

UPCOMING DATES:

- Sept 21: Interim 1
- Sept 27: All-day Elective
- Oct 19: Interim 2
- Oct 27: Parent Teacher Conferences
(no classes)
- Oct 28: Professional Development
day (no classes)

RVGS Newsletter



Issue 1 - Sept 2022

Counselor Corner

RVGS is alive with energy and excitement and the sound of ping pong balls bouncing! For those of you who have not heard, Mr. Levy purchased a ping pong table for students to use before school and during breaks. The table quickly became very popular and has been a great way for students to get to know each other outside of the classroom and as a healthy way to decompress. Thank you, Mr. Levy! We are just a few weeks in, and everyone seems to have settled into their courses and are ready to learn and grow together. We have held our first College Planning meeting for Seniors and Parents and are helping students to structure their college application process. Our seniors have also been given the opportunity to participate in the VT early onsite application process which allows our students to apply in October and find out in November if they have been accepted...well before the normal early application process! I have also started scheduling senior meetings to help students individually who may need/want more guidance through the application process.

I will soon be visiting first year classes to talk more about study skills and time management, and will then follow up with individual meetings to check in on how their early transition to school is going for them.

As always if you have a question or a concern, please feel free to contact me by phone or email. I am here to help students and parents in any way I can. Happy Fall!

- *Kathy Sebolt*

Makers Club

RVGS has a new option for students to show off their creative side. The Makers Club, led by Mr. Hurst, is for students to work on their personal projects while in a collaborative setting for creating and learning that uses high tech to no tech tools.

Mr. Hurst envisions a club with a variety of projects running simultaneously. Members will have the freedom to choose their own projects. "They will pick something, plan it, and then make it. We can assist with planning, software, tools, and some materials." explains Mr.



Hurst.

"I wasn't familiar with term Maker until a few years ago but looking back my grandfather was definitely a maker. He was a lawyer who never talked about the law. Most of my memories of him are in his shop at the farm. He built his house, and most of the furniture in it. There are a bunch of his old tools in my basement today. Since then, I've always enjoyed designing and building things. I worked for a construction company in high school and college. I have tackled some large remodeling on my own properties." One of the highlights of RVGS is the unique equipment available to students. Makers Club will allow students to learn design software and how to operate 3D printers, laser cutters, and woodworking machinery.

Mr. Hurst's goal for the club is to create an environment where students can be creative, choose their own projects, and learn by making "stuff".

Meetings will be held on Wednesdays at 7:45 and 3:30 and will last about 45 minutes.

Message from Director

It's truly a joy to have the students back from summer for classes. It may be getting cliché by now, but it has been really nice to have a little more normalcy after the past two years. We are still following appropriate protocols to minimize COVID infections, but much of the "return to normal" shows up in climate, tone, and atmosphere. RVGS maintained high standards of instruction and learning during the early stages of the pandemic, but it is refreshing to be able to plan for a year of normal students activities and bring back the full range of extracurricular opportunities.

From school-wide social activities like the Govie Gala (school dance) to activities designed to help our 12th graders commemorate their senior year to a fully normal Project Forum, it is a relief to be able to firmly plan school events without the looming expectation that they might not occur. One event I'm particularly pleased to welcome back is the Shelly STEM Challenge, where students complete a single-day design or engineering challenge established with an industry partner. Students from RVGS along with other Governor's School students around the state will be able to participate in this activity after two years without it.

We are around the corner from seniors applying to college, and I'm pleased to stay we have further enhanced our support of that process for our students through the College Planning Worksheet and additional college outreach on behalf of our students, supplementing our existing efforts. I encourage seniors to reach out to Mrs. Sebolt for guidance and to be proactive in preparing and submitting their college application materials.

As always, we want to be a resource for our students and families. Please don't hesitate to reach out to me if you have any questions, concerns, or needs.

Summer STEM Activities

The Lab Rats had a busy summer ! Check out how spent their time away from RVGS

Claire Wei-NeuroSURF internship

Sophie Schumaecker-Worked at FBRI in Munson Lab

Autumn O'Connor-attended UVA "Intro to Oceanography" summer course

Cole Price-Hoffman Forum Project on composting

Penelope Smith-NeuroSURF internship

Paulo Carey-Hoffman Forum Project data collection

Anvita Panchumathy-BLAST at Virginia Tech

Josephine Eaton-Techgirls camp in Molecular Modeling

JB Clements-VT Neuroscience MedDocs

Matthew Love-TSA National Conference

Eleanor Little-NeuroSURF internship

Brett Smith-Marine Resource Camp and NC State Engineering Competition

Mariam Abdelmalak-VT Life Science camp

Savanna Johnson-BLAST camp

Brayden Hoffman-Washington Youth Summit on the Environment at GMU

Evelyn Anderson-Psychology Internship @ VTCarilion

Carson Ray-Virginia Space Coast Scholar and Summer Residential Governors school for Math, Science and Technology

Zoie Mills- Pathways for Future Engineers camp at Virginia Tech

NeuroSURF at Fralin Biomedical Research Institute

The neuroSURF program is a 10-week summer program that gives students the opportunity to participate in hands-on, hypothesis-driven research in an area of translational neurobiology. Students are exposed to fundamental and translational neurobiology and provided with hands-on research experience. Its purpose is to introduce students to neurobiology early in their careers to increase the likelihood of long-term careers in related fields.

This summer, RVGS had three students accepted to participate in the program: Eleanor Little, Claire Wei and Penelope Smith.

The students spent the majority of their days performing independent lab work on areas including cancer, chemotherapy and the blood brain barrier. "There was no typical day at the lab. Some mornings I would be slicing tissue, staining tissue with antibodies (IHC), imaging samples on the confocal, or simply attending a lab "housekeeping" meeting. The variety in the daily activities is one of the aspects of this internship that I found most exciting." explained Penelope Smith.

Each day, students attend lectures from other FBRI faculty on topics of neuroscience, their specific research areas, or skill sets for navigating science education and careers. Students found that this immersive experience may have shaped their future career choices. "This experience definitely influenced my ideas for my future education and career. I enjoyed the lab work and am eager to seek out similar experiences and positions when I am an undergraduate. Additionally, being around so many young people working on their PhDs was inspiring to me to consider pursuing graduate degrees further down the road. I heard lots of different stories about the education and career tracks people have taken and it helped me realize how many different possibilities exist," stated Eleanor Little.



Meet Our New Faculty-Tracy Jenkins

RVGS has a new face in the math department! We asked Mrs. Jenkins to tell us a little about herself and this is what she said:

This is my 28th year teaching - I taught for 7 years in Montgomery County and 20 years in Roanoke County for Glenvar High School. My experience is mostly teaching precalculus and AP calculus (both AB and BC) - I have been on staff with Virginia Western for the last 12 years as the dual enrollment teacher for Glenvar. I also taught a business calculus course for 2 semesters online for James Madison University last school year.

I was born in Bethpage, Long Island, NY, lived in Tampa, Florida for most of my elementary school years, and eventually my family settled in Salem. I have been married for 29 years - my husband Paul and I met at Roanoke College as undergrads. I went on to receive my master's degree from Hollins University and he completed his master's program at Va. Tech in Environmental Engineering. After working in initially working in industry, Paul has been employed by the Department of Environmental Quality (DEQ) for the last 15 years.

We have 3 adult children - my daughter Kendall attended RVGS from 2009-2013 and is currently a 3rd year med student at Boston Medical University. My middle child Ben is a resident of Vinton, an instructional aide for Roanoke County, and getting married on Oct. 1! My youngest son Nicholas is currently a junior at Virginia Commonwealth University (VCU), with the intention of majoring in finance. We have a rescue mutt named Bailey. I have been intrigued by RVGS ever since my daughter's years here, and so when an opportunity came available to instruct here, I jumped! I love the concepts of integrating math and science, and a focus on the deeper understanding of mathematical concepts and their applications.



Welcome Mrs. Jenkins! We are so happy to have you at RVGS!



Student Spotlight-Matthew Love

Last year, Matthew Love (RVGS/FC) competed as a member of a TSA Animatronics team. The competition involves creating a display with lights, sound, mechanical movement, and pneumatics, all of which are controlled by control systems. This year's competition included the theme of "the entrance to a children's hospital waiting room."

"My display involved an interactive screen and animatronic character. The screen had three sections: Hospital Map, Local Attractions, and Jokes. The character would explain each section and tell jokes as you navigate through the display." explained Matthew.

Matthew and his team began building his project in September of 2021 and brought it to present to a panel of judges at TSA's state conference. After placing 1st at states, the team was invited to compete at the national competition in Dallas. "Nationals was by far the best extracurricular experience I've ever had. We spent much more time at the conference center than at states, and while competitions were still closed-doors, I was able to meet and talk with lots of cool people, including several other animatronics teams." stated Matthew. The project went on to win 2nd place in the nation for animatronics.

This year, Matthew has already taken a lead role in his local Robotics Club, and plans on competing in animatronics again. He has also increased his involvement with a position as secretary for the FCHS robotics club, and helping to design this year's VA trading pin.



Behind the Scenes at RVGS



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