



**MADMEMOS IS
PUBLISHED MONTHLY
BY THE JAMES
MADISON HIGH
SCHOOL PARENT
TEACHER STUDENT
ASSOCIATION (PTSA)**

INSIDE THIS ISSUE!

JMHS OPEN HOUSE!!
Balloons 4 Sale
Alcohol & Drug Youth
Services
Orchestra News
JMHS Band News
Academic Booster Club
All Night Graduation
Celebration
ANGC Reg Form
Capitol Steps
ANGC Volunteer Form
Marshall Academy Open
House
Role Models for the Road -
Parent tips
Not As Easy As It Looks
Mad Stories
e-MadMemos
Freshman Class News
VMCC
Business Partnership
Substance Abuse Education
Seminar for Parents
College/Career Center
Reflections
"Super Saturday" Federal
Student Aid Form
Junior Dinner Form
Guidance Department News
SOL Retakes
The Madison Website Has a
NEW LOOK!
Important Upcoming Events
Keep In Touch

JAMES MADISON HIGH SCHOOL

2500 James Madison Drive
Vienna, VA 22181
703-319-2300

IMPORTANT NUMBERS

Main Office
703-319-2300

Guidance Office
703-319-2322

Attendance Office
703-319-2319-
703-319-2503

PTSA PRESIDENT'S MESSAGE

December 13, 2004

Dear Madison Community,

I wish you all well and I know you are looking forward to our winter break beginning December 23, please have a relaxing and safe holiday. We continued to be saddened by the loss of young people in our area due to destructive decisions while driving. Think, have fun, but think first, be responsible and let's all have a great 2005.

The month of November and December have been busy ones for the PTSA, Ethic's Day for our seniors was a huge success thanks to our PTSA organizers, Kathy Splitt, Carol Jameson and Susan Hildebrand, special thanks also to Bob Gambarelli, with our guidance department and to Matt Brennan for sharing their expertise in running this program in the past.

Diane Blackwell, organized the Reflections program and held the presentation ceremony for our participants and winners on December 8. The entries were wonderful and I commend all those who participated in this years program, "A different kind of hero." Special thanks to Tim Wendall, local author and Madison parent who made a brief presentation to the students and was one of our literary judges.

We will soon be announcing more information about the James Madison Homes Tour. This annual event, is the main fund raiser for the Academic Boosters and a lovely way to spend the afternoon. Various members of our community have generously opened their homes for you to see, light refreshments and live entertainment is offered

SEE PTSA ON PAGE 3

PRINCIPAL'S CORNER

December 2004

As the holidays approach and our schedules continue to become crowded with items and appointments to be fulfilled, we rarely have the opportunity to reflect on the past year, and to begin to look forward to what the New Year might bring. As Madison looks back at 2004, we have much to celebrate, and many things to look forward to in 2005. Student achievement has continued to rise, Madison has once again met state and county Annual Yearly Progress goals, and the faculty and staff have continued to analyze student performance data to explore instructional strategies that will increase learning.

We will remember 2004 as the year that the three phase renovation to the school was completed. To the outside observer who did not experience the noise, dust, constant moves, and empty ceilings, Madison High School is a very different place. While I firmly believe that we have kept the heart and soul of the school, the facelift certainly provides a welcome, bright, and clean environment for our students. The facility has become a state of the art building complete with wireless labs, an updated phone system and over \$200,000 worth of new student desks, chairs, and tables. Gone are the double outlets in each classroom, and gone are the 1960s vintage desks, chairs, and filing cabinets. The chalk board has been replaced by a whiteboard, and we hope to have a television monitor installed in each classroom yoke in the coming weeks. While we have an extensive punch list to complete, I am happy to report that the instructional space has been completed and I do not anticipate any additional movement of classrooms or trailers. Thank you for your patience during this long, arduous process.

SEE PRINCIPAL ON PAGE 3

After 8 years of waiting and watching.....

James Madison High School

has a new face and we would like to invite you to come check us out!!

Date: January 8th, 2005

Time: 10:00am – 2:00pm

Events:

- Enjoy a round of Theater Arts as the Drama Department rehearses in the new *Black Box Theater*
- Watch the basketball teams practice in the renovated Small Gym and see a wrestling tournament in the Main Gym
- Observe our new Computer Graphics and Art Labs
- See our Media Center and refurbished Career Center
- Check out the state of the art weight room
- See many more activities and all of the facilities

James Madison is looking forward to starting out 2005 with a fresh look. Please join us and see what our high school has to offer the town of Vienna! The doors will be open and you are free to roam around and see what the present and future holds for James Madison High School!



BALLOONS 4 SALE

**Happy Birthday
Thank you
Good Luck
Get Well Soon**

Come by during assistance or
your lunch period
Bags & Gifts Available

Parents only:
Special deliveries call
703-319-2430
Mrs. Basile or Mrs. Fernandez

ALCOHOL & DRUG YOUTH SERVICES

Diana Rosario
 School Resource Specialist
 Alcohol & Drug Youth Services
 diana.rosario@fairfaxcounty.gov
 (703) 538-3213

Madison High School Office Hours:
 Mondays & Tuesdays - 8:30 am - 2:30 pm
 Thursdays - 8:30 - 11 am

Madison Office Tel. # - 703-319-2335

The Alcohol and Drug Youth Services School Resource program is a partnership between the Fairfax County Public Schools, Safe and Drug-Free Youth Section and the Fairfax-Falls Church Community Services Board-Alcohol and Drug Youth Services. Eight ADYS School Resource Specialists work in FCPS. Each cluster has a dedicated ADYS Resource Specialist. Our primary goal is to help at risk students succeed academically and socially.

Systemically, the approach is proactive and flexible. The School Resource Specialists provide substance abuse prevention, intervention, education, consultation, and treatment referral services for students and their families. The ADYS School Resource Specialists interface with school staff, parent organizations, and other human service agencies to foster collaboration, teamwork, and community-based solutions to substance abuse issues. Clinically, the program utilizes a substance abuse intervention model that encourages identified students and their families to accept recommended therapeutic interventions.

The referral process is simple and requires minimal paperwork. Teachers, administrators, social workers, and other professional staff may refer identified students and their families directly to the ADYS School Resource Specialist. School staff may suggest that parents attend the free education seminar conducted by the ADYS School Resource Specialist. Registration is not required. The seminars are single, two-hour sessions held weekly at convenient school locations throughout the county. The seminars are for parents who:

- * Suspect their child may be using alcohol/drugs
- * Have found their child with drug paraphernalia
- * Have seen a decline in their child's attitude, behavior and / or school performance
- * Have found their child under the influence of alcohol/drugs
- * Want to recognize the signs and symptoms of substance abuse
- * Want to know if substance abuse is contributing to their child's problems

Parents who wish to have the ADYS School Resource Specialist conduct an evaluation interview at their child's school may sign a permission form at the conclusion of the seminar. The purpose of the evaluation is to determine if

therapeutic services are appropriate. Families often prefer to have evaluations conducted at a location other than school. In these cases, the ADYS School Resource Specialists will arrange for a free evaluation, including a urinalysis, at one of the ADYS Outpatient sites, or provide a referral to a private service provider.

In conjunction with the Safe and Drug Free Section, the ADYS Resource Specialists also provide individual case consultations to the FCPS administrators and staff regarding substance abuse intervention activities for SR&R violations.

For more information contact: Diana Rosario, the School Resource Specialist.

PRINCIPAL FROM PAGE 1

The year 2005 will continue to offer Madison High School challenges and opportunities. Our performing arts groups are finishing the winter season, and will begin preparing music for trips and competitions this spring. Our winter and spring seasons offer high expectations for our athletes and coaches. However, the New Year offers renewed challenges for Madison, and all of our students, as we focus on establishing clear academic expectations for each student enrolled. I firmly believe that each student can perform in the classroom at a very level, and it is now incumbent on the school to clearly communicate to the community what we expect each student to learn at Madison High School.

In the next few months I hope that this idea becomes clear for everyone as we continue to introduce 24-7 learning via Blackboard.com, and we begin to post performance expectations on our website. The faculty and staff have made tremendous progress in this area, and I know you will be pleased with the results as they come online over the next few months.

From my family to yours, I wish you continued health and happiness as we enter an exciting new year.

Happy Holidays,
 Mark A. Merrell
 JMHS Principal
 mark.merrell@fcps.edu
 703/319-2311

PTSA FROM PAGE 1

throughout the tours. The Academic Boosters help to defray the expenses of teachers, departments, groups and individual students participating in academic endeavors. Please show your support of our hard working students and staff by supporting this project generously.

Happy Holidays!

Sincerely,
 Martha Peacock
 JMHS PTSA President 2004-05
 703-281-9185
 FPSPBA@aol.com

ORCHESTRA NEWS

The Madison Orchestra students have been busy leading up to the holidays . . .

On November 12 and 13, 2004, Robert Wang ('05, violin), Todd Lotterer ('06, bass) and Anya Abashian ('07, viola) performed in the Senior Regional Orchestra event. These three students are also eligible to audition for the All-State Orchestra event, which takes place in early April, 2005. Those auditions will be held in February. Congratulations to Rob, Todd and Anya.

On November 15, 2004, auditions were held for the Senior District 12 Orchestra event. The auditions were extremely competitive and when the judging was done, Madison had placed 25 students in the 82-member orchestra, taking principal chair on every instrument! The following students were selected to participate:

Violin:

Nick Fitzgerald
(concertmaster)
Kyle Green
Nora Jameson
Christina Preville
Julie Shepherd
Rebecca Bellotto
Victoria Chang
Meghan Brown
Charlotte Heppner
Roxanne Splitt
Emily Choi
Laura Jacobs
Melinda Fraser
Maureen Reed
Jeannine Lowe

Viola:

Charlotte Diggs (principal)
Khai Phan
Rachel Stevenson

Cello:

Julia Perez (principal)
Erin Bacon
Hannah Skop
Sara Diggs
Alex Harper
Dan Stevenson

Bass:

Mike Bronez (principal)
Charlie Fraser

Congratulations to these students and everyone who auditioned. You are a very talented group of musicians. The District Orchestra event will be held on January 14 and 15, 2005 at South Lakes High School.

On Thursday, December 9, 2004, the Madison Concert Orchestra performed their holiday concert. The students performed *Antique Dances and Airs* (Respighi/Alshin), *Fantasy On "Sleepers, Wake"* (Bach;Leidig), *Meditation* (Stephan), *Three Chinese Scenes* (Alshin) and *Mother Ginger* from *"Nutcracker Suite"* (Tchaikowsky/Dackow). The performance was wonderful--the perfect beginning to the holiday season.

The Symphonic Orchestra performed their holiday concert on Monday, December 13, 2004. The pieces included *Gigue Fugue* (Bach/Doan) and *Serenade in C Major* (Tchaikowsky). In addition, the students played *Bach's Concerto for Two Violins in d minor*, with Nicholas Fitzgerald and Robert Wang as soloists. The grande finale was *Ununthu Botho*, a piece that was specially commissioned for the Madison High School Orchestras and composed by Bruce Carter, who was director of Orchestras at South Lakes High School and is now a first year student for a Doctor of Music Education at Northwestern University. This performance too was magnificent.

The Madison Band and Orchestra wishes the entire Madison Community a wonderful holiday season and a Happy New Year!° See you in 2005!

JMHS BAND NEWS

As we draw near the end of 2004, the annual JMHS Band fund-raising events have ended as well. We are pleased to report that our supplies of the White House Ornaments and Citrus have been sold. Please know that if anyone is still interested in purchasing Gift Wrap, orders can be placed on-line through the band website or at www.innsbrook.com. Our code number is 103344. Be certain to designate a student name, if you know of a band member.

Thank you to the James Madison High School community for your participation in our fund-raising efforts. If you have not already, we hope you take the opportunity to see some of the upcoming concert performances.

The information is posted and updated on both of the band and school websites.

Calendar of Upcoming Events:

January 8: District Band Auditions - Oakton HS
January 21: Night of Percussion - McLean HS
March 3: Pre-Festival Concert
March 11,12: District Band Festival
March 15: Jazz Night
March 19: Chantilly Jazz Festival

Band parents are always welcome to participate and attend the monthly band meetings that are held on the third Tuesday of the month at 7:00 PM in the band room. In the event there are any changes to the day or time, it will be posted on the band website.

Additional band news, information and contacts can be found on the band website at www.jmhsband.org or www.jmhsband.net.

Thank you for your continued support of the James Madison High School Band.

Marty Johnson
PTSA Band Boosters

ACADEMIC BOOSTER CLUB

Again, many thanks to the families that have joined the 2004-2005 Academic Booster Club this year. We have enjoyed our most successful membership drive ever, but are far from the 100% family participation goal! If you haven't had a chance to joining yet, please consider supporting the cause.

Yes, I want to join the Academic Booster Club and enhance my child's educational experience at Madison!

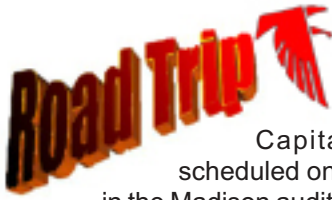
Membership - \$20/family

Additional Donation: _____

Name: _____

Student(s): _____

ALL NIGHT GRADUATION CELEBRATION



Need a last minute gift idea? The All Night Grad Committee is selling advance tickets for the Capital Steps performance scheduled on March 13, 2005 at 4:00 pm in the Madison auditorium. Tickets are \$25 each.

This is THE major fundraiser for the All Night Grad Party. Look for our ad in this issue of MAD Memos to order your tickets now!

DESIGN CONTEST FOR 2005 ALL NIGHT GRAD CELEBRATION

ATTENTION: ALL CREATIVE STUDENTS

We need your help designing a logo for this year's theme "WARHAWKS ROADTRIP 2005"

The logo will be used on posters, letterhead, newspaper articles, all publicity, and possibly t-shirts.

PRIZES AWARDED FOR THE TOP 3 ENTRIES:

1ST PLACE - \$50 CASH

2ND PLACE - \$25 GIFT CERTIFICATE - BEST BUYS

3RD PLACE - MOVIE TICKETS FOR TWO

DEADLINE? Has been extended to **Friday, January 14 by end of school day.**

Place entries in box marked "DESIGN CONTEST" in the front office. **BE SURE TO INCLUDE YOUR NAME AND CONTACT INFORMATION ON YOUR ENTRY!!**

WINNERS WILL BE ANNOUNCED JANUARY 2005!

All Night Grad - Prize Drawing To Be Held December 21

The All Night Graduation Celebration Committee is happy to report that plans for the party are well underway! There are 135 students already registered to attend the party and many parents have volunteered to help. It's not too late to sign your senior up for a memorable, fun-filled night with their classmates! Just fill out the registration form in this issue of MAD Memos and return it to the front office.

Our first monthly drawing will take place on Tuesday, December 21, which is exactly 6 months until Graduation Day and the awesome All Night Grad Celebration!! All seniors registered by Monday, December 20 will automatically be entered in the drawing. Four lucky winners will receive \$25 gift certificates to Tyson's Mall just in time for the holidays!

To the right 's the list of registered seniors as of December 14, 2004:

Abundo Michael	Levitt Daniel
Althoff Stephanie	Lewis Elizabeth
Amer Lana	Loda Kyle
Baker Gregory	Lonergan Tessa
Barrea Nicole	MacCarthy James
Barrett Stephanie	Marshall Jay
Batterton Jessica	Martin Elizabeth
Bell Michael	McClaugherty Jessica
Berg Elizabeth	McElligott Kelly
Boles Dominic	Mercer Alex
Brown Christopher	Merchent Kathryn
Brown Michelle	Mericka Stephanie
Bussanich Jessica	Miller Elizabeth
Cadle Adam	Miller William
Canova Joseph	Millerick Laura
Carey Elizabeth	Minkler Ann
Chang Kai	Mirshamsi Shayan
Cohen Daniel	Moulton Kristin
Cole Elizabeth	Murphy Christopher
Critchfield Stacy	Murray Karen
Davis Darren	Myers Jeffrey
Dean Emily	Nazari Ashley
Delpech Laurens	Needham Jennifer
Duvic Christine	Nelson Valerie
Eck Andrew	Niemeyer Daniel
Eck Brian	Nissley William
Emshwiller Adam	O'Connor Katherine
Engle Samantha	Parada Robert
Feldman Joseph	Peacock Andrew
Fisher Max	Perrault Megan
Fitzgerald Nicholas	Plaxico Charles
Gage Jamie	Plumb Andrew
Gallagher Virginia	Plumb Jacob
Ganpath Dana	Porter Jennifer
Garcia Bridget	Purdum Jennifer
Garner Eric	Reed Stephen
Geary Monica	Reichert Laura
Geiger Michael	Renshaw William
Gentry Allison	Robins Alison
Gonzalez Stewart	Rosales Sylvia
Gravette Latoya	Ruetenik Gustave
Hahn Andrew	Sams Spenser
Hall Anthony	Secor Carolyn
Hamblen Erin	Sharman Morgan
Hamby Cody	Sheely Eric
Harrison Jonathan	Sinrud Katherine
Haun Kyle	Smith Alexandra
Haynor Nicolas	Smith Christopher
Heath Emily	Snow Jessica
Hendelman Tara	Stahl Anthony
Henshaw Katherine	Stark Amy
Hetmanek Carlyn	Strup Sarah
Hilburn Ainsley	Thomas Shara
Isidoridy Andrew	Thorn Anna
Jameson Nora	Traut Suzanne
Jaye Rachael	Vadala Joanna
Jimerson Candice	Vessey Amanda
Johnson Amanda	Wainwright Laura
Keogh Glynnis	Walraven Teresa
Kieffer Jessica	Walsleben Kaitlin
Kim Daniel	Warner Ethan
Lanza Kelsey	Wells Lauren
Larkins Phillip	Whitney Stephen
Lawrence Danielle	Williams Evan
Ledford Emily	Wolfe Jonathan
Lee Jessica	Zelinger Allison
Lenz Charlotte	Zimmerman Joshua



Calling All 2005 Seniors
All Night Graduation Celebration
REGISTRATION

WHAT: Fun filled all-night
 Grad celebration; alcohol
 & drug free Madison
 tradition for 18 years!

WHEN: June 21, 2005

WHERE: Vienna Community Center

COST: \$40 until 2/2/05
Then \$50 per graduate

HOW: Fill out registration
 below & mail w/check
 & you're on the list!

WHY: We have to book the
 entertainers **ASAP** along
 with 45+ other high schools
 in No. VA!

Includes ALL activities below:

- *Non-stop entertainment
- *Caricature Artists
- *Chance to win a 2005 Ford!
- *Tons of food (dinner & breakfast)
- *Prizes & surprises galore
- *\$500 Cash Prizes
- *Multiple \$250, \$200 & \$50 Prizes
- *Casino Games, Karaoke
- *Money Machines
- *Virtual Reality Chairs
- *'Smoothie' Bar
- *Mechanical Bull

AND MUCH, MUCH MORE

[Funded (partially funded) by Safe and Drug-Free Schools and Communities Act.]

PARENTS:

Help make this a special night for your senior! In order for this to continue to be successful,
LOTS of volunteers are needed before, during and after the party to work on committees!
 Call Terry Miller [703-281-6846] or Pam Rawlinson [703-938-5583]

-----**CUT HERE**-----

Senior Name: _____ **Phone:** _____
Cost: _____ **\$40.00 UNTIL 2/2/05 then \$50.00**

Parent Volunteer: _____ **Phone:** _____
Email: _____

Make checks payable **AND** mail to:
JMHS All Night Graduation Celebration
 James Madison High School
 2500 James Madison Drive, Vienna, VA 22181

A Terrific Gift Idea !!



**who
put the
mock
in Democracy?**

It's the Capitol Steps!

A fast-paced, hilarious,
spooof on current events
& famous political figures

***Coming to James Madison High School!!
Sunday, March 13, 2005 - 4:00 pm***

To reserve tickets, cut off form below & mail w/check. **Tickets will be mailed to you.**

.....

Capitol Steps Ticket Request Form

Name: _____

Address: _____

Telephone: _____

of tickets x \$25.00 = \$_____ Total Enclosed

Make check payable to **JMHS All-Night Grad** & mail to:
JMHS All-Night Grad, 2500 James Madison Drive, Vienna, VA, 22181
For information call: Pam or Ran Hock at 703-255-3798

PTSA Sponsored—Benefits JMHS All-Night Grad

WORK HAS STARTED ON THE BIGGEST CELEBRATION OF THE YEAR: THE ALL NIGHT GRADUATION CELEBRATION!

Traditionally, almost all of our senior **parents volunteer** to help out with this event. Non-senior parents are specially needed during the setup of the activities, while senior parents attend Graduation Ceremony.

Below is information on committees that you can volunteer for.

Please print this page, circle the committee of your choice, add your contact info and submit it as a sign-up form or simply email your information to one of the volunteer coordinators Terri Miller at wmterry5@cox.net or Pam Rawlinson at pdr@cox.net.

- **CAPITOL STEPS** - Help with publicity, ticket sales, etc. for this 1 time fun event held second semester. A major fund-raiser.
- **CASINO** - If you like games of chance, you'll enjoy this committee. Training provided!
- **CLEAN-UP** - If you are a morning person, this committee is for you. Help take down decorations, pack and store them. Make sure we leave the Vienna Community Center in good condition.
- **DECORATIONS** - Many people are needed to help put up the decorations. We need creative people and non-creative people who can follow directions!
- **ENTERTAINMENT** - Be at the heart of the celebration! Help set up and help supervise games & other fun activities.
- **FOOD** - We need volunteers to plan the menu & make arrangements for having the food delivered to the celebration. We also need people to help serve the food.
- **FUND RAISING** - If you're good at raising money, we need you! Help us meet our fund raising target by organizing & sending out solicitation letters to the local business community.
- **PRIZES** - What's a celebration without prizes? And we hope to have prizes for all of our seniors! Hold drawings, announce winners, coordinate for Grand Prize drawing.
- **PUBLICITY**. Creative marketing skills will help boost participation! Help advertise the celebration to parents and students throughout the year through Mad Memos, morning announcements, Hawk Talk & ticket sales.
- **SECURITY** - We need volunteers to help make our Grad Party safe and secure both inside and outside of the building during the night.

----- PLEASE RETURN FILLED FORM TO THE ANGC COMMITTEE -----

Name: _____

Phone: _____

E-Mail: _____

Parent of: _____ Year: _____

MARSHALL ACADEMY OPEN HOUSE



WHAT: MARSHALL ACADEMY OPEN HOUSE

WHEN: THURSDAY, FEBRUARY 10, 6 PM — 7 PM

**WHERE: Marshall Academy is located within Marshall High School
7731 Leesburg Pike
Falls Church, VA 22043**

Parents and students are invited to an open house to meet members of our teaching staff and learn about our programs. The Marshall Academy offers advanced specialized courses with an emphasis in **International Studies and Business** and **Engineering and Scientific Technology**. These elective courses are **free** of charge to interested, qualified students in Fairfax County Public Schools. Emphasis is placed on the integration of career and academic preparation using the latest technology. Students who enroll in the Marshall Academy typically have a strong career interest in one of the career fields represented by the courses we offer. Transportation between Marshall and the students' base schools may be provided by Fairfax County Public Schools (students may also provide their own transportations). Courses are available to 11th and 12th grade students, except Chinese which is available to 9th through 12th grade students. Application forms for courses will be available in guidance offices in January. Students register for Marshall Academy courses through their base school counselor.

Course Offerings

Our students acquire technical knowledge and skills in the following professional program areas:

Advanced Accounting offered online

Advanced Business and Management 1 and 2 (The course follows the IB curriculum.

Weighted credit is given to students who are in IB programs at their base school.)

Auto Collision Service 1,2 - work toward ASE

Auto Technology 1,2,3 - work toward ASE

Chinese 1,2,3,4, IB Chinese

Computer Systems Technology (Comp TIA A+ certification)

Cosmetology 1,2,3 - work toward Virginia license

Criminal Justice 1,2

Culinary Arts 1,2

Engineering Physics

Entrepreneurship NEW PROGRAM!

Hospitality Management 1,2

Internet Marketing

Network Administration 1,2 (Microsoft Certified Professional MCP

Microsoft Certified Systems engineer MCSE)

Network Administration 1 also offered online NEW PROGRAM!

Network Design and Engineering 1,2 (CISCO Certified Networking Associate)

Physics of Technology

For more information, you may visit our website www.fcps.edu/MarshallAcademy or call Paulette Cerutti, Marshall Academy counselor at 703-714-5581

ROLE MODELS FOR THE ROAD

Parent Tips

All Those Distractions

December 2004

Parents: Did you ever consider that your teen is learning your driving behaviors?

Have you — put on makeup, shaved, sung off sheet music, wrote notes, turned around to scream at the kids, used a laptop, read a newspaper, read a book while driving 80 miles an hour or used cell phones? These are only a few of the many distractions that have been observed.

Surveys indicate that most parents believe that distractions are something to be avoided. (1)

Distractions are the second leading cause of teen crashes second only to inexperience.(2)

Distractions take our eyes off the road, our hands off the wheel and our concentration off the road. What can we as parents do to teach our kids about tuning out distractions.

Tips to talk about with your teen about distractions while driving:

- NEVER, EVER, allow distractions to affect your driving. ALWAYS, UNDER ALL CIRCUMSTANCES, MAINTAIN CONTROL OF YOUR VEHICLE.
- In general, distraction induced by a wireless mobile device has a serious impact on the physical capability of a person to perform simultaneously the task of talking and driving.
- Talking on the phone and driving delays the reaction of the driver by more than 600 milliseconds, or simply stated at 30 miles per hour, the vehicle will cover almost 30 feet before the driver starts a reaction such as braking.
- A study that identified talking on a cell phone as roughly equivalent to having consumed two strong drinks of alcohol. (3)

What about emergencies?

The ability to contact someone in emergency road situations is invaluable; however, the place to do so is stopped on the side of the road!

Parents, more tips for your teen:

- Focus forward and keep their eyes moving, scanning the changing situations while driving.
- Eliminate distractions from the job of driving.
- Do not use the cell phone while driving.
- Insist that your teen's passengers are not a distraction to their driving.
- Drop something while driving? Don't pick up while driving!

(1) NHTSA Driver Distraction Internet Forum

(2) Virginia Crash Facts 2003

(3) "Association between Cellular Telephone calls and Motor Vehicle Collisions". Redelmeier, D.A. & Tibshirani, R.J. *The New England Journal of Medicine* 336, 2, 1997, pp. 453 – 458.



NOT AS EASY AS IT LOOKS

You get in the shell (boat), you grab an oar, you row, you move...what's the problem?

Rowing looks easy! Great rowing looks graceful and fluid, but don't be fooled. Looks can be deceiving. Pulling oarblades smoothly and effectively through the water while balancing a boat that may be as narrow as 11" across with 10'-12' oars is very difficult work. Watch how quickly that graceful motion before the finish line turns into pain and gasping for air afterwards. Rowing is no stroll in the park, and isn't for the feint of heart.

Consider the following:

"The athlete's anaerobic threshold; the point at which the body's muscles have exhausted their oxygen store and start burning other fuel. For regular folks, reaching that threshold is quitting time; anaerobic work is 19 times harder than aerobic work. But rowing is all about harder. Elite rowers fire off the start at sprint speed — 53 strokes per minute. With 95 pounds of force on the blade end, each stroke is a weightlifter's power clean. Rowers cross their anaerobic threshold with that first stroke. Then there are 225 more to the finish line."

ESPN Magazine, May 2000

Physiologists claim that rowing a 2,000-meter race - equivalent to 1.25 miles - is equal to playing two basketball games back-to-back. Rowers are superb examples of physical conditioning. The sport demands endurance, strength and an ability to tolerate the pain that muscles experience most acutely in the last 500 meters of the race.

Rowing looks like an upper body sport! Although upper body strength is important, the drive which moves the boat comes from strong legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups.

Rowing makes everybody look the same! Rowing isn't a great choice for athletes looking for MVP or super star status. It is, however, teamwork's best teacher. Teamwork is number one. The athlete trying to stand out in an eight or a four person shell will only make the boat slower. It's the only team sport that is a true team sport and if anyone on the boat fails, the whole boat fails. There are no second chances. It is the crew made up of individuals willing to sacrifice individual goals for the goals of the team; the athletes determined to match their desire, their talent and their oarblade with the rower in front of them, that will be on the medals stand.

So, if you're looking for an activity that guarantees a great workout, you can't go wrong with rowing. Whether people treat rowing as a leisure activity or throw themselves into it with the fiercest competitive spirit, the sport does make a lot of physical demands. With this very cool sport, you'll be doing something totally different from other people too. Strength, grace, coordination, teamwork and plain clean fun are all up for grabs if you're ready to commit. James Madison Crew still has rowing and coxswain spots open and keep in mind that physical size is not a consideration here.

To learn more about JMHS Crew go to www.warhawkcrew.org.

MAD STORIES

Congratulations Beverly Winder, JMHS Orchestra Director! Beverly was one of sixty-three FCPS teachers recently named 2004 Claes Nobel Teachers of Distinction by the National Society of High School Scholars. Winners were nominated by former students who named the teachers as positive role models who have made a lasting difference in a student's life by encouraging them to strive for excellence.

For more information, visit www.nshss.org

E-MADMEMOS

The email version (PDF attachment) of this newsletter was sent December 18. The PDF format of MadMemos is completely interactive. It includes hyperlinks to all the web sites and email addresses included in the publication to provide easy access to additional information. Whenever you see a web or email address you can simply click on the text to take you to the web site sited or open an email message box to send an email to the person listed.

If you received this issue via snail mail again this month and you signed up for **Email ONLY** please contact Maria Alvarez-Lundie, at alvarezmaa@hotmail.com, with your child's name. The school labels are printed by student names.

310 families°have chosen to save Madison postage costs, wont you join them?

Every issue is also available on our web site at <http://www.fcps.edu/MadisonHS/news/madmemos/madmemos.html>

FRESHMAN CLASS THANKS YOU!

On behalf of the Freshman Class, I would like to thank all the many people and businesses who helped to make the Freshman Dinner a success this year. First, I want to thank Michele Khol. She was the most positive and organized person that I could ever hope to have step up and take on the responsibility of organizing all of the food. Thanks also to Lynda Tenhundfeld for handling the registrations and the money. It takes a lot of people to do everything from the copying to the incredible clean up at the end of the night. There is not enough room to list the thirty some people that helped make this event happen but those of you who put in the hours know who you are and that you made the night happen. Thank you.

A special thanks goes to Keegan Cassady for organizing members of Madison's Improv Comedy Group and to the members of this group who entertained above the roar of conversations. Thank you.

Thanks to Coffee Caboodle who graciously donated the wonderful coffee we had with our desserts and to Pomodora's restaurant located in the Fairfax Towne Center for working so well with us. Thanks also to Giant for a gift card donation and to Rebecca Diamond for organizing all of the decorating.

VIENNA MADISON COMMUNITY COALITION

RECENT PROGRAMS/PROJECTS - Gang Prevention Presentation - this was a most informative presentation, the importance of which was further emphasized by the opening remarks of Gerry Connolly as keynote speaker. P.D. O'Keefe, Prevention Specialist in the Safe and Drug-Free Youth Section of FCPS and Diane Eckert, Madison parent and FCPS After-School Program Deputy Coordinator, among others, further contributed to discussions regarding a serious concern that gang and gang-like activities are increasing in Virginia, Fairfax County and much closer to Vienna proper. Some of the risk factors for gang involvement were outlined as well as statistics that further underscore the importance for the greater Vienna community at all levels to become more aware and involved in further strengthening positive focus activities for youth, including programs like the after school program at Thoreau Middle School, which is funded in part by our very own Vienna Madison Community Coalition, using No Child Left Behind funds. It was noted by Mr. Connolly that strong schools and a well trained town and county police department keep the gang-activity and general crime rate low. The program ended with a discussion as to how the county is educating parents, teacher and students about this growing problem, that is emerging inside and immediately surrounding the town of Vienna. Prevention is the strong message and there are many factors to include academic success, improving social and refusal skills, limiting unsupervised time out-of-school, helping students feel more connected with caring adults at school and in the community and parenting with clear expectation, good communication and enforced consequences.

The VMCC also was a sponsor for **Senior Ethics Day**, November 30, a very successful collaboration with the PTSA. Kudos to Kathy Splitt, Susan Hildebrand and Carol Jameson!

UPCOMING PROGRAMS/PROJECTS - The steering committee's next project will be a large mailing in mid-January to about 2,600 families of Thoreau and Madison students. It will contain several brochures addressing drug and alcohol use by young people, a parent pledge form, information about the laws on alcohol use, and a one-pager on inhalant abuse. As a follow-up to the mailing, the coalition will sponsor a forum on February 16 at James Madison High School for parents and students. An alcohol and drug specialist from the county will review the results of the Virginia Community Youth Survey and a panel of Madison students will speak candidly about drug and alcohol abuse issues at Madison. The hope is that more parents will become aware of these issues leading to further discussion with their children on these very real issues. In light of once again a preventable tragedy in the Fairfax HS community directly related to underage alcohol access and use, please consider attending and participating in this program.

The coalition is working jointly with the Oakton and Marshall High School coalitions to carry out the Virginia ABC Project Sticker Shock to be held on April 2. This will be Madison's

third year participating and the second year in collaboration with our neighboring high schools. This is primarily and "adult education" program to underscore the seriousness of purchasing of and/or allowing access to alcohol to underage drinkers and the subsequent legal issues.

*Volunteers are strongly encouraged to come forward to help with any one of these upcoming projects, small and big jobs, flexible hours!*** VMCC programs and activities dovetail and complement many of the ongoing program in the community, including those underwritten or sponsored by individual schools, PTSA 's, churches, business and more. Please help further strengthen this collaboration and guide our youth towards less risky behaviors with more positive outcomes. ° Please contact Diana or Sara below.*

NEXT VMCC meeting at the Vienna Community Center, 6:30 PM, on January 24, 2005. **ALL INTERESTED COMMUNITY MEMBERS ARE WELCOME. ° YOUR IDEAS, CONCERNS, COMMENTS ARE ESSENTIAL TO A HEALTHY COMMUNITY COALITION.**

QUESTIONS/INFORMATION: DIANA LEVY, PTSA Liaison to VMCC, 703-205-1221 or SARA FREUND, VMCC Coordinator, 703-281- 6282.

BUSINESS PARTNERSHIP

If you are still looking for that special gift idea, it is not to late to donate to the "A Visit from St. Nicholas" Program sponsored by Volunteer Fairfax. James Madison High School students recently volunteered in the "A Visit from St. Nicholas" Program. JMHS' new Business Partner, CACI-CMS Information Services, Inc., also participated in the program by joining JMHS as a Classroom Sponsor for the program. This program is a community initiative which this year benefited over 2,200 FCPS elementary school students (PreK-third grade) in six county schools who currently qualify for the free or reduced-price lunch program. With donations and over 400 volunteers from corporate sponsors, groups and individuals, backpacks were purchased and filled with toys, books and activities and delivered to the children at their schools on 3 December. Donations are still being accepted to offset costs for this year's program.

Anyone can be a BackPack Sponsor for \$25 or an "In Honor of" Sponsor for \$25. Checks made out to Volunteer Fairfax can be dropped in the box in the JHMS Office, or mailed to Volunteer Fairfax, 10530 Page Avenue, Fairfax, VA 22030 with a notation for the "A Visit from St. Nicholas" Program. If an "In Honor of" donation is made, a card will be mailed to the person being honored provided the name and address is included. Also, please note in the corner of your check "JMHS\CACI-CMS" so it can be recognized that the donation came through the JHMS\CACI-CMS Partnership Program. More information on this program can be found at www.volunteerfairfax.org, by contacting, Tonya McCreary, Development Director, Volunteer Fairfax, 703.246.3460 or email: stnicholas@volunteerfairfax.org or by contacting Louise Foreman, JMHS PTSA Business Partnership Program representative, 703.938.8790 email: lforeman@cox.net

SUBSTANCE ABUSE EDUCATION SEMINAR FOR PARENTS

6:30 p.m. to 8:30 p.m.

The seminar will be held at one location

Falls Church High School
(2nd & 4th Wednesday of Every Month)
Room 106

(see schedule for exact dates)

Come learn the facts **every**
parent
should know about teenagers
and drugs

Who Should Attend?

Any parent who:

- Wants to know more about adolescents and substance abuse
- Is concerned their child might be using drugs or alcohol
- Has seen a change in their child's attitude, behavior, or school performance
- Wants to recognize signs and symptoms of substance use
- Wants to rule out drug or alcohol abuse as a cause of their

child's problems

Other seminar locations, dates, and times may be available.

For more information or to register for the seminar please contact:

Diana Rosario at (703) 538-3213

This seminar is free of charge and is sponsored by Fairfax County Public Schools and Fairfax County Alcohol and Drug Youth Services

The seminar is offered at one location. Both Spanish and English

parent nights will be offered. Please make sure you have the correct

date for the class you wish to attend!

Falls Church High School

7521 Jaguar Trail

Falls Church, VA 22042

Room

2nd & 4th Weds. Of Every Month

October 13 , 2004

*October 27, 2004

November 10 , 2004

December 08, 2004

*December 22, 2004

January 12, 2005

*January 26, 2005

February 09, 2005

*February 23, 2005

March 09, 2005

*March 30, 2005

April 13, 2005

*April 27, 2005

May 11, 2005

*May 25, 2005

June 08, 2005

There will not be a seminar when schools are closed for holidays, breaks, or snow days!

Please note: Those dates marked with the * will be presented in Spanish.

COLLEGE/CAREER CENTER

Junior Career Unit

In January 2005, through US History classes, juniors will participate in a college/career unit in the career center. Mrs. Lynn Otto, and the guidance counselors will review the resources available to students in the career center, discuss possible post-high school options, and explore one of the FCPS programs, MyRoad or Guidance Central. Each junior will be given their own personal copy of the JMHS Junior/Senior Handbook, a guide with a wealth of information to help students and parents as they explore post-high school opportunities.

The NEW JMHS Career Center Web Site

Take advantage of the Career Center online resources that are available to students and parents. Check out www.fcps.edu/MadisonHS/Guidance/careercenter.html for useful information. The following topics have links that are available in one easy location, it is the one stop shopping place! This site is continuously updated.

College Visits/Events

Career Connections

Scholarships

Standardized Testing

Study Abroad

College/Career Exploration Programs

Military Information

Special Interest Sites

Balfour Ordering Information

Remember to place your orders for graduation announcements and senior memorabilia. Prices will go up after January 31. Order forms available in the Career Center. Seniors must also fill out a form to order a cap and gown for graduation. The cost for the cap and gown is included in the senior dues.

REFLECTIONS

The Awards Ceremony for the National PTA Reflections Program was held on Dec. 8, 2004. There were 24 Literature entries, 6 Photography entries, and 5 Visual Arts entries. There were no Music entries. First Place awards were James Reilly for Literature, Stephanie Miller for Photography, and Jenny Kangaroo for Visual Arts. These first place entries were submitted to the Cluster II Level on Dec. 4, 2004. We will not know the results of the Cluster II Level until the end of January or beginning of February.

WILL YOU RECEIVE FEDERAL STUDENT AID TO HELP PAY FOR COLLEGE?

The **Virginia Association of Student Financial Aid Administrators** will be holding its annual **Super Saturday** from 10:00 am to 3:00 pm on **January 29, 2005**.

What is Super Saturday ?

“Super Saturday” is VASFAA’s day-long event allowing students and their parents to receive professional assistance in completing their Free Application for Federal Student Aid (FAFSA) online. Students who complete the FAFSA on “Super Saturday” will meet the priority filing date for most Virginia colleges.

Where will Super Saturday be held in Northern Virginia*?

“Super Saturday” will be hosted by the following Northern Virginia locations:

- DeVry University
2450 Crystal Drive, Arlington, VA 22202
703.414.4000
Map: www.devry.edu/arlington/campus.html
- Bryant Alternative School, Alexandria, V
- Virginia Intermont College, Bristol, VA
- The College Place, Manassas, VA

*For state-wide “Super Saturday” locations, please go to www.vasfaa.org

What will we need to bring to Super Saturday ?

You must bring the following items in order to complete the FAFSA online:

- Student’s Social Security Number
- Student’s driver’s license (if any)
- Student’s (and spouse’s, if married)
2004 Federal Income Tax Return – IRS Form 1040, 1040A, 1040EZ, 1040 Telefile, or foreign tax return
- Student’s alien registration card (if student is not a US citizen)
- Student’s Personal Identification Number (PIN) assigned by the US Department of Education
(register for a PIN at www.pin.ed.gov)

Dependent students must also bring:

- Your parent’s 2004 Federal Income Tax Return
- Family’s untaxed income records – Social Security, Temporary Assistance to Needy Families, welfare, or veterans benefits records
- Student’s 2004 W-2 forms and other records of money earned
- Family’s current bank statement
- Family’s current business and investment mortgage information, business and farm records, stock, bond, and other investment records
- Student’s and one parent’s Personal Identification Number (PIN) assigned by the US Department of Education
(register for a PIN at www.pin.ed.gov)

Prior to attending Super Saturday students (and parents of dependent students) should register for a personal identification number (PIN) (PIN numbers will be assigned by the US Department of Education) by logging on to www.pin.ed.gov

Each “Super Saturday” location will award one student a \$100 book scholarship. Students must register at the location to be eligible to win.

For more information regarding “Super Saturday”, or for directions to the DeVry University host location, please contact DeVry University Student Finance at 703.414.4057 or email me at ktate@dc.devry.edu.

Sincerely,

Kristen G. Tate

Assistant Director of Student Finance, DeVry University

Member: Virginia Association of Student Financial Aid Administrators

class of 2006

JMHS Junior dinner

wednesday january 12, 2005 6:00 p.m. JMHS cafeteria

come for dinner, music, and DOOR PRIZES and stay for college night

door prizes
for juniors only!

music

dinner from
OUTBACK
steakhouse

door prizes
for juniors only

music

dessert



TICKETS
\$7

music

door prizes for juniors only

dinner from outback steakhouse

BRING THE WHOLE CREW

family name _____
 student _____
 address _____
 e-mail _____
 number of tickets _____ amount of check _____

ORDER NOW! Limited Seating. Clip REMINDER below for your family. Complete form above, fold form, enclose check to JMHS PTSA for number of tickets required, staple or tape all sides, add postage, self address and mail to Junior Dinner, JMHS, 2500 James Madison Drive, Vienna, VA 22181. Pick up tickets at door before event.

R E M I N D E R

number of tickets purchased ____

JMHS class of 2006

Junior dinner

wednesday january 12, 2005 6:00 p.m. college night 7:30 p.m.

GUIDANCE DEPARTMENT NEWS

JUNIOR COLLEGE AND CAREER UNIT

In January 2005, through US History classes, juniors will participate in a college and career unit in the career center. Mrs. Lynn Otto, and the guidance counselors will review the resources available to students in the career center, discuss possible post-high school options, and explore the on-line FCPS career and college programs, *Guidance Central* and *MyRoads*. Each junior will be given their own personal copy of the JMHS College/Career Guide, a guide with a wealth of information to help students and parents as they explore post-high school opportunities. Please ask your son / daughter for this guide to use throughout the next year.

COLLEGE PLANNING NIGHT FOR JUNIORS AND PARENTS

Immediately following the Junior Class Dinner

Thursday, January 12, 2005 7:30 — 9:00 PM JMHS Auditorium Sponsored by the Guidance Department

Admission representatives from four prestigious Virginia colleges and universities will serve on a panel to discuss the following important issues:

- How do students select a college? What makes each college unique?
- How do students assess themselves?
- How do colleges select their students?
- Choices, choices, choices !?? How do students make the final decision —

CURRICULUM NIGHT — February 3, 2005 (Snow date February 7)

Registration for the 2005-06 school year begins in February! Students and parents grades 8-11 should attend the Curriculum Night on February 3, 2005 (Snow date: Feb.7) from 7:00 – 9:00 PM to review both standard and optional course selections that are available to them for the 2005-06 school year. This opportunity provides parents and students a chance to learn about the curriculum and ask teachers and department chairs questions about the classes – what is available by grade level, course sequences, pre-requisites and co-requisites, Honors classes, AP Classes. All academic and elective programs will be represented. In addition, the Marshall Academy and Fairfax Academy have a representative here to discuss their programs. Parents and students are free to circulate throughout the building to areas of interest (Diagrams/locations will be provided at each entry). From 7:00 - 7:30 PM there will be a short power-point presentation in the auditorium for parents of current 8th graders (rising 9th grade students) to review information about Madison, and graduation requirements. Counselors will be available to answer questions about SOL requirements and guidance services.

Curriculum materials will be mailed (one per household) in mid-January. Rising 9th graders will receive the course guide when the high school counselors meet with them in January (Thoreau on January 19 and Kilmer on January 21). In addition, the course guide will be available on the Madison Web site in mid January.

Guidance Department Parent Programs

Due to the seating capacity, most sessions will be limited to about 30 participants and will require an RSVP. After you review the list below and determine which programs you would like to attend, email Mrs. Lynn Otto, College/Career Center Specialist, at Lynn.Otto@fcps.edu. You will receive a confirmation via email prior to the session(s) you have selected.

All evening programs will be held on **Tuesdays in the College/Career Center (unless otherwise indicated)**. **The evening sessions will be held from 6:30-7:15 p.m.**

Date

Topic

January 25 Learn about and sign up for a MyRoad account, an online career and college exploration resource.

February 15 Learn about and sign up for an eGuidance account, an online career and guidance resource for parents and students.

March 8 The College Visit, what to look for when visiting prospective colleges.

April 12 Military Night – Meet the Madison representatives and learn about the different branches (evening session only, parents and students welcome).

GUIDANCE DEPARTMENT NEWS (CONT.)

SOL RETAKES AND MAKEUP TESTS!!!!!!!!!!

Students who have previously failed an SOL test or are new to FCPS and have a credit in an SOL class but do not have a passing SOL test score (400+) need to register with their guidance counselor for the SOL tests being given in January. Students are required to have a minimum of 6 verified credits (a verified credit is a passing grade in the class as well as a passing test score) for the Standard Diploma, or 9 verified credits for the Advanced Studies Diploma. Students transferring in at the beginning of 11th or 12th grade and coming from private schools or schools not in Virginia are required to have less verified credits, and students should confirm with their guidance counselor what they need. Special education students who need to repeat the 8th grade English or Math test for the Modified Diploma will also be tested during this time. Please confirm with the guidance counselor your intent to participate – remember **students do not graduate without passing the required tests**.

The testing schedule is as follows:

January 4, 2005	English RLR, Earth Science (Geosystems), Algebra II
January 5, 2005	Algebra I
January 6, 2005	US History
January 7, 2005	Geometry, World History I and World History II
January 10, 2005	Chemistry
January 11, 2005	Biology
January 12, 2005	snow day / make up day

You may use this form to notify us of your intention to re-test or please email your counselor directly:

Student Name: _____ **Grade:** _____

_____ **I do not plan to participate.**

_____ **I plan to take the following SOL test(s): Circle appropriate test.**

Algebra I,	Geometry,	Algebra II
WH/G I,	WH/G II,	US History
Biology,	Chemistry,	Geosystems
English 11:		RLR
8 th grade (Special Ed. Only)	English	Math

THE MADISON WEBSITE HAS A NEW LOOK!

2500 JAMES MADISON DRIVE, VIENNA, VA 22181 | MARK MERRELL, PRINCIPAL

JAMES MADISON HIGH SCHOOL



HOME STUDENTS PARENTS NEWS ATHLETICS LIBRARY ACADEMICS CALENDAR GUIDANCE

INFO

Welcome
Principal's
Message
School Profile
Mission
Statement
Administration
Block
Schedule
Staff (Alpha)
Staff (Dept)
School
Policies
Our Namesake

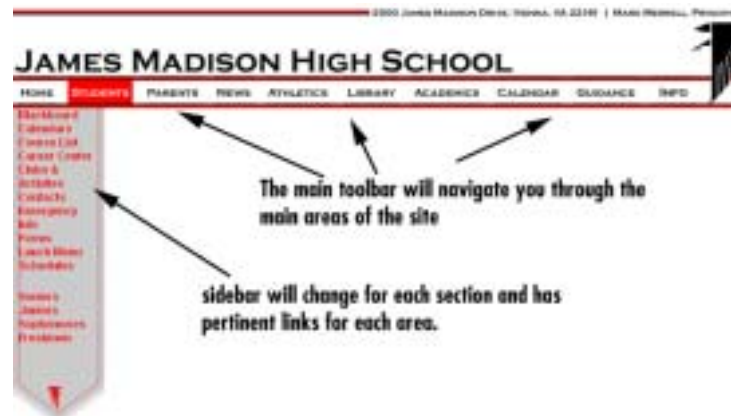
A NOTE FROM THE CURATOR

November 18th, 2004

I would like to thank the over 35,000 users that have visited the JMHS site more than 65,000 times this school year alone. School websites have become one of the major resources and communication tools used by the students, parents, staff, and community of Madison. I hope that you find the new site to be a useful communication tool and source for reliable information. Student and parent feedback has been and will be an important part in keeping the site fresh and informative. If there is information you would like to see, or an organization/department you would like to be represented, please contact me.

While the site is still in its development stage, you will still find all of the information that was located on the old site. Every week we will be adding new pages for different organizations and departments of the school, as well as continually updating the dynamic information such as the Daily Announcements and the Warhawk Scoreboard.

Here is a diagram of the basic layout:



The work of transferring to a new site would have been much more difficult had it not been for seniors: Brendan Bagley, Julie Chiou, Jessi Lee, and Josh Welch. Their help was paramount in developing a new site geared towards student and parent usability.

Thanks again for using the Madison Website, and if you have any comments or suggestions for how the site could be more effective for the students, parents, and community of Madison, feel free to contact me at Nathan.Nixdorf@fcps.edu.

Sincerely,
Nate Nixdorf
Art Teacher / Web Curator
James Madison High School

IMPORTANT UPCOMING EVENTS

Dec. 20: VMCC Monthly Meeting

Dec. 21: Interims to students

Dec. 23-31: Winter Vacation

Jan. 8: Madison Open House - 10:00 am

Jan. 10: PTSA Meeting - 7:30 pm

Jan. 12: Junior Class Dinner - 6:00 pm
College Night for Juniors - 7:30 pm

Jan. 17: MLK Holiday

Jan. 24: VMCC Monthly Meeting

Jan. 28: End of Second Quarter

Jan. 29: Super Saturday - see page 15

Jan. 31: ANGC Planning Meeting - 7:00 pm

Click to...

**Keep in
TOUCH!**

Madison now has a customized *Keep In Touch* system. Parents and students will be able to receive messages directly

from the school and PTSA. Everyone who has already signed up through the county system will automatically become part of the Madison system but we ask that you update your profile. Please update or register now for *Keep In Touch*, the service allows you to get emergency messages and other information from our school and FCPS via e-mail. Participants set up individualized profiles and receive the most up-to-date information as soon as it is available. To sign up, visit our school web site at www.fcps.edu/MadisonHS and click on the *Keep In Touch* button at the top of the page.

For latest event dates visit the Activities Calendar on the school website at <http://www.fcps.edu/MadisonHS/news/calendar/index.html>

JAMES MADISON HIGH SCHOOL

2500 James Madison Drive
Vienna, VA 22181



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