

OSAN AMERICAN HIGH SCHOOL

September 29, 2008
Issue#1

Principal: Timothy J. Erickson
784-9096

<http://www.osan-hs.pac.dodea.ed>

Superintendent: Sam Menniti
738-6826



“Home of the
Cougars ”

Principal's News



Mission Statement

Osan American High School, working in partnership with its community, provides educational opportunities that emphasize commitment, responsibility, and high level skills to empower students to succeed in global society.

On behalf of the faculty, staff and administration, I once again welcome you to Osan American High School. Our mission is to provide the very best educational experience for our 7th – 12th grade students ensuring highest student achievement. We are continually working towards preparing all students for their future life endeavors. The fulfillment of our mission will depend upon the positive collective efforts of our staff, students, parents, and community members all working toward our mutual goal of getting the best out of all students.

You are encouraged to contribute your expertise, efforts, and enthusiasm toward the many great aspects of our school. Volunteers are always welcome! Effective communication between the school and home is one of the cornerstones of a great school; I will make every effort to keep you informed of what is going on here throughout the school year. We welcome your strong partnership to meet the diverse educational and social needs of our students. Our community is very fortunate to have great schools; I pledge to you our continuing commitment to provide the very best educational experience for our children.

School Improvement

Goals

Goal 1: For students to increase their reading comprehension in all curriculum areas.

Goal 2: For students to increase their ability to solve problems and think critically across the curriculum.

This school year we are working on a major initiative to launch Grade Speed and Parent Connection in all of our classrooms. Information on how to get your Parent Connection up and running has been sent out. If you still need assistance, please let the office know and we will resend you the necessary information.

Timothy J. Erickson, Principal
timothy.erickson@pac.dodea.edu

Important Dates:**SEPTEMBER**

29 - Progress Reports Due

OCTOBER

1 - 1600-PTSO Mtg - IC

- Volleyball/tennis SAHS

- Cross Country@DAS

3 - 1800-Football/cheerleading @DAS

- Volleyball/tennis SIS

4 - SATs & Subject Tests

- 1600-Cross Country

8 - Volleyball/tennis KIS

9 - SAC Mtg - IC

10 - Early Release -Teacher In-Service

- Volleyball/tennis YISS

11 - Football/Cheerleading - vs Singapore

- Volleyball/tennis SFS

- Cross Country@TCIS

13 - Columbus Day - no school

15 - Senior Pictures

16 - Student Pictures

17 - Educator's Day - no school

18 - 1000-Cross Country KAIAC@ICS-U

- 1400-Football/cheer-leading@SAHS

20-22 - Far East Journalism Conference

21 - Volleyball/tennis@TCIS

24 - 1800-Football/cheering DAS

- Volleyball/Tennis DAS

25 - ACT Test

30 - KAIAC volleyball - Boys@SFS/
Girls@SAHS

**Don't forget to sign in in the office when
visiting the campus.**

Lunch Price: \$2.05

Milk: \$0.60

Additional Items \$0.75

Ah Sa 2008-2009

**By
Students N.S. and N.E.**

On 19 September 2008, Osan American High School's JROTC, KO-951, AS-1s (First Year Cadets) experienced what their senior ranking cadets previously experienced last year... AH-SA. For those who do not know what AH-SA is, it's an overnight student-led indoctrination to AFJROTC's basics criteria and team-building.

At 1800 hrs AS-1s fell over themselves to in-process in the cafeteria where they were checked for attendance, permission slips, issued Flight t-shirts and assigned to their Flights. Almost immediately after in-processing, upper-classmen "introduced" AS-1s to the loud and disciplined tone of the night. After all AS-1s were assigned to their flights, they were called to attention as Cadet Colonel E.T. marched into the cafeteria to welcome them to their first night at AH-SA. Following, Cadet Colonel T's inspiring welcoming speech, "Senior" O. F. stressed the rules of engagement, which define the rules of Ah Sa!



Cadet Col T and Cadet Command Chief H

After Senior F. and Cadet Colonel T. briefed the flights, each flight was assigned to designated classrooms to learn subjects necessary to survive JROTC; such as esprit-de-corps, customs and courtesies, dress and appearance, rank and grade, and the chain of command. All AS-1s succeeded in their classes and their classroom instructors were astonished by how well they participated and behaved. We call that good behavior proper "military bearing." Cadet First Lieutenant K. B. stated, "all the AS-1s

were surprisingly enthusiastic and literally screamed their lungs out.” Shortly after their instruction, the AS-1s finally got a taste of what they deserved...MREs (combat Meals Ready to Eat). During the combat-chow dinner, senior cadets gave instructions of how to prepare the MREs and every time anyone said “MRE” the AS-1s would have to enthusiastically scream out “YUM YUM GIMME SOME!”



Eating MREs

Following dinner, the AS-1s were all filled-up and prepared for drill instruction. Flight commanders and flight sergeants gave them the “411” on how to do stationary commands and marching. However, a few hours after the drill began, the ‘first years’ began to get tired and were told to prepare for “Lights Out.” They were rushed in and out of the showers and assigned to bed by 2330 hrs Taps. Unfortunately their sleep didn’t last long, because they had to wake up at 0600 hrs to Reveille and quickly dress and report to the track for their one mile fitness run. After their exhausting mile run, they marched by Flight over to the “chow hall” where they munched down on a delicious breakfast; however, they did not know what was in store for them...squaring their meals! AS-1 R. K. can now tell you how long syrup will last on a piece of French toast while squaring his fork to his mouth.

After breakfast, all cadets fell-out and dressed in BDUs for Drill Competition. The results of just one night’s training were spectacular!

Visiting base personnel, TSgt S.S. and TSgt M.C., were awesome role models and provided excellent example, instruction and advice to all cadets; a highlight included an inspiring weapons drill demonstration. Drill

Comp was a blast that ended with a ‘Tap Down’ which Cadet Major C.G. won!



Drill Competition

The Ah Sa graduation ceremony included Corps’ Squadron Commanders giving brief descriptions of their jobs and stating their goals for the year. A surprise guest speaker, PV2 AJ P, presented an inspiring speech that hit home with the KO-951 Corps, as PV2 A.P. was one of them just last year! Awards given next included the following achievements: Top Cadet Female went to Cadet Airman A.H.; Top Cadet Male went to Cadet Airman T.A.; Top Flight for Drill went to D-Flight led by Cadet 2LT D.C. and Cadet 1LT D.B.; Top Flight Sergeant Overall went to Cadet MSgt J.V.; Top Flight Commander went to Cadet 2LT T.K.; Top Drill Commander went to Cadet 1LT L.C.; Top Staff Overall, voted by AS-1s, went to Cadet Capt N.S.; TOP FLIGHT OVERALL went to B- FLGHT and finally, all the AS-1s received the much coveted rank of Cadet Airman! Congratulations all!

Guest speaker, PV2 A.P.

“Overall, this year’s AH-SA was definitely a huge success; thought to be The Best [Ah Sa](#) KO-951 has ever had. With a much more strict and organized atmosphere, AS-1s were efficiently trained the tools to be able to fully participate in AFJROTC during the year and then lead new cadets next year.”



Graduation



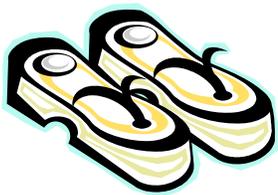
Shoes...flip-flops to high heels

Cute but what are you doing to your body?

Flip-flop facts.

Heel and arch pain, cuts between the toes, tendonitis and hammer toe can all result from wearing flip-flops for long periods of time.

- Pain can also travel to the ankle, knees and back.
- Podiatrists recommend wearing sandals that have good arch support, a deep heel bed, are made out of a natural material and fit properly.
- When shopping for flip-flops, it's also recommended to find ones that contour to the arches and do not slip off easily.



Source: J.T., podiatrist, and M.R., spokeswoman for the American Podiatric Medical Association

Recently the American College of Sports Medicine discovered that summer's favorite pair of shoes can cause long-term injuries to a person's feet, ankles, legs, hips and back. One podiatrist (a doctor who specializes in foot problems) has said that the best thing about flip-flops is that they bring lots more feet for him to treat! Since the toes must be

curled in a claw position to hold them on, there is a danger of developing hammer toes. In my office, I am seeing more twisted, sprained or strained ankles. Long term wearing of flip-flops can cause the arches of the foot to fall and lead to other painful problems in the feet. The wearing of flip-flops can also result in shin splints and hip and back pain.

I am especially concerned that students who have been injured in sports or other locations come to school with their crutches, wearing flip-flops or the slip-on sandals with no back. They do not have good traction on our surfaces and are especially dangerous in wet conditions. The main concern, however, is that there is no ankle or arch support at a time of an already unstable student and can result in even more serious injuries.

http://www.stateneews.com/index.php/article/2008/07/wearing_flip-flops_may_pose_health_risks_to_body



High Heel Facts

High heels, whether they're thick or thin, can cause problems in women's knees, their ankles and their feet. Shoes-related problems I see very frequently include ankle sprains and breaks from rolling over on high-heeled shoes. These are immediate problems, unlike osteoarthritis in the knee, which may develop after decades of wearing high heels.

What is osteoarthritis? While the exact cause is unknown, we do know there are several contributing factors, including injuries, age, congenital predisposition and obesity. It is characterized by the breakdown of the articular cartilage within

the joint. Articular cartilage is a firm, rubbery material that covers the end of a bone. It acts as a cushion or shock absorber between the bones. When it breaks down, this cushion is lost, and the bones grind together. This causes the development of symptoms such as pain, swelling, and decreased motion.

“Walking on high heels puts abnormal stress on both the front and the back of the knee...” in the case of the shoes tested, pressure on the knee was increased by 22 to 26 percent. The health of the cartilage that forms the padding between the bones in the knee is dependent on the fluid in the knee. It absorbs the nutrients it needs from this liquid to repair itself, but stress on the knee restricts the absorption of the fluid, and the cartilage begins to dry out and shred. Over time, it wears out and arthritis sets in. There are also genetic components of arthritis and there may be nutritional aspects as well, but we know high heels don't help. High heels also cause foot problems. High heels can also result in a variety of foot problems, including metatarsalgia, which is pain in the ball of the foot. It usually develops in response to irritation and excessive pressure such as the weight burden high heels place on the ball of the foot. Pointed toe shoes and shoes that pinch lead to other foot problems such as bunions, calluses and hammertoe.

What is the most healthy shoe? Surprisingly, flat shoes are not the ideal for overall foot and leg health. Low heels of one-half to three-quarters of an inch are good for both the front and back of the foot. Square-toed shoes with a roomy toe box help prevent the pinching and scrunching of the foot that can lead to a lot of painful problems.

Dr. S. is an attending orthopedic surgeon at Yale-New Haven Hospital and an associate clinical professor at the Yale University

School of Medicine. He directs the Foot and Ankle Service.
http://www.ynhh.org/healthlink/womens/womens_6_01.html

[Mrs. M., RN, OAHS School Nurse](#)



Yearbooks

Go on sale Oct 6

Who: You!

What: A \$75. value for \$50.

When: Prices are good until Nov 26

Where: Cafeteria during lunch

Why: You & your friends are in it!



Child Find

Child Find is an outreach program that actively seeks to locate and identify children and youth from birth through age twenty-one years, who may have developmental delays or educational disabilities and may be in need of special education and related services. You can help your child whom you suspect may have special needs by contacting your local DoDDS School. Your inquiry will be treated with the utmost sensitivity and confidentiality. Through your efforts, you can help your child develop to his/her fullest potential.

For information at the Middle/High School contact the Guidance Counselor or the Special Education Teacher.



UPDATING PARENT/ STUDENT INFORMATION

PLEASE UPDATE YOUR INFORMATION!!

If you have extended or have a new letter of employment; or have moved or gotten new phone numbers; or your email address has changed, please give this information to the school. If you have time, just drop by the school to do a check on your student's information. We will be happy to help you keep the student information correct.



WE NEED YOU!

Please come by and fill out an application to add your name to our database for support jobs, i.e., substitute teacher, educational aide, secretary, and office support staff. We need you. Please stop by the office and complete an application **NOW**.



Important Attachments:

- # Regional Family Assistance Workshops
- #Application and Instruction for Reduced Price/Free Lunches
- #Picture Day
- #Asbestos Letter



For The Monthly School
Lunch Menu

<http://odin.aafes.com/nutrition/octhsmenu05.htm>

NEED HELP?

학교 신문을 보시고 질문이 있으시면 저희에게 문의하십시오. 자세히 답변해 드리겠습니다. 미스 김(784-9076), 미스터 권(784-9076).

