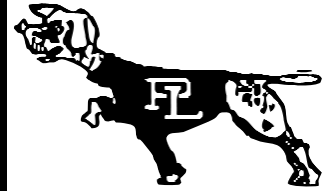


# Parent Pointer



Parent-Teacher-Student Association Newsletter

September, 2007 - Volume 48, Issue 1

## EXTRA, EXTRA Read all about it!!!

Big changes are underway for the *Parent Pointer* Newsletter! After much discussion, we are going "digital!" The remaining issues of the newsletter will now be posted on the PLHS website at [www.pointlomahigh.com](http://www.pointlomahigh.com) under the PTSA tab. We will send you a notice via e-blast when the latest edition of the *Pointer* will be posted on the website. If you are currently not receiving e-blasts or have a new or changed e-mail address, please be sure to send a correct e-mail address to [kspathas@gmail.com](mailto:kspathas@gmail.com). Only for those families without internet service, a copy will be mailed home. A short survey will be conducted in our students' English classes.

**Why are we doing this?** Let me count the ways...Each year,  
*Continued on page 2.*

## A MESSAGE FROM OUR PRINCIPAL

Dear Families and Friends of Point Loma High School,

Students are back on campus with renewed energy, smiling faces, catching up on their friends' summer breaks and enthusiastic about the new year. We have welcomed our new freshmen, the class of 2011 and all the students are doing their best to help our newcomers find their way around this expansive campus. Another school year has begun!

We have received the results from last year's testing. I am pleased to report that our students more than **DOUBLED** the target score set by the state! We're headed in the right direction and will continue to challenge our students to meet and exceed academic goals.

During the summertime we refined our vision and mission - it can be found in its entirety on the website. But the motto for this year is "Demanding Excellence...Modeling Excellence". We have a tradition of excellence that we desire to continue so you will hear the motto spoken of... over and over. Our teachers, staff and students will all be hearing it, practicing it, and with dedication - meeting the demands of such a vision. Please help us by communicating with the teachers, participating in events, volunteering your time, energy or talents, but most importantly by holding your student to a high standard of excellence, as well. We heartily welcome and desire your input, insight into your student, and help.

With teamwork in mind I will share the last bits of information. We  
*Continued on page 2.*

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[www.pointlomahigh.com](http://www.pointlomahigh.com)

The Parent Pointer newsletter is  
published five times annually.

Kris Barry – PTSA President  
Bobbie Samilson – Principal  
Terri Thompson – Editor

# A New Year Begins!

by Kris Barry, PTSA President

On behalf of the *Parent Teacher Student Association (PTSA)*, I'd like to welcome you back to your home-away-from-home...PLHS. And to our incoming freshman class, you've made it! You're now in high school...the best years of your life! Study hard, make this year really count and get involved with all that high school offers you!

Now that summer has come to a close and school is starting, we welcome you all to our monthly PTSA meetings. They are held in the Library at 6:00 p.m. on the second Monday of each month. Come hear what's going on at the school and see how you can get involved in the events sponsored by the PTSA.

While we typically think of "back to school" being geared toward our students, learning and growing is not limited to our children. Parents can learn and grow, too. Here are a few ways you can benefit from your student's education.

## **Get Involved In Your School:**

There's no better way to know what's happening in your school or learn how your experiences can benefit your child's school. Remember, volunteering can be done in any number of ways, not just at the school. There are always opportunities that can be done from home; calling other volunteers, host a meeting at your home or organizing class events.

## **Tap into a Network of Parents:**

Parenting is not easy. It helps to share ideas, concerns and experiences with other parents and educators in the community. PTSA functions are opportunities to meet other parents and teachers, build rapport, and discuss issues that are on your mind.

## **Be a Role Model to Your Children:**

By becoming involved at your school, you will be demonstrating to your child the importance you place on education. Volunteering is an opportunity to put your skills and hobbies to good use for a good cause - your child and all children in the community.

Parents who volunteer or are part of PTSA have many examples of how their participation has benefited them personally or professionally. Ask someone why they volunteer. You may be surprised to learn how much you have in common!

# Message From our Principal

*Continued from page 1.*

hope to have Parent Connect up and running within two weeks, - please call the office (x1120 or x1122) for your password and log-in information if you do not remember it. Please make sure we have your email address so that communication will flow back and forth between us quickly and readily. Join us for Open House on October 4th to meet your student's teachers and welcome our many new staff members!

Together we will have a positive, energetic and EXCELLENT school year!

Sincerely,  
Bobbie Samilson

# EXTRA, EXTRA

*Continued from page 1.*

the PTSA budgets between \$4000 and \$5000 for the Pointer to be printed and mailed home. It is a labor intensive project with parent volunteers needed to pick up the issues from the printer, collate, staple, label, separate by zip codes, bundle, and drive them to the main post office on Midway. Aside from the driving, the preparation can take hours and hours of volunteer time. But more important is the cost. The PTSA's first priority is to raise funds to give back to the teachers and staff through our Gifts and Grants program. \$4000 - \$5000 will fund many enrichment programs, classroom equipment, field trips, supplies and whatever else deemed "needed" by our teachers. And of course, we can hug a tree at the end of the day!

# Attention Teachers!

**The PTSA Gifts & Grants program is underway.**

If there is something you need that will benefit your department or a large group of students, please complete the grant application found on the school Website ([www.pointlomahigh.com](http://www.pointlomahigh.com) <<http://www.pointlomahigh.com/>>) under the PTSA tab, Digital Filing Cabinet, Forms, Grant Application & Instructions.

***Hope we can be of help!***

# NOCHE DE COLEGIOS

POINT LOMA HIGH SCHOOL

11 DE OCTUBRE, 2007

Información sobre la Noche de Colegios para los Padres y Estudiantes en el PAC Venga y conozca a los representantes de varios colegios y universidades en el Gimnasio

**6:00 - 7:00 p.m.**

Información sobre de colegios

**7:00 - 8:30 p.m.**

*Tendra la oportunidad de hacer cualquier tipo de preguntas sobre los colegios a los epresentantes. Lo requerido para entrar al colegio, el proceso de las aplicaciones, Becas, Asistencia Monetaria, etc.*

**HORARIO DE AUTOBUSES DE PLHS**

5:00 p.m. Lincoln High Educational Complex

5:30 p.m. San Diego High Educational Complex

**SALIDA DE PLHS: 8:15 p.m.**



# COLLEGE NIGHT

POINT LOMA HIGH SCHOOL

Thursday, October 11, 2007

College Info Workshop for Parents and Students in the PAC  
Come and meet the many college & university representatives in the Trepanier Gym

**6:00 - 7:00 p.m.**

College Info Workshop

**7:00 - 8:30 p.m.**

You will have the opportunity to ask the college representatives information about College Selection, College Entrance Requirements, Application Process, Housing, Majors Scholarships, Financial Aid, etc.

**BUS SCHEDULE TO PLHS**

5:00 p.m. Lincoln High Educational Complex

5:30 p.m. San Diego High Educational Complex

**DEPARTURE FROM PLHS: 8:15 p.m.**

## The Point Loma High School Foundation and Alumni Association

*asks that you MAKE A DIFFERENCE by supporting our new recycling program for:*

**used cell phones and empty inkjet/laserjet cartridges**



**at the following locations:**

PLHS Campus: Main Office and the Media Center  
San Diego County Credit Union, 1004 Rosecrans St.  
San Diego National Bank, 1075 Rosecrans St.  
Ocean Beach Main Street Office, 1868 Bacon St.  
Jungle Java, 5047 Newport Ave.  
Bone Appetite, 4845 Newport Ave.

Visit the PLHSFAA Website at  
**[www.plhsfaa.org](http://www.plhsfaa.org)**

For more information,  
call Pat Baker, 619-223-9363

## SUPPORT PLHS

**BY USING e-Scrip**

**RENEW OR SIGN UP NOW!**

*For complete information and instructions*

**visit: [www.escrip.com](http://www.escrip.com)**

Group ID: 138376810

Group Name: Point Loma H.S. Foundation and Alumni

*Got kids in more than one school?  
Split your contributions! It's easy to do!*

Need Help? Contact Pat Baker  
(619) 223-9363 or [p\\_t\\_baker@hotmail.com](mailto:p_t_baker@hotmail.com)

**AND by CONTACTING KRIS SPATHAS**

**at: [kspathas@gmail.com](mailto:kspathas@gmail.com)**

*to get frequent e-blasts containing school information and volunteer opportunities*

# WELCOME BACK TO THE CLASS OF 2008

by Kris Barry, Class Sponsor

It seems like yesterday that we were the new, little kids at a big, scary, new school! Now we are the senior class and this is home. We are the students and parents who will set examples for the younger classes. We are the class that is now looking to our future and are already planning for our graduation. College applications are going out, jobs are being lined up and parents are realizing that their "little ones" are growing up! But there are parties to be planned before tears are shed and that's what our fund-raising committee will be working on very soon.

Once again, our direct solicitation letter will be going out and merchandise will be sold. We are well on our way to raising our goal of \$20,000.00 and I thank all of you for your help in attaining that figure. If I do not already have your e-mail address, please send it to me at ekbarry@cox.net. This is the best way for you to stay informed of upcoming plans and meetings. This is going to be a fun and busy year and I welcome you all in the planning process.

So here we go into the final stretch! Let's make it a great year!

## Thank You

From the Class of 2009

by Linda Jaros, Jr. Class Parent Sponsor

The Class of 2009 would like to thank the following Junior class families for their generous donations towards future senior activities: Toledo, Koltum, Tisdale, Iacono, Hervey, Sandreal-Evans, Nelson, Chayka, Parks, Elmore, Edging and Weisman.

So far over \$670.00 in personal donations has been received. Some of the mommies of the class of '09 were busy selling snacks at summer school this year and earned another \$400.00.

This year's junior class plans on holding fundraising events such as a car wash, hosting a movie night at PL and selling treats at Halloween. The Juniors also have metal PL license plate holders for sale at \$20.00 each. If you would like to purchase one, they will be available at the PTSA Kick Off, at football games and by calling Junior class parent sponsor Linda Jaros at 619 341-3034.

## ATTENTION

### Sophmores and Juniors Families!

Are you interested in providing your student with a jump start on preparing for the ACT and SAT exams?

Have we got an opportunity for you! PLHS will be administering the PLAN and PSAT exams on Sat., Oct. 20, 2007.

Sophomores will be able to take the PLAN (the pre-ACT exam) for the cost of \$15.00.

The PSAT (the pre-SAT exam) will be given to Juniors at the cost of \$20.00.

Although neither of the exams is mandatory, we strongly suggest you take advantage of this opportunity.

Students that pre-paid during Mad Days are registered. For students that haven't yet paid, the finance office is accepting exam payment. **Remember, practice makes perfect!**

# "Giving Back"

Parents and Students of the Class of 2011

by Lucy DeVito, 2011 Class Sponsor

The Class of 2011 Fundraising Committee would like to give you an idea of what our goals are, and the purpose of raising money. Our goal is to raise over \$20,000 over the next four years. This money will be used to pay for senior activities. We would like to carry on the tradition offering "safe and supervised" activities. Traditional activities have included an all-night Disneyland trip, dinner/dances, Dave & Buster's, and a Bowling Party. Our fundraising will help keep the expenses to the students and their families to a minimum!

In addition, we would like the Class of 2011 to have the opportunity to give back to our community. A percentage of money raised will go to a local charity selected by our students. More details will come at a later date.

This year we would like raise money with a Direct Solicitation Letter, a Rummage Sale, sales of class merchandise in PLHS colors (gym bags, coolers, beach towels) and hopefully partnering with a local business or two.

More ideas are welcomed and more parents are needed - please contact me if you would like to help in any way. Lucy DeVito: ldevito@pacbell.net.

## FUND-RAISER SUPPORTING PLHS CLASS OF 2008

For all your floral needs, please bring this advertisement to:



10% of your purchase will be generously donated back to the PLHS incoming Class of 2008's senior year activities!

**CALLING ALL STUDENTS. . . Plan ahead for  
Homecoming, ASB Ball, Prom!**

**Boutonnieres ~ Corsages**

Your choice of flowers: Roses, Orchids, Gardenias, so many more  
Your choice of ribbons: Many colors and shades to match your dress  
Parents, need a gift? Birthdays, Anniversaries, Holidays,  
Client bouquets, potted plants. *You design or pick up and go!*

Name \_\_\_\_\_

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Purchase amount \_\_\_\_\_ Donation amount \_\_\_\_\_

*The Class of 2008 thanks you and Flowers of Point Loma for your continued support!*

# SOCIAL HOST LAW

In May 2006, a law was enacted in San Diego which says that adults who allow groups of three or more people under the age of 21 to drink alcohol in their homes can be charged with a misdemeanor, fined up to \$1,000, face up to 6 months in jail, and pay recovered costs of law enforcement and emergency services. A couple of additional points that some of the panel members that work with recovering teenage alcoholics shared are many teenagers that begin exhibiting issues with drinking have reported that role modeling in their homes was a factor - parents that demonstrate unhealthy drinking habits and alcohol dependency can con-

tribute to a teenager's attitudes toward alcohol. Human brains are still developing up into the young person's early twenties and instances of excessive drinking during this time can harm them more than an adult. The earlier a young person begins drinking, the greater their chances are of becoming a problem drinker in their life. The forum encouraged parents to know where their teenagers are and to know that their teenagers are having fun in ways that are not dangerous to them (calling the parents ahead of time if their child is planning to attend a party in their home, for example.) Let's all have a safe and healthy school year!

## PARENT PLEDGES

Please join the Parent Pledge, ensuring that events in your home for children and teenagers will be chaperoned, alcohol-free and drug-free. Watch our list grow in every Parent Pointer by e-mailing us with your pledge at [pointlomapointer@hotmail.com](mailto:pointlomapointer@hotmail.com) or filling out the pledge form below and returning it to the school office.

### PARENT PLEDGE

*I will take responsibility to ensure that all events in my home for children and teenagers will be chaperoned, alcohol-free and drug-free.*

Yes, I/we support the Parent Pledge

Parent(s), guardian(s)

Name(s) of student(s), grade(s), school(s):

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Yes, I give my permission to have my name published in the Parent Pointer. I want other parents and guardians to know their children are safe when at our home!

**After signing, please return this form to:**  
PLHS - PTSA, 2335 Chatsworth Blvd., San Diego, CA 92107

**Or, send an e-mail to**  
**[PointLomaPointer@hotmail.com](mailto:PointLomaPointer@hotmail.com)**

***Thank you for caring about  
the safety of our students!!***

## The 2007 Walk for Education

Hosted by the UCSD

on Saturday, November 3, 2007

Registration at 9:00 a.m.—Walk starts at 10:00 a.m.

UCSD is located on Gilman Drive in La Jolla, from the I-5, exit La Jolla Village Drive, and go west. Turn right on Villa La Jolla Drive. Turn left on Gilman Drive. Turn left into Parking Lot 602 (look for directional signs). The registration and walk start area will be on the School of Medicine lawn.

All donations and proceeds raised from the walk go to the Ocean Beach Dollars for Scholars chapter and directly to scholarships for PLHS students.

Please send your donation by mail or bring donations to the 4th Annual Walk for Education on November 3rd at UCSD.

Thank you for your support. Please send your donation today. Every dollar helps!

For more information about Ocean Beach Dollars for Scholars call 619-226-4133

## PLEDGE FORM

**Yes! I want to contribute to  
"Ocean Beach Dollars for Scholars"**

\$25 - I want to walk and receive a 4th Annual Dollars for Scholars Walk T-shirt

I don't want to walk,  
I just want to donate \$\_\_\_\_\_ to OBDFS!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please make your tax-deductible checks payable to:  
Ocean Beach Dollars for Scholars  
5054 Narragansett Ave  
San Diego, Ca. 92107

Our non-profit 501.c3 tax deductible ID # is 04-2296967

# CLASS SALES

## 2008 Senior Class:

Stadium seat cushion . . . . .	\$20
PL Hats	
(maroon w/gold PL) . . . . .	\$15 & \$18
(white) . . . . .	\$10
Fleece muffler scarves . . . . .	\$10
Glass bead earrings . . . . .	\$ 5
Beaded key chain . . . . .	\$10
Beaded bookmark . . . . .	\$ 5
Photo key chain . . . . .	\$ 5
Tote bag . . . . .	\$ 5
Antenna/pencil top balls . . . . .	\$ 2

**Class Contributors:**

Flowers of Point Loma and Southland Auto Body

Contact: Kris Barry; 619-222-2075 or ekbarry@cox.net

## 2010 Sophomore Class:

Hooded sweatshirt . . . . .	\$30
Sweatpants . . . . .	\$20
Polo t-shirt . . . . .	\$20
PL Visor . . . . .	\$18
Girls' tank top . . . . .	\$15
Shorts . . . . .	\$15
Children's "L'il Pointer" t-shirts . . . . .	\$15
Megaphone . . . . .	\$ 3
Booster Pom . . . . . each	\$ 3
	or 2 for \$ 5

Contact: Maureen McGrath 619-223-2441  
or; maurmcgrat@aol.com

## 2011 Freshman Class:

PL logo cooler . . . . .	\$20
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**Stay tuned for more merchandise to come!**

Contact: Lucy DeVito: 225-0082  
or, ldevito@pacbell.net

## 2009 Junior Class:

License plate frame . . . . .	\$20
Lanyard . . . . .	\$10
Billed knit beanie . . . . .	\$20
Unbilled knit beanie . . . . .	\$15
PLHS pencils . . . . . 2 for	\$ 1
PLHS imprinted	
Write 'N Light laser pen . . . . .	\$ 3
Pointer magnet .each \$ 3 or 2 for	\$ 5
Woven bracelet . . . . .	\$10
Pennant . . . . .	\$10
Pointer magnet . . . . . each	\$ 3
	or 2 for \$ 5
PLHS button . . . . .	\$ 1

**Contacts:**

Linda Jaros; ljaros@sandi.net or Vickie Kerley; 619-226-7770, plhsclassof2009@cox.net,



## Class of 2011

*That's right everyone, our class is going to hold a Rummage Sale.*

*We are hoping you can start collecting "gently" used items, such as, clothing, furniture, books, toys, and kitchen items.*

### We need it all!

The date is yet to be scheduled - late October?  
Details will be coming soon.

We will need helpers on sale day  
Class of 2011 parents and  
most importantly freshman students!

**Contact:**

**Robin La Dow**  
if you have any questions –  
rladow2@cox.net.

# COUNSELING CENTER NEWS

The counseling office would like to extend a special thank you to the parent volunteers and staff for their countless hours of dedication and for working Mad Days. Thanks to their help we're off to a great start! We are pleased to inform you that Sarah Weiss, counselor S-Z, has once again been assigned to PLHS. Ms. Weiss has an announcement of her own, she has recently married! She prefers to be referred to by her maiden name, but students and families should note on official paperwork (including schedules) she will be listed as Mrs. Sheehy. Melissa Abalos, Life Skills Counselor, is replacing Holly Cook, who has returned to the elementary school setting. Ms. Abalos will be on campus three days a week. Welcome Melissa! Jesus Acosta, Counselor Bec-Eli, has left our school to pursue a career in the Chula Vista district. Although we wish him all the best we miss his expertise and presence. His replacement has not been selected at this time. Laurie Hurl, Head Counselor, will be attending the National Association for College Admission Counselors (NACAC) Conference in October, thanks to the generosity of the PTSA. Counselors will also attend the College Board Conference, California Independent College Conference, UC Conference, and individual college presentations.

## LET'S GET ORGANIZED!

Students can get organized with little effort. Keeping things together gives them more time to focus on homework, family life, and hobbies. **Share these methods with your teen:** **1) Plan of attack:** Discuss the upcoming month with your high schooler. What assignments are due? When will he do homework, chores, and extracurricular activities? Have him write everything down on a monthly calendar. The more advance notice he gives himself, the better prepared he will be. **2) Tools on hand:** Suggest that your teen keep a different colored notebook and folder for each subject. Use notebooks for taking class notes and folders for storing returned homework and assignments. Also, have study supplies at home (dictionary, paper, pens, pencils, stapler, and calculator.) When it's time for homework, your high schooler will have everything he needs. **3) Nightly routine:** Does your teen have trouble remembering what to take to school each day? Try having him put everything in one spot the night before. Or, he can make a list (homework, gym clothes, tennis racket, etc.) to check before he goes to school. Preparing at night makes it easier to remember school supplies the next morning.

### SENIORS

- Don't forget to take your ACT, SAT Reasoning, and SAT Subject Tests by October!!
- How many college applications? A good rule of thumb is to limit your college list to four to eight schools: 1 or 2 "dream" schools, two to four "good chance" schools, and one or two "safety" schools. Don't forget to choose wisely. Application fees can add up. (information from [www.collegeboard.com](http://www.collegeboard.com))
- Research the schools your student is applying to. Visit schools in person and on the Internet!
- If you plan to apply to several private schools, check out the Common Applications in the counseling office or on the web.

No student can receive a diploma, participate in senior activities or graduation, until all requirements have been met. There are no exceptions. Make sure you are communicating with your teachers on a daily basis about what you are expected to complete in order to pass each of your classes. Do not let there be any unexpected surprises. Attend class every day on time, and fully participate.

All of your teachers want you to be successful and want to make sure you graduate. By arriving to class on time, participating, and doing what is expected of you each day, you are showing your teachers you are committed to being successful. Do not give yourself any reason not to pass. Take care of all obligations.

We expect our seniors to be leaders at Point Loma. You are a PLHS student until graduation is over. Do not do anything that might jeopardize your opportunity to participate in graduation, attend Grad Nite, or receive your diploma. Failing to go to class, failing to clear obligations, fighting, pranks, tardiness, poor attendance, and suspension are all examples of things that may require that we deny a senior an opportunity to participate in graduation, Grad Nite and/or receive a diploma.

### JUNIORS – College Testing:

**PSAT/NMSQT, Saturday, Oct. 20th**  
**Cost of Test for Juniors is \$20.00**

The Preliminary Scholastic Assessment Test (PSAT) will be administered on Saturday, October 20 at Point Loma High School. Students who wish to qualify for scholarships sponsored by the National Merit Corporation must take the PSAT in their junior year. Although this exam is voluntary, we strongly recommend that all Juniors take the PSAT Exam. **DEADLINE TO SIGN UP IS SEPTEMBER 24TH.** The financial office will be open before school and at lunch on September 18th, 19th, 21st, & 22nd. It will be open before school, at lunch and after school on September 20th and 21st, so please plan accordingly.

**PSAT Tips:** Take the full-length practice test in the PSAT/NMSQT Student Bulletin - will be given out in English classes soon - watch out for them! Get comfortable with the test format, directions, and timing. Learn how to fill out the answer sheet. Practice with sample questions from past tests at [collegeboard.com](http://collegeboard.com). You can get additional practice by visiting the SAT Learning Center for skill building tutorials. The PSAT and SAT contain the exact same math and verbal question types, so practicing SAT questions can also help you get ready for the math and verbal portions of the PSAT/NMSQT.

### SOPHOMORES - College Testing

**PLAN TEST, Saturday, Oct. 20TH, Cost of Test is \$15.00**

The PLAN Test is great way to prepare for the ACT-and helps students get ready to succeed in college and beyond! The PLAN Test will be administered on Saturday, October 20 at Point Loma High School. Although this exam is voluntary, we strongly recommend that all Sophomores take this advantage. **DEADLINE TO SIGN UP IS SEPTEMBER 24TH.** The financial office will be open before school and at lunch on September 18th, 19th, 21st, & 22nd.

## COLLEGE ENTRANCE TESTS

Seniors who will be applying to college this fall should complete their SAT Reasoning, SAT Subject, or ACT college entrance exams before the end of 2007 (San Diego State, Chico, and Cal Poly want tests completed by October.) College Board and ACT prefer registration to be done on-line. You can find the SAT website at [www.collegeboard.com](http://www.collegeboard.com) and the ACT website at [www.act.org](http://www.act.org) for registration and test prep information. The College Board has strict requirements for students with documented learning disabilities who need special consideration. Students who need testing accommodations must meet the eligibility criteria explained in SAT's Services for Students with Disabilities: Information for Students and Educators. Parents should contact their student's counselor as soon as possible in order to make arrangements.

Parents of students with a 504 or an I.E.P. for AP Exams, SAT's, PSAT's, etc., MUST contact the student's counselor to get College Board Special Testing forms filled in and mailed. These forms are valid for the entire time the student is at PLHS. ACT special testing forms are also available.

### WHICH COLLEGE ADMISSIONS TEST SHOULD I TAKE? ACT or SAT?

Should I take one test or both? Most college-bound students know that a necessary component of an admission application is a college admission test score. Most colleges and universities will not process an application without one. The two national tests are the *American College*

*Test* (ACT) and the *Scholastic Assessment Test* (SAT), and almost all 4-year colleges and universities in the nation accept either ACT or SAT scores equally.

Because research indicates that many students perform quite differently on the ACT and SAT, it may benefit you to take both tests. The option is yours! Take one or both since colleges typically use the higher of the two scores for admission, scholarship, and athletic eligibility.

Online Registration is available (payment with Credit Card) for: SAT at [www.collegeboard.com](http://www.collegeboard.com), ACT at [www.actstudent.org](http://www.actstudent.org). Both exams are approximately 4 hours in length, including breaks. Point Loma High School Code: 052870.

### How to Prepare for the SAT

- \* Visit SAT Preparation Center at [collegeboard.com](http://collegeboard.com)
- \* See examples of the new question types
- \* Try the updated SAT Question of the Day
- \* Get practice with *The Official SAT Online Course*
- \* Order books like *The Official SAT A Student Guide: For the New SAT* at the [collegeboard.com](http://collegeboard.com) website.
- \* Practice for SAT Subject Tests
- \* The PSAT gives you feedback on your academic skills to help you get ready for college -- You'll get a great preview of the SAT
- \* Take AP Exams, and you can receive credit or placement at most colleges
- \* Sign up for [collegeboard.com](http://collegeboard.com)'s email newsletter for reminders and tips
- \* Get your Action Plan at [collegeboard.com](http://collegeboard.com)

## TEST DATES 2007-08

SAT TEST DATES	REGISTRATION DEADLINE	DEADLINE WITH LATE FEE
October 6, 2007 SAT & Subject Tests	September 10, 2007	September 14, 2007
November 3, 2007 SAT & Subject Tests	October 2, 2007	October 11, 2007
December 1, 2007 SAT & Subject Tests	October 30, 2007	November 8, 2007
January 26, 2008 SAT & Subject Tests	December 26, 2007	January 4, 2008
March 1, 2008 SAT Test only	January 29, 2008	February 7, 2008
May 3, 2008 SAT & Subject Tests	April 1, 2008	April 10, 2008
June 7, 2008 SAT & Subject Tests	May 6, 2008	May 15, 2008

**FEES:** SAT (Reasoning Test): \$43.00, SAT Subject Tests: ???, Basic Registration Fee: \$20.00, Language Test with Listening: \$20.00 additional fee, All other Subject Tests: \$ 8.00, Late Registration Fee: \$22.00.

ACT TEST DATES	REGISTRATION DEADLINE	DEADLINE WITH LATE FEE
September 15, 2007	August 10, 2007	August 11-24, 2007
October 27, 2007	September 21, 2007	September 22-October 5, 2007
December 8, 2007	November 2, 2007	November 3-15, 2007
February 9, 2008	January 4, 2008	January 5-18, 2008
April 12, 2008	March 7, 2008	March 8-21, 2008
June 14, 2008	May 9, 2008	May 10-23, 2008

**FEES:** ACT (No Writing) \$30.00, LATE FEE: \$19.00, ACT Plus Writing \$44.50.

**Students may be interested in visiting the website [www.number2.com](http://www.number2.com) for SAT and ACT preparation.**



## COLLEGE INFORMATION

**FINANCIAL AID FORMS:** Financial aid forms necessary for Cal Grants, other federal programs, and college-sponsored aid, will be available on January 15, 2008, at the Financial Aid Workshop, from 6:30 - 8:30 p.m. in the PAC. The basic form, called the *Free Application for Federal Student Aid* (FAFSA) requires the applicant to fill in basic family income tax information for 2007. A separate form called the CSS/PROFILE helps colleges and universities award private, non-federal student aid funds. The profile is not needed for students applying to UC or CSU colleges. The CSS/Profile (only needed for selected private colleges) is available now and the FAFSA will be available in December or January.

**COLLEGE NIGHT:** Should my student apply to a state university? A private college? A community college? A trade school? A military academy? Parents, guardians, and students will be able to answer some of these questions when they attend the annual PLHS College Night on October 11, 2007, at 6:00 p.m. Don't miss this opportunity!

**COLLEGE VISITS:** Nearly 50 colleges and universities from throughout the country send their representatives to PLHS each year beginning in September. They will be advertised in the bulletin as well as the Counseling Department's link of the PLHS website. These visits are held during school hours. Students should sign up in the Counseling Office if they wish to attend prior to the day of the visit.

### Evergreen State College

September 21<sup>st</sup>—12:17-1:13 p.m.  
Room 857

### University of San Francisco

October 22<sup>nd</sup>—9:35-10:30 a.m.  
Room 201B

### Mills College

October 26<sup>th</sup>—10:36-11:35 a.m.  
Room 857

## COLLEGE INFORMATION

### EVENINGS AND PREVIEW DAYS

College Information Nights are evening and weekend programs which are held in our area by out-of-town colleges. Parents, guardians, juniors and seniors can talk with admissions officers, financial aid counselors and local alumni on a one-to-one basis: Look on our website for dates and programs. In addition, many out-of-town colleges hold weekend Preview Days. These large gatherings provide scheduled tours, information sessions, and lectures. Please check our web page, which is continuously updated, for dates.

## COLLEGE ATHLETICS NCAA ELIGIBILITY

In order to participate in Division I or Division II college athletics, a student must be certified by the NCAA Initial-Eligibility Clearinghouse. This Clearinghouse was established by the NCAA member institutions in 1993. It ensures the consistent interpretation of NCAA initial-eligibility requirements. Students who wish to play Division I or Division II athletics should begin this process by the end of their junior year. Please see Head Counselor, Laurie Hurl, for details.

## COUNSELOR PRESENTATIONS

Counselors will be making presentations to seniors on graduation and college information in the month of October. (All state colleges and universities have a November 30th deadline. No exceptions will be made.) Tenth and eleventh grade parent presentations will take place during the month of January.

## GRADE REPORTS

This year all grades will be mailed home. Progress report distribution dates are (approximately): October 27, December 15, March 29, and May 10. Semester grades will be mailed by the Education Center in February and June.

## CSF

The *California Scholarship Federation* (CSF) is a statewide honor society established for the purpose of fostering high standards of scholarship, service, and citizenship at the senior high level. Students in grades 9 through 12 may apply. A point system specified in the state constitution establishes the membership requirements. Retroactive membership may not be granted after the designated membership drive.

Community/school service projects, tutoring peers at PLHS, and leadership opportunities are available to all CSF students in grades 9-12. Students who qualify for CSF in at least four out of six semesters, during grades 10 through 12 (one of which is in the senior year) qualify for "seal bearer" membership. The benefits are eligibility for CSF scholarships and recognition at graduation.

Sign-ups for CSF membership are conducted using grades from the previous semester. Therefore, registration for Spring 2006 will be held the week of September 17-21, in Room 853 from 11:42 - 12:00. Students must fill out an application, bring their Spring semester report card and have \$5.00 for membership dues. If there are any ques-

tions, please see Ms. McIntosh in Room 853.

## WORK PERMITS

Working minors and their employers are reminded of the state law regarding work permits for youth under 18 years of age. The minor is responsible for obtaining the permit and the employer is required to terminate the employment of any minor who does not have an active permit or has not made an application for a permit. All work permits must be renewed at the beginning of each school year. All work permits EXPIRED on September 14, 2007. Students are to see Kim Eurich, Employee Outreach Specialist, in Room 303 before school, during lunch, or after school to pick up a new application. Whenever a student changes jobs they will need to make a NEW application for a new work permit.

### Criteria for Work Permits

**10-12th Grade:** **1)** 2.00 GPA based on progress reports/semester grades and cumulative GPA. **2)** 2.00 in citizenship based on progress reports/semester grades - and no current "N" or "U". **3)** Adequate progress towards graduation including **a)** number of credits for grade level and **b)** required courses completed. **4)** Good and satisfactory attendance - no excessive tardies or absences. Students that have a record of unsatisfactory attendance and/or drop below a 2.00 in academics and/or citizenship will have their permit canceled and employer notified.

**9th Grade:** No work permits will be issued (except for on-campus jobs.) Special circumstances will be considered. See your counselor. **STUDENTS ARE NOT TO ASK TEACHERS TO LEAVE CLASS TO OBTAIN A PERMIT.**

## COLLEGE

### RECOMMENDATION LETTERS

Seniors should fill in the Senior Activity Sheet (Senior Profile) and provide a copy to the person writing the recommendation. Recommendations which have a January, 2008 due date must be requested by Friday, November 16, 2007 (before the Thanksgiving Holiday vacation.) **Remember:** The Counselors, Teachers, and Registrar do not work during the Winter Break (December 24, 2007 through January 4, 2008.) If a student misses the November 16th deadline, the recommendation or transcript may not be mailed before the Winter Break. Therefore, it is UP TO THE STUDENT TO MEET THESE DEADLINES!

## SCHOLARSHIP OPPORTUNITIES

More than 200 scholarship and leadership opportunities are available for Point Loma students. Scholarships are announced on a regular basis on the counseling department webpage of the PLHS website. Most of the scholarships are aimed at seniors with a few notable exceptions. The Point Loma community has established scholarships for our students. To donate to these or any other scholarships, make the checks out to Point Loma High, attention Laurie Hurl. Families are reminded that they should not pay a fee for any scholarship search service. Students can research opportunities in the Counseling Center and in the Media Center on the Internet.

Some of the upcoming scholarship/leadership opportunities which will be offered again this year for students in grades 9 through 12 include: October - The Links, Inc, for African American male seniors; *Hugh O'Brian Youth Program* (HOBY) for sophomores; Inroads - for minority seniors interested in business or engineering; January - Bank of America Awards, seniors selected by a the Scholarship Board; March - Rotary Youth Leadership

Camp, Camp Enterprise, and Pepperdine Summer Seminar for juniors; March - Aaron Price Fellows Program for freshman.

## DOLLARS FOR SCHOLARS WALK FOR EDUCATION

Saturday, November 3, 2007 will mark the fourth year the Ocean Beach Dollars For Scholars has joined the Walk for Education in San Diego. As parents and guardians of a high school student, you are well aware of the continual rise in college tuition costs. The Ocean Beach Dollars For Scholars chapter exists to help students through private scholarships. All proceeds raised go directly to scholarships for PLHS students. We encourage you to join in the celebration by offering support! Please make your tax-deductible checks to Ocean Beach Dollars For Scholars, 5054 Narrangsett Ave., San Diego, CA, 92107. For more information, call 619 226-4133.

**Preparing For College If You Are A Family First**  
If you're the first in your family to go to college, you don't have to do it alone. ACT has information that can help you and your parents figure out

how best to prepare for college and a career.

Here are some things you can do to prepare for college; and the sooner the better. You don't have to wait for high school to do these things.

- ✍ Develop your reading, writing and thinking skills.
- ✍ Limit your TV time.
- ✍ Listen to music with positive messages.
- ✍ Join clubs in debate, science or writing.
- ✍ Read, read, read.
- ✍ Identify people who can help you in and out of school.
- ✍ Ask questions.
- ✍ Visit colleges.
- ✍ Sign up for college outreach programs.
- ✍ Talk to college students.
- ✍ Join groups at church, at school, and in your community that focus on positive values and support for each member.

You can download brochures for first-generation college students and their parents at [www.act.org/path/secondary/resources.html](http://www.act.org/path/secondary/resources.html). For additional college and career planning information, visit [www.actstudent.org](http://www.actstudent.org); for college planning resources in Spanish, visit [www.act.org/path/spanish](http://www.act.org/path/spanish).

# Fall 2007/2008 High School Planner

**Freshmen/Sophomores:** Join clubs and activities. Take the lead when possible. Keep in contact with teachers, counselors, and activity advisors who you connect with. They can write recommendations and serve as mentors later. Talk about saving for college with your parents/family. Search for scholarships and colleges on [www.fastweb.com](http://www.fastweb.com). Volunteer-it's great experience! Sophomores, take the PLAN. If you can, take a peek at the SAT/ACT to get familiar with it. Begin to think about a future college choice. Remember that you have time to explore what you want in college before you commit.

**Juniors:** Take the PSAT. Explore financial aid options and college planning with your parents/family. Take the most challenging courses you can. Admissions offices look for challenging coursework. Research prospective colleges using FastWeb's College Search. Find and contact a matching college at [www.fastweb.com](http://www.fastweb.com). Use your FastWeb results to visit prospective colleges' websites. Attend PLHS' College Night on October 11 and speak with campus representatives. Sign up for college entrance exams - the SAT and/or ACT. Find test prep information through CollegeBoard, ACT and [www.fastweb.com](http://www.fastweb.com). Go to [www.fastweb.com](http://www.fastweb.com) to search for scholarships and part-time jobs. Take leadership roles in clubs,

activities, and other volunteer and service organizations.

**Seniors:** Plan to attend PLHS' Financial Aid Night on January 15. Request applications and brochures from your target colleges. Take the SAT and/or ACT in the fall, if you haven't already. Take honors or advanced classes. Challenging courses show that you are prepared for college coursework. Schedule interviews with prospective colleges. Practice your interview skills before heading in for the actual interview. If possible, visit your prospective colleges before you make your final decision. If you cannot travel, see if any schools offer a virtual tour online. Set up a budget for college and application costs. Get your applications in order by creating files for target schools. Make a list of application requirements (essays, transcripts, recommendations, etc.) and deadlines for each. Create your own personal timeline or use the calendar on [www.fastweb.com](http://www.fastweb.com) for this process. Request letters of recommendation from teachers and employers at least three weeks before you need them. Provide a list of accomplishments for their reference. Work on college application essays. Look for part-time jobs and internships on [www.fastweb.com](http://www.fastweb.com). Find volunteer work in your community.

## Notes from the Attendance Office:

If your student has a doctor's appointment, or other appointments requiring the student to leave campus during school hours, please request a Blue Slip from the Attendance Office by calling extensions 1116 or 1118. Please allow plenty of time so that we can get the message to the student.

If you move, PLEASE BRING A NEW PROOF OF RESIDENCE TO THE ATTENDANCE OFFICE.

If your phone number (home, office or cell) changes during the year, call and give the Attendance Office your new number. We want to ensure that you receive all correspondence from the school.

**Please call the Attendance Office each day that your student is absent.**



PLHS proudly welcomes San Diego County Credit Union as our community partner! SDCCU will be underwriting many of our programs this year and will be bringing information to our PL families including financing college and getting kids started on their own personal finances. Please stop by their booth when they are on campus and visit them on the web at [www.sdccu.com](http://www.sdccu.com).

## Reminders from the Administration

### *Dress Requirements:*

Point Loma High School promotes dress regulations that indicate that school work is important and that school is a place-of-work environment.

Clothing or apparel that promotes sex, violence, drugs, and/or alcohol is prohibited. Also prohibited are clothing or apparel that is sexually suggestive (too tight, too low, see-through materials, etc.). All tops must be long enough to be tucked into slacks, shorts or trousers. Tops shall remain closed and not allow frontal exposure of students, including midriffs and chests. Strapless tops are not permitted. "Do-rags" with hanging/untucked tails are not permitted at any time on the campus. No head coverings (hats, caps, bandanas, etc.) shall be worn while inside any school classroom or office at any time. Students wearing unacceptable clothing will be sent home to change into clothing that is appropriate for school.

### *Electronic Devices:*

Emergency electronic items such as cell phones and/or pagers, in addition to radios, portable CD players, MP3 players, i-pods, tape recorders, etc., will be confiscated by staff member if the device is visible or in use at any time other than lunch or before or after school. Confiscated items will require a parent or guardian to pick up the device from the vice principal's office. PARENTS AND STUDENTS ASSUME ALL LIABILITY AND RISK FOR HAVE HAVING THESE ITEMS ON CAMPUS.

## ***My Girlfriend's Closet***



**My Girlfriend's Closet, a mother/daughter community service organization founded by Pointer families to provide clothing to foster and disadvantaged teen girls in San Diego, is open for new memberships. A GREAT leadership opportunity for girls — looks GREAT on your college applications.**

*Have fun and make a difference in your community.*

**Call Barbara Greiert (223-0092) for information.**

**Parent-Teacher-Student  
Association Newsletter**

**Point Loma High School PTSA**  
Ninth District PTA, Inc., CCPTS  
San Diego Unified PTA Council  
2335 Chatsworth Blvd.  
San Diego, CA 92106-1699

**Non-Profit Organization  
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PERMIT NO. 200**



Phone: 619-223-3121

*The Parent Pointer Newsletter is  
published five times annually.*

**Visit us on the Web!**  
[www.pointlomahigh.com](http://www.pointlomahigh.com)



YMCA Youth & Government is a state-wide youth leadership program involving more than 2,500 high school sophomores, juniors, and seniors, in a six-month "hands on" experience. For 60 years now, the program has used activities to build, encourage, and strengthen life assets and character traits that will help high school youth become involved, responsible adults and respected citizens. The tool used is a high quality experimental and educational simulation based upon California's State government. Weekly delegation meetings start next week! For more information, contact Chris Brown at 619.495.4031, or [cbrown@ymca.org](mailto:cbrown@ymca.org).

**IMPORTANT DATES**

**Instructional Governance Council (IGC)  
– Monday, September 24**

**Make-up Picture Day – Tuesday, September 25**

**Minimum Day – Wednesday, September 26**

**Open House – Thursday, October 4**

**SAT – Saturday, October 6**

**College Night – Thursday, October 11**

**Blood Drive – Wednesday, October 17**

**PSAT/Pre-ACT (PLAN) – Saturday, October 20**

**Minimum Day – Wednesday, October 24**

**Homecoming – Friday November 2**

**Football and other fall athletic schedules can  
be accessed via the school master  
calendar posted on the web site.**

*Have a new driver in the family?  
Have a few dings and dents in the family car?  
Had a major crash, boom, bang?*

**SOUTHLAND AUTO BODY**

**TO THE RESCUE!!**

\$25.00 will be donated to the Class of 2008  
with a minimum \$300 "fix it" job.

*Discounted labor rate will also be extended to PLHS families and staff!*

**Call for an appointment: 619-474-7025**

141 W. 18th St. | National City • Owner/Manager: Vicky Haye-Roberts

*Southland Auto Body is a member of the Better Business Bureau*

Name: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Repair amount: \_\_\_\_\_ Donated amount: \_\_\_\_\_