are going to go through a lot of changes. That sounds like an introduction in a sex education book, but it's true. **You are going to find friendships without the pressure of the popularity factor, because no one is popular in college; the school is too big with too many different types of people.**

You'll meet kids from different states and countries who will introduce you to new music, religions, ideas, books, clothes and sports. Through these new experiences you'll find your identity in just a few years if you're unsure of it now.

There is also this thought that one must graduate in four years. If you have the finances and want to learn more, don't feel pressure to graduate right away. I picked up

another minor just this year and will be staying an extra semester. My professors agree and tell me to learn as much as possible if I have the resources to do so.

Professors enjoy helping students with plans for the future and usually have good internship connections. If you form a good relationship with them, they are great references for your resume. Just make sure you ask first.

You may freak out about your career choice. Most schools have a counselor on campus. We're talking free therapy here—someone who listens intently to your problems and then gives you sound advice. I didn't see mine until this year and I regret it.

Finally, college is the best and worst time of your life. You will laugh just as hard as you cry and play as hard as you work. Just keep things moderate—don't study for eight hours straight or stay out all night. Study and then go have stupid fun with your friends. To end with a cliché (also: don't use clichés in your papers), college is what you make of it. Don't skip class but don't skip the party or the concert on the weekend. Everything in moderation.

### Kelsey's College Tips

- Learn how to balance a checkbook, use a debit card, and avoid overdraft fees
- Find a doctor and dentist covered by your insurance
- Bring a large sack of quarters for laundry day
- Bring a clothes hamper with wheels
- Exercise, healthy eating and sleep are extremely important
- Have a working printer in your room
- Don't skip class—you are wasting money when you skip class



# **I THINK, THEREFORE IB**

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

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