



October 26, 2009

The Knightly News

College Night at the Virginia Beach Convention

Center: Nearly 170 college/university representatives, as well as representatives from proprietary schools and the armed forces, will be available to answer questions on **Oct. 27**, from 5:30 – 8:00 pm. There will be **TWO** financial aid workshops beginning at 6:00 pm and 7:00 pm.

SAT: You may register to take the SAT on line at www.collegeboard.com. Please remember to list the school code for Kellam, 472-287, so that we will receive a copy of your scores.

SAT Test Dates:

Test Date	Test	Registration Deadline	Late Registration Deadline
Dec. 5	SAT I/II	Oct. 30	Nov. 12
Jan. 23	SAT I/II	Dec. 15	Dec. 30
Mar. 13	SAT I	Feb. 4	Feb. 18
May 1	SAT I/II	Mar. 25	Apr. 8
June 5	SAT I/II	Apr. 29	May 13

ACT: Registration packets are available in guidance or go to their website www.act.org to register and get fee and late registration information.

ACT Test Dates:

Registration Test Date	Late Registration Deadline	Deadline
Dec. 12	Nov. 6	Nov. 20
Feb. 6	Jan. 5	Jan. 15
April 10	Mar. 5	Mar. 19
June 12	May 7	May 21



Looking for a scholarship?



Scholarship Central is a website for students in Virginia Beach. You may access Scholarship Central by going to www.vbschools.com and clicking on Class of 2010. You can read the descriptions of the scholarships and even download the applications from this site. See Mrs. Boyd or Mr. Bryant in guidance if you have questions about specific scholarships. Also, visit www.fastweb.com for a free search of over 1.3 million scholarships. Here are some of the scholarships waiting for you on Scholarship Central:

Scholarship	Amount	Deadline
Coca-Cola Scholars	\$10000 – \$20000	Oct. 31
Whole Person Scholarship	\$5000	Nov. 11
Charles Barker Automotive	\$500	Dec. 11
Oh, the Places You'll Go	\$5000	Feb. 15

Please sign and return Federal Card.

The Gates Millennium Scholars Program is hosting a one-half day event at The L. Douglas Wilder Performing Arts Center to create greater awareness of the Gates Millennium Scholars Program and provide parents of students with valuable information about scholarships, college admissions and financial aid. The event is free and open to the public.

When & Saturday November 7, 2009 8:30 a.m. -12p.m.

Where: The L. Douglas Wilder performing Arts Center
Norfolk State University
700 Park Avenue
Norfolk, VA 23504

For more information and **to sign up** for the event, contact Russell Peek at UNCF/GMS at (703) 205-3444/ or Russell.peek@gmsp.org.

TCC (SEVAPORT funded - no cost to the students) will offer six courses during the fall semester at our four campuses (Norfolk, Virginia Beach, Portsmouth, and Chesapeake) and the Tri-Cities Center in Portsmouth. The courses will be offered in three Saturday sessions from 9:00 AM - 1:00 PM. The **Fall 2009 Modeling and Simulation Academy** is designed to increase enrollment and success in STEM courses which may lead to dual enrollment opportunities for participants during the Spring 2010 semester. The available fall courses and locations are:

Course	Location	Class Dates
Basic Gaming	TCC Ches.	Oct. 24, 31 & Nov. 7
	Tri-Cities Portsmouth	Nov. 7, 14 & 21
Advanced Gaming	Tri-Cities Portsmouth	Nov. 7, 14 & 21

Attention Military Dependents: The Education Opportunity Center (EOC) is hosting briefings that will focus on grants & loans from the federal government, the timely application process for student aid, state aid programs, and information will be provided on scholarship searches. Open to active duty, retirees, family members and all other base personnel, this program includes information that will assist **juniors and seniors**, and their parents, who are facing the rising expenses of college in the near future. High school students are encouraged to attend with their parents. One-on-one appointments can be scheduled with an EOC counselor

following the presentation. "Funding a College Education" is provided as one of the EOC's free services to help students and/or parents understand more about financial aid procedures, free FAFSA application processing services, and how to begin & survive the scholarship search. This brief is available at: NAS Oceana, Thurs. Oct. 15, 6:30 pm; NAB Little Creek, Tues., Nov. 3, 11:30 am; Ft. Eustis, Tues., Nov. 17, 10:00 am; and Naval Station Norfolk, Wed. Dec. 2, 11:30 am. Contact Darryll Greenwell at 363-3944 or 489-3329 or dgreensell.eoc@edufind.org for more information or to reserve a seat.



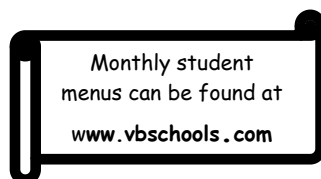
College Information Visits

Admission representatives from many different colleges visit Kellam High School to provide information to interested students. In order to attend these college information sessions, students must complete a green "Meeting with College Representatives" form from guidance and have it signed by a parent and the classroom teacher whose class they will miss. Students must return the signed sheet Mr. Beacham at least 24 hours prior to the visit. This does count as a school related absence from class.

School	Date	Time
Roanoke College	Oct. 26	8:00 am
VA Tech	Oct. 26	9:00 am
Methodist U. NC	Oct. 26	10:00 am
Salem College	Oct. 30	9:00 am
UVA	Nov. 6	8:30 am
UVA Wise	Nov. 13	11:00 am

The **Virginia Aerospace Science and Technology Scholars (VASTS)** program is an interactive on-line, STEM learning experience for high school juniors, culminating in a one-week residential Summer Academy at NASA Langley Research Center in Hampton. Offered at **no cost** to the student, VASTS consists of ten lessons from December 2009 through May 2010 under the guidance of master educators. Based on success in the online coursework, students may be selected to attend a Summer Academy where they interact with NASA scientists, engineers and technologists to design a human mission to Mars. Students who successfully participate in VASTS earn 2 college credits for the online course and 2 additional credits for the Summer Academy. Please visit www.vasts.spacegrant.org, for program information and an application. The **deadline** for the application is **Nov. 6, 2009**. The program is a partnership between the Virginia Space Grant Consortium and NASA Langley Research Center, with the assistance from the Virginia Department of Education and industry partners.

Just so you know:



Cafeteria news:

Food Service Mission: To provide students quality, nutritious meals at affordable prices.

Grains are split up into 2 groups, whole grains and refined grains.

Whole grains will have the entire grain kernel which includes the bran, germ, and endosperm.

(Ex.: Whole-wheat flour, Bulgur (cracked wheat), Oatmeal, Whole cornmeal, Brown rice)

Refined grains have gone through a milling process that takes out the bran and germ. They do this to give the grain a finer texture and to give it a longer shelf life. This process does remove dietary fiber, iron, and many B vitamins. (Ex.: White flour, Degermed cornmeal, White bread, White rice)

We can buy most refined grains that have been enriched. This means some B vitamins (thiamin, riboflavin, niacin, folic acid) and iron have been put back in after it has been processed. During this process, fiber is not added back in to the product. Check the ingredient list of grain products to see if it has been "Enriched" or perhaps a combination of whole grains and refined grains.

Classifieds

The Norfolk Naval Shipyard will start accepting applications in October for its Apprenticeship Program and invites interested graduating seniors to apply. This program is a Cooperative Education Program called the Student Career Experience Program (SCEP). It combines both on-the-job training with academic course work in partnership with TCC. Students hired into the Apprenticeship Program, work full-time pursuing a career in one of several trade occupations while attending school two nights a week at the shipyard. Students are placed in either Track 1 or Track 2, pursuing a certificate or associates degree in Technical Studies - Naval Apprenticeship/Safety respectively. The Apprenticeship Program is a four-year program and provides many benefits including paid sick leave and annual leave, health and life insurance benefits, coverage by the Federal Employees Retirement System and paid tuition for college courses. For students to be eligible, they must be enrolled or willing to enroll at TCC, take the TCC placement test within the last year and maintain a 2.0 GPA along with successfully completing Trade Theory classes and On-the-Job training during working hours. Individuals may attend any one of the Information Forums held at the TCC, Portsmouth campus each Monday @ 4:00 PM or Wednesday @ 2:00 PM starting **Sept. 14**, and running through **Dec. 3, 2009**. These forums will provide further details of the Apprenticeship Program and anyone interested is encouraged to attend. All sessions will be held in the Waterfront Conference Room next to the cafeteria. If you need further information please visit Norfolk Naval Shipyard's Website @ www.nnsy1.navy.mil <<http://www.nnsy1.navy.mil>> or contact one of the following individuals Bill Goodwin @ 396-3407 or Holly Young @ 396-7126.