IN THIS ISSUE:

Greetings from Bruce Colston  
IUHS launches AP courses

Instructor Snapshot  
Meet Pat Wilson: outstanding social studies teacher of the year

Help Us Stay in Touch  
Update your contact info

Upcoming Conferences  
Come visit us around the state

Did you know?  
Sleep: not all zzz's are created equally

Coming Right Up!  
New 2007–08 catalogs available

Help Us Stay in Touch
If your name, postal address, phone number, or email address has changed, please let us know so we can continue to communicate with you. Email your changes to iuhs@indiana.edu. Be sure to give your full name (not just your email address), old information, and updated information.

AP Courses Hit the Ground Running
September brings with it crisper, cooler air, as well as new beginnings for IUHS as it launches its first three advanced placement (AP) courses. Currently, IUHS has approval for AP English and U.S. history. The IUHS advanced placement chemistry course is one of more than 1,000 awaiting approval from the College Board. Given its backlog, the College Board has granted provisional approval for the AP chemistry course. A final decision is expected in the near future.

We have much to look forward to in these courses, and the IUHS staff will adapt and evolve as we go along. Some possible changes you might see in the future are extending AP chemistry to a three-semester course of study, and providing summer reading lists for students who have registered for AP English in the fall.

If you have any questions, concerns, suggestions, or comments, I hope that you will share them with either Mike Walsh or me by calling 800.334.1011 or emailing iuhs@indiana.edu.

Instructor Snapshot
IUHS Instructor Named Outstanding Secondary Social Studies Teacher of the Year


Wilson received $2,500, a commemorative gift, a one-year membership to the council, and the opportunity to speak at the annual conference in San Diego this fall. “Honestly, I was very surprised that I was selected,” said Wilson. “We have 50 states, and how many social studies teachers—and they picked me?”

Read more about Wilson

Indiana University High School is accredited by the North Central Association and by the Commission on International and Trans-Regional Accreditation.
Coming Right Up!

**Upcoming Conferences & Events**

**Friday, September 21**
Indiana Foundation for Home Schooling (IFHS)
Map Your Future: A High School, College, and Career Prep Event
Chapel Rock Christian Church
Indianapolis, IN
www.ifhsonline.org

**Saturday, September 29**
The Indiana University Physics and Astronomy Open House
IU Bloomington Physics Department
www.indiana.edu/~iubphys

**Thursday & Friday, November 1–2**
ISCA Indiana School Counselor Association Fall Conference
Adam’s Mark Hotel, Indianapolis Airport
Indianapolis, IN
www.isca-in.org

For a complete list of upcoming conferences, go to scs.indiana.edu/hs/hsconventions.html.

**Did you know?**

Get some zzzzzzzzz’s. . . .

Sleep experts recommend between eight and nine hours of sleep per night for teenagers, yet a recent BBC report indicates that one-third of 12-to-16-year-olds sleep a mere four to seven hours per night. A recent poll conducted by the Sleep Council found that, even when teens are sleeping, the quality of the sleep they are getting was low.

Nearly one-quarter of the teens surveyed indicated that they fell asleep while watching TV, listening to music, or with other electronic devices still running. These electronics interrupt the sleep cycle by preventing the body from entering a deep sleep. As a result, many teens are experiencing light, broken sleep nearly every night.

Think it’s not serious? Research has also shown that teens who don’t get enough quality sleep have more learning, health, behavior, and mood difficulties than those who get at least nine hours of sleep per night.

**New High School Catalogs**
The 2007–08 Indiana University High School catalog is completed and available online at scs.indiana.edu/pdf/hscatalog.pdf. You can also request a printed copy of the catalog by calling 800.334.1011 or by sending an email request to scs@indiana.edu.
If you do not want to receive this newsletter by email every two months, please respond to this email message and ask us to remove your name from our distribution list.

*Privacy Statement:* We believe your personal information belongs to you. We collect information when you provide it, but we do not rent or sell your information to third parties.