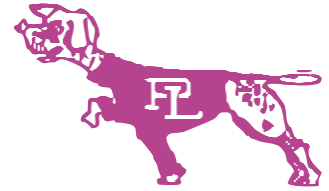


# Parent Pointer



Parent-Teacher-Student Association Newsletter

December, 2007 – Volume 48, Issue 2

## A MESSAGE FROM OUR PRINCIPAL

Dear Families and Friends of Point Loma High School,

First, I would like to acknowledge the firefighters, first responders, and those of you who hold positions in the city, county and medical community that fought hard for our county during the firestorms. Next, I must share my sincere admiration and pride for our Point Loma students, parents and community who volunteered during the fires; I heard countless accounts of time spent in various forms of service to those who were directly impacted. Our thoughts and prayers are with the folks who are still affected by the events of October. A few of our student clubs are still volunteering or collecting donations for the fire victims - please check the website for ways you may be able to contribute to our students' efforts.

Despite the lost week, I must praise our students and thank our parents for making class attendance a priority. We received a district report at the beginning of November that highlighted district percentages for high school attendance at 93.41%. I am proud to report to you that Point Loma High has an attendance percentage of 96.14% - Go Pointers!

Looking forward to events and activities through the next few weeks, I would be remiss to overlook the opportunity to encourage our seniors as they are frantically completing college applications and researching scholarships. Fall is a stressful time for our seniors who are looking to attend universities around the country. Thank you for encouraging your student to pursue higher education in whatever form, be it community college, technical or trade school, or a 4-year university. It takes discipline to continue with the typical school day and then write extra essays, complete applications, and contact teachers for recommendations. Awesome job seniors - and good luck!

Finally, I must commend our Vanguard Band on outstanding showings in the various tournaments they have entered. There will still be a few opportunities to hear this year's students perform in marching or concert form. We also highly enjoyed Coffeehouse and encourage students to participate in the winter production "*Alice in Wonderland*" either behind the scenes or on stage. Our fall sports teams outdid themselves this season with many of the boys and girls qualifying for CIF playoffs in a variety of sports. Water Polo, Volleyball, Cross Country, and Tennis just to name a few! Congratulations to all athletes for contributing to school pride and exhibiting discipline, leadership, and sportsmanship to our community. As I write this our football team is looking at a bye and during Thanksgiving break will play in CIF quarterfinals.

We hope you had a fantastic Thanksgiving week. Thank you for all you do to make a difference in the classroom, school, and community.

*Sincerely, Bobbie Samilson*

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### Point Loma High School PTSA

Ninth District PTA, Inc., CCPTS  
San Diego Unified PTA Council  
2335 Chatsworth Blvd.  
San Diego, CA 92106-1699  
619-223-3121

[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



# Giving Thanks

As the holidays approach, it's time to reflect and give thanks for all we have. At home, I'm thankful for a roof over my head and a happy, healthy family. As the PTSA President, I'm also thankful for the PLHS roof over the heads of our students and the family of teachers, staff, administration and parent volunteers who make this school so special. I'm thankful to all those who joined in on our membership drive and have enabled the PTSA to grant the wishes of our teachers. So far this year, we have funded a field trip to see Hamlet at the Old Globe, a Sony DV camera for podcasting, books and field trips for Special Education, Latina Film Festival trip for the Spanish classes, competitions for our NJROTC Cadets and an upcoming workshop for parents that will give us the needed tips on raising healthy, responsible teenagers.

As the year progresses, I'm sure that more of our teachers' wishes will come true! Please know that everyone is welcome at our PTSA meetings, held on the 2nd Monday of each month at 6:00 in the Library. Keep informed about what's happening at PLHS and the PTSA by visiting the school website at [www.pointlomahigh.com](http://www.pointlomahigh.com). This is a great tool for everyone's use. Find links for counseling tips, the school calendar, teacher contacts, class sales and fun photos, to name a few. So as the year reaches its midway point, take a minute to give thanks for all we have in our school community and make the most of the downhill slide toward June!

*Happy Holidays,*  
**Kris Barry, PTSA President, [ekbarry@cox.net](mailto:ekbarry@cox.net)**



Kick off on September 8th was a great success again this year. We would like to thank all the parents who helped out that day. We had 3 football games against Cathedral Catholic High School, followed by a dinner catered by Phil's Barbeque and a dance.

We would especially like to thank all the

local business who contributed and purchased banners. With out their support we would not have been able to raise the amount of money we did. The banner sponsors are: *Cabrillo Veterinary Hospital, Coldstone Creamery, Coldwell Banker Real Estate-Point Loma, Coleman Moving Systems, Corky McMillan Company, Embassy Dry Cleaners, Fisherman's Landing, H & S Yacht Sales, Kobey's Swap Meet, Lloyd's Pest Control, Massage Envy, McKay Roofing, Dr Rickard McLaughlin DDS, Morgan Stanley-Dan White and Richard Wright, Nati's Mexican Restaurant, Oggi's Pizza, Peninsula Lions Club, Point Loma Credit Union, Point Loma Postal, Princeton Review, Prudential California Realty-The Herrins, Bran, Joanne and Anne, San Diego Country Credit Union, Point Loma Community Bank, SENTRE Partners, United States Karate Academy, Nielsen Construction, Willis Allen Real Estate-Beth Zedaker, and Zed Electric. We would also like to thank the other businesses who also contributed their goods or services: *Jim at Instant Imprints Point Loma, Trader Joes, Vons on Midway Dr, Henry's Market, Ralph's, Stumps Market, Con Panne, The Brigantine and H & M Landing.**

## 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.**

# Congratulations!

Aaron Cusato, Jacob Eurich, Alexandra Fulton, Tyler Hanson, Nicholas Kaschak, Matthew Kennedy, Reannan Last, Deanna McKinstry, Melinda Morgan, Chelsea Oakes, Ines Ramadanovic, Rebecca Wassem, and Dane Wenthur were have been selected by the College Board as Advanced Placement (AP) Scholars. Daniel Davila, Thomas Dobbs, Robert Ewing, Timothy Hanna, Sean Lund, Laurel McKay, Elizabeth Navarro, Graydon Rose, Cody Shough, and Natasha Wright have been recognized as AP Scholars with Honor, andCarolynn DuBois, Randall Ewing, Claire Johns, Justin Kundrak, Jacob Lopp, Lorraine Loter, Kimberly Mendez, and Antony Wright were named AP Scholars with Distinction. Randall Ewing, Gregory Swain, and Antony Wright received Letters of Commendation from the National Merit Scholarship Program for outstanding performance on the 2006 PSAT Exam. Olivia McQueen and Dane Wenthur have been recognized by the National Council of Teachers of English for their superior performance in writing. Congratulations to all!

## 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 & 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*

## 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**

## REPORT CARD DATES

**The second progress  
report card will be mailed  
home on December 14th.  
The end of the semester  
report cards will be mailed  
home after February 8th by  
the Board of Education.**



# Class of 2011

by Lucy DeVito

Raising money for the year 2011 seems like a far off goal, but as everyone knows...time flies! Freshman students and their parents have been busy working hard to raise money for senior activities. If they weren't helping at a football game, they were busy organizing our first rummage sale held on November 3rd. Robin La Dow organized a very successful sale for us which raised over \$1,300.00. Thank you Robin and all of the wonderful parents who helped on the morning of the 3rd!

If you have not been to a football game yet - you may not have seen our new class banner. We are very fortunate to have Caseman, Inc. as our class sponsor for the next 4 years. Our two other sponsors are Alcott Insurance, and The Cramer Family. Thank You Sponsors!

To date we have raised \$1,750 from families who have responded to our class solicitation letter. We still have a long way to go... please look for that envelope that's labeled, "Class of 2011" and make your donation. Thank you to the following families who have donated: *Michael Dolphin, Rick & Cathy Bohlman, David & Lynn Wegman, Rand & Patti Wasseem, Leah & Mike Dugdale, Doreen & John Mendes, Vivian Love, Kathryn Gardocki, Maureen Colahan, Vicki & Chris Sullivan, Leonel Tolentino, Ed & Sandy Silverman, William Hale & Barbara Lamb, Kelly & Calvin Briers, Ken & Lisa Bingham, Jim & Lucy DeVito.* You can donate at any time!

Don't forget our freshman class is selling PLHS logo cooler bags, PLHS logo drawstring backpacks and our newest item, a Point Loma Pointer window decal. All items are available for sale throughout the year!

***Enjoy the holidays!***

# Thoughts From Your 2008 Class Sponsor

Kris Barry, [ekbarry@cox.net](mailto:ekbarry@cox.net)

As I type this, it's the day before Thanksgiving and my thoughts are more about all the cooking still to be done, but I wanted to give thanks to everyone who has helped out with all the fund-raising we've been doing for the past 4 years. Thanks for everyone's donations, thanks to all who have bought the items we've been selling, thanks to those who have helped sell these goodies and thanks to those who are currently helping plan our senior events. Keep our hats, seat cushions, scarves, book bags, beaded items, and specialty Class of 2008 hats in mind during your holiday shopping. As more details develop on Disneyland and Grad Night, we'll be mailing information home to you. OK, back to the kitchen and one more thing to be thankful for... I'm thankful that college applications are almost done!

***Happy Holidays!***

# Class of 2009

by Linda Jaros

The class of 2009's solicitation letter generated some much needed income to help fund both the Prom and Grad night activities for next year's students. Thanks to the following families for their generous contributions towards these events: Tartre, Kolenovic, Anderson, Hawkins, Elmore, Iacono, Wight, Garces, Edging, Jouett, Rea, Nease, Pitts and Seaman. The Junior class will continue to sell their merchandise which includes PL license plates, PL magnets, laser pens, pencils, beanies, caps and lanyards. Please contact Linda Jaros @ 619 341-3034 if you would like to purchase any of these items. Any contributions would be greatly appreciated and will help make the cost of these upcoming senior year events as affordable as possible for as many students who would like to participate.

## Class Sales-2010



The sophomore class has been successful with their Point Loma clothing. In addition we have added magazine sales. You can order or renew your magazine subscriptions on our web site. Our on-line web page is [www.1293443.fundraizine.com](http://www.1293443.fundraizine.com).

This web site has over 1200 magazines to choose from at discounted subscription rates. A portion of the sale goes directly to the class of 2010. You can order magazines for your self, your family or as a gift. Also, tell your friends. Thanks

# 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!!***

### 12th Grade

Kris and Everett Barry (Kevin)  
Rick and Jeanne Ewing (Robert & Randall)  
Radmila and Jeff Fulton (Alexandra Fulton)  
Steve and Elisa Cusato (Aaron Cusato,  
and Anthony, 8th grade, Correia)  
Terri Thompson & Jack Kerr (Steven Melton)

### 11th Grade

Joel and Shelle Lazar (Alexa Lazar)

### 10th Grade

### 9th Grade

Peter and Julie Urbon (Kellen)

## 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!*

# CLASS SALES

## 2008 Senior Class:

Stadium seat cushion . . . . .	\$20
PL Hats	
(maroon w/gold PL) . . . . .	\$15 & \$18
(white) . . . . .	\$10
Class of 2008 hats . . . . .	\$15 & \$20
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

Magazine subscriptions at:  
 . . . . .www.1293443.fundraizine.com  
**Contact:** Maureen McGrath 619-223-2441  
 or; maurmcgrat@aol.com

## Specialty Class of 2008 Hats



Show PLHS  
the Spirit of  
2008 Pointers!

FlexFit \$20 – Soft Ballcap \$15

Call or e-mail Kris Barry to order  
 ekbarry@cox.net or 222-2075

## 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
PLHS button . . . . .	\$ 1

### Contacts:

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

## 2011 Freshman Class:

PL logo cooler . . . . .	\$20
Drawstring backpacks . . . . .	\$14
Paw print decals . . . . .	\$5

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

*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: \_\_\_\_\_



# COUNSELING CENTER NEWS

Counselors met with all seniors individually about graduation and college. Seniors received a packet with valuable college information during the counseling presentations. Grade 9 students will have presentations in their English classes November 27-28, 2007 on graduation requirements, how to get good grades, hear advice from seniors, etc.

## PARENT INFORMATION

Important information for the families of Class of '08 students will be mailed in the near future. Covered in this letter is information on Graduation Requirements, Citizenship Requirements, Senior Portfolio and Exhibition and Prom and Commencement dates. Please keep this Senior Letter handy. You will find the answer to questions regarding graduation announcements, cap and gown and commencement rehearsal. College Panel is scheduled for Wednesday, December 19, 2007. Students who graduated in June 2007 will present their college experiences in classrooms throughout the day. A Financial Aid Workshop Night for senior families is scheduled for Tuesday, January 15, 2008 from 6:30 p.m. to 8:30 p.m. in the PAC. If you know families who will be starting PLHS September 2008, have them reserve Thursday, January 17, 2008 for our annual New Family Night. Parents who are sending their student to Point Loma, can call the Counseling Office 619-223-3121, ext. 1130 for details. Parent Night for Grade 10 will be held on Wednesday, January 23, 2008 and Grade 11 will be held on Thursday, January 31, 2008; both meetings will be held in the PAC. Information will be mailed to families soon. School Tours for families who are considering Point Loma High School for their students will begin early February. Tours will be conducted on Wednesday afternoons during the months of February, March, and April. Please call 223-3121, ext. 1115 for an appointment.

## MISCELLANEOUS

Fee waivers for SAT, ACT, and AP exams are available to students who qualify for the school lunch program. Lunch applications are still be accepted for review. Students should go to the cafeteria for an application. Start saving money for the Advanced Placement Exams! Each exam will cost around \$90. Registration for these tests will take place in the spring. Exam dates are May 6 through May 16, 2008. Visit our website and go to Counseling Office for specific exam dates.

## SCHOLARSHIP INFORMATION

Applications for scholarships are available in the Counseling Office. Please read the criteria carefully before taking an application to be sure you are qualified and apply well before the deadline. Most colleges offer scholarships specific to their schools, all seniors should look into the financial need and merit based opportunities at the school to which they are applying. Check PLHS web and Naviance for updated scholarship information. Seniors with home zip codes of 92106, 92107, or 92110 will receive special letters early in 2008 inviting them to apply for the Point Loma Optimist Club Scholarships. Applicants must be college-bound and have demonstrated citizenship, character, leadership, and financial need. Seniors who receive this letter in the mail must complete the application and mail it to the Optimist Club by the announced deadline. Ford Salutes Education will be giving \$1,000 each to 200 students in San Diego County. All seniors may apply regardless of their GPA. The application due date is February 15, 2008. Judges will select the scholars based on personal achievements, financial need, personal challenges, academic accomplishments, and contributions to their community school and overall character.

**TIP:** *Have your student practice time management. It is a critical survival skill for college and life! Every Sunday, have your student make a schedule for the week ahead. Allow realistic amount of time for sports, studying, work, after school activities, and rest.*

## TEENS' TOP WORRY IS GRADES

A survey released by the Department of Education reports that teenagers cite "the pressure to get good grades" as the top pressure they face. Forty-four percent claimed grades were their number one worry, while 32 percent identified getting into college as their greatest concern. Twenty-nine percent said fitting in was their greatest pressure and nineteen percent listed the pressure use drugs or alcohol. The poll surveyed over 1,000 teenagers from across the country, and was conducted by Peter D. Hart Research Associates and paid for by Shell Oil Company.

# Naviance

What is it? Naviance is a web-based resource that supports course, career, and college planning. Specific to PLHS, it offers a link to the Counseling Office. What can it do? Share plans, complete surveys, compare colleges, show schedule of college visits. Naviance offers a link to third party resources (i.e. College Board, Financial Aid, College Athletics, College searches, scholarships, etc.) How do you register? Each student and parent received a code to create a personal account. These codes were random and alphanumeric for security reasons and can only be used once. The Naviance Family Connection website is [www.connections.naviance.com/pointloma](http://www.connections.naviance.com/pointloma). Students and families can also enter Naviance through the quick link at the bottom of our school's website, [www.pointlomahigh.com](http://www.pointlomahigh.com). On your first visit, enter the code in the "New User" box, then follow the on-screen instructions. You will be asked for an e-mail account and you'll need to choose a password. Once you've established your account, you will access the site

with your e-mail and password. Study the choices available in the menu on the left hand side of the page. You may edit the information in "My Profile" and your parents can add their information as well. You can begin to create a resume at "My Resume" by listing activities and awards. Completing the survey questions under "My Game Plan" will be helpful to both you and your counselor. You can begin to build a list of colleges you are interested in under "My Colleges". You can begin to narrow the college search by completing the survey under "College Search." You can gather information about colleges through "College Lookup." "Scattergrams" becomes useful once enough test scores and other data are entered. "Visit Schedule" will tell you when college reps will be coming to PLHS. College scholarship information is listed under "Scholarships." The counseling office has access codes if you have misplaced them. Parents should have received their access codes in the mail with progress report cards. Students' codes were sent to them during school.

## THE REAL COST OF COLLEGE

When evaluating college costs, the first numbers people usually consider are tuition, room, and board. However, there are many expenses that aren't always noted and that you might not consider up front, but that are very real expenses. When budgeting for college be sure to consider:



the college financial aid office provides. **FOOD:** Be sure to add dates, splurges, or late-night snacks to your budget, since "board" fees only include school meal plans. **TRANSPORTATION AND TRAVEL:** This includes both the cost of commuting back and forth from the local residence to classes

and the cost of getting to and from home during vacations and breaks. If a car is involved, there are parking fees, insurance payments, gas, oil, and maintenance costs. **PERSONAL:** Incidental expenditures such as laundry, telephone, and entertainment. **MEDICAL AND DENTAL EXPENDITURES:** While students can usually remain on a parent's health insurance plan while in school, some options may not be available if a student is away from

home. **MISCELLANEOUS:** Expenses beyond the basic cost of attending college, including fraternity/sorority dues, tutoring, summer programs, athletics, and clubs.

*Adapted from Conquer the Cost of College by Elizabeth Coté. Adapted from Kaplan PSAT 2003.*





## TESTING RESULTS

PLAN-Test results will be available for the Sophomore Parent Meeting in January. Each section of English, math, reading, and science will have an individual score. A guide that explains the meaning of scores and how best to utilize them will also be provided. PLAN is a powerful predictor of success on the ACT, an early indicator of college readiness, and a tool to help students explore careers that match their interests. Learn more at [www.act.org/plan](http://www.act.org/plan).

PSAT-The test results should arrive in time for the Junior Parent Meeting in January; a speaker from Princeton Review will be explaining scores. This is a useful tool in preparing for the real exams. These tests are given only once each year.

The PSAT/NMSQT score reports provide three different scores on the 20-to-80 scale, one each for critical reading skills, math skills, and writing skills. The average critical reading, math, and writing skills score for students is about 49. Scores are expressed in a range, as indicated on the bar on the report.

Also on your score report is the Selection Index, which is the sum of the three scores (CR + M + W). The Selection Index ranges from 60 to 240. The average Selection Index of students is about 147.

Score reports include percentiles, which allow you to compare your scores with other students in your grade level who have taken the PSAT/NMSQT. If you take the PSAT/NMSQT as a junior, you will receive junior percentiles. If you take the PSAT/NMSQT as a sophomore or younger student you will receive sophomore percentiles. For example, a junior student with a percentile of 53 has earned a score better than 53 out of every 100 college-bound juniors who took the test. Visit [www.collegeboard.com](http://www.collegeboard.com), to college board tests, click the PSAT/NMSQT link to Score Report Plus for more information about your score report.

Please remember that PSAT/PLAN

scores do not get reported to colleges. Some students who earn extremely high scores may qualify for recognition by the National Merit Scholarship Board. This is a practice test for the SAT Reasoning. This exam is usually taken in the spring of the junior year and perhaps again in the fall of the senior year.

**Seven good reasons why more than 40% of students register for the SAT<sup>®</sup>/ACT online.**

1. Instant confirmation of your registration
2. Confirm where you're taking the test, right away.
3. Best chance for your first-choice test center
4. No forms to mail
5. Every school, college, and test center code you need to register.
6. Update and review your personal record anytime.
7. Few bubbles to fill in before test day.

**Forget the paper application**  
**[www.collegeboard.com](http://www.collegeboard.com)**

Remember our school code:  
052870!

## Attendance Information for Parents

Regular school attendance is important. For students, regular attendance means:

- ✗ Developing good habits which are important at school, further education and work
- ✗ Meeting friends and developing lasting relationships
- ✗ Having the best possible opportunity to achieve their full potential

**Absence and truancy can mean:**

- ✗ Missing out on coursework; it can be very hard to catch up
- ✗ Losing touch with friends and teaching staff
- ✗ Having more opportunities to become involved in anti-social behavior and/or crime either as victim or perpetrator.

**How parents can help...**

- ✗ Be aware of the impact of your child regularly missing school...
- ✗ Don't let your child stay off school for reasons like going shopping, birthdays, looking after brothers and sisters or minding the house
- ✗ Try to avoid taking family holidays in term time
- ✗ Try to make non-urgent medical and dental appointments out of school hours
- ✗ Be involved with your child's education and school - ask questions, establish good habits of attendance and punctuality
- ✗ Contact school on first morning of absence if your child is genuinely ill and send a note explaining reason for absence on return to school
- ✗ If there is a problem speak to the school immediately

**What Can We Do Together?**


*When parent and schools work together the risks are much lower:*


- ✗ Talk to your children about school and what goes on there
- ✗ Take a positive interest in your children's work
- ✗ Support the school all you can; take every opportunity offered by the school for parents to become involved - for example go to open day/evenings, join the parent/teacher association
- ✗ Keep in touch with school staff. Let them know if your children are absent with your permission e.g. sickness, dentist
- ✗ Make sure your children are not illegally employed and being exploited
- ✗ Be aware of the signs that your child may be missing school


**Remember to call if your child is absent!**


**Attendance Office Phone**  
**(619) 223-3121**  
**x 1116, x 1117, or x 1118**


# MOST COLLEGES WANT YOU TO APPLY ONLINE!


 Show parents packet from counselors regarding graduation and college requirements. All seniors were seen individually by their counselor.


 Submit private college applications (UC's and CSU's required a November 30th deadline).

 Have official test scores sent to colleges on your list if you have not done so,


 Make copies of applications before you send on-line (most colleges prefer applications sent on line).

 If you applied for early decision, you should have your answer by now. If you are accepted, follow the instructions for admitted students. If the decision is deferred until spring or you are denied, submit applications now to other colleges.

 Allow counselors and teachers at least two weeks notice to complete recommendations.

 Provide pre-addressed, stamped envelope (PLHS envelopes available at the Registrar's office), senior activity sheet, parent brag sheet and applications were due on Nov. 16th. Be sure they are clear on the deadlines and purpose of the letters. UC's & CSU's don't require letters of recommendations.


 Make copies of everything you send to admission and scholarship offices.


 Keep grades high-your senior year grades do count in college admission.

## Junior, Sophomore, & Freshman


 Continue academic course


pattern (include Honors and AP classes).


 Do research on Naviance to decide which colleges are of interest (size, location, majors, etc.).


 Continue to develop extra curricular, volunteer and community service activities.

 Read extensively. Vocabulary is an essential part of all tests.

 Take appropriate college entrance exams (ACT, SAT Reasoning Test, SAT Subject Tests).

 Start college resume of activities and honors.

 Make sure to take a visual or performing arts course before you graduate.

 Listen to bulletin in period four classes and/or look on the web for college visits, scholarships, and summer programs.

## ALL STUDENTS

### What are Colleges Looking For?

A college admission office wants to see more than just high test scores and grades. How can your student separate themselves from the crowd?

✓ A rigorous course schedule. While high school grades and SAT scores are important, colleges also want to see that you have selected challenging courses that will help you grow academically.

✓ Genuine interest in the school - make concrete connections between what you want out of your education and what the college has to offer.

✓ An interest in learning - emphasize less on what to do when you graduate and more on what you would like to learn when you are a college student.

✓ Willingness to lead - colleges want students who will enhance their campus community in some special way. Many times, your abilities are best reflected in carefully chosen extra curricular activities. (adapted from Kaplan newsletter)

### Financial Aid News

The *Free Application for Federal Student Aid* (FAFSA) is now available online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). This is the basic form which families must use in order

to apply for federal, state and college-based aid. Families should use their 2007 income tax information for this form. The first day to electronically submit these applications is January 1, 2008, and the deadline is March 2, 2008.

For Seniors who are applying to 2 year or 4 year colleges or technical schools in California and want to qualify for Cal Grants, you won't need to do anything except file the FAFSA!! Our registrar will electronically file all seniors' GPA's to the state in February. Thank you Registrar! If you have any questions, please contact your student's counselor.

A Financial Aid Workshop for students, parents and/or guardians will take place on Tuesday, January 15th from 6:30 p.m. to 8:30 p.m. in the PAC. On hand will be a financial aid officer from Ed Fund who will answer questions regarding this process.

CSS PROFILE-The College Scholarship Service (CSS PROFILE) is an application for financial aid that the College Board provides for a small fee. This form is not necessary for UC's or CSU's, but many private colleges do require it. For all seniors applying to private colleges, check your application to see if it is required and make sure to fill it out and send it in by the deadline, which each college specifies individually. You may register online [www.collegeboard.org](http://www.collegeboard.org)

# Vanguard Finishes Strong



Point Loma's name has never been seen at SCSBOA Championships before and they proved to everyone that they belonged there. Highlights from the weekend include charter buses, an exciting performance at a great stadium and finishing tied for 7th in Southern California.

Being the first band to perform will always be known as a hard spot, but it didn't matter. We showed up ready to put on our best performance of the year. We performed for us. It was a great day and an absolutely awesome way to finish the season.

Color Guard scored a 79.2 which put them in 5th of 10. Drumline finished 8th with a 77.9.

Who would have known that a band that didn't have a field show in 2003 (Fantasmic); accepted last place in 2004 (Un-Mask the Music); eeked out second to last in 2005 (West Side Story); and found a way to pull out a 1st place in 2006 (On Stage); would find themselves in championships in 2007 (Traveling with Gershwin). What will be next?

Point  
Loma  
High  
School

**PTSA**

Welcome back and thank you in advance for your support of the Point Loma High School PTSA. We invite all parents, teachers, staff, students, alumni and friends to join, attend meetings and become involved in the PTSA.

PLHS has a dynamic record of PTSA sponsored activities and school wide involvement thanks to your support. Your membership contribution enables us to fund classroom enrichment, technology, field trips, guest speakers, assemblies, equipment and the Parent Pointer Newsletter. Events such as Welcome Back Luncheon, New Family Dinner, Kick-Off, College Night, College Panel, Student Awards Assemblies, Teacher Appreciation Week, and the Honorary Service Awards are also funded through your PTSA donation.

In addition, a portion of your PTSA dues helps promote vital legislation at both the State and National levels. Graduating senior students are also eligible for PTA scholarships if they become members.

Memberships are available at the following levels:

**Regular dues per individual member \$ 5.00**

Booster: ..\$ 10.00	Gold: . . . . \$ 75.00
Star: . . . . \$ 25.00	Platinum: ..\$100.00
Silver: . . . . \$ 50.00	Other: . . . \$_____

**\$4.50 per member is sent to the PTA 9th District & the remainder of your donation remains with PLHS.**

Number of members                      x \$5.00 = \$ \_\_\_\_\_  
 Additional contribution: \$ \_\_\_\_\_  
 Total: \$ \_\_\_\_\_

Adult Member(s) Names: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Student Member(s) Names: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PLHS - PTSA Membership**  
 2335 Chatsworth Blvd.  
 San Diego, CA 92106-1699

**\*\*According to the PTA Membership Committee Finance Commission, PTA/PTSA dues are tax deductible. Please consult your tax advisor.**  
 PLHS-PTSA Tax ID #: 95-6207624

*Please visit the PLHS Website for more information about the PTSA and events at the school:*

## A Holiday Festival of Choirs



*featuring choirs from*  
**Dana Middle School**  
**Correia Middle School**  
**and Point Loma High School**  
*with the*

*Peninsula Singers*

**Thursday, December 13 at 7:00 p.m.**  
**Dana Middle School Auditorium**  
**1775 Chatsworth Blvd., Point Loma**

**Tickets are \$5.00**

**Available from choir members or at the door.**



# *Congratulations* PLHS Football Team!

**CIF Final Football Game Friday Nite at the "Q",  
December 7th Friday vs. Cathedral Catholic.  
Game time 1:00 p.m.**

**Five Spirit Buses for students will depart around 11:50!**  
*(Buses park below the scoreboard at the Q, students walk to the right!)*

**Costs: \$2 bus — \$10 student — \$14 adult — \$10 parking/auto at the Q**  
**Yes, adults may buy tickets at our Financial Office.**

**Souvenirs & programs will be available.**

**Concessions will be open. However, no alcohol will be sold.**

We are the "visitors" -- we sit on the north side, entering the gate on Friars Rd., turn left! Field/Plaza level parking and gates A,B,C -- B has ticket sales. The ticket booth(s) at the stadium will open on Friday at 8:00 a.m.

The sun will shine on our side -- fans will need hats/sunglasses/sunscreen (if it doesn't rain). At 11:30, the sun was still way south, so . . . We sit in Field or Plaza level . . . the upper decks will not be available.

Vanguard opens the 1/2 time show = 7 min. Our NJROTC will do National Anthem presentation (12:56 or so) of our colors. (Cathedral will play the National Anthem).

The Vanguard and cheer must be in full uniform and with their respective groups to get in w/o ticket.

**For the folks who can't make the game, Channel 4 will broadcast "live."**

## Merlin Visits PLHS

Merlin the Contraband Detection Canine (aka: Drug Sniffing Dog) paid a surprise visit to the Point Loma campus on Friday, November 30. He spent the morning going through a number of classes looking, and sniffing, for any illegal substances. He is happy to report that Point Loma passed with flying colors - not one discovery.

As a matter of fact, his handler said that she couldn't remember the last time she had visited so many classrooms in one day at a high school. When Merlin alerts on backpacks or other items he comes back to the office with us and gets to take a break while we investigate. But because nothing was found, Merlin actually had to work harder than normal by visiting more classrooms. By the end of the visit, he was fast asleep on the office floor, exhausted from his work. Although Merlin, a golden retriever, didn't want to admit it, I brought it to his attention that he had been done in by the Pointers!

**Great job everyone!**

*Kevin Gormly, Vice Principal*



San Diego County  
Credit Union®

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).

### 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



**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)