



STUDENT ACTIVITIES NEWSLETTER



The Principal's Pen

Mr. Francis M. Jaquish

The cold temperatures and the shortening of the daylight hours tend to get some people down. For me, though, it signals the upcoming hunting seasons and the winter sports seasons at Liberty High School. Coach Ron Harer is our returning head basketball coach this year for our boys. I say returning because five years ago Coach Harer was the head coach of our Lady Mounties team.

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Coach Harer has been working with our young men, diligently getting them ready for the upcoming season. Coach Harer recently told me that he has some high hopes for the current squad, and that he will work diligently to build a solid team. On December 20th we will have our first boy's basketball game, home, versus Cowanesque. I hope to see you here. The athletes really appreciate your positive support.

In girls' sports, Coach Robin Stetter will return this year as the head basketball coach. Coach Stetter, along with her assistant coach, Mike Hill, offered open gym time to LHS boys and girls throughout most of the summer and into the 2011 – 2012 school year. A recent conversation with Coach Stetter indicates that she has some high expectations for the girls this year. Mark your calendars on November 29th for the first girl's basketball scrimmage at LHS versus N.E. Bradford. I hope to see you here.

I am sure you are well aware that last year marked the first year that Liberty, Mansfield, and North Penn united to form a top of the line wrestling team. The team is based at NPHS and is named the Panthers. But make no mistake; many of those wrestlers on the mat will be Liberty students. Last year's season was one for the books, and I expect much more this year. I for one am looking forward to a great wrestling season.

Academically, we are approaching the halfway point through the second nine weeks. This semester ends on January 20th, so please encourage your children to keep up with their work, study hard, and do well on their tests. With the holidays, this nine weeks seems to go very quickly, and we don't want anyone to fall behind.

Guidance

Some major career and college planning activities have been completed this past month:

- Two-thirds of the junior class attended the Penn College Career Day. They learned about different jobs in the health, automotive, construction, and environmental fields through hands-on experiences like taking blood pressures and operating heavy equipment.
- 23 sophomores and juniors took the PSAT which is a practice test for the SAT, a college entrance exam. Scores will be ready in December.
- Many of our seniors took the ACT and SAT to begin finalizing their college applications. Several representatives from various colleges have visited Liberty High School to meet with our juniors and seniors. The representatives came from Mansfield University, Penn College, Corning Community College, Newport Business Institute, Lycoming College, Lock Haven University and Delaware Valley College.

The first marking period has ended. If you are concerned about your child's grades, please contact their mentor or the guidance counselor. Parents can log on to E-School Books to track their child's grades. If you need a log-in or password, please contact Mrs. Horner.

Senior Meetings

The second round of senior meetings is complete for those who are still working on their post-secondary plans. Many who plan to apply to college still need to get those applications in! The guidance counselor recommends applying to three colleges: 1) your dream school, 2) a school you like, and 3) a school you know you can get in to as a back-up. Check the application deadlines for the colleges that interest you. If the school has rolling admissions, please have applications completed by November 30.

*Get the most bang for your buck by attending an **in-state public school**. According to the Wall Street*

Journal, it's the best value out there, in terms of return on investment. (Cited from educationplanner.org)

Scholarships

Scholarships are now coming in! Please check the school's website regularly for updates: southerntioga.org, Liberty High School, Guidance Department, Scholarships. Hard copies are also available in the Student Resource Room in the Guidance Office.

Some important upcoming events for the Guidance Department are:

Making Your College Search Count: November 17th

This presentation is provided free through Monster.com for our juniors. They will take a current look at college selection and the application process. Parents are invited to attend as well. It will be held at Mansfield High School at 9:00am in their auditorium.

College Knowledge Days: November 21, 22, 23

This will be the third year we have held this event. Students of every age will learn about the college process by interviewing their homeroom teacher. Completed interview questions will then be entered into a drawing at the end of each day to win prizes donated by our local colleges and colleges in the PASSHE system. Thank you to Lock Haven, Bucknell, East Stroudsburg, Edinboro, Indiana University of PA, Penn College, and Penn State for their donations.

SATs: December 3rd

If you registered for the December SAT at Williamsport High School please remember the following for test day:

- Arrive by 7:45am
 - Bring several #2 pencils (mechanical pencils are not allowed)
 - Bring a College Board approved calculator
 - Bring Photo ID (driver's license, passport, school ID if it has your name on it, letter from your guidance counselor)
- Bring your admission ticket

You may register online at collegeboard.com or stop by Guidance to pick up a paper application.

ASVAB: December 6th (DATE CHANGE)

Liberty High School will be offering the ASVAB to all juniors on Tuesday, December 6, in the morning. The ASVAB is a Career Skills Inventory that helps students recognize the skills they have and how those skills relate to future careers.

Progress Reports: December 13th

Progress reports will be posted on E-School Books for the second marking period. Please click on the "grades" tab and then "progress reports" to get your child's latest information. If you need a log-in or password, please call Mrs. Horner. If you do not have access to the internet, please call the Guidance Office and we will mail you hard copies.

FAFSA: January 1st

The Free Application for Federal Student Aid (FAFSA) can be started after January 1. This one application will apply for federal and state grants and loans for all accredited post-secondary institutions. Parent tax information from 2010 will be necessary to complete the application. Please visit fafsa.ed.gov after January 1, to begin or call the Guidance Office for help.

Alumni Day: January 4th

This will be our 6th Annual Alumni Day. College freshmen from the Class of 2011 will be invited back to meet with our current seniors. They will answer questions about their college experience and offer valuable advice to those planning to attend post-secondary education.

If you have any questions or need help with upcoming activities, please contact the Guidance Office or e-mail Ms. Capone at acapone@southerntioga.org!

English

The English classes are busy as the first nine weeks close and the second begins. The senior English classes are finishing up a unit on Chaucer's *Canterbury Tales*. Mrs. Barnes class is trying their hand at poetry while my section is creating their own self-directed research projects.

The 11th grade English classes are finishing a Reading/Writing Workshop, in which they chose a book to read as well as

to complete two original writing pieces. The first writing is connected to our first unit that looked at the concept of freedom throughout American history and literature, and the second is a book review of their individual novels.

The students in the 9th Grade Communications classes are working on a project in which they interview a person, write a biography and create a multimedia presentation.

They have recently finished up their interviews and will write their biographies very soon.

The 9th grade English classes spent the first nine weeks learning about the elements of literature. They are now applying what they've learned to determine the conventions of the horror genre by analyzing film clips and reading short stories.

Student Council Students of the Month

The senior high student of the month for November is Lila Sharp.

Lila is the daughter of Daniel and Robin Sharp. Lila is in tenth grade, and

enjoys singing in chorus. She is interested in horses and someday studying special needs. Her future plans are to go to a bible college, start a dance

club, and hopefully get married.

Kiwanis Student of the Month

The Kiwanis Student of the Month for November is senior Melissa Vollman. She is the daughter of David and Nancy Vollman. Melissa is involved in Key Club,

FBLA, National Honor Society, Battle of the Books, Peer Helpers, and SAR. She enjoys reading, writing, watching movies, and swimming. Melissa's future plans are to attend

Lycoming College majoring in English.

LET'S PLAY

I received a notice about a past student Liberty athlete: Past Liberty graduate and softball player Lia Morone is attending Macalester College. She tried out and made the softball squad as a sophomore. Macalester is a NCAA division 3 team. Last season Lia played in the Disney World classic. She received a national fast pitch coaches association individual award. Her team earned team academic award for combined GPA. Lia was named an ALL-AMERICA SCHOLAR-ATHLETE. She was one of five players at Macalester who

maintained a GPA of 3.50 or higher. The coaches and players are proud of Lia. Our boys soccer team qualified for districts and played Bloomsburg on Oct 27th. Our boys played a good game but came up short in a loss. For the first year of combined teams, our season went well. Hopefully next year the team will continue to jell as a team and we will return to the playoffs. The Jr. High soccer team finished up their season at the Williamson Tournament. We are looking forward to next year and improving the players for the varsity squads.

We are looking forward to the winter season. Both the girls and boys basketball squads are looking to improve from last year. The coaches have been conditioning both squads and they should be ready for the start of the season, the ladies in our Ryan Ostrom Tip-Off tournament on Dec. 9 and Dec. 10, and the boys will start at Canton on Dec 10. We have two wrestlers on the varsity squad and one on the Junior High squad at this time. I am told that another 3 or 4 students want to get physical and go out.

Family Consumer Science

The 2011-2012 school year is off to a wonderful start this year. The students in advanced foods and Foods I made cookies for parent teacher conferences as well as tried their skills at soft pretzels and popovers during the quick and yeast bread units. The students also made Leah Fritz's recipe for zucchini muffins. On November 18, the students from both classes will prepare their own Thanksgiving Day feast. So, until then, they will be preparing pumpkin rolls, pumpkin pies, and a new healthy recipe for pumpkin cupcakes.

With all the talk about cooking I cannot leave out the boys of 7th grade FCS. The boys did an awesome job making pizzas, cookies and other special treats. They also tried their hand at sewing pillows and did a fantastic job. The 7th grade girls are just starting the second nine weeks with me and I am sure they will also work hard.

My other classes, while they wish they were cooking, are working hard at other projects. The career prep and portfolio classes just finished writing research papers on a career of interest and will soon be writing resumes to add to

their portfolios. Child Development I students are hard at work learning about parenting.

Something extra special is happening in my room for the holidays. I have a class that is participating in a special holiday community service program. The class will be making Christmas cards for some very special community members at a local nursing home. I am very proud of all of my students for the joy and hard work they give me every day.

History

Mr. Munford's 7th Grade World Cultures classes have been studying Africa. The students studied slavery and designed a personal story imagining they were slaves. The students got a glimpse of slavery in their stories: My Life as a Slave.

The 8th Grade class has been studying the Native Americans in Pennsylvania and early PA History as the Europeans came to explore and settle.

The students learned about William Penn and his colony established for the Quakers.

The US History II, 10th graders have studied the Reconstruction Era. They learned how Abraham Lincoln was also a great President because of his ability to forgive the rebellious south at the end of the Civil War. The classes also studied the Wild West and researched the different kinds of people who inhabited the

frontier in the late 1800's. Key Club - The Liberty High School Club helped their parent organization, the Blossburg Kiwanis Club, with their annual rose sale. The Blossburg Kiwanis Club assisted the Liberty Key Club with a chicken barbeque that raised money to help our club volunteer with community service and to assist local charities during Christmas time.

Library

LIBERTY HIGH SCHOOL IS HOSTING A BOOK FAIR!

LHS Book Fair Dates:

December 9-16, 2011

Dear Parents and Families: Reading is one of the most important skills we can teach. Of all the skills students learn, it is the one parents can influence the most.

We invite you to visit our Scholastic Book Fair and experience a celebration of

reading that provides families the opportunity to get involved in a universal mission: *encouraging students to read every day, so they can lead better lives.*

Our Scholastic Book Fair is part of a reading event that brings to school a wonderful selection of fun, engaging, and affordable books students want to read. Giving our students access to good books and the opportunity to choose their own books will motivate

them to read more. And like most acquired skills, the more students practice reading, the better they'll get.

Reading is vital to success, and it's the door opener to the 21st century for all students. Since there will never be a substitute for a parent's direct involvement in his/her child's education, please make plans to visit our Book Fair. Hope to see you there!

December

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>All games listed are home games.</p>				<p>1</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8 Act 80 Day 1 pm dismissal</p>	<p>9 Girls Varsity BB vs. Ryan Ostrom Tip-Off @ 6</p>	<p>10 Girls V and JV BB vs. Ryan Ostrom Tip-off TBA</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16 Girls JV and Varsity BB vs. Mansfield HS @6 and 7:15</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20 Boys JV and Varsity BB vs. Cowanesque Valley HS @ 6 and 7:15</p>	<p>21 Boys JV and Varsity BB vs. Northern Potter @ 6 and 7:30</p>	<p>22</p>	<p>23 1 pm dismissal</p>	<p>24</p>
<p>25</p>	<p>26 –30 Christmas Break no school</p>	<p>27 Girls Varsity BB vs. North Penn tournament TBA</p>	<p>28 Boys Varsity BB vs. North Penn tournament TBA</p>	<p>29 Boys V. BB vs. North Penn TBA Girls V. BB vs. North Penn TBA</p>	<p>30</p>	<p>31</p>



This institution is an equal opportunity provider.

Available Daily

Elementary Schools:
 Regular Menu, Salad Platter OR Uncrustable Sandwich Platter: Peanut Butter & Jelly
 Uncrustable Sandwich on Wheat Bread

High Schools:
 Regular Menu Entrée, Salad Platter, Uncrustable Peanut Butter & Jelly Sandwich Platter on Wheat Bread, Hot Sandwich Platter, Yogurt Parfait

Daily Choice of: 3 Fruit & 3 Vegetables

At All Buildings:
Daily Milk Choice: 1% White, Fat Free Chocolate, Strawberry, Vanilla, Skim, or Lactaid Milk

Friday, December 2

Chicken Parmesan
W/Roll
Tossed Salad
OR
Chef Salad Platter
W/Breadsticks

Fresh Fruit or
Chilled Pineapple
Spiced Cake, Milk
BREAKFAST
Cereal, Yogurt
Fresh Fruit or
Chilled Juice, Milk
BREAKFAST BAR @ HS

Thursday, December 1

Brunch
French Toast Sticks
W/Syrup, Hash Browns
Sausage Links
OR
Chicken Caesar Platter
W/Wheat Roll

Chilled Juice or
Fresh Fruit
Peach Crisp, Milk
BREAKFAST
Chewy Breakfast Bar
String Cheese
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Wednesday, December 7

Cheese, Pepperoni or
BBQ Chicken Pizza
Steamed Green Beans
OR
Taco Salad Platter
W/Nacho Chips

Chilled Peas
or Fresh Fruit
Ice Cream Sandwich
Milk
BREAKFAST
Eggs W/Cream
Cheese, Yogurt
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Tuesday, December 6

Hot Dog or Hot
Sausage W/Roll
Baked Beans
Raw Vegetables W/Dip
OR
Chicken Caesar Salad
Platter W/Wheat Roll

Chilled Applesauce
or Fresh Fruit
Milk
BREAKFAST
Raspberry Churro
String Cheese
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Monday, December 5

Macaroni & Cheese
Steamed Broccoli
Normandy Blend
OR
Steak Salad Platter

Soft Pretzel
Fresh Fruit or
Chilled Juice
Milk
BREAKFAST
Fruit Muffin
Sunflower Seeds
Fresh Fruit, Milk
BREAKFAST BAR @ HS

NUTRITION 1000

Kids need more calcium than anybody else -- 1300 mg a day. But they typically get far less than that. Indeed, girls 14-18 average only about HALF the calcium they need. A few good sources of calcium are milk, calcium-fortified orange juice, and lowfat yogurt, each of which contain about 300 mg of calcium per cup.

A TASTY MORSEL FOR PARENTS

Friday, December 9

Chicken Tenders
Baked Potato
Blueberry Muffin
OR
Chef Salad Platter
W/Breadsticks

Chilled Peaches
or Fresh Fruit
Milk
BREAKFAST
Maple Waffle
Fresh Fruit
Milk
BREAKFAST BAR @ HS

Thursday, December 8

Act. 80 Day 1:00 PM Dismissal
Shrimp Poppers
Pierogies
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll

Mandarin Oranges
or Fresh Fruit
Milk
BREAKFAST
Pizza Breadstick
Fresh Fruit
Milk
BREAKFAST BAR @ HS

OUR NATION'S HISTORY

Seventy years ago this month, on December 7, 1941, more than 2,400 U.S. servicemen were killed in a surprise attack on Pearl Harbor in Hawaii. In a famous speech the next day, President Franklin Delano Roosevelt said that the date of the attack would "live in infamy." Nearly half of those killed were on the U.S.S. Arizona, and the sunken remains of that ship still rest on the harbor floor, below the U.S.S. Arizona Memorial museum and shrine.

WITH LIBERTY & JUSTICE FOR ALL

this month: asparagus

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!

YOU MIGHT NOT LIKE THIS STUFF NOW... BUT ONE DAY YOU PROBABLY WILL!

FUTURE FOODS



THURSDAY, DEC. 15



Field of Protein!

When we think of protein, we usually think of meat, chicken, or fish. But some whole grains contain protein, too, and one – quinoa (pronounced “keen-wa”) – is a “complete” protein like meat. Plus it looks very pretty in the field!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 12

Spaghetti & Meatballs Tossed Salad OR Chef Salad Platter

Italian Bread Chilled Pineapple or Fresh Fruit Milk

BREAKFAST
Apple Cinnamon Bun Sunflower Seeds Chilled Juice Milk

BREAKFAST BAR @ HS

Tuesday, December 13

Chicken Nuggets Fresh Vegetables W/Dip OR Pumpkin Bread Taco Salad Platter W/Tortilla Chips

Chilled Pears or Fresh Fruit Milk

BREAKFAST
Cereal, Yogurt Chilled Juice Milk

BREAKFAST BAR @ HS

Wed., December 14

BQ Pork Riblet W/ Roll Potato Puffs OR Chicken Caesar Salad Platter W/Roll

Fresh Fruit or Chilled Fruit Cocktail Oatmeal Cookie Milk

BREAKFAST
Mini Strawberry Pancake Fresh Fruit Milk

BREAKFAST BAR @ HS

Thursday, December 15

Holiday Dinner
Roast Turkey, Dressing Mashed Potatoes Gravy OR Cranberry Sauce

Chef Salad Platter W/Wheat Roll

Fresh Fruit Strawberry Cream Cake, Milk

BREAKFAST
Cinnamon Pretzel Stick String Cheese

BREAKFAST BAR @ HS

Friday, December 16

Cheese, Pepperoni or Veggie Pizza Steamed Green Beans or Brussels Sprouts OR Chef Salad Platter W/ Breadsticks

Chilled Applesauce or Fresh Fruit Jello Gems, Milk

BREAKFAST
Chevy Breakfast Bar Yogurt, Fresh Fruit Milk

BREAKFAST BAR @ HS

Monday, December 19

Cheese Steak Sandwich W/ Roll French Fries or Sweet Potato Fries OR Chef Salad Platter W/Wheat Roll

Fresh Fruit or Chilled Peaches Milk

BREAKFAST
Triple Berry French Toast Fresh Fruit, Milk

BREAKFAST BAR @ HS

Tuesday, December 20

Pizza Bread Tossed Salad OR Chicken Caesar Salad Platter W/Wheat Roll

Chilled Pears Or Fresh Fruit Ice Cream, Milk

BREAKFAST
Apple Frudel Fresh Fruit Milk

BREAKFAST BAR @ HS

Wed., December 21

Chicken Noodle Soup or Chili W/ Crackers Baby Carrots W/Dip Cheese Breadstick OR Steak Salad Platter W/Wheat Roll

Fresh Fruit or Chilled Juice Apple Cinnamon Streusel Cake Milk

BREAKFAST
Breakfast Bagel Fresh Fruit, Milk

BREAKFAST BAR @ HS

Thursday, December 22

Beef Taco @ ES or Chicken Fajita @ HS W/Tortilla Chips or Wrap, Steamed Corn Rice Pilaf OR Chef Salad Platter W/Breadsticks

Mandarin Oranges or Fresh Fruit, Milk

BREAKFAST
Fruit Muffin String Cheese Fresh Fruit, Milk

BREAKFAST BAR @ HS

Friday, December 23

1:00 PM Student Dinner! Grilled Chicken Filet Sandwich, Broccoli W/Cheese Sauce OR Chef Salad Platter W/Breadsticks

Fresh Fruit or Chilled Fruit Cocktail Chilled Pudding, Milk

BREAKFAST
Breakfast Cinnamon Roll, Fresh Fruit, Milk

BREAKFAST BAR @ HS



Karen Sick, School Food Service Director & the Child Nutrition Staff at your school

HELP!

We need folks like you to work in our school cafeterias. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Call 638-2183

Time to turn the page!

Winter Holiday begins at the end of classes **Friday, Dec. 23**

Classes resume: **Tues., Jan. 2**

We look forward to serving you in 2012!