

# Parent Pointer



Parent-Teacher-Student Association Newsletter

October, 2008 - Volume 49, Issue 1

## A MESSAGE FROM OUR PRINCIPAL



**Whatever It Takes!** Wherever you go on campus, that's what you will see and hear. We are blessed with a dedicated staff helping all students connect to high school and achieve at high levels. Meeting that challenge is an incredible group of young men and women who we are proud to serve. Working together, Point Loma High School not only met but exceeded all targets on the Academic Performance Index (API). **Go Pointers!**

Point Loma's staff has designed programs and course work to meet kids where they are and find avenues for them to connect to school and be prepared for college and career options. This summer we began the LINK Crew program sponsored by The Hervey Family Fund at the San Diego Foundation and the Point Loma High School Foundation and Alumni Association. The LINK Crew connects seniors and juniors with freshmen to make the transition to high school a smooth and supportive one all year long.

New course offerings at PLHS include Sports Medicine, Multimedia and Video Production, and Mandarin Chinese. We also boast a large selection of Advanced Placement courses along with support classes to help all students achieve at high levels.

New to our staff this year is a graduation coach dedicated to helping students in need of credit recovery through on-line courses from APEX Learning. This is the first step in our district's efforts to provide on-line learning as an option for all students.

On behalf of all the staff, I thank you for your support in helping us prepare all of our students to be successful, responsible, healthy, and involved citizens who can effectively communicate and make a difference in the future. I am privileged to be working with you.

*Bobbie Samilson, Principal*

### Inside this issue:

Page 2

*Welcome Back*

Page 3

*PLHS PTSA Membership  
2008-2009*

Page 4

*Counseling Center News*

Page 7

*Social Host Law  
Parent Pledge*

Page 8

*Kick-Off 2008*

Page 9

*Class News  
Welcome Class of 2012*

Page 13

*Fall 2008-09 School Planner*

Page 14

*Class Sales*

Page 17

*Join the PTSA*

### Point Loma High School PTSA

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The Parent Pointer newsletter is  
published five times annually

Leslie Rose - PTSA President  
Bobbie Samilson - Principal  
Sandy Silverman - Editor



# WELCOME BACK

*Leslie Rose, PTSA President*

It's hard to believe that summer has raced by and we're at the beginning of another school year. On behalf of the PLHS Parent Teacher Student Association (PTSA), I'd like to welcome you back for the 2008-2009 school year. The PLHS community is a dynamic one, and our PTSA sponsors many events and activities throughout the year. Our goal is to support and enhance the already excellent educational experience created by our teachers and administration. With this in mind, I'm asking for your support in ensuring the success of the PTSA's efforts in enriching your student's school year.

The first and most important thing you can do to help is to **JOIN!** We encourage all parents, guardians, other family members, staff, teachers and students to join our PTSA. We have a variety of membership levels that will fit all of you ... *and you can join on-line!* We are funded by only a few activities - Membership, Banner Solicitation (which hang on the fence at home football games) and sales from the snack shack at Kick-Off. Banner solicitation was down this year, and the Kick-Off has passed, so we need Membership to fill in the gaps. The money we raise goes directly back to curriculum enrichment through our Gifts and Grant committee. So, again, please join us — we need your support!

The second request I have is this: please consider volunteering at some level, large or small. ALL participation is truly welcome. The board and the committee chairs are very sensitive to the busy pace of family life, and we make every attempt to tailor our volunteer opportunities accordingly. We'll work to find an appropriate fit for you. If you are unsure which of the volunteer positions you would like to assist with, please provide your contact information on the PTSA Membership form and we'll be happy to call you to discuss volunteer opportunities that are available, answer your questions and provide position descriptions.

Finally, come to the PTSA meetings — we would love to hear from you. We meet the second Monday of each month. The dates/times of meetings, agendas and minutes are posted on the PLHS website under the PTSA link. There you can also find the various activities we sponsor, the PTSA roster and useful forms.

I look forward to meeting many of you and your families this year. If there is anyway I can assist you, or if you'd like to talk about participating in the PTSA, please email me, Leslie Rose, at [lroseadi@aim.com](mailto:lroseadi@aim.com).

***PTSA is a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for the education and well-being of every child.***

## The Point Loma High School Foundation and Alumni Association

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

- PLHS Campus:** Attendance Office and Media Center
- San Diego County Credit Union:** 1004 Rosecrans Street
- San Diego National Bank:** 1075 Rosecrans Street
- Ocean Beach Main Street Office:** 1868 Bacon Street
- Jungle Java:** 5047 Newport Avenue
- Bone Appetite:** 4845 Newport Avenue



*Proceeds will fund PLHSFAA's new **GREEN** Scholarships for graduating Seniors!*

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





## PLHS-PTSA MEMBERSHIP 2008-2009

### “Your Involvement makes a difference!”

Many of you have heard these words before. These five words are important now more than ever! By joining the PTSA, your contribution will give support to the many sponsored activities and school wide enrichment programs that the PTSA can offer to the students at Point Loma High School.

What does the PTSA fund at Point Loma High? Technology, The Kick-Off Dinner & Dance, Guest Speakers, College Night, Student Awards Assemblies, Grants to Teachers, Honorary Service Awards, Teacher Appreciation Week, School Planners and Classroom Enrichment!

Your membership and contribution will make a difference — **JOIN TODAY!**

A Membership form can be found on the last page of this newsletter. You can mail in your donation or sign up on-line through the Point Loma High website. Go to the PTSA link and scroll down to “contribute.”

**The Point Loma High School PTSA would like to thank the following parents, students, teachers and staff who have already joined the PTSA this year:**

Adriany, Andrea	Cramer, Ted	Gage, Christine	Lewis, Brad
Ballatine, James	Crudo, Gina	Ganem, Chris	Lorhan, Lisa
Barandiaran, Evelyn	Cruz, Yvonne	Ganem, Margie	Lorhan, Paul
Barandiaran, Ashley	Cunningham, Tom	Ganem, Ryan	Louie, Cheryl
Bartlett, Diana	Curran, Kristin	Gardham, Jenny	Love, Vivian
Bartlett, William	Curran, Michael	Gavender, Lisa	Lutz, Curtis
Baugh, Bill	Cusato, Elisa	Gonzalez, Rebecca	Lutz, Forrest
Baugh, Grace	Davie, Wanda	Gorman, Cristina	Lutz, Heather
Beltran, Yolanda	Davis, Elizabeth	Gormly, Kevin	Luz, Eva
Bence, Katie	Deitz, Georgia	Gramm, Donna	Maas, Sylvia
Bence, Malia	DeLong, Keith	Haas, Barbara	Macky, Brian
Benz, Brian	DeVito, Lucy	Haas, Laurel	Magers, Gretchen
Bernet, Hubert	Dobbs, Thomas	Hafner, Ros	McClelland, Kyra
Bernet, Reece	Doering, Daria	Hale, Bill	McElhaney, Pat
Berridge, Carol	Doft, Jane	Hall, Jennifer	McInerney, Robert
Berridge, Dave	Doft, Peter	Hall, Steve	McInerney, Stephanie
Berry, Rachel	Dolphin, Alexandra	Hanan, Patricia	McIntosh, Lynda
Bohlman, Cathy	Dolphin, Michael	Hanan, Patti	McMahan, Susan
Bowles, Bill	Dolphin, Michael Sr.	Hastings, Mike	Mendez, Cathy
Bowman, Raskha	Duffy, Lorraine	Hedges, Cynthia	Mitchell, Jerry
Bowman, Steve	Dugdale, Leah	Hirsch, Ann	Mitchell, Kerry
Bowman, William	Edging, Cathy	Hirsch, Stuart	Morgan, Cathy
Bralla, Debra	Ellington, Brett	Holcomb, Gina	Morris, Dylan
Brannen, Christine	Ellington, Leah	Huber, Tina	Morris, Eve
Brannen, James	Ellington, Rick	Iancono, Debra	Morrow, M.E
Bubel, Steve	Elmore, David	Irvine, Joan	Moss, Ron
Calleros, Cindy	Eurich, Kimberly	Johnson, Ernest	Mow, Cathy
Calloway, Kim	Evans, Katie	Kantak, Neeta	Murphy, Jennifer
Carnpa, Adalberto	Evans, Laura	Kissin, Jody	Murphy, John
Cibit, Cathy	Ferreira, Angela	Klein, Julianne	Newton, Kevin
Cintas, Connie	Fink, James	Kwayana, Tchaiko	Newton, Myra
Colahan, Maureen	Fink, Kim	Lamb, Barbara	Novarina, Jeanette
Collins, Shannon	Fink, Mari	LaMont, Karen	Noyer, Heidi
Cooper, Lisa	Fink, Mike	Larsen, Kellie	O'Brien, Colleen
Corden, Kay	Fish, Carol	Laube, Lisa	O'Brien, Jayne
Correa-Fowler, Karen	Flores, Beatrice	Law, Ian	O'Brien, Jennifer
Coyne, Beth	Fowler, David	Lees, Bill	O'Brien, Maureen
Cramer, Axel	Friedman-Barone, Joseph	Leslie, Eric	O'Brien, Patrick
Cramer, Julie	Friedman-Barone, Ronnie	Leslie, Pat	Osorio, Eli

(Continued on page 14)



# COUNSELING CENTER NEWS

The counseling office would like to extend a special thank you to the parent volunteers and staff for their countless hours of dedication and for working MAD Days. Thanks to their help we're off to a great start!

As you may know, Sarah Weiss (Sheehy), last year's counselor Sanchez, G.- Z, had a beautiful baby girl last March. The Sheehy family has left the San Diego area due to Mr. Sheehy's new military post. Ms. Jamie Feingold, Ms. Weiss' replacement, has re-located to the Boston area. After 39 years of dedicated service to the San Diego Unified School District, Mr. Bill Henry, Counselor Ell-Jackson, has retired and settled in Philadelphia. We wish them all the best!

New to our counseling staff is Ms. Jody Kissin, who replaces Sarah Weiss. She comes to Point Loma High with over 20 years of counseling experience. We welcome parents and students to stop by and give Jody a Pointer welcome! We have yet to fill Mr. Henry's position, but we are fortunate to have Ms. Pat Shaler, a retired SDUSD counselor to fill in. Thanks Pat!

Teresa Bellini, PLHS counselor, has made the decision to be referred to by her married name, Mrs. Priest. Don't be fooled — same great counselor, just a different name!

Returning students may have come home stating they have a new counselor this year. With the plan of improving service to all students, we have designated three counselors to grades 9 and 10, and three counselors to grades 11 and 12. The 2008-09 counselor assignment is as follows:

### **Grades 9 & 10**

A-Gi	Mrs. Gini Holcomb	Ext. 1130	<a href="mailto:gholcomb@sandi.net">gholcomb@sandi.net</a>
GI-Ortega	Mrs. Teresa Priest	Ext. 1130	<a href="mailto:tbellini@sandi.net">tbellini@sandi.net</a>
Ortiz-Z	Ms. Jody Kissin	Ext. 1130	<a href="mailto:jkissin@sandi.net">jkissin@sandi.net</a>

### **Grades 11 & 12**

A-Ho	Mrs. Brooke Valot	Ext. 1129	<a href="mailto:bvalot@sandi.net">bvalot@sandi.net</a>
Hu-Se	TBA	Ext. 1129	
Sh-Z	Mrs. Laurie Hurl	Ext. 1129	<a href="mailto:lhurl@sandi.net">lhurl@sandi.net</a>

Nancy Donley, Life Skills Counselor, has replaced Melisa Abalos. Ms. Donley's office is located in Room 201B; her extension is 4209; email: ndonley@sandi.net. At this time Ms. Donley does not have a set PLHS schedule. If you cannot contact her directly, please either leave a voicemail or email message. Welcome Nancy!

Laurie Hurl, Head Counselor, will be attending the National Association for College Admission Counselors (NACAC) Conference in October, thanks to the generosity of the PTSA. Counselors will also attend the College

Board Conference, California Independent College Conference, UC Conference, and individual college presentations.

## **WELCOME FRESHMAN PARENTS**

Mrs. Holcomb, Mrs. Priest, and Ms. Kissin would like you to be aware of the following:

We have many systems of interventions in place to support your student's success this year at Point Loma High School.

- Link Crew – 9<sup>th</sup> grade mentor program
- After School Tutoring
- 9<sup>th</sup> Grade Parent Workshop and Open House
  - October 2
  - 5:30 p.m.
- Shadow Your Student Day
- Presentation on Graduation Requirements and College/Career Exploration
- Ongoing individual conferences to monitor progress.

Remember parents: contact your student's teachers or counselor if you have any questions or concerns.

### **Mark Your Calendars**

### **COLLEGE NIGHT**

**October 23, 2008, 6:00-7:00 p.m**

**Guest Speaker Don Betterton**

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

**Meet with reps from colleges  
Throughout the United States!**

Should my student apply to a state university? A private college? A community college? A trade school? A military academy? Parents, guardians, and students will be able to answer some of these questions when they attend the annual PLHS College Night. We are pleased to announce that in addition to college reps from all across the United States, Chase has sponsored Don Betterton, a **nationally recognized financial aid expert**, to speak on the topic "*Why is it so hard for good students to get into desired schools?*" Mr. Betterton has more than 30 years of experience helping students and families find the funds they need for college. He previously served as the Director of Financial Aid at **Princeton University**. Don't miss this opportunity!





(Continued from page 4)

## NAVIANCE

**What is it?** Naviance is a web-based resource that supports course, career, and college planning. Specific to PLHS, it offers a link to the Counseling Office. **What can it do?** Share plans, complete surveys, compare colleges, show schedule of college visits. It allows the Counseling staff to share information with students and families via group email messages. Naviance offers a link to third party resources (i.e. College Board, Financial Aid, College Athletics, college searches, scholarships, etc.). **How do you register?** New students and parents to PLHS will be receiving their passwords soon! The codes were random and alphanumeric for security reasons and can only be used once. The Naviance Family Connection website is [www.connections.naviance.com/pointloma](http://www.connections.naviance.com/pointloma). Students and families can also enter Naviance through the quick link at the bottom of our school's website, [www.pointlomahigh.com](http://www.pointlomahigh.com).

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



## LET'S GET ORGANIZED!

Students can get organized with little effort. Keeping things together gives them more time to focus on homework, family life, and hobbies. Share these methods with your teen:

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

## SENIORS

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

No student can receive a diploma, participate in senior activities or graduation, until all requirements have been met. There are no exceptions. Make sure you are communicating with your teachers on a daily basis about

(Continued on page 6)



(Continued from page 5)

what you are expected to complete in order to pass each of your classes. Do not let there be any unexpected surprises. Attend class every day on time, and fully participate.

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

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



## SOPHOMORES & JUNIORS College Testing

### PSAT/NMSQT

**Wednesday, October 15th**

**Cost of Test for Juniors is \$20.00, SDUSD will cover the cost for all Sophomores**

The Preliminary Scholastic Assessment Test (PSAT) will be administered during school on Wednesday, October 15 at Point Loma High School. The PSAT is a great practice tool for the SAT exams. Students who wish to qualify for scholarships sponsored by the National Merit Corporation must take the PSAT in their junior year. Although this exam is voluntary, we strongly recommend that all Juniors take the PSAT Exam. **DEADLINE TO SIGN UP WAS FRIDAY, SEPTEMBER 19th in the Finance Office.** Juniors that pre-paid during Mad Days have registered to take the exam.

### PSAT TIPS

**Take the full-length practice test in the PSAT/NMSQT Student Guide** – this booklet will be given out in English classes soon – watch out for them! Get comfortable with the test format, directions, and timing. Learn how to fill out the answer sheet. Practice with **sample questions** from past tests at [www.collegeboard.com](http://www.collegeboard.com). You can get additional practice by visiting the SAT Learning Center for **skill building**

**tutorials.** The PSAT and SAT contain the exact same math and verbal question types, so practicing SAT questions can also help you get ready for the math and verbal portions of the PSAT/NMSQT.

### COLLEGE ENTRANCE TESTS

Seniors who will be applying to college this fall should complete their **SAT Reasoning, SAT Subject, or ACT** college entrance exams before the end of 2008 (San Diego State, Chico, and Cal Poly want tests completed by October). College Board and ACT prefer registration to be done on-line. You can find the SAT website at [www.collegeboard.com](http://www.collegeboard.com) and the ACT website at [www.act.org](http://www.act.org) for registration and test prep information. The College Board has strict requirements for students with documented learning disabilities who need special consideration. Students who need testing accommodations must meet the eligibility criteria explained in SAT's *Services for Students with Disabilities: Information for Students and Educators*. Parents should contact their student's counselor as soon as possible in order to make arrangements.

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

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

Should I take one test or both? Most college-bound students know that a necessary component of an admission application is a college admission test score. Most colleges and universities will not process an application without one. The two national tests are the ACT (American College Test) and the SAT (Scholastic Assessment Test), and almost all 4-year colleges and universities in the nation accept either ACT or SAT scores equally.

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

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

(Continued on page 10)



# 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 six months in jail, and pay recovered costs of law enforcement and emergency services. A couple of additional points shared by people that work with recovering teenage alcoholics 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. Parents are encouraged 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. Our list will grow in every *Parent Pointer*. Email us your pledge at [pointlomapointer@gmail.com](mailto:pointlomapointer@gmail.com) or fill out the pledge form below and return 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: \_\_\_\_\_

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

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 attach to an email to [pointlomapointer@gmail.com](mailto:pointlomapointer@gmail.com).

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

## SUPPORT PLHS

### THRU e-SCRIP

**The e-Scrip fundraising program helps the PLHS Foundation & Alumni Association raise funds for classrooms, sports facilities, scholarships and more – an easy way for you to help us help our Pointers!**

**[www.plhsfaa.org/escrip.html](http://www.plhsfaa.org/escrip.html)**

**Register by November 30 to participate in a drawing for an iPod Shuffle!**

*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 CONTACT KRIS SPATHAS  
at [kspathas@gmail.com](mailto:kspathas@gmail.com)  
to get frequent e-blasts  
containing school information  
and volunteer opportunities**



# KICK-OFF 2008



*Maureen McGrath, Chairman*

Kick-Off was a great success on Saturday, September 6. All three football teams were victorious over Monte Vista. Following the games Phil's Barbeque catered a delicious dinner with dessert provided by Oggi's Pizza.

The success of this event is dependent on the hard work of many volunteers and assistance from the local business community. Thank you to all of you who volunteered your time and talents. All the money raised from Kick-Off is used to fund PTSA gifts and grants throughout the school year.

Special thanks to the following corporate sponsors:

- Cabrillo Pet Hospital-Gary Rose
- Caldwell Banker-Point Loma
- Embassy Dry Cleaners
- H & M Landing
- Kobey's Swap Meet
- The Lenders Group-Narda Stroesser
- McKay Roofing
- McLaughlin & Upatham DDS
- Nati's Mexican Restaurant
- Oggi's Pizza
- Point Loma Board Room
- Point Loma Credit Union
- Point Loma Kiwanis
- Point Loma Lion's Club
- Point Loma Postal Plus
- Princeton Review
- San Diego County Credit Union
- Sentre Partners-Matt Spathas
- US Freestyle Martial Arts
- Willis Allen Real Estate-Beth Zedaker
- Zed Electric

A big thank you to the following local businesses for their donations of drinks and other useful items.

- Prudential California Realty - arlette Smith
- Will Andrews D.D.S.
- Instant Imprints
- Stumps Marketplace
- Henry's-North Park
- Albertsons-Mission Hills
- Vons-Mission Hills
- Vons-Midway
- Ralph's-Sports Arena
- Appletree Market
- Pepsi Bottling Group of San Diego.

Finally, the day could not have been a success without the time of the many parents who helped out:

- |                      |                          |
|----------------------|--------------------------|
| Erin Alcantara       | Curt Lutz                |
| Adelia Al-Timimi     | Heather Lutz             |
| Diana Bartlett       | Kelly Madruga            |
| Susan Blair          | Mijan Martinez           |
| Connie Cintas        | Connie Mata              |
| Elysia Cooke         | Maureen McGrath          |
| Beth Coyne           | Dan Parks                |
| Elisa Cusato         | Gretchen Peacock         |
| Steve Cusato         | Lorraine Peck            |
| Linda Davies         | Gretchen Pelletier       |
| Lucy Devito          | Pete Pelletier           |
| Leah Dugdale         | Liz Pendarvis            |
| Cathy Edging         | Michael Pendarvis        |
| Jennifer Hall        | Linda Pendleton          |
| Teresa Harvey        | Chris Pickering          |
| Deby Heramb          | Leslie Rose              |
| Anne Hewitt-Garrison | Stacey Saunar            |
| Angela Gilmore       | Liz Stewart              |
| Miles Gilmore        | Ann Tamura               |
| Cindy Hoppe          | Lorna Thiel              |
| Holly Kirkpatrick    | Darlene Truver           |
| Robin LaDow          | Bob Vacchi               |
| Lisa Laube           | Lauren Vacchi            |
|                      | The ASB Class of 2008-09 |



And of course, thank you to the staff and administration of Point Loma High School for making this possible. Special thanks to the football teams, the coaching staff, the junior varsity and varsity cheerleaders and their coaches and the band and their director. Great job everyone!!!





# CLASS NEWS

## Class of 2009

*Linda Pendleton, Class Sponsor*

The class of '09 has arrived! Our time has finally come, which means beginning to plan for both the Prom and for Grad Nite activities. You may have noticed the green flyer amidst the registration papers sent home in August from the class of '09 asking for your help by requesting donations for our upcoming Prom in May. Any contributions for the Prom can be mailed or given to the school finance office. All donations should be placed in an envelope labeled "Class of 2009 Senior Prom donation." Please make checks payable to PLHS Class of 2009. The senior class earned approximately \$230 at the recent Kick-Off triple header football game through sales of our license plate holders, magnets, beanies, hats, beaded earrings, key chain holders and bookmarks. Profits from our senior class merchandise goes towards funding Grad Nite activities. Any parents interested in helping plan and organize our upcoming Grad Nite activities as well as future fundraisers can contact senior class parent sponsor Linda Pendleton at 619 341-3034 or by email at [lpendleton1@sandi.net](mailto:lpendleton1@sandi.net). Be on the lookout for the final PTSA solicitation letter to '09 parents asking for assistance in funding Grad Nite activities soon!!



## Class of 2011

*Lucy DeVito, Class Sponsor*

Our sophomore year at Point Loma High School means a second year of raising money for senior activities in 2011. Over the next 3 years our final goal is \$25,000- \$30,000. It is still a long way off but our class needs to keep that positive energy going. Our goal this year is to raise over \$5000. We did it last year, we can do it again!

Be on the lookout for the delivery of our class solicitation letter coming to your mailbox in October. Inside you will have the opportunity to donate specifically to the Class of 2011, and/or become a sponsor on our class banner. If anyone is interested in becoming a Class of 2011 sponsor and joining Caseman, Inc. (our sponsor through 2011), please contact [ldevito@pacbell.net](mailto:ldevito@pacbell.net).

Thank you to all the volunteers who have signed up to help sell our class items at the PLHS football games. We couldn't do it without you!

If you would like to get information regarding our class, or you have any suggestions regarding fundraisers for this year, please e-mail me at [ldevito@pacbell.net](mailto:ldevito@pacbell.net).

## Class of 2010

*Maureen McGrath, Class Sponsor*



The class of 2010 has PLHS clothing for sale. Here's what we have: PLHS sweatshirts; PLHS sweatpants; PLHS shorts; assorted t-shirts; "Lil pointer" children's sweatshirts and t-shirts; and spirit poms.

The sweatpants are new this year, so check us out at the next football game. We will be at several of the freshman and JV games as well as the varsity home games.

## Welcome Class of 2012

*Susan Blair, Co-Class Sponsor*

For all the incoming freshmen parents and students at Point Loma High School, I would like to take this opportunity to explain what our fundraising goals are and the purpose for raising money. Our goal is to raise \$30,000 over the next 4 years. All the money raised will help offset the cost for the class of 2012 senior activities. These activities include a night at Disneyland and a Grad Nite Party at a "safe and supervised" venue.

We have already started our fundraising efforts this year at Kick-Off selling **FUN CARDS** and Seat Cushions. If you haven't purchased a **FUN CARD** and would like to, please contact Jean Peugh at [jeansboys@cox.net](mailto:jeansboys@cox.net) or Susan Blair at [susan.blair1@cox.net](mailto:susan.blair1@cox.net). Our first drawing will be held Sept. 30th. (See Class Sales List for more details.)

One of the ways we would like to get the freshmen students involved with fundraising is to offer each student the opportunity to earn 5 hours of volunteer time each year by selling merchandise.

If your student earns 20 hours of volunteer time by their senior year, they will receive 50% off their ticket to Disneyland. Students' first opportunity to earn their 5 hours for this year is by selling **FUN CARDS**.

Our class is also being sponsored by Flowers of Point Loma. By purchasing your floral needs at Flowers of Point Loma 10% of the florist's proceeds will be donated back to our class!

This year to help raise money we will also be sending out a Direct Solicitation Letter, and we are planning a Freshmen Parent Mixer for sometime in late October.

We wish everyone a great freshman year at Point Loma High School. If you are interested in helping in any way, please contact Jean Peugh, 2012 Co-Class Sponsor, [jeansboys@cox.net](mailto:jeansboys@cox.net), Susan Blair, 2012 Co-Class Sponsor, [susan.blair1@cox.net](mailto:susan.blair1@cox.net), or Anne Herrin, Volunteer Coordinator, [travelbag01@cox.net](mailto:travelbag01@cox.net).



## TEST DATES 2008-2009

### SAT TEST DATES

### REGISTRATION DEADLINE

### DEADLINE WITH LATE FEE

October 4, 2008 .....	SAT & Subject Tests .....	September 9, 2008 .....	September 16, 2008
November 1, 2008 ...	SAT & Subject Tests .....	September 26, 2008 .....	October 10, 2008
December 6, 2008 ...	SAT & Subject Tests .....	November 5, 2008 .....	November 18, 2008
January 24, 2009 .....	SAT & Subject Tests .....	December 26, 2008 .....	January 6, 2009
March 14, 2009 .....	SAT Test only .....	February 10, 2009 .....	February 24, 2009
May 2, 2009 .....	SAT & Subject Tests .....	March 31, 2009 .....	April 9, 2009
June 6, 2009 .....	SAT & Subject Tests .....	May 5, 2009 .....	May 15, 2009

**FEES:** SAT (Reasoning Test): \$45.00 SAT Subject Tests: Basic Registration Fee: \$20.00; Language Test with Listening: \$20.00 additional fee; All other Subject Tests: \$9.00; **Late Registration Fee: \$23.00**

### ACT TEST DATES

### REGISTRATION DEADLINE

### DEADLINE WITH LATE FEE

October 25, 2008 .....	September 19, 2008 .....	September 20-October 3, 2008
December 13, 2008 .....	November 7, 2008 .....	November 8-20, 2008
February 7, 2009 .....	January 6, 2009 .....	January 7-16, 2009
April 4, 2009 .....	February 27, 2009 .....	February 28-March 13, 2009
June 13, 2009 .....	May 8, 2009 .....	May 9-22, 2009

**FEES:** ACT (No Writing): \$31.00, ACT (Plus Writing): \$46.00, **LATE FEE: \$20.00**

(Continued from page 6)

## COLLEGE INFORMATION

### HOW TO PREPARE FOR THE SAT

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

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

### FINANCIAL AID FORMS

Financial aid forms necessary for Cal Grants, other federal programs, and college-sponsored aid, will be available on **January 13, 2009**, at the Financial Aid Workshop, from 6:30-8:30 p.m. in the PAC and the Library for Spanish speaking families. The basic form, called the FAFSA (Free Application for Federal Student Aid) requires the applicant to fill in basic family income tax information for 2008. A separate form called the CSS/PROFILE helps colleges and universities award private, non-federal student aid funds. The profile is not needed for students applying to UC or CSU colleges. The CSS/Profile (only needed for selected private colleges) is available now and the FAFSA will be available in December or January.

**COLLEGE VISITS:** Many colleges and universities throughout the United States send their representatives to PLHS each year beginning in October. These visits will be advertised in the bulletin as well as on Naviance. College visits are held on Mondays, Wednesdays, and Fridays, during Periods 4, 5, and 6. Students should sign up in the Counseling Office prior to the day of the visit if they wish to attend.

(Continued on page 11)



COLLEGE	DATE	PERIOD	ROOM
Academy of Art, San Francisco, CA	Wednesday, October 1	6	857
Pace University, New York, New York	Friday, October 10	5	857
University of California at Santa Cruz	Wednesday, October 15	4	857
Whitworth University, Spokane, WA (Small Christian university)	Friday, October 17	5	857
Marymount College, Rancho Palos Verdes	Wednesday, October 22	5	857
Whittier College, Whittier, CA	Friday, October 24	4	857
Cal State Dominguez Hills, Carson, CA	Wednesday, October 29	5	857
Simmons College, Boston, MA (All-women's college)	Friday, October 31	4	857

(Continued from page 10)

## COLLEGE VISITATION

### EVENINGS AND PREVIEW DAYS

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

**October 11:** 8:30 a.m. — 2:00 p.m. — **CAL STATE EAST BAY** @ Hayward, CA, register at [www.csueastbay.edu/previewday](http://www.csueastbay.edu/previewday) or call 510-885-2556

**October 11 & 25,** 10:00 a.m.—1:00 p.m., & **November 8,** 12:00—3:00 p.m., **SDSU AT A GLANCE TOUR**

**October 19,** 4:00 p.m., **DISCOVER DUKE**, San Diego Marriott Mission Valley, 8757 Rio San Diego Drive, RSVP: [www.admissions.duke.edu](http://www.admissions.duke.edu).

**October 25, CHICO STATE PREVIEW DAY** @ Chico State. More info: [www.csuchico.edu/admissions](http://www.csuchico.edu/admissions).

## COLLEGE ATHLETICS

### NCAA ELIGIBILITY

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

### COUNSELOR PRESENTATIONS

Counselors will be making presentations and meeting individually with seniors on graduation and college information in the month of October. (California State Universities accept applications beginning October 1; UC schools beginning November 1. Deadline for both is November 30; **No exceptions will be made.**) Tenth and eleventh parent presentations will take place during the month of February.

### GRADE REPORTS

This year progress reports will be sent home with students; an additional copy will be mailed home if a student receives the grade of "D" or "F." Progress report distribution dates are (approximately):

October 24, December 12, March 20, and May 8. Semester grades will be mailed by the Education Center in February and June.

### CSF

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

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

Sign-ups for CSF membership are conducted using grades from the previous semester. Therefore, registration for Spring 2007 was held the week of September 15-24. Students must fill out an application, bring their previous semester report card and have \$5.00 for membership dues. Please see Ms. McIntosh in Room 853 with any questions.

(Continued on page 12)



(Continued from page 11)

### WORK PERMITS

Working minors and their employers are reminded of the state law requiring work permits for youth **under 18 years of age**. The minor is responsible for obtaining the permit and the employer is required to terminate the employment of any minor who does not have an active permit or has not made an application for a permit. All work permits must be renewed at the beginning of each school year. **All work permits EXPIRED on September 9, 2008.** Students are to see Kim Eurich, Employer Outreach Specialist, in Room 303 before school, during lunch, or after school to pick up a new application. Whenever a student changes jobs they will need to make a NEW application for a new work permit. **STUDENTS ARE NOT TO ASK TEACHERS TO LEAVE CLASS TO OBTAIN A PERMIT.**

### Criteria for Work Permits

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

**9<sup>th</sup> Grade:** No work permits will be issued (except for on-campus jobs). Special circumstances will be considered. See your counselor.

### COLLEGE RECOMMENDATION LETTERS

Seniors should fill in the Senior Activity Sheet (Senior Profile) and provide a copy to the person writing the recommendation. **Recommendations which have a January, 2009 due date MUST be requested by Friday, November 20, 2008 (before the Thanksgiving Holiday vacation.)** *Remember: The Counselors, Teachers, and Registrar do not work during the Winter Break (December 22, 2008 through January 2, 2009).* If a student misses the November 20<sup>th</sup> deadline, the recommendation or transcript may not be mailed before the Winter Break. **IT IS UP TO THE STUDENT TO MEET THIS DEADLINE!**

### SCHOLARSHIP OPPORTUNITIES

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

Some of the upcoming scholarship/leadership opportunities that will be offered this year for students in grades 9 through 12 include: October – **The Links, Inc**, for African American male seniors; **Hugh O'Brian Youth Program**

**(HOBY)** for sophomores; **Inroads** – for minority seniors interested in business or engineering; January – **Bank of America Awards**, seniors selected by a Scholarship Board; March – **Rotary Youth Leadership Camp, Camp Enterprise, and Pepperdine Summer Seminar** for juniors; March – **Aaron Price Fellows Program** for freshman.

### DOLLARS FOR SCHOLARS WALK FOR EDUCATION



Saturday, October 25, 2008 will mark the fifth year the Ocean Beach Dollars For Scholars has joined the Walk for Education in San Diego. As parents and guardians of a high school student, you are well aware of the continual rise in college tuition costs. The Ocean Beach Dollars For Scholars chapter exists to help students through private scholarships. All proceeds raised go directly to scholarships for PLHS students. We encourage you to join in the celebration by offering support! Please make your tax-deductible checks to Ocean Beach Dollars For Scholars, 5054 Narragansett Ave., San Diego, CA, 92107. For more information, call 619 226-4133.

### PREPARING FOR COLLEGE IF YOU'RE A FAMILY FIRST

If you're the first in your family to go to college, you don't have to do it alone. ACT has information that can help you and your parents figure out how best to prepare for college and a career.

(Continued on page 13)





(Continued from page 12)

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

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

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

**FALL 2008/2009  
HIGH SCHOOL PLANNER**

**FRESHMEN/SOPHOMORES**

Join clubs and activities. Take the lead when possible. Keep in contact with teachers, counselors, and activity advisors who you connect with. They can write recommendations and serve as mentors later. Talk about saving for college with your parents/family. Search for scholarships and colleges on [www.fastweb.com](http://www.fastweb.com). Volunteer — it's great experience!

**SOPHOMORES**

Take the **PSAT on Wednesday, October 15, 2008**. Begin to think about a future college choice. Remember that you have time to explore what you want in college before you commit.

**JUNIORS**

Take the PSAT. Use **Naviance** to explore financial aid options and college planning. Take the most challenging courses you can. Admissions offices look for

challenging coursework. Research prospective colleges using FastWeb's College Search. Find and contact a matching college at [www.fastweb.com](http://www.fastweb.com). Use your FastWeb results to visit prospective colleges' websites. Attend **PLHS' College Night on October 23** and speak with campus representatives. In the spring sign up for college entrance exams – the SAT and/or ACT. Find test prep information through CollegeBoard, ACT and [www.fastweb.com](http://www.fastweb.com). Go to

(Continued on page 15)



**FUNDRAISER SUPPORTING  
PLHS CLASS OF 2012**

*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 2012's senior year activities!*

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

**Boutonnieresères ~ Corsages**

Your choice of flowers: Roses, Orchids, Gardenias, so many more  
Your choice of ribbons: Many 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: \_\_\_\_\_

Amount Donated to PLHS 2012: \_\_\_\_\_

*Thank you to Flowers of Point Loma for your support!*



# CLASS SALES

## 2009 Senior Class:

- License plate frames: ..... \$20
- Lanyards: ..... \$10
- Billed and unbilled knit beanies: ..... \$20 or \$15
- Photo key chains: ..... \$5
- PLHS pencils (2): ..... \$1
- PLHS imprinted Write 'N Light laser pens: ... \$3
- Pennants: ..... \$10
- Pointer magnets: .....each \$3  
.....or 2 for \$5
- Woven bracelets: ..... \$10
- PLHS buttons: ..... \$1

Contact: Linda Pendleton: 858-277-4486  
lpendleton1@sandi.net

## 2010 Junior Class:

- Hooded sweatshirts: ..... \$30
- Polo t-shirts: ..... \$20
- Girls' tank tops: ..... \$15
- Sweatpants: ..... \$20
- Shorts: ..... \$15
- PL Visors: ..... \$18
- Children's "L'il Pointer" t-shirts: ..... \$15
- Megaphones: ..... \$3
- Booster Poms: .....each \$3  
.....or 2 for \$5
- Magazines: [www.1293443.fundraizine.com](http://www.1293443.fundraizine.com)

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

## 2011 Sophomore Class:

- 6 pack PLHS Cooler Bag: ..... \$20
- PLHS Drawstring Backpack: ..... \$14
- PL Pointer Window Decal: ..... \$5
- PLHS Baseball Hats: ..... \$18

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

(Continued from page 3)

## PTSA MEMBERS CONTINUED

- Palmiotto, Anthony
- Ponder, Wendy
- Peterson, Alan
- Pickering, Adriana
- Pickering, Chris
- Pierson, Melanie
- Posternack, Jon
- Powell, Ann
- Rapp, Barbara
- Rapp, Michael
- Rehberge, Lisa
- Reynolds, Jake
- Rice, Jerry
- Richards, Glenn
- Roberts, Jennifer
- Rodriguez, Carlo
- Rodriguez, Maria
- Rose, Gary
- Rose, Graydon
- Rose, Leslie
- Rose, Melissa
- Rossi, Cheri
- Rowland, Evan
- Rowland, Heidi
- Ryan, Sandra
- Sage, Kathy
- Sakover, Patricia
- Samilson, Bobbie
- Sardo, Anabel
- Sawner, Stacey
- Schlesinger, Christine
- Schlesinger, Mark
- Scribner, Dawn
- Seaman, Martha
- Shackelford, Dana
- Shackelford, Keifer
- Shin, George
- Shute, Duenise
- Silverman, Sandy
- Singer, Taylor
- Smit, Amy
- Smith, Daryl
- Smith, Nikki
- Smith, Suzanne
- Sondreal, Sally
- Sparta, Chris
- Spathas, Kris
- Strack, Carol
- Strack, Fred
- Stroesser, Joe
- Stroesser, Narda
- Stroesser, Teresa
- Swain, Peter
- Swain, Tania
- Tisdale, Karen
- Tisdale, Kyle
- Todter, Sally
- Toyzan, Shannon
- Trejo, Liz
- Trejo, Nicolas
- Trempe-Thomas, Jennifer
- Vacchi, Robert
- Vacchi, Lauren
- Vieira, Lisa
- Vieira, Marisa
- Wainio, Robyn
- Watson, Joseph
- Wheeler, Mary
- Wheeler, Peter
- Wheeler, Randall
- White, Jack
- White, Jennifer
- Wiley, Alan
- Witkowski, Cass
- Witkowski, Thomas
- Wright, Chris
- Wright, Ryan
- Wright, Shannon

## 2012 Freshman Class:

- Stadium seat cushions: ..... \$20
- Glass bead earrings: ..... \$5
- Beaded bookmarks: ..... \$5
- Beaded key chains: ..... \$10
- Flowers of Point Loma: ..... by flier

Contact: Susan Blair: 619-546-0301  
susan.blair1@cox.net



(Continued from page 13)

[www.fastweb.com](http://www.fastweb.com) to search for scholarships and part-time jobs. Take leadership roles in clubs, activities, and other volunteer and service organizations.

## SENIORS

Plan to attend PLHS' Financial Aid Night on January 13, 2009. Request applications and brochures from your target colleges. Take the SAT and/or ACT in the fall, if you haven't already. Take honors or advanced classes. Challenging courses show that you are prepared for college coursework. Schedule interviews with prospective colleges. Practice your interview skills before heading in for the actual interview. If possible, visit your prospective colleges before you make your final decision. If you cannot travel, see if any schools offer a virtual tour online. Set up a budget for college and application costs. Get your applications in order by creating files for target schools. Make a list of application requirements (essays, transcripts, recommendations, etc.) and deadlines for each. Create your own personal timeline or use the calendar on [www.fastweb.com](http://www.fastweb.com) for this process. Request letters of recommendation from counselors, teachers, and employers at least three weeks before you need them. Provide a list of accomplishments for their reference. Work on college application essays. Look for part-time jobs and internships on [www.fastweb.com](http://www.fastweb.com). Find volunteer work in your community.

## COLLEGE APPLICATIONS

**Should You Take the ACT Again?** Your student can take the ACT as many times as they like. They should consider retesting if they (i) had problems during any of the tests, such as

misunderstanding the directions or illness; (ii) ran out of time during testing; (iii) are not satisfied that their scores accurately represent their abilities in the areas tested; (iv) see a discrepancy between their ACT scores and their high school grades; (v) subsequently complete coursework or an intensive review in the areas covered by the ACT; (vi) want to apply to a college that requires or recommends the Writing Test and have not taken it. If your student tests more than once, they control which set of scores is sent to colleges or scholarship programs each time they test.

**Send Your Scores.** Your student can have their ACT scores sent to other colleges and scholarship agencies after testing in addition to the ones selected when registering. Requests are processed AFTER their tests have been scored and all scores for the test option have been added to computer files. See costs and delivery options for sending test scores.

**Top 10 College Application Mistakes.** Senior year is hectic, but don't let it affect the quality of your student's college applications. Make sure your student takes their time, pays attention to detail and plans ahead to meet the deadlines. Following are some of the top responses from counselors and admissions staff who shared the most common mistakes on college applications. Be sure to pass along this advice to your student so they can avoid making some common mistakes.

1. **Misspellings and grammatical errors:** This is a big pet peeve of admissions people. If you misspell on

something as important as the application, it shows that either you don't care or you aren't good at spelling. Some students even misspell their intended major. But don't stop with a spell check. Proofread for grammatical errors, too.

2. **Applying online, but not completing submission process:** If you apply online, you should receive confirmation that the college or university received it. Confirmation could be an email message, a web page response or a credit card receipt. Follow through and make sure that your application has been received.
3. **Forgotten signatures:** Make sure you sign and date the application form. Often students overlook that part of the form if it's on the back. Check that all spaces are completed.
4. **Not reading carefully:** For example, if the form asks what County you live in, don't misread it as Country and write United States.
5. **Listing extracurricular activities that aren't:** Those that make the list include sports, the arts, formal organizations and volunteer work. Talking on the phone and hanging out with friends don't make the cut. Make sure your activity information is accurate. Colleges may check with your high school.
6. **Not telling your school counselor where you've applied:** Let your counselor know which colleges you're applying to,

(Continued on page 16)



(Continued from page 15)

and ask him or her to review your high school transcript before sending it to colleges. Sometimes transcripts have errors.

- 7. **Writing illegibly:** First impressions count, so take your time and use your best handwriting. It will make a better impression.
- 8. **Using an email address that friends might laugh about, but colleges won't:** Select a professional email address. Keep your fun address for friends, but select an address using your name for college admissions.

- 9. **Not checking your email regularly:** If you've given an email address, the college will use it. You don't want to miss out on anything because you didn't read your email.
- 10. **Letting Mom or Dad help you fill out your application:** Admissions people know if your parents help, whether you have two different styles of handwriting or your admissions essay sounds more like a 45-year-old than a 17-year-old. It's fine to get advice, but do the work yourself.



## *My Girlfriend's Closet*

### SEEKING NEW MEMBERS!

A mother/daughter community service organization providing gently-used stylish clothing to foster and disadvantaged teen girls in San Diego, is seeking new members.

**GREAT LEADERSHIP OPPORTUNITY  
FOR HIGH SCHOOL GIRLS  
— FUN & REWARDING EXPERIENCE —**

**Moms and daughters, bring your friends  
Earn volunteer hours  
Make a difference in your community!**

For more information visit our website at [www.mygirlfriendscloset.info](http://www.mygirlfriendscloset.info) or call Barbara Greiert at 619-884-0844 or 619-223-0092



### 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)





Join the  
**Point Loma High School PTSA**<sup>®</sup>  
 Parent Teacher Student Association

**Memberships are available at the following levels:**

*Regular dues per individual member \$ 20.00 \*\**

Booster: . . . . . \$ 20.00	Gold: . . . . . \$ 75.00
Teacher/Staff: . . . \$ 10.00	Platinum: . . . . . \$100.00
Silver: . . . . . \$ 50.00	Other: . . . . . \$ _____

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

Number of members \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_ Additional contribution: \$ \_\_\_\_\_ Total: \$ \_\_\_\_\_

Teacher/Staff member \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_ Additional contribution: \$ \_\_\_\_\_ Total: \$ \_\_\_\_\_

# Keep Me Involved!

*Yes, I/We would like to become involved and hear about events at the school!*

Here's our contact information:

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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

E-mail address(es): \_\_\_\_\_

Student's Name: \_\_\_\_\_ Class of: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Class of: \_\_\_\_\_

**Drop off at school or mail to:**

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



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