



**CONTACT:** 102810-Digest  
Greg Davy  
Communications Specialist  
(757) 253-6759

## **W-JCC NEWS DIGEST**

**For October 28, 2010**

(For larger versions of the photos, please visit the W-JCC "Press Room" by clicking [HERE](#)).

### **WJCC Phys Ed Program Receives \$1 Million Grant Over Three Years**

All WJCC schools will receive new physical fitness equipment including weights, cardiovascular fitness equipment and the latest curriculum materials in the coming three years, thanks to a grant from the federal Carole M. White Physical Education Program that will total about \$1 million over the next three years.

Jeannie Trainum, WJCC's athletic coordinator, applied for the grant along with 480 other applicants from around the nation. WJCC was one of only 77 divisions funded. The stated purpose of the grant is "to build a coordinated project, 'District PEP Project,' that expands and enhances the district physical education program so all students can meet the goals of the Virginia Standards of Learning, School Health Index, and the nutrition and physical activity school board policies."

The amount available for the first year will be more than \$547,000, and will be used to purchase new physical fitness equipment for all schools as well curriculum materials and staff training, Ms. Trainum said. The second-year amount of more than \$362,000 will be used to upgrade the high schools' and middle schools' cardiovascular training equipment, such as stationary bicycles and stair-step exercisers and rowing machines.

(MORE)

\* \* \*

## WJCC School Board Recognizes NMS Program Semifinalists



The WJCC School Board recognized three National Merit Scholarship (NMS) Program semifinalists, one from each high school, and one National Achievement Scholarship semifinalist at a recent school board meeting.

The National Merit Scholarship program is an academic competition for recognition and scholarships that began in 1955. High school students enter the program by taking the preliminary SAT/National Merit Scholarship Qualifying Test, which serves as an initial screen of about 1.5 million entrants each year. Of those 1.5 million entrants, about 50,000 with the highest scores in critical reading, mathematics and writing skills qualify for recognition in the National Merit Scholarship Program.

Semifinalists are among the highest scoring students in each state, and must advance by meeting even more rigorous academic requirements. These students will go on to try to achieve "Finalist" status. Receiving certificates recognizing them as semifinalists were as follows:

**JENNIFER KADES, Lafayette High School** -- Kades plays field hockey and tennis and is leaning toward studying environmental engineering. She interested in attending either Stanford or Duke University.

**MICHAEL McCOY, Warhill High School** -- McCoy, Warhill High School's first-ever National Merit Scholarship semifinalist, is active in the Model UN program, the Honors Band, Jazz Band, and the student council association. He will also receive the honor of Eagle Scout in the coming weeks. He would like to attend Georgetown University or William & Mary.

**MITCHELL SPRYN, Jamestown High School** – Spryn hopes to major in engineering to become a nuclear engineer. His college interests are MIT, Carnegie Mellon University, Duke, Virginia Tech and the University of Virginia.

(MORE)

The National Achievement Scholarship Program, also conducted by the National Merit Scholarship Corporation, is a privately financed academic competition started in 1964 to recognize the nation's academically promising African American students and to provide scholarships to the most outstanding students.

More than 160,000 high school juniors from around the U.S. requested consideration when they took the 2009 preliminary SAT National Merit Scholarship qualifying test. To advance to the "finalist" level, semi-finalists must present a record of high academic performance throughout high school and be recommended by the principal, and must also show participation in school and community activities, demonstrated leadership ability and educational goals.

Receiving recognition as a National Achievement Scholarship Program semifinalist was **BRIANNA NELSON of Lafayette High School**. She participates in track, cross country and band. Upon graduation she hopes to attend Virginia Tech.

\* \* \*

### **LHS Class Explores Structural Engineering**



Richard Aadahl's architectural design students at Lafayette High School recently built benches by constructing forms to pour concrete supports while studying foundations and footings. Students assembled the rebar framework, poured and finished the concrete. They made seats by drilling and shaping two-by-sixes of treated lumber as used in house construction. Aadahl's engineering class used the opportunity to explore structural engineering by reviewing the progress of the concrete supports.

**Photo 102810 Rebar:** At left: Kara Natchus.

**Photo 102810 Bench:** Front row, from left: Summer Lepore, Jaclyn Galbraith, Will Burks, Kurtis Stecj, Keshawn Lee, Paul Lynch, Cody Brackett, Jairus Wallace. Back row, from left: Jacob Hale, Kara Natchus, Christopher Steadman, Reggie Smith, Dylan Fitchett, Michael Carroll, Aric Campbell, Connor Your, Logan Dorcy.

(MORE)

\* \* \*

## LHS World History Class Makes Models of Cultural Landmarks



**Photo 102810 Landmarks:** Students in Craig Wortman's World History

I class at Lafayette High School made 3-D representations of famous cultural landmarks from their study of history. Included were Stonehenge, the Roman Colosseum, the Parthenon, and the Great Pyramid of Giza. Classmates were tasked to sketch the models and write down important information about each of the landmarks. In this way, student products were used as a teaching and review tool in an interactive exercise.

# # #