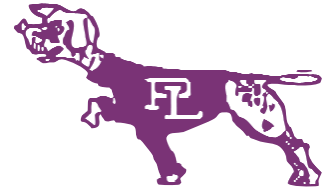


Parent Pointer



Parent-Teacher-Student Association Newsletter

February, 2008 – Volume 48, Issue 3

A MESSAGE FROM OUR PRINCIPAL

Dear Families and Friends of Point Loma High School,

It is hard to believe we have finished first semester and are beginning our final 18 weeks of school year 07-08! Our students have been studying and we expect they will be ending first semester with a strong academic standing. As I was out and about on campus during first semester there was a positive and peaceful energy filled with Pointer pride that hummed through the buildings and quads. I am so blessed to be your students' principal; this school year has been a delight.

I am constantly reminding myself and the staff of our vision "A Tradition of Excellence with a Vision for the Future". As I reflect on those words, our mission statement, and our core beliefs I see that we have made positive strides to accomplishing that vision. We have implemented a variety of ways for parents and staff to communicate with one another... I hope you have utilized Parent connection, the Naviance college guidance program, our informative PLHS website (www.pointlomahigh.com), and signed up for information through our weekly eBlasts. Our latest communication is a new phone service called Connect Ed where we can reach all of our families within minutes. If you need information on any of these forms of communication, please call the school or contact Jennifer Brimley at jbrimley@sandi.net. We know that your involvement is critical to student success.

Along with communication, meaningful connections to the real world are critical to fulfilling our vision. To prepare students for the 21st Century, we know that they must experience challenging academics. Our staff continues in their own learning to provide relevant curriculum and expand opportunities for students. We are part of a one to one computer pilot program, have the possibility of offering Mandarin Chinese next year, have increased our on campus college courses through our partnership with Mesa Community College, and are expanding our Multimedia and film production offerings through the support of the College and Career Technical Education. I am so proud of our staff and student body for participating and excelling in so many learning opportunities.

The Pointer tradition of excellence continues with our Vanguard band placing 7th in all of Southern California, our drama performance of Alice In Wonderland with students actively involved on stage and behind the scenes, and our incredible athletes have once again given stellar performances on and off the playing field. Our championship football team took us once again to "the Q", our sailors again are nationally ranked, and we had star performances in all the fall sports of tennis, volleyball, cross country, field hockey, water polo, and golf. In addition to sports, students have excelled personally in art, multimedia film, classroom competitions, and the

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Point Loma High School PTSA
Ninth District PTA, Inc., CCPTS
San Diego Unified PTA Council
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www.pointlomahigh.com

The Parent Pointer newsletter is
published five times annually.

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

A MESSAGE FROM OUR PRINCIPAL

Continued from page 1.

written word. We regularly publish individual and team congratulations on the website, as well as, in our daily bulletin... please don't hesitate to let the office staff know of awards and accomplishments received by your student.

I must take time to congratulate our seniors on their leadership around campus and in classrooms. This has been a very spirited year with ASB's leadership and our seniors stepping up and participating in all aspects of campus life. They are shining examples for our underclassmen. I know the seniors are taking a moment to catch their breath from the frantic college application period; but remind your students that there is scholarship money out there for them. Each year our seniors earn awards that amount to hundreds of thousands of dollars... we don't want this year to be an exception! Senioritis can hit even the brightest students; so again, encourage yours to stay involved...the final semester does count!

Your involvement is so much appreciated; not just the encouragement you give your student but the mul-

titude of ways that parents are involved with the school. Our SSC, IGC, and ELAC meetings have been tremendous because of parent participation. Plus our many parent volunteers have made successful evenings out of College Night, New Family Night, Sophomore & Junior Nights and the Financial Aid Night. The countless hours you share with the school are priceless.

I'll end this note by reminding you and your students of the importance of spring semester. Not only do we finalize learning in all our classes but testing is an inevitable happening each spring. Our incredibly important CAHSEE administration for 10th grade students is on March 10th & 11th, the State testing is at the end of April, and of course - all our AP students are fully aware of the May testing window for their courses. Please help your student understand the importance of always doing their best when called upon to exhibit what they know and have learned - whether with a pencil and paper test or practicing a skill they have learned. Our desire is to help your student become a life-long learner; and through the course of high school learn the academic, social, and workplace skills to allow them to compete successfully in the 21st Century global world.

Thank you for allowing us the privilege of working with your students,

Sincerely, Bobbie Samilson

WALK THE WALK

After over a month of stress and hard work the Point Loma Walk the Walk crew's efforts finally paid off, in the Fashion show competition help by Hurley Clothing Company at the House of Blues on January 25, 2008. Point Loma's "Hurley Electric" theme earned some of the highest score of any of the other 3 schools;

which included Lincoln High, La Jolla, and La Costa Canyon. While Lincoln walked away with the title, Point Loma had the head producers, Hurley designers, and the founder of Hurley coming up to us telling us how well we did and how close it was. In the end, they said it was Lincoln's loud crowd that won it for them, but to our surprise PL and the other schools still walked away with \$2000 each!

Over the last month the PL crew traveled to the Hurley HQ in Costa



Mesa, CA, had a photo shoot, and of course spent countless hours at lunch and after school preparing. The whole crew made it happen, and we are so thankful that we did have such a great group. Everyone got along and worked so well together, it really was a group effort. The amazing group made it so easy for the producers, Seniors, Kim Dolphin and Andrew Patrick Joseph Ryan, to do their job. Thank you guys so much!!

to everyone who supported us!!

Get ready for Point Loma's next fundraising fashion show!!!!

And one final note, our hearts truly go out to the whole Hurley family. Dane Williams died that night in what is suspected as foul play. He was the intern at the Hurley HQ and he drove us on the field trip to Costa Mesa, and from what we knew of him he seemed like a great person. It truly is a tragedy that he had to leave us so soon. RIP Dane Williams.

Congratulations!



Congratulations from Point Loma High School: Lorraine Loter won 1st Place in this year's San Diego County Artist Exhibition sponsored by the San Diego Art Institute for Youth Art Month. This is one of the biggest countywide student art competi-

tions of the year and the first time Point Loma High School has had a first place winner! Ms. Loter has an eye for detail and designed a direct observation ink drawing from watch gears in various inks that plays off depth and space. Ms. Loter has taken only 2 years of art education, both of which have been AP Studio Drawing & Painting and repeatedly succeeds at her studio art work at PLHS! Ms. Loter graduates this year and we encourage her to cultivate her talents with a continued education in the arts. Good job Lorraine!

Students at PLHS; Oday Shammass and Lacey Peacock *have broken records for blood collection for PLHS!!!*

The efforts of Lacey, Oday, and their committee have resulted in **SAVED LIVES**. Their work cannot be under-estimated. Getting new donors is extremely challenging and yet so invaluable to the county's blood supply. The kids who donate are likely to become life long donors. Thank you so much for your amazing efforts in with this **LIFE SAVING EVENT!!**

SUPPORT PLHS

BY USING e-Scrip

RENEW OR SIGN UP NOW!
For complete information and instructions

visit: 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

AND by CONTACTING
KRIS SPATHAS
at: 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.**
**For more information,
call Pat Baker, 619-223-9363**

ATTENTION

Attention Parents: Please remind your children that when they dress for school, they should dress for success. No pajamas, nothing too short or too low. Cell phones and I-pods continue to be a problem, please remind your student that they may be used only before school, after school and at lunch.

Thank you, Sue McCartney, Vice Principal's Secretary

Class Of 2008 News

Kris Barry, Class Sponsor

Can you believe it? We're nearing the end of our high school journey and hopefully, it's been a great ride for you!

"Night at Disneyland 2008", scheduled for June 12 - 13, 2008 is one of the big graduation activities we have in the works. Tickets will be on sale in the Quad, in front of the PAC, on February 27, 28, 29 and March 3 & 4. Buses must be reserved this far out, thus the reason for early ticket purchases. The cost of the event will be \$70.00, including admission ticket to Disneyland, unlimited rides and attractions, special graduation event entertainment, dancing, activities and round trip transportation on deluxe charter motor coaches provided by Adventures America. More details regarding the time line and expectations of our students and a permission slip will be mailed home this month.

In addition to following the rules and regulations set forth by Adventures America and Disneyland, PLHS also has a set of standards that must be met. In order to participate in graduation exercises and senior activities, students must maintain a cumulative minimum standard of 2.0 GPA in Citizenship during the senior year, completed up to the 5th reporting period, May 2, 2008. Failure to meet this standard will result in the loss of privileges. Seniors will also be denied participation in graduation exercises and all senior activities for zero tolerance violations as well as for any suspension during the senior year. Please see the "Please Read & Please Save!" notice that was sent home in December 2007.

In addition to "Night at Disneyland 2008", we will also hold our "Grad Night Party at Parkway Bowl" (not Kearny Mesa Bowl as previously advertised) on the night of graduation, June 16th. More information on this event will follow closer to that date.

If any parents would like to participate as a chaperone or as a "worker bee" at either of these events, please contact me at ekbarry@cox.net. There is no ticket fee for chaperones at Disneyland!

Additionally, our monetary account looks pretty good right now, but to insure that all students may attend our events and they are packed full of fun activities and prizes, I still invite you to make a tax deductible contribution to our fund. Checks made payable to: PLHS-PTSA, Class of 2008. Tax ID # 95-6207624

Your checks may be mailed to Class of 2008, c/o Kris Barry, 1125 Sorrento Drive, San Diego, CA 92107.

It has been a pleasure to serve as the Class of 2008 Sponsor and I look forward to a fun-filled end of our senior year!

Class of 2009

by Linda Jaros

The Junior class of '09 has been busy fundraising for their senior activities next Spring! Their recently held fundraiser at Souplantation in January resulted in a profit of \$115.00 and the opportunity drawing donations for two test prep classes donated by Kaplan and Princeton Review at Junior night in the PAC earned the Class of '09 \$339.00. Look for their upcoming fundraisers at Chic-fil-a in February and Hodads in March! Come enjoy the delicious food at these eateries and support the Class of '09 at the same time. Remember that the Junior class has the perfect gift for those students who've recently become licensed drivers or for those soon to be graduated students . . . license plate holders! They can be purchased in the finance office or by contacting Linda Jaros at 619 341-3034.

Class of 2011

by Lucy DeVito

A new year means new activities for our class! This year Valentine's Day flowers will be sold by the freshman class. We would like to thank the senior class parents for passing their tradition down to us!

Presale dates will be February 6-8th. During lunch break, students will be able to purchase a flower for their Valentine and send along a message in a heart shaped card. All preordered flowers will be delivered during 5th period on February 14th. It should be fun!

I'd like to thank the following families for their donations to the freshman class: Roberto & Angelica Davila, Mark & Dawn Scribner, Peter & Tania Swain, William & Chris Pickering, Cathy & Tom Cibit, Whitney & John Pinto.

Don't forget it's never too late to donate!

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.fundrazine.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 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**

**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,
and Anthony, 8th grade, Correia)
Ruthie and Andy Churchill (Austin)
Randy & Gretchen Peacock (Lacie) & (Valentine) 9th grade

11th Grade

Joel and Shelle Lazar (Alexa Lazar)

10th Grade

9th Grade

Peter and Julie Urbon (Kellen)
John and Sheila Bauer (Nick)

David & Kimberly Eurich (Jacob) GRADE ?

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

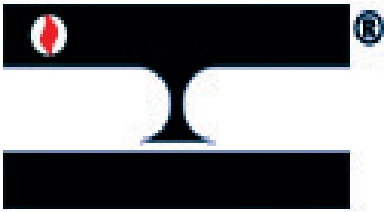
141 W. 18th St. | National City • Owner/Manager: Vicky Haye-Roberts
 Southland Auto Body is a member of the Better Business Bureau

Name: _____

Phone Number(s): _____

Repair amount: _____ Donated amount: _____

COUNSELING CENTER NEWS



Claire Johns has been awarded the Certificate of Merit by the National Merit Scholarship Program. Claire has advanced to Finalist standing by demonstrating through distinguished performance high potential for future academic accomplishment. *Congratulations Claire!*



CONGRATULATIONS

The following students have been selected to attend the Jenna Druck Foundation Spirit of Leadership Conference in March: Melanie Fontana, Jillian Hall, Kirsten Hossman, Eboni Maynor, Jennifer Ortega, Tasha Rankin, Jennavieve Peck, Caitlin Rethwish, Rebecca Rodeheaver, and Rosalia Ubando. HOBY, the Hugh O'Brian Youth Foundation exists to bring together high school sophomores with distinguished leaders in business, government and education for the purpose of exchanging ideas on present and future issues. Students selected as HOBY delegates attend a weekend seminar within their state, congratulations to Melissa Rose for being nominated as the Point Loma High School Representative; Rotary Camp Enterprise Nominees are Melanie Fontana and Pedro Guerrero, Jr.; Cole Edging, Lilyann Le, Luis Meraz, and Rebecca Rodeheaver are alternates. Congratulations to all!

MISCELLANEOUS NEWS

Grade 10 California High School Exit Exam (CAHSEE) testing will take place on March 11 and 12. Sophomores should get a good night's sleep, eat a healthy breakfast, arrive to school on time. Water and dry snacks will be allowed in testing rooms. Please schedule appointments around these important test dates.

Over fifteen students from the Class of '07, who are now college freshmen, gave up some of their precious vacation sleeping time to share their college experiences as part of the Annual College Panel. The college freshmen met with students in the PAC and represented such campuses as Arizona State, Boston College, Cal Poly, New York University, Point Loma Nazarene University, UC Berkeley, UC Davis, UCLA, USC, and Washington University. Thanks to the PTSA for providing Pizza for the college freshman!

The Sophomore Parent Meeting was held on January 23rd in the PAC at 6:00 p.m., and the Junior Parent Meeting was conducted on January 31st in the PAC at 6:00 p.m. February 1st marked the end of the first semester, and grades were mailed home in the middle of February. The End of the First Grading Period for the second semester will be March 14th - students will bring home grades March 28th.

Advanced Placement information will be presented to students on February 14th in Advanced Placement classes. Registration for the Advanced Placement Exams will take place March 3 - 7, 2008, before school, during lunch, and after school, at the financial office window. Each exam will cost approximately \$90.00. Students who qualify for the lunch program may be eligible for a reduced price for exams. Families that suspect their student may qualify for the lunch program but haven't yet applied can pick up an application in the Cafeteria. Don't hesitate! Students will have an extended opportunity to register for exams from March 10 - 14, but will incur a \$50 late fee per exam. The Pre-AP Meeting for students will be held on April 22nd and 23rd in the PAC at lunchtime. Advanced Placement Exam dates are May 5th - 23rd.

CSF NEWS

The California Scholarship Federation (CSF) Membership Drive Week for the spring semester will take place February 18 through February 29, during lunch in room 853. A point system specified in the state constitution requires that students do "superior work" in every subject, and have satisfactory citizenship or better in each class. Retroactive membership may

not be granted after the designated membership drive. Students must fill out an application and have a copy of their previous semester report card along with \$5 for membership fees. Those who qualify for at least four out of six semesters during grades 10-12 are eligible for Sealbearer recognition at commencement, but must qualify at least one semester their senior year.

CSF members take an active part in the tutoring programs, which are available at Point Loma High School. Tutoring sessions in most subject areas are held after school from 2:15 p.m. to 3:15 p.m. in the library, Monday through Thursday or in a designated teacher's classroom. CSF members are actively involved in community/school service. Meetings are held at lunch every Wednesday in room 853. Ms. Lynda McIntosh is the advisor.

COUNSELING DEPARTMENT WEB INFORMATION

Students can access important Point Loma counseling issues through the Point Loma High School Website, www.pointlomahigh.com. At Point Loma's home page, click on the Counseling Office bar to find links to Naviance, colleges, careers, financial aid, scholarships, and other information. Our College Board Number is 052870.

Counseling Center News Continued

SENIOR SCHOLARSHIPS

Members of the Class of 2008 can apply for approximately 50 in-school scholarships this spring. Scholarships are for students who will be attending two and four year colleges in fall. Applications and specific criteria for the Senior Scholarships are available beginning March 3rd on the Naviance Website, <https://connection.naviance.com/fc/signin.php?hsid=pointloma>. Senior scholarships are due March 28th (no exceptions!) These scholarships include: Two LaRoi Glover Scholarships valued at \$5,000 each, Rebecca Lenci Memorial Scholarship (\$5,000), David Wells Excellence in Athletics (\$1,000), and many memorial scholarships established by community families. Names of award recipients will be announced at the Senior Awards Program on Thursday, June 5, 2008, at 6:00 p.m., in the Trepanier Gym.

Students (and not just seniors!) interested in scholarships should visit the Naviance Family Connection. A link to this website, www.connection.naviance.com, is located on our school's website, www.pointlomahigh.com. A default password is required for students entering this site for the first time. Students should see Maddie Tolpen in Counseling for his/her default password. Many applications are available to them in the Counseling Office. There are zillions of scholarship opportunities on the web, one such website is www.fastweb.com. Start surfing the net, you'd be surprised what you'll find!

STUDENT LEADERSHIP OPPORTUNITIES

Several leadership opportunities are made available each spring to freshman and juniors. Freshmen were able to gain information and pick up applications at lunch in the Media Center on February 6 for the Aaron Price Fellows Program. This program is only open to freshman at four San Diego high schools. Students who are accepted will participate in three years of specially developed programs. Completed applications should be returned February 29th. Juniors who have strong leadership skills and a desire to work with others are invited to apply for several leadership programs. Camp Enterprise, sponsored by San Diego Rotary, is for students interested in business and marketing. It takes place in the San Diego Mountains and is cost-free. The Youth Citizenship Seminar is held each summer on the campus of Pepperdine University in Malibu, California. Boys and Girls State

leadership programs will take place the summer of 2008 for one male and one female junior. These seminar opportunities invite student leaders to meet with adult leaders in the fields of government and business.

FALL CLASSES

The curriculum evening meeting for 8th graders was held on January 17th. Individual interviews for current Grade 8 students at Correia will be held March 10 - 14. Private school families will enroll @ PLHS beginning the April 7, 2008. Please call or e-mail Martha Socie in the counseling office at 223-3121, ext. 1130, msocie@sandi.net, to make an appointment.

Counselors will make presentations to students in classes for next year. Students will bring home a course catalog and program card for families to discuss. The completed program card, including a parent signature, should be returned to the counseling office. Counselors will meet individually with all students to make final decisions on fall classes.

Articulation schedule at PLHS will be as follows:

Classroom presentations-current
Grade 09 - February 12 & 13
Classroom presentations-current
Grade 10 - February 20 & 21
Classroom Presentations-current
Grade 11 - February 26 & 27
Individual interviews - current Grade
09 - March 3 - 7
Individual interviews - current Grade
10 - March 24 - 28
Individual interviews - current Grade
11 - March 31 - April 4

PARENTS OF SENIORS

Remember to file your financial aid forms as soon as possible. Complete and mail applications with late deadlines. Make sure that the Counseling Office has on hand your stamped, addressed envelope if mid-year reports need to be sent to colleges that request them. Be patient: this is a critical waiting period. Students should keep grades up and avoid "senioritis". Senior Exhibitions are May 29, 2008. Remember to order your Cap & Gown! Apply for Scholarships - some are based on merit, others on financial need. Most colleges have 80% or more of their students getting assistance from scholarships and financial aid. Final grades for the Fall semester will help determine senior class rank. Valedictorian and Salutatorian were determined at the end of fall semester.

Application for San Diego's

Community Colleges: A representative from Mesa College will be here at Point Loma High School in the spring for placement exams in Math and English and orientation. Students can begin their application process right here at PLHS!

FAFSA - The Free Application for Federal Student Aid (FAFSA) is currently available online at 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 submit applications online was January 1, 2008. Priority deadline for Cal Grants is March 2, 2008.

For Seniors who are applying to 2-year or 4-year colleges 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. We will be contacting you or your student if we don't have their social security number on file for this process. Thank you to Mrs. Holcomb and Mrs. Bellini for organizing our Financial Aid Night on January 15th! If you have any questions, please contact your student's counselor.

PARENTS OF JUNIORS

Remember to have your juniors sign up for the spring SAT Reasoning Test, SAT Subject Tests, or ACT. Contact the College Board web site for more information www.collegeboard.com. Attend College Open houses and college fairs. Contact colleges of interest for their admissions information, sign up for summer college tours and plan ahead. Selective colleges want to know how a student spends his or her time outside the classroom. Admissions officers look at more than SAT and ACT scores, grades and letters of recommendation. SDSU received a record 61,492 freshman applications for fall 2008, of those, 49,735 were first-time freshmen applications. Last fall incoming SDSU freshmen had an average high school GPA of 3.44. This represents an increase from 3.16 a decade ago. SDSU plans to enroll 9,200 undergraduates next fall. UCSD received 45,054 applications this fall, while Cal Poly San Luis Obispo received over 37,760 applications, up 10% from last year.

Senior Students:
**Stay focused and keep studying-
only a couple more months to go!**

Counseling Center News Continued

SUMMER PROGRAMS

The Counseling Office has information about summer programs for juniors. In addition, the library has several references, which may be checked out. It's important for students to have meaningful summer experiences. Many programs provide college credit. Programs can be academic, study abroad/international travel, outdoor adventure, community service, athletics, artistic or leadership oriented. Many college campuses offer pre-college summer programs for high school students. The University of California, as well as private universities such as Harvard, Cornell, Barnard, Brandeis and others, offers these programs as a way to introduce students to college-level classes. The Counseling Office, the library and the Internet are all good sources to tap if you are looking into summer programs.

SUMMER SCHOOL

This year summer school will be held at Point Loma High School for students who need to make up Ds and Fs in core classes, namely English, Math, Social Studies, and Sciences. Summer school will begin on Thursday, June 19 and end on Thursday, July 31 (one session only.)

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:

FEES: Some fees are required of all students, some are related to a student's major (such as a science lab breakage deposit), and some are optional student activity fees.

BOOKS AND SUPPLIES: This figure varies according to major and whether or not a student purchases "new" or "used" textbooks. In addition, there may be lab workbooks or photocopied that don't always get figured in. Add 10 to 20 percent to the figure 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 resi-

dence 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 club. Adapted from *Conquer the Cost of College* by Elizabeth Coté. Adapted from Kaplan

PLAN AHEAD FOR YOUR COLLEGE FUTURE!

Yes, even underclass students can take action to prepare for college. Here are some tips high school students can take during the next few months provided by the National Association for College Admission Counseling.

Freshman Students:

Build strong academic, language, mathematics, and critical thinking skills by taking challenging courses. Study hard and get excellent grades. Strengthen your vocabulary by increasing your reading. Become involved in co-curricular activities. Meet your counselor and discuss your plans for the next four years. Browse through college literature or surf the Web to get an idea of what kinds of schools may be of interest to you. Check out what high school courses they require. Know NCAA (National Collegiate Athletic Association) requirements if you want to play sports in college. Keep an academic portfolio and co-curricular record. Research career possibilities. Begin saving money for college.

Sophomore Students:

Receive PSAT results. Read materials sent with your score report. Consult your counselor to explore ways to improve on future standardized tests and courses to discuss which may be required or beneficial for your post-high school plans. Keep studying! Volunteer-a great way to

identify your interests and to develop skills. Remember it's not too early to start researching colleges and universities. Visit the counseling office to browse through literature and guidebooks or surf the web and check out college and university home pages.

Junior Students:

Begin college selection process. Attend college fairs, financial aid seminars, general information sessions, etc., to learn as much as you can about the college application process. Make sure you are meeting NCAA requirements if you want to play Division I or II sports in college. See Laurie Hurl for NCAA information. Junior year grades are extremely important in the college admission process, because they are a measure of how well you do in advanced, upper-level courses. Grades also are used to determine scholarships and grants for which you may be eligible. So put in extra effort and keep those grades up! If you will require financial aid, start researching your options for grants, scholarships, and work-study programs. Begin to make a preliminary list of colleges you would like to investigate further. Surf the internet and use the college resources in the counseling office or library. Ask your parents for your Social Security Number (required on many college applications.) If you were never issued one, contact the closest Social Security office as soon as possible to obtain a number. You should be optimistic and realistic when applying to colleges. Register for the April SAT Reasoning Test if you have completed the math courses covered on the SAT Reasoning Test. If not, plan to take the SAT Reasoning Test in May or June.

Don't Miss the:

PLHS Foundation
& Alumni Association,
and the Vanguard Boosters
2008 Annual Golf Tournament

Saturday, April 5th
Admiral Baker Golf Course
8:00 am Shotgun
4 Person Scramble

For entry information contact:

Sally Sackett – Phone: 619-405-0988
FAX: 866-657-856
E-mail: sksackett@cox.net

Life Skills Counseling Corner

Taking a Closer Look

It's easy to miss the signs of depression and to mistake a student's behavior as symptomatic of something else such as a learning disorder or substance abuse. Depression is not just feeling sad or being "down in the dumps" for a day or two, it is persistent and it impacts all areas of a student's life. It can be life threatening. Depression is a biochemical imbalance in the brain and it affects how students feel and think, how their bodies function and how they behave. Change is a clear warning sign that something is amiss. If you observe five or more of the following signs occurring every day over a period of two weeks, then referral is appropriate: depressed or irritable mood, declining interest in activities, feelings of worthlessness or guilt, indecision or decreased concentration, changes in sleeping habits, noticeable change in weight, body movement, fatigue and/or loss of energy, and thoughts about death or suicide.

Thank-you Parents and Guardians!

I would like to thank all of the parents and guardians that have pledged to ensure all events in their home will be chaperoned, alcohol-free and drug-free. I look forward to more parents and guardians making this pledge that will help keep our students safe. A recent survey conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University found when teens are at an un-chaperoned party they are 16 times likelier to have alcohol available, 15 times likelier to have illegal and/or prescription drugs available and 29 times likelier to have marijuana available. Eighty percent of parents surveyed believed that alcohol and marijuana was not available at the parties their teens attended, whereas 50% of teen partygoers surveyed said that they attend parties where alcohol, drugs or both are available. One-third of the teens surveyed reported that adults are rarely or never present at the parties they attend. CASA also found that teens attending three or more parties a month are at two-and-one-half times the risk for substance abuse compared to teens that do not attend parties.

Other news

The month of February is Teen Dating Violence Prevention Month. What is Relationship Violence? A pattern of behavior used by someone to maintain control over his or her partner. It can take the form of verbal, physical, emotional or even sexual abuse. Relationship violence is not about getting angry or having a disagreement. In an abusive relationship, one partner is afraid of or intimidated by the other. Abuse isn't just hitting. It's yelling, threatening, name calling, saying "I'll kill myself if you leave me", obsessive phone calling or texting, and extreme possessiveness. According to the National Sexual Violence Resource Center, 38% of date rape victims are young women between age 14 and 17. 70% of pregnant teenagers are abused by their partners. Use this time to talk to your teen about their dating and maybe ask what their friends are doing.

If you have any questions about this or any other "life skills" topics, don't hesitate to call me. I'm at Point Loma Wednesdays, Thursdays, and Fridays.

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.



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.**

PTSA Gears Up For 2008 - 2009

-- **Kris Barry, PTSA President**

"Ability is what you are capable of doing. Motivation determines what you do. But Attitude determines how well you do it." Lou Holtz

This has been a fantastic year for the PTSA largely in part to such an energetic bunch of volunteer parents, teachers and students! Teachers have utilized our Gifts & Grants program, parents have enabled us to fulfill those grants by their generous monetary donations in the form of Membership dollars and students have stayed involved in our committees, too. We have also been fortunate to partner with San Diego County Credit Union for the second year and their support has been phenomenal. Thank you one and all!

As we move into the second half of the school year, we are already scouting our upcoming PTSA board and committee chairs for the following year. Here is a listing of board and committee descriptions and we invite you to consider stepping up and becoming involved in a fabulous organization here at PLHS... the PTSA. Please consult the PLHS website at www.pointlomahigh.com, PTSA, Contact Us, for roster of current board and committee members and contact us with any questions you may have regarding our positions. You won't regret making that call!

President coordinates the work of officers and committees, presides over meetings of association and executive board, prepares directory of officers and committee chairs, agenda, signs all checks, representative to district and council, is liaison between principal, staff and board, prepares annual report

1st Vice President coordinates Kick-off and any other PTSA fundraisers (Ways and Means)

2nd Vice President coordinates membership campaign, collects and publishes (Membership) membership information

3rd Vice President oversees all program committee chairs (Programs)

Recording Secretary keeps minutes of the meetings of the association and executive board, prepares meeting highlights for website, submits monthly highlights to Beacon when needed

Volunteer Coordinator works with Administrative Assistant if volunteers needed Corresponding Secretary (e-mail) e-mails school, school organization, and cluster announcements to parents and teachers, e-mails notification of PTSA meetings to parents and teachers

Treasurer keep a permanent accounting and record of all PTSA financial business, pay bills, chair budget committee, prepare monthly report for PTSA meeting, maintain insurance and tax status, make an annual financial report to PTSA, have books audited annually

Auditor audits the financial records of the association annually, prepares an audit report to be presented at the PTSA, forwards copy of the report to District PTSA

Historian prepares annual report - President and Recording Secretary can do

Parliamentarian attends PTSA meetings to provide advice on parliamentary procedure, chairs nominating committee, chair committee to review bylaws annually or as needed

Outreach attends ELAC meetings in Southeast SD, reports there on PTSA activities and reports back to PTSA re: ELAC activities

Parent Sponsors coordinates class fundraising activities

Parent Pointer Editor collects articles for and publishes Parent Pointer (bi-monthly)

Pointer Mailing coordinates Pointer mailing if using hard copy

College Night assists Head Counselor in preparing for and putting on the annual College Night in the fall

Gifts and Grants chairs PTSA gifts and grants committee, coordinates PTSA efforts to provide gifts and grants

Website maintains PTSA information on PLHS website

College Panel coordinates return student college panel in December

Teacher's Welcome Back Luncheon coordinates Teacher's Welcome Back Luncheon in August

Teacher Appreciation coordinates Teacher Appreciation activities in May

Undergrad/Senior Awards with Head Counselor, coordinates Undergrad and Senior awards receptions in the spring

HSA Awards Luncheon coordinates Honorary Service Awards luncheon in May, forms committee to solicit and decide on awards, plans food and program for teacher/volunteer luncheon

Banners coordinates students and volunteers to put up and take down Kick-Off banners at all home football games soliciting donors of banners

New Parent Orientation coordinates new parent welcome dinner prior to start of school year, works with Counseling Dept in planning event

CAST YOUR VOTE!

**HONORARY SERVICE AWARD NOMINATION FORM
POINT LOMA HIGH SCHOOL PTSA 2007~2008**

The Honorary Service Award (HSA) will be given out in May, at a luncheon to honor the awardees. This award may be given out to an individual in the PTSA, school or community in special recognition of outstanding service to children and youth. Please take time to nominate a deserving individual that you know!

Name of Nominee _____ Title (if applicable) _____

Place of Work (if applicable) _____ Educator Community PTSA Other

Reason for Nomination: _____

(You may use a separate piece of paper if you need more space.)

Your Name _____

Phone Number _____ E-mail _____

Please return this form by April 4, 2008 to: Point Loma High School/PTSA • 2335 Chatsworth Boulevard
San Diego, CA 92106-1699 • Attention: Lucy DeVito

**POINT LOMA HIGH SCHOOL
Foundation and Alumni Association**

**Paying tribute to
Coach Bennie Edens
Coach * Motivator * Friend**

Bennie Edens Coached at PLHS for 55 years. He was named NFL High School Football Coach of the year in 2003. Coach Edens taught hundreds of Pointers to swim at the Kona Kai. He coached Pointers to a Lions Tournament Championship - in Baseball!

Bennie passed away in the early hours of February 8th. The family requests donations be made to the Point Loma High School Foundation and Alumni Association Bennie Edens Scholarship Fund.

Donations should be sent to:

PLHSFAA/Edens Fund
1220 Rosecrans St. #247
San Diego, CA 92106

Donations to the fund can be made online at:

www.plhsfaa.org/bennie_edens2.html

(There is also a print and mail form on that page.)

**A Memorial Service will be held on February 23rd.
Noon at the PLHS Football Stadium**

The PLHSFAA is a 501c3 nonprofit corporation and your donation is tax deductible as permitted by law. Please consult with your tax advisor.

**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