

## Important Dates:

- 4/9: State Science Fair
- 4/11-18: Spring break
- 4/25: Start of Ultimate Frisbee tournament
- 4/26-4/29: Mock AP exams
- 4/29: "Senior Sunset"
- 5/4: Interim report

## Counselor's Corner

Greetings and Happy Spring! We've been busy here at RVGS. Although Project Forum has passed and we are well into 2nd semester, many of our students are still competing in various science fairs. I have met individually now with all the 10th and 11th graders and am working on end of the year activities for seniors. It's hard to believe, but the 5th interim just went out! That means that the end of the year is quickly heading our way and there are many exciting (and sometimes stressful) things ahead. SOL testing and AP testing will begin the first week of May. Seniors are hearing about the last of the college decisions and many are waiting to see what happens with college waitlists. Those things can certainly be stressful, but we've already started adding in some fun to counter it all. The Govie Gala just took place and the theme of Pirates was a hit! \$500 and a large amount of food was collected for Feeding America as a result. The spring ultimate frisbee tournament has been scheduled for the week of April 25th. The money collected from that will go towards graduation pens for the seniors. Speaking of seniors... they have divided themselves into groups to work on numerous senior activities including creating a senior tee-shirt, a senior yearbook and a senior video. We are going to hold our first Senior Sunset on Friday, April 29th at 7:00 pm. We are also very excited to hold our first Senior Dinner in 3 years! It takes place on Monday, May 9th at the Hotel Roanoke. Invitations will go out after spring break. Senior breakfast will take place here at RVGS on Friday, May 13th and this will be the last senior day! So this spring, get plenty of rest, review your study skills, and enjoy the fun things in between the stressful ones.

-Kathy Sebolt

# RVGS Newsletter

Issue 3 March 2022



## Govie Gala

The Govie Gala, one of the most anticipated events at RVGS, has returned! The Seniors voted for a theme of "Pirates" and the entire student body embraced it to have a "swash buckling" good time. Students enjoyed the music and light show provided RSP Entertainment (RVGS class of 2000 alumnus DJ Roy-Boy). A highlight of the evening was the crowning of the RVGS Royalty. This year Sarah Grace Stanley and Anna Fritman were chosen to wear the highly coveted crowns.



Students were asked for a donation of \$5 or 5 canned goods for admission. RVGS was able to collect \$500 cash and 5 large boxes of food items that was donated to Feeding America to benefit local families.

Special thanks to the Govie Gala Decorating committee especially for the fan favorite addition of Harry Styles!



*More photos can be found on page 4*

## Message from the Director

Spring is always an exciting time here at RVGS. The continued science fair progression allows some of our RVGS Lab Rats to share their research beyond our region. On top of that, students are busy learning new concepts and integrating the information with prior material to develop well-rounded understanding of the content as we head into the final stretch of school year. Of course, spring break is another key part of this time of the year. We appreciate everyone's patience and flexibility as we continue to navigate the challenges of three different spring break weeks for our participating districts this year.

Spring also means that our seniors are hearing from colleges and making choices about their destinations in the fall. While they might have an eye toward the future, our seniors still have a lot to look forward to before their time at RVGS comes to a close. There are a few more RVGS traditions to add to their last Project Forum and Govie Gala and Mrs. Sebolt touches on a few of these in her column on this page, and I'll add that seniors and their families should keep an eye out for emails from Mrs. Sebolt with additional information about these events.

As the remaining time in the semester grows short, and we approach end of year activities, I encourage students to focus on finishing strong and ending the year on a good note. As always, don't hesitate to reach out if there is anything we can do to provide support.

## Intersession and Project Forum

Intersession is a time that is unique to RVGS students. The majority of their time is spent fully immersed in research both on and off campus. Some students find themselves conducting research in cutting edge laboratories at Virginia Tech and Fralin Biomedical Research Institute



among others. Others utilize RVGS's well-equipped labs with specialized equipment such as a lab quality 3D printers, structural testing machine, bioprinter, vertebrate cell culture lab, and much more! All this hard work leads to the biggest event of the year for RVGS-Project Forum!



This year, students presented their projects virtually and participated in a question-and-answer session live with the judges. The students also prerecorded their presentations for a virtual open house for families and friends. Awards were announced through a live streamed session by Mr. Levy.



*More photos can be found on page 5*

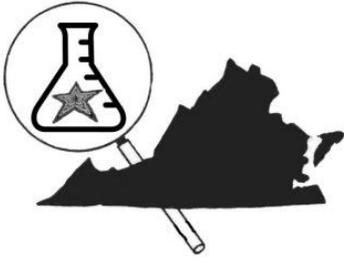
## *Mindful March*

No More March Madness!!! March at RVGS is all about letting go of the madness of being over-stressed! With students are past Intersession and entering the chaos of spring, Mrs. Sebolt challenged the RVGS students to place extra focus on their mental health. Mindfulness Mornings were offered prior to school each Wednesday during the month of March. A short mindfulness exercise was chosen that any student could participate and enjoy.

In addition, "You UpLift" has been used at RVGS for almost 3 years now. Students were challenged to submit at least one sincerely positive or supportive message or a word of gratitude during the month of March. Let's remember to celebrate each other and treat ourselves with kindness!



## Western Virginia Regional Science Fair



The Western Virginia Science Fair took place on March 19 in-person at Virginia Western. Students were able to present their projects to the judges in person and the awards were announced the next day virtually. Congratulations to our winners! The Alternate Grand Award winners included: Dhruvi Patel, Sophia Schumaecker and Katie Cross, and Taylor Frazier. Our Grand Award winners were Rebecca Qiu, Caroline Grant, and Abhi Karri. These students will be presenting their projects at this year's International Science and Engineering Fair (ISEF) in Atlanta in May! All 1st place projects and some 2nd place projects will advance to the Virginia State Science and Engineering Fair (VSSEF) to be held on April 9, hosted virtually by ODU. A complete list of category and special award winners can be found on the RVGS website.

## *VaJSHS*

The Junior Science and Humanities Symposia (JSHS) Program – sponsored by the U.S. Army, Navy, and Air Force – is a STEM competition which promotes original research and experimentation in the sciences, technology, engineering, and mathematics (STEM) at the high school level and publicly recognizes students for outstanding achievement. This year's Virginia JSHS was held in person and hosted by Longwood University on March 19th. Unfortunately the scheduling conflict with the regional science fair prevented some students from attending, but RVGS was represented well by Mieko Dekorsey, Natalie Saville and Su Gursoy. Su won 1st place in the Category of Life Sciences! She is a Fundamentals of Research student and is mentored by Mrs. Roark.



*More photos from the Govie Gala*



*More photos from Intersession*

