

Around the Schools

... a publication for and about Westlake City Schools employees

What is ergonomics?

Ergonomics is the application of engineering and scientific principles to design a work environment that accommodates the employee in relationship to the workplace, product, equipment, tools, workspace and organization of the work. The objective is to fit the task to the worker, rather than force the person to adapt to the work environment.

Ergonomics can help return injured employees to work; reduce data entry error rates; increase morale and job satisfaction; and improve customer service.

Risk factors that increase the development of cumulative trauma disorders (wear and tear on the musculoskeletal system) include repetitive motions, awkward postures, forceful exertions, mechanical pressure on soft tissues and inadequate rest.

Techniques for controlling CTDs include bend the tool not the wrist (select proper tool design to eliminate poor posture); use powered instead of manual tools when working with high forces or repetition; working heights and reaches should allow you to keep your elbows close to the side of your body; reduce excessive or unnecessary tripping and grasping; select the proper size, material and style of gloves for a job.

For more information visit www.ohiobwc.com.

A perfect 36 x 2

WHS seniors Eleanor Batty and Julie Wang achieved a perfect score of 36 on the ACT college entrance and placement exam on the April testing. Nationwide, only 268 perfect scores were recorded -- fewer than 1/10th of 1% of test takers.

Wang also is WHS' National Merit semifinalist -- one of about 16,000 nationwide.

In Ohio, 88,754 students representing 64% of Ohio's 2009 high school graduates, and 1.5 million 2009 U.S. high school graduates, participated in the ACT exam. The ACT is composed of tests of academic achievement in English, mathematics, reading and science.

Ohio students continue to outperform the national average on the ACT with an average composite score of 21.7, compared to the national average of 21.1.

The ACT is a curriculum-based achievement exam designed to measure the academic skills deemed important for success in first-year college courses.

Congratulations to Eleanor and Julie on this extraordinary achievement!

49 WHS AP Scholars

Forty-nine WHS current and former students earned recognition from the College Board for their scores on the Advanced Placement Program exams. Our students are among the 18% of the 1.6 million students worldwide who performed at a sufficient level to earn an AP Scholar Award.

Recent graduate Charles Clum qualified for the National AP Scholar Award by earning an average grade of 4 or higher on a five-point scale on all AP Exams taken, and grades of 4 or higher on eight or more of these exams.

Fourteen students qualified for the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams.

Eighteen students qualified for the AP Scholar with Distinction Award by earning an average grade of at least 3.5 on all AP Exams taken and grades of 3 or higher on five or more of these exams.

Seventeen students qualified for the AP Scholar Award by completing three or more AP Exams with grades of 3 or higher.

Triathlon finish

WHS junior Jack St. Marie, a cross country runner, placed 61st at the recent USA Triathlon Junior Elite World Championship in Gold Coast, Australia.

Congratulations to Jack on making the team and finishing this grueling event.



The Westlake High School girls soccer team participated in the 2009 Susan G. Koman Race for the Cure on Sept. 12, raising more than \$1,200.00 this year for breast cancer treatment and prevention. This year's fundraising brings the team's four-year fundraising total to just under \$5,000. The team is led by Coach Scott Jones.

The Stork Report

Holly Lane 1st grade teacher Kathleen Basen and her husband, Josh, welcomed Jacob Patrick on Sept. 2. Jacob weighed 9 pounds, 12.5 ounces, and measured 22 inches long.

Holly Lane 4th grade teacher Hun Piazza and her husband, Chris, welcomed Olivia Pearl on Sept. 16. Olivia weighed 9 pounds, 14 ounces and measured 19 3/4 inches long.

Congratulations to the Basen, Piazza and Holly Lane families on these latest additions.

Great Programming on WHBS

- Sept. 21 A: Varsity girls tennis v. Amherst (9/15)
B: Parkside play: Swamp Romp (2009)
- Sept. 22 A: Varsity girls tennis v. Amherst (9/16)
B: WHS play: Wildcat Katie Brown (2004)
- Sept. 23 A: Varsity girls soccer v. Brecksville (9/19)
B: Parkside play: Round the World & Back Again (2008)
- Sept. 24 A: WHS play: The Music Man (2005)
B: The Professional Series: TV8 Dan Coughlin #58 (2008)
- Sept. 25 A: Varsity football v. Berea (9/17)
B: The Demon Zone: Episode #4
- Sept. 26 A: Varsity football v. Berea (9/17)
B: The Demon Zone: Episode #4
- Sept. 27 A: Varsity football v. Berea (9/17)
B: The Demon Zone: Episode #4

Around the Schools is published weekly online by the Westlake City Schools communications department. Please forward information for publication to Communications Coordinator Kim Bonvissuto at the Administration Building, or call (440) 250-1258 or email bonvissuto@wlake.org
Deadline for submitting materials is Wednesday at Noon.

The Westlake City School District is an Equal Opportunity/Affirmative Action agency and does not discriminate on the basis of race, color, religion, gender, national origin, age, political affiliation or disability.

Classroom freebies

OfficeMax, in partnership with Adopt-A-Classroom, hosts the annual A Day Made Better event in October. Last year the office superstore sent 1,300 teachers a large box of classroom supply staples. To be considered, you have to be nominated online at www adaymadebetter.com.

Registries aren't just for weddings. At Donors Choose, www.donorschoose.org, public school teachers can post online requests for equipment and supplies. Gold Star Registry, www.goldstarregistry.com encourages parents, PTAs and community organizations to make similar types of donations.

Program A begins at: 8am, Noon, 4pm, 8pm, Midnight, 4am

Program B begins at: 10:10am, 2:10pm, 6:10pm, 10:10pm, 2:10am, 6:10am

WHBS sponsor credits begin at: 7:50am, 3:50pm, 7:50pm, 11:50pm, 3:50am