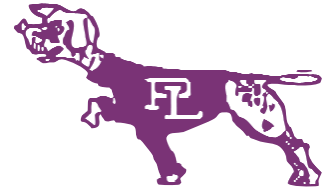


# Parent Pointer



Parent-Teacher-Student Association Newsletter

April, 2008 – Volume 48, Issue 4

## A MESSAGE FROM OUR PRINCIPAL

Dear Pointer Families and Friends,

The campus is humming with incredibly busy students and staff. Students are concentrating on academics, participating in sports, clubs and activities, the spring musical "Once Upon A Mattress" and community service as we approach the end of the '07-'08 school year. Yes, spring semester is in full swing! Once again I must take time to brag about our students and their leadership qualities. Many seniors have stepped up to the plate to mentor freshmen during this final push of the academic year. We find our upperclassmen to be encouraging, motivating and excellent role models for our freshmen and sophomores.

I need to also mention the yearly reminder of our state testing, STAR & CST. Our testing days this year are April 24, 25, 28, and 29. These tests are very important to our school and community reputation. Please take time to encourage your student to do his/her very best. Also, if you would, join with us in preparing your student by urging them to get a good night's sleep, rise a tad earlier, eat a good breakfast and then when they return home each day allow them the chance to tell you about the test, and encourage them again for the next day. The month of May will also be an important testing month with all the Advanced Placement tests. Seniors, especially, have a busy month as they make their final preparations for their Senior Exhibitions on May 29... you will find details within this issue on how you and our juniors may participate on the review panels.

Speaking of seniors, I must congratulate the students as the acceptance letters and scholarships have been rolling in! What an exciting time for them as they make final decisions on attending four year universities, junior colleges, and career and technical schools. Thank you to all the parents and staff who have been so supportive in helping our seniors reach their goals.

As always, our athletes and sports teams are flourishing and exemplifying our standard of excellence on the field and off. If you haven't seen a track and field meet, badminton, volleyball, baseball, softball game or a swim meet then check one out. In addition to their schoolwork, our athletes dedicate time, talent and energy exemplifying Pointer Pride. Our student athletes appreciate all the parents and community members who help at the events and LOVE to see friends and family in the stands!

Please check the activities calendar on our website [www.pointlomahigh.com](http://www.pointlomahigh.com) for future events. Join us at the annual Music Concert at Crill Hall on the campus of PLNU on May 15 and hear the Choirs at PLHS on May 28.

Thank you for all you do in supporting our schools and our students, 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

# The PTSA... Present & Future

-- Kris Barry, PTSA President

The PTSA, Parent Teacher Student Association, works together to make our high school more than a group of buildings where teachers teach and students learn. Our dedicated group of volunteers is passionate about providing those extra elements that provide spark, fun, interest and enrichment. Perhaps you know of someone who has gone "over and above the call of duty"? We'd like to recognize that person at the Honorary Service Awards. Please use the HSA nomination form or simply drop Lucy DeVito an e-mail (Idevito@pacbell.net) with your recommendation!

And speaking of passionate volunteers, we are currently in the process of filling positions for next year's slate of officers and committee chairs. All positions

can be co-chaired and this is a great way to get involved with the school and our kids. Help is also still needed this summer to plan for the big football Kick-Off day next September. Please contact Maureen McGrath (maurmcgrat@aol.com) if you can help out! Do you know someone full of energy who will be new to PLHS next fall? We'd love to hear about those parents to keep our organization alive and kicking! (Iroseadi@aim.com). Our next PTSA meetings will be April 14th and May 12th at 6:00 in the Library. Come and see what's on tap for the rest of this year and the upcoming school year! Speaking of which, "save the date" for a presentation by Phil Hubbs in the PAC on May 7, 6:30 - 8:30 for parents and teachers entitled Against Substance Abuse. This will be an eye-opener!

## **NEW** DIGITAL MEDIA ARTS BACHELOR'S PROGRAM

The New School of Architecture & Design is holding a Q & A Session on Saturday, April 12, from 10:00 a.m. to 12:00 p.m. Join them to learn about their New Digital Media Arts Bachelor's Program. Admissions representatives will also be available to discuss admission procedures. RSVP at (619) 235-4100. For more information about this school, please visit their website at [www.newschoolarch.edu](http://www.newschoolarch.edu).

### The Point Loma High School Foundation and Alumni Association

*asks that you MAKE A DIFFERENCE  
by supporting our new recycling program  
for: used cell phones and  
empty inkjet/laserjet cartridges  
at the following locations:*

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



Visit the PLHSFAA Website at  
[www.plhsfaa.org](http://www.plhsfaa.org).  
For more information,  
call Pat Baker, 619-223-9363

## SUPPORT PLHS

### BY USING e-Scrip

**RENEW OR SIGN UP NOW!**  
*For complete information and instructions*

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

Group ID: 138376810

Group Name: Point Loma H.S. Foundation & 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*

# Senior Graduation Activities

*Kris Barry, Class Sponsor*

The Class of 2008 Graduation is just around the corner! Keep focused, keep the grades up, and count down the days!

**Prom!** ~ The Senior Prom will be held on May 24th at the beautiful Hyatt Islandia Hotel on Mission Bay, 1441 Quivira Road, San Diego, CA 92109. Invitations will be mailed home and ticket sales will be held two weeks prior to the event in the financial office. A student does not have to have "a date" to attend. Seniors are encouraged to attend in groups or with a friend. If a senior is bringing a student from another school, please pick up a form from Ms. McCartney in the office prior to purchasing tickets. The senior class officers are working on all the final details and more information will follow. Please remind students to clear all debts from the indebtedness list. Parents are also encouraged to help with the decorations the day of the event. School personnel will chaperone this event. Students, listen to the bulletin, check the website and e-blasts for more information as the day nears. Our class partner, Flowers of Point Loma, is happy to help with any of your corsage or boutonniere needs!

**Disneyland!** ~ The annual Night At Disneyland, for graduating seniors only, will be held Thursday, June 12, departing PLHS at 9:00 p.m. and returning to PLHS at 7:30 a.m. There are still a very limited number of seats on the last bus to be filled. Please see Ms. Eurich in room 303 to drop off signed permission slips and \$70.00 cash or check made out to PLHS-PTSA '08. Once this last bus fills, ticket sales will end. Don't miss out on a fun-filled grad night at "the happiest place on Earth"! Parents are asked to pick up students, take them home and tuck them in for a few hours of sleep. Rehearsal for

the graduation ceremony begins at noon back at the school! No sleep-walkers, please!

**Parkway Bowl Grad Night!** ~ Yes, there's more fun planned! Following graduation on Monday, June 15th, our happy grads will head off to Parkway Bowl in the evening for a night of bowling, dancing, food, give-away prizes, and well, we can't reveal all the other surprises!! Getting together one last time with buddies will be extra special. As more details unfold, we'll be in touch. A presentation will be held in May in the gym with more highlights on all activities.

**Parent Volunteers!** ~ Putting on events like these doesn't just magically happen and here's where you come in. Our grad night coordinators will need chaperones and "worker bees" at all the events. Please let us know how you'd like to be involved.

**Prom:** Susan Brasher at 223-3121 x 4250 or sbrasher@sandi.net

**Disneyland:** Beth Zedaker at 224-0395 or dzandbz@aol.com

**Parkway Bowl:** Debbie Clausen at 226-4055 or debclausen@cox.net

**General Questions:** Kris Barry at 222-2075 or ekbarry@cox.net

This has been a roller coaster ride these last 4 years... anticipation of "waiting in line" to become a 9th grader, racing up hills and down a few, wondering how you'll ever survive the ride and all of a sudden, you're zooming to the end of the track and looking back, it went by so fast. We hope you hold on to treasured high school memories and be wise enough to keep these grad night activities safe. No one wants to read about you in the newspaper the next morning... be responsible seniors!  
**We love you all!**

## Class of 2009

### *BE A SENIOR EXHIBITION PANELIST*

*by Linda Jaros*

Juniors... we need your help! You are an important part of the Class of 08 Senior Exhibition as a panel member. Please sign up with Mrs. Eurich to participate. Not only do we need your help, but this gives you the extra advantage of reviewing 4 or 5 portfolios, presentations and visuals to experience what you will go through next year! After participating as a panelist you will know

exactly what you need to do to give a STELLAR SENIOR EXHIBITION yourself!

Sign up today with Mrs. Eurich, room 303 – or email her at keurich@sandi.net. Make sure to email from YOUR email address... as all communication will be via the email as we get closer to the event. ALSO – your parents are able to participate as well so that they will know what you will need to do next year! All we need is their names and email as well!

## History Awards Banquet

*by Patrick McElhaney, History Teacher*

The History Department is looking forward to our new tradition, the History Awards Banquet. This is the third year we are presenting a special recognition ceremony for our dedicated history students. We expect 150 students to attend this year's awards banquet at the Bali Hai, on June 3, 2008, from 6 -8 PM. PTSA and the PLHS Foundation and Alumni Association have generously supported this program. We send warm appreciation and thanks to The PTSA, (Mrs. Barry) and PLHSFAA (Mr. Baker) for their continued support of our students and school programs. This year we are asking community

members in the legal profession to help out. Many of our students are considering legal careers. We'd like to offer a number of scholarships for these students and/or some recognition. If you would like to create a scholarship for our history students please contact, Mr. Patrick McElhaney, pmcelhaney@sandi.net. All other interested parents and community members who support this idea and program are encouraged to help celebrate the study of history at PLHS. We still need gift certificates, Padre tickets, hats, stickers, and other cool gear we can use to show appreciation for our kids! Thank you for making Point Loma one of the best schools in San Diego!"

# 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 contribute 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!

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## 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,  
and Anthony, 8th grade, Correia)  
Ruthie and Andy Churchill (Austin)  
Randy & Gretchen Peacock (Lacie) & (Valentine) 9th grade  
Rick and Sue Kennedy (Matthew) & (Steven) 10 grade

#### 11th Grade

Joel and Shelle Lazar (Alexa Lazar)

#### 10th Grade

Wayne and Joan Irvine (Ryan) & (Campbell) 9th grade  
Paul and Kathy Tappero Parents of a 10th grader

#### 9th Grade

Peter and Julie Urbon (Kellen)  
John and Sheila Bauer (Nick)  
David & Kimberly Eurich (Jacob)

## 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

## 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 Hays-Roberts  
 Southland Auto Body is a member of the Better Business Bureau

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

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

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

## 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

# COUNSELING CENTER NEWS

## CONGRATULATIONS

The **Aaron Price Fellows Program** aims to enrich the lives of students by giving them the opportunity to venture outside their "safe-zones" through exercises and workshops that deal with cultural pride, racism, communication, and self-discovery. Congratulations to the following 19 freshmen who have made it through to the second round of the Aaron Price Fellows Program Selection: **Nathan Adera, Jessica Anaya, Phillip Barbour, Nicholas Bauer, Justo Caballero, Carley Cooke, Axel Cramer, Damaris Garduno, Riley Hasche, Alice Hewitt, Tommy LaVoy, Brittney Le, Jonathan Linney, Alana MacCabe, Alexandra Scott, Duncan Swain, Michael Teasley, Shannon Torres, and Auralee Walmer!** Congratulations to **Claire Johns**, who has been selected as the winner of a **National Merit Scholarship**. Great job, Claire! **Bank of America** recognizes students with Certificates of Achievement to students who have demonstrated excellence in several study areas. The following students have been awarded: **Rebecca Holman** and **Sean Lund**, Science & Math, and **Timothy Hanna** and **Claire Johns**, Liberal Arts. Congratulations! The **Prudential Spirit of Community Awards** honor students who have volunteered significant amounts of time to serve their community. **Caroline Kuehner** was recognized as a Local Honoree. Way to go! **Boys' and Girls' State** are programs that offer young men and women training in the practical purposes of self government. Activities include legislative sessions, campaigning, party rallies,

debating, and voting. This year's **Girls State** delegate is **Laura Evans**; **Jessica Marlow** was selected as 1st Alternate, and **Melanie Fontana** has been named 2nd Alternate. The **Boys State** delegate is **Alejandro Machado-Avila**, and **Erik Mendoza** was selected as Alternate. The **Freedoms Foundation at Valley Forge** is a youth leadership conference where juniors from different states can interact, learn about history and principles of our country from guest speakers, and visit historical sites. Participants this year are **Alan Barrios** and **Sarah Hartman**. The **Jenna Druck Foundation** provides inspirational year-round training, empowering thousands of young women each year with the resources they need to realize their full potential as leaders. This year, **Melanie Fontana, Jillian Hall, Kirsten Hossman, Eboni Maynor, Jennifer Ortega, Jennavieve Peck, Tasha Rankin, Caitlin Rethwish, Rebecca Rodeheaver, and Rosalia Ubando** were named participants in the Jenna Druck Foundation's Spirit of Leadership Conference. Congrats to **Lorraine Loter** who won first place in the biggest county student art competition, the **San Diego County Artist Exhibition** sponsored by the San Diego Art Institute. On a sports note, **Joshua Canup** was honored as a **Scholar-Leader-Athlete** for Division III Football by the National Football Foundation and College Hall of Fame. **Marc Aros, Alex Blair, and Steven Padilla** were recognized as Honorable Mention Scholar-Leader-Athletes. Congratulations to all!

### MISCELLANEOUS NEWS

Families that attended the National College Fair on April 10, 2008 from 5:30 p.m. to 8:00 p.m. at the San Diego Convention Center were able to get a head start on college planning. This year we had two buses available for students to attend the fair from 9:00 to 10:30 a.m.; juniors had priority. Buses were also provided for AVID classes to attend from 10:00 a.m. - 1:00 p.m. Junior presentations on college and graduation took place on February 26-27, 2008 in the PAC. Spring is the time for your student to begin working with their coun-

selor on college search. Three helpful links are: the Naviance website, <https://connection.naviance.com/fc/signin.php?hsid=pointloma>, [www.campusprogram.com](http://www.campusprogram.com) which offers free access to our 50,000 US/Canadian Universities and college programs/department sites covering 300 fields of study, and [www.degreesearch.com](http://www.degreesearch.com).

### TUTORING INFORMATION

Students who are members of the honor society (CSF) are available to tutor PLHS students in most subject areas in the Library after school.

### PARENT ALERT

Just a reminder that it is illegal to contribute to the delinquency of a student. According to Penal Code 272 it is illegal for an adult to supply alcohol or drugs to any minor. You will be responsible for their welfare and held accountable for their actions.

# Counseling Center News Continued

## WORK PERMITS

Working minors and their employers are reminded of the state law regarding work permits for youth less than 18 years of age. The minor is responsible for obtaining the permit and the employer is required to terminate the employment of any minor who does not have an active permit or has not made an application for one. All work permits must be renewed at the beginning of each school year. Please see Mrs. Eurich in Room 303 at lunch, before or after school to pick up a new application. A student that changes jobs at a later date will need to make a new application for a new work permit. Permits are good until the end of August 2008. During the summer time, work permits will be processed at the Work Permit Office: 6735 Gifford Way, San Diego, CA 92111. Phone: (858) 627-7355

## CRITERIA FOR WORK PERMITS

### 10th - 12th Grade

- ✓ 2.0 Grade Point Average (Based on Progress Reports and semester grades)
- ✓ 2.0 Citizenship
- ✓ Point Loma High School ID card required
- ✓ Adequate progress towards graduation
- ✓ Required number of credits for grade level
- ✓ Required courses completed for the previous grade level
- ✓ Record of satisfactory attendance. (No truants or excessive tardies/absences)

### 9th Grade

- ✓ No Work Permits will be issued (except for on-campus jobs)

***During the summer all students are eligible for work permits.***

## JUNIOR AND SENIOR AWARDS PROGRAMS

The Junior Awards Program will honor underclass students for their achievements on Thursday, April 24, 2008, at 2:30 p.m.; seniors will receive cash awards, certificates, and honors at the gala Senior Awards Program on Thursday, June 5, 2008 at 6:30 p.m. Both programs will be held in Trepanier Gym.

## TESTING IS COMING and TESTING IS A TEAM EFFORT!

It's that time of the year again when we will be gathering together our 9th, 10th, 11th graders to take the Standardized Testing and Reporting Program Tests (STAR). With the exception of the seniors, all students will be tested April 24-29, 2008, and it is important that all students give it their best effort. Please do not schedule personal or optional medical appointments during these days.

The results of the STAR testing program are important to everyone in the Point Loma community. They are used to calculate the Academic Performance Index (API) for Point Loma High School, which is used to rank us against other high schools. The API ranking is published for the public to see, and is a direct reflection on the school and the community.

Perhaps most importantly, the results of the STAR testing tell us, the staff at PLHS, how well we are preparing our students for a competitive world. We need everyone to give 100% on these tests, so the results accurately reflect what our young people know, as well as how well we are instructing them.

We are aware that April and May is a very busy time of the year for our students in terms of testing. Therefore, we have done our best to schedule the STAR testing so as not to conflict with the Advanced Placement (AP) exams. After giv-

ing it their best on the CST exam, students who will be taking AP exams the following week should have plenty of time to pull out their notes and the book to study for the AP's. We will be AP testing in late May in order to give AP students more time in class to review for the exams. We're counting on all Pointers to excel on all their exams.

Just as our Pointer athletes train hard and strive for victory in all sports - we need all Pointers to come together as a team to succeed in this academic endeavor, and make everyone in the Point Loma community proud to be a Pointer. Go Pointers!

### ***Here are some testing tips:***

- ✓ Get plenty of rest the night before any exam.
- ✓ Eat a nutritious breakfast the morning of the exam, having food in your student's stomach will give energy and help to focus on the exam. Avoid heavy foods which can make student groggy.
- ✓ Set the alarm and have a back-up as well.
- ✓ Read the test directions slowly and carefully.
- ✓ Skim through the test so you have a good idea how to pace yourself.
- ✓ More test taking tips for all tests: [TestTakingTips.com](http://TestTakingTips.com)

### SAT Reasoning and Subject Tests, ACT

The last SAT Reasoning Test & SAT Subject Tests are May 3rd and June 7th. Registration deadline for the May test was April 1 and for the June date May 6. Current juniors can save time by registering early for fall tests. ACT last tests are April 12th and June 14th. Registration deadlines for the April date was March 7 and for the June date May 9th.



## Counseling Center News Continued

### ADVANCED PLACEMENT EXAMS

AP Exams will be given in May. Pre-registration was held March 3 through March 7. The fee this year is \$90 per exam. Students who missed the pre-registration week were able to register March 10 through 14, but were charged a late fee of \$50 per exam. All students enrolled in an AP course must take the AP Exam in order to receive AP course credit. Students should decide ahead of time which college(s) they would like their scores sent to. Scores can be sent to additional colleges later, but for a fee. There will be Mandatory Pre Administration days for the AP test takers to fill out pre-exam information. Students with the last names A-L will gather on April 22 and M-Z on April 23 in the PAC at lunch time. Prep materials, such as practice tests, study guides and test-taking tips, may be available. Ask your AP teachers and counselor for more information.

### SUMMER SCHOOL- Thursday, June 19 Wednesday, July 30, 2008 (Six Weeks)

Will be held at PLHS! This program is for our students who received a "D" or "F" grade in a previous English, Science, Math, or History course. The purpose of this program is to give the students an opportunity to earn a higher grade and/or high school credit.

For students who currently ride the bus to school (on the VEEP or PISC-No Child Left Behind Programs), transportation will be provided. Students will receive credit upon successful completion of the course. Students will be dropped from Summer School after 2 absences, NO EXCEPTIONS.

We strongly encourage you to allow your student to take advantage of this opportunity. For more information, contact the counseling office.

### 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.

#### Senior Students:

Spring is a very rewarding time as our students begin receiving their college acceptances. It is very gratifying to hear students joyfully exclaim they were accepted to X, Y, or Z College or University. In all the excitement, it is easy for seniors to forget to complete their intent to register forms by May 1st and to follow all procedures from the college regarding securing student housing. Many colleges require students to take English and/or Math placement tests prior to enrollment. It is important to read all information sent to them from the colleges so they don't miss out on important deadlines.

### SAN DIEGO COMMUNITY COLLEGES

A representative from Mesa College will be on our campus to provide information and allow student to participate in their community college orientation. Students who plan on attending City or Miramar can also meet with the Mesa rep. More information will be posted our school website, [www.pointlomahigh.com](http://www.pointlomahigh.com), the school bulletin, and Naviance in the future.

PLHS community scholarships were due April 4th; late applications were not accepted! Seniors will continue to have the opportunity to apply for many scholarships. Notification is given to students on Naviance.

### THE SOCIAL TRANSITION FROM HIGH SCHOOL TO COLLEGE

Teen in high school are drinking more than ever and starting drinking at even younger ages. The incidence of high-risk drinking only

increases in college when children find themselves with new freedom away from watchful eyes of parents consider these facts:

**\*Student who chose not to drink during high school will often start during their first year of college. Moderate high school drinkers often become heavy drinkers in college.**

**\*Teens who use alcohol before the age of 15 are four times more likely to be alcohol dependent than adults whose first drink is at the legal age of 21.**

**\*Each fall, 15 million students enroll in college. Nearly 160,000 of today's first year college student students leave school every year for alcohol and other drug related reasons.**

Information from: *Next Step* magazine

### COLLEGE INSURANCE COVERAGE

If your kids are heading off to college, especially for the first time, you probably need to fine-tune your insurance coverage. Your auto premiums should drop if your child doesn't take a family car to school, assuming the college is more than 100 miles away. For students with cars on campus, notify your insurer of the new location. If it's out of state, make sure you comply with that state's laws for minimum coverage. If your child has a t least a B average, ask for good-student discount.

For a child living in a dorm, your homeowner's policy may cover personal belongings up to 10% of your own content coverage. If you need more, you can purchase a rider. Students in off-campus-housing will need renter's insurance for property and liability. Roommates often can share a policy. Your health insurance covers unmarried children who are full-time students up to age 20 to 25, depending on the insurer. If you're in an HMO, make sure the college is within your service area. When your children reach the age limit, or get married, they qualify for COBRA coverage through your employer. (Info taken from *Business Week*/September 15, 2003, Larry Armstrong).



# Counseling Center News Continued

## TIPS FOR SENIOR PARENTS ON LETTING GO

The Emotional Roller Coaster: Recognize your student's conflicting emotions. Your student, like you, is being pulled between past, present and future. One day exclaiming, "Leave me alone; I'm 18 years old, and independent," and the next complaining, "You're never around when I need you!" Your student's ups and downs are a sign of the ambivalence of the transitional time. This summer: make a financial plan and discuss expectations with your student. Develop a tentative budget and be clear about who will pay for what. For example, some parents pay for tuition, room/board, books and supplies, while their student is responsible for incidental expenses such as snacks, movies and CD's. Other students are responsible for earning a percentage of their tuition. Teach your student about responsible use of credit and debit cards. Communication: Keeping in touch once they're at college - Ask about courses, rather than focusing on grades. Invite your student to share with you the discovery of new ideas, academic interests and intellectual passions.

## THINGS TO DO IN APRIL

- ❖ Expect Admission Decisions  
Chances are you will be accepted (or put on a waiting list) at some colleges and not others.  
**Congratulate yourself on your acceptances. Way to go!**
- ❖ Decide which college to go to
- ❖ Consider all the pros and cons
- ❖ Get the opinions of your parent(s) and counselor
- ❖ When comparing financial aid offers, look at the kinds of aid offered (for example, loans versus grants) - not just the total amount.
- ❖ Let your counseling or college planning office know of your final decision.
- ❖ Reply to colleges
- ❖ Notify the college you chose of your decision. Send a deposit,

if needed. Watch deadlines. Mark them on this calendar. Most colleges may require deposits by May 1.

- ❖ After making sure everything is in order with the college you choose, write a polite letter to the colleges that you did not choose. Thank them for their offer. Do this promptly so they can offer admission to another student.

## Tips of the month

**\$\$\$\$:** Get into the habit of working with a financial budget. Set a spending limit and savings goal based on your monthly income (allowances, after-tax pay, etc.). Put your savings amount away. Then prioritize how you want to use the rest of your money. That way, you can have what you really want and still save money! Look for a summer job or internship to offset the cost of college.

**Going to the prom?** Have fun and be smart. Remember that alcohol and other drugs can lead you take risks you may regret later. Buckle up and don't let anyone pressure you into doing something you don't want to do.

## THINGS TO DO IN MAY

- ❖ Thank teachers and others who wrote recommendations.  
*Consider giving them a thank-you note or card.*
- ❖ Keep in touch with wait-list schools you would still like to attend.  
*Consider writing a letter to express your enthusiasm for attending. Let the colleges know of significant recent achievements, such as high grades, awards or honors.*
- ❖ Make plans for the summer and beyond. **Forms** regarding housing, roommates, courses, etc., may start arriving from the college you'll be attending. Respond to all of these promptly.

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

## Junior Students:

**March:** If you haven't logged into the Naviance program yet, now is the time to start. Write, telephone, or use the internet to request admissions literature and financial aid information from the colleges on your list. There is no charge and no obligation to obtain general information about admission and financial aid.

**April:** Register for the May/June SAT Reasoning Test and/or the May/June SAT Subject Tests. Register for the June ACT if you want to take that test. Continue to evaluate your list of colleges and universities. Eliminate colleges from the original list that no longer interest you and add others as appropriate. Look into summer jobs or apply for special summer academic or enrichment programs. Colleges love to see students using their knowledge and developing their skills and interests.

**May:** Get a jump start on summer activities-consider enrolling in an academic course at a local college, pursuing a summer school program, applying for an internship, working or volunteering. If you work, save part of your earnings for college. Begin visiting colleges. Phone to set up appointments. Interviews are always a good idea. Many colleges will tell you they are optional, but an interview will show interest, enthusiasm, and initiative on your part and provide an excellent opportunity to have your questions answered. Do a practice interview with your family, employer, or a senior who has had college interviews. Set up interviews as early as possible-interview times become booked quickly! Take the SAT Reasoning Test or the SAT Subject Tests.

**June:** Get on the road to visit colleges. Taking a tour and talking to students can be the greatest help in deciding whether or not a school is right for you. Admission offices employ their students to give tours and answer questions from perspective students and their parents. Take the SAT Reasoning Test, the SAT Subject Tests, and/or the ACT.

## Counseling Center News Continued

**July:** Visit colleges, take tours, have interviews, and ask questions. Make college visiting a family event. Involve your parents and siblings in every step of your application process. Choosing the right college is a tough decision; the opinions of those who know you best can provide helpful insight into which college is best for you.

**August:** If you plan to play Division I or II athletics in college, you will need to visit the NCAA Clearinghouse website, [ncaa.org](http://ncaa.org), to fill out the NCAA Clearinghouse form. You should print three copies, one for your records and two to give to Mrs. Hurl. See Laurie Hurl if you have any questions.

**LET THE COUNSELING OFFICE  
KNOW WHERE YOU PLAN TO  
ATTEND COLLEGE!**

### JUNIOR NEWS THINGS TO DO IN APRIL

- X Register for the May or June SAT Reasoning Test and any SAT Subject Tests ( II's) that are applicable
- X Have your junior take the STAR testing seriously. It is to their advantage to take the voluntary Early Assessment Program Exam. If they are proficient, they may pass the entrance requirements for Math and English at the CSU system and will not have to take the ELM/EPT.
- X Plan your senior year schedule of classes. Try to include as many advance or honors courses as possible
- X Prepare for the May or June SAT Take the exams now. This will give you enough time to retake the exams in the fall if you are not satisfied with your scores
- X This summer visit colleges, continue working in your field of interest, and be sure to leave time for recreation.
- X Start to think about personal statement topics
- X See Mrs. Tolpen for summer job/programs for juniors.

- X Open a savings and checking account and learn how to manage it.
- X Student Athletes - register with NCAA to qualify for athletic scholarships at: [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

### COLLEGE CAMPUS VISIT ADVICE

Juniors should visit during spring and summer months. If you're considering a summer visit, check with the college first. Some campuses are dead in the summer; others have summer program for juniors or summer school. Attend an information session and/or interview, tour campus, visit classes, talk with students and faculty, meet with a coach, and eat on campus. Consider staying overnight in the residence halls. Ask questions and learn as much as you can about the university community. Look up US news online for more information at [www.usnews.com/usnews/edu/college/find/covisits.htm](http://www.usnews.com/usnews/edu/college/find/covisits.htm)

Make good use of the summer. Consider taking a course that you can apply toward college. Explore volunteering, internships and job possibilities. Spend time with your family and friends.

### Sophomore Students:

**April:** Register for June SAT Subject Test. These are one-hour exams testing you on academic subjects that you have already completed. Among the many to choose from are biology, chemistry, foreign languages, and physics. Many colleges require three SAT Subject Tests. Some colleges recommend/require Math Level 1 or Math Level 2. Not all SAT Subject Tests are given on every test date. Check the calendar carefully to determine when the Subject Tests you want are offered. Continue to research career options and consider possible college majors that will help you achieve your career goals.

**June:** Take the SAT Subject Tests that you registered for in April. Consider electing score

choices so you can see your test scores before deciding whether to release the results to colleges. It's a good idea to plan on taking the SAT Subject Tests again in the spring of your junior year or the fall of your senior year. You then have the option of releasing only your best scores to colleges. If you work, save some of your earnings for college.

**July:** During the summer, you may want to sign up for a PSAT/SAT prep course, use computer software, or do the practice tests in books designed to familiarize you with standardized tests.

**August:** Make your summer productive. Continue reading to increase your vocabulary.

### FRESHMEN YEAR COLLEGE PLANNING

- X Start strong and post solid grades
- X Get involved in after-school activities - this is your opportunity to try out a few different options. At least one should be social or community service.
- X Plan your 10th grade schedule - if you have done well in your freshmen classes, consider honors or advanced courses
- X Plan to work, travel, or volunteer over the summer.

## Thank You!!!



On behalf of my students, a big thank you to you all. Above is a picture of my first class of the day turning on their laptops for the first time this morning. They are thrilled! Come by room 864 anytime and let us show you what we can do now.

All the best, Jennifer Roberts ~ English Teacher

## Life Skills Counseling Corner

by Melissa Abalos

The month of February was Teen Dating Violence Prevention Month. What is relationship violence? It is 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 the age of 14 and 17. Seventy percent of pregnant teenage girls are abused by their partners. Talk to your teen about their dating and maybe ask what their friends are doing.

**\*April is Alcohol Awareness Month.** Do you know: Although there has been a significant decline in tobacco and illicit drug use among teens, underage drinking has remained at consistently high levels. It is estimated there are 11 million underage drinkers in the United States. Nearly 7.2 million are considered binge drinkers, typically meaning they drank more than five drinks on (one) occasion; and more than two million are classified as heavy drinkers.

**Do you know: There is a "Social Host Law" in California?** The Social Host Law makes hosts liable and prevents underage drinking parties. Consequences of hosting underage parties where alcohol is served can include being charged with a misdemeanor; fined up to \$1,000; face six months in jail; and pay recovered costs of law enforcement's and emergency services. Underage drinking is illegal and can lead to death, unintentional injuries, vehicle crashes, homicide and suicide.

\*From the Acting Surgeon General Issues National Call to Action in Underage Drinking, News Release, March 6, 2007.

If you have any questions any "life skills" topics, don't hesitate to call me. I'm available Wednesdays through Fridays and my extension is 4209.



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).



**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.**



## National Library Week will be celebrated at PLHS April 14th - 18th!

Our school library is an active learning environment that offers the campus community access to a wide range of print and electronic information resources.

Academic and recreational reading is emphasized daily and in order to expand our collection Mrs. Toyzan, our library teacher, is asking for high school appropriate donations of books and/or videos that your family has enjoyed and would like to share with others. Please have your student bring any items for donation to the library circulation desk during lunch and include your name and address if you would like a receipt for tax purposes. Mrs. Toyzan will be giving each student that brings a donation a raffle ticket for a chance to win a bookstore gift certificate. The drawing will be held at the end of lunch on Friday, April 18th. The more items donated the better your chance of winning!

During Library Week the library teacher is also offering all students "fine amnesty" for any outstanding library late fees! Mrs. Toyzan wants all students reading as much as possible and this is a great opportunity to clear any library (not textbook) fees and check out one of our new titles.

### Dear Friends of PLHS (Business & Community Members)!

Point Loma High School seniors will be presenting their Senior Portfolio and Exhibition to business and community members, parents, faculty and 11th grade students. Approximately 425 seniors will make presentations summarizing their school experience, reviewing their mastery of the ESLR's (Expected School-wide Learning Results) and sharing their plans for the future. Each of the approximately 85 panels will review four or five student portfolios and listen to those students' presentations. Each panel will consist of a teacher acting as host, parents, business and community members and a junior student.

We invite you to share this special day with us as our seniors demonstrate their proficiency in the skills necessary for success after graduation.

### Point Loma High School Senior Exhibitions Thursday, May 29, 2007 ~ 12:30 - 4:00 p.m.

Please consider participating on a panel on May 29. Complete the information below, and return to the school via FAX (619-225-1298 ~ *no cover sheet required*), U.S. mail (PLHS • 2235 Chatsworth Blvd. • San Diego, CA 92106) or email the information to keurich@sandi.net. If you know of anyone else who may be interested in serving on a panel, please feel free to copy this invitation and pass it on.

Name: Mr. Mrs. Ms. \_\_\_\_\_

Check which applies:  Parent  Community  Retired  Partner

Name of Business (if applicable) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ 2nd Phone \_\_\_\_\_

Email \_\_\_\_\_

**Thank you for your support  
of the Class of 2008 and your willingness  
to make a difference for our students.**

## Learn to Recognize Alcohol/Drug Abuse

Building Bridges Together will be providing another interesting and informative presentation for parents and teachers.

*We highly recommend you attend!*

**Point Loma High School**

**May 7, 2008 ~ PAC**

**6:30 pm to 8:30 pm**

**RSVP: 619-223-3121 ext. 4209**

Learn to recognize the signs of drug use as well as the physical effects, packaging and slang terms of the latest drugs.

### BUILDING BRIDGES

#### Information & Referral Line

*We have live, bi-lingual specialists who provide support, while lending a compassionate ear to every caller.*

**619-477-0242**

[www.buildingbridges2gether.org/](http://www.buildingbridges2gether.org/)

### 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.*

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