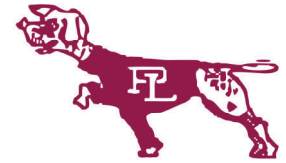


Parent Pointer



Parent-Teacher-Student Association Newsletter

December, 2008 - Volume 49, Issue 2

PRINCIPAL'S MESSAGE

There are some things in life that are so hard to understand. One of those is the death of a child. Our hearts are aching at Point Loma with the passing of three of our students since the start of the school year. The students and staff at Point Loma have been supported by an incredible counseling team, numerous community groups including The Jenna Druck Foundation, our own LINK Crew (students supporting students program), and many of you who have offered words of encouragement and donations for the families. We will continue to have staff available to work with our students. Please don't hesitate to call us, if you have any concerns. Thank you so much for being there for our students and staff.

As we work to get back to a sense of normalcy, we know we have much to be thankful for at Point Loma. We have wonderful energetic students who are off to a strong year academically, on the athletic fields, and in the world of the visual and performing arts. With the passing of Proposition S, we will have a new Music Center, Motion Picture Studio, and a two story building to house the Sports Medicine/Athletic Training/Weight room and to replace the bungalows. Some other big items include the renovation of the bathrooms and locker rooms, the improvement of our wireless technology, and the installation of a Public Address system. Thank you so much to all of you who worked tirelessly to make this happen.

Point Loma also received two grants – the 21st Century Grant and the Advanced Placement Incentive (API) Grant. The first one provides opportunities for before school and after school learning. We have many academic and extracurricular activities for students. Please work with your counselor, if you have any concerns about your student not being connected to

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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

PRINCIPAL'S MESSAGE

(Continued from page 1)

school. The API grant will offer opportunities to support all students taking Advanced Placement classes and educational opportunities for teachers to pursue their learning, as well.

I hope you were able to attend our College Night in October and our College Funding Solutions December 9th. If not, please talk to our 11th and 12th grade counselors. We want all students to be prepared to go to college and be able to take advantage of all the opportunities for grants and scholarships.

An important date to note: Our Annual New Family Meeting will be on January 22nd at 6 P.M. in the large gym. Please invite all students and parents who are interested in coming to Point Loma next year. It is mainly focused on 8th graders, but there will be information for transferring students, as well.

Kudos to our International Trade students and teacher, Mary Jean Del Campo! They attended the Federal Reserve Economic Summit at USC with over 80 other schools and placed 1st and 2nd.

Take time for your family and let them know how much they are loved. My warmest wishes to you for a joyous and safe holiday season.

Sincerely, Bobbie Samilson



Traffic on the Point

The Point Loma Cluster Schools Foundation has put together a special interest group to study the traffic flow patterns surrounding the Point Loma schools, specifically Correia and Dana Middle Schools. The group is interested in soliciting suggestions and comments from members of the community concerning the need for crosswalks, better street lines, bicycle lanes, signage and flashing lights in school zones, etc. Please email all comments to Marvin Estrin at marvin.plsc@gmail.com

BEFORE JANUARY 30, 2009.

THANK YOU!



Happy Holidays!



Giving Thanks!

“Success is the sum of small efforts, repeated day in and day out.” (Robert Collier)

Maybe he was thinking about PTSAs when he came up with this inspirational saying - a simple effort like becoming a member of PTSA, when added to others doing the same, goes a long way. I would like to thank all of you who have joined in on our membership drive and have enabled the PTSA to grant the wishes of our teachers. So far this year, we have funded a field trip to see *Romeo and Juliet* at the Old Globe, given a grant to the Journalism Class for printing the *Pointer Press*, and purchased a large screen for PLHS to be used in various presentations. Teachers - we have more funds to give out, so please contact our Gifts and Grants Committee (Beth Coyne, Susan Blair and Linda Pendleton) with your requests.

As we round the corner to a new year, it is helpful to reflect and see what the PTSA has accomplished and/or assisted with to date: Mandatory Activity Days, Student Planners, Welcome Back Luncheon for teachers and staff (Susan Blair, Lucy DeVito, Linda Pendleton), Membership Drive (Lucy DeVito), Kick-Off (Maureen McGrath and a

cast of thousands), Banner Solicitation (Chris Pickering), hanging banners (Lisa Laube), Mock SAT, PTSA meetings (Carol Strack, minutes; Cheryl Louie, treasurer), Newsletters (Sandy Silverman), and College Night.

College Night was a huge success this year - and kudos need to be given to Laurie Hurl for putting it together and to Susan Blair and Linda Pendleton for volunteering once again. The gym was packed with college representatives, students and parents. Give a shout out to Nina at Chipotle Mexican Grill for providing the delicious dinner feast for all the college representatives that evening.

In December we have the College Panel where 2008 grads come and visit with the PLHS seniors and talk about their first year at college. Kris Spathas will be organizing lunch for the returning Pointers. We are hoping to have a Mock ACT in February.

So, as we go rushing into this Holiday season, take a minute to give thanks for our school community and have a wonderful Winter Holiday!

Leslie Rose, PTSA President
lroseadi@aim.com

“Success is the sum of small efforts, repeated day in and day out.”

Robert Collier

REPORT CARD DATES

The second progress report card was sent home with students on Friday, December 12th. The end of the semester report cards will be mailed home by the Board of Education after February 6th.

NEWS FROM THE COUNSELING CENTER

Congratulations!

Irving Chavez, Elizabeth Felando, Melanie Fontana, Lucas Garcia, Jillian Hall, Michael Hervey, Luis Meraz, Sarah Toledo, and Joseph Watson have been selected by the College Board as Advanced Placement (AP) Scholars. Alan Barrios, Jessica Marlow, Rebecca Rodeheaver, and Andrea Schlageter have been recognized as AP Scholars with Honor. Melanie Fontana has been recognized by the National Council of Teachers of English for her superior performance in writing. Krista Harris represented Point Loma High School at the October 2008 National Young Leadership Conference in Washington, DC. Congratulations to all!

9TH GRADE HOMEWORK CLUB AT POINT LOMA!

PLHS 9th grade counselors are proud to offer a great place to study, do homework and get help from tutors! The Homework Club is open Mondays through Wednesdays in Room 605. It is open to all **Freshmen**. Students must work on assignments from 2:15 to 3:15 p.m., but can choose to continue with work or have free time from 3:15 p.m. to 4:15 p.m. Free snacks and drinks for the students are provided, and the Homework Club even has a Nintendo Wii featuring Guitar Hero! Our goal is for all kids to feel connected and get tuned in!!

Counselor Info

The Counseling staff was fortunate to have bilingual counselor Betty Valenzuela join the department in October. Mrs. Valenzuela came to us from Morse High and has already proven to be a valuable addition to the office. She counsels Grade 11 and 12 students with last names beginning with "Hu" through "Se." Mrs. Valenzuela can be reached at extension 1129; her e-mail address is bvalenzuela@sandi.net.

Counselors met with all seniors individually about graduation and college. Seniors received a packet with valuable college information during the counseling presentations.

PARENT INFORMATION

Important information for the families of **Class of '09** students will be mailed in the near future. Covered in this letter is information on Graduation Requirements, Citizenship Requirements, Senior Portfolio and Exhibition, Prom and Commencement dates. **Please keep this Senior Letter handy.** You will find the answer to questions regarding graduation announcements, cap and gown, and commencement rehearsal. **College Panel** is scheduled for Thursday, December 18, 2008. Students who graduated in June 2008 will present their college experiences in classrooms throughout the day. A **Financial Aid Workshop Night** for senior families is scheduled for Tuesday, January 13, 2009 beginning 6:30 p.m. in the PAC. This year, for the first time, we are offering a separate workshop for Spanish-speaking families in Room 301. If you know families who will be starting PLHS September 2009, have them reserve Thursday, January 22, 2009 for our annual **New Family Night**. Parents who are sending their student to Point Loma, can call the Counseling Office 619-223-3121, extension 1130 for details. **Parent Night for Grade 10** will be held on Thursday, February 5, 2009, and **Grade 11** will be held on Thursday, February 19, 2009; both meetings will be held in the PAC. Information will be mailed to families soon. **Parent and Community Visitation Day:** April 2, 2009 from 8:30-11:30 a.m. All parents and prospective families are invited to the PLHS campus where they can visit any classroom during this time. Come meet the Principal, Vice Principals and counselors at 8:30 a.m. in the school library. Vice Principals will be available during this time to answer questions.

For more information or questions, please email Vice Principal Julie Nydam at jnydam@sandi.net.

Seniors!

Scholarship Information

Applications for scholarships are posted on **Naviance**; information and applications are also available in the Counseling Office. Please read the criteria carefully before taking an application to be sure you are qualified and apply well before the deadline. Most colleges offer scholarships specific to their schools; all seniors should look into the financial need and merit based opportunities at the school to which they are applying. **Visit Naviance for weekly updated scholarship information. Seniors with home zip codes of 92106, 92107, or 92110** will receive special letters early in 2009 inviting them to apply for the Point Loma Optimist Club Scholarships. Applicants must be college-bound and have demonstrated citizenship, character, leadership, and financial need. Seniors who receive this letter in the mail must complete the application and mail it to the Optimist Club by the announced deadline. **Ford Salutes Education** will be giving \$1,000 each to 200 students in San Diego County. All seniors may apply regardless of their GPA. The application due date is February 13, 2009. Judges will select the scholars based on personal achievements, financial need, personal challenges, academic accomplishments, contributions to their community, and school, and overall character.

ASK UC!

The following are two frequently asked questions of the UC colleges:

1. Which UC campuses will be offering guaranteed admission to Eligibility in the Local Context students for fall 2009? UC Davis, UC Irvine, UC Merced, UC Riverside and UC Santa Barbara will guarantee fall 2009 admission to ELC students who satisfactorily complete the Subject and Examination requirements. UC Berkeley, UCLA, UCSD, and UC Santa Cruz will not; however, these campuses do take students' ELC status into consideration during comprehensive review.

2. If a student takes more than eight honors-level courses and completes them successfully, which eight courses will be used in calculating the GPA? For the eligibility GPA, UC will calculate the unweighted GPA and then simply add the maximum eight honors points, based on the number of honors courses taken, not which courses they are. In evaluating applications, campuses look at GPA in a variety of ways, including fully weighted. Although only eight semesters of honors work is counted in the GPA, evaluators consider all the honors courses taken compared to what the school offers, as one way of judging how an applicant took advantage of the available academic opportunities.

SENIOR AWARDS NIGHT — THURSDAY, JUNE 4, 2009

In order for students to be recognized for any scholarship award, a copy of the notification letter must be submitted to the Counseling Office. The deadline to submit any/all scholarship award notification is Friday, May 22, 2009.

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

MOST COLLEGES WANT YOU TO APPLY ON-LINE

- ✍ Show parents packet from counselors regarding graduation and college requirements. All seniors were seen individually by their counselor.
- ✍ Submit private college applications (UC's and CSU's require a November 30th deadline).
- ✍ Have official test scores sent to colleges on your list if you have not done so.
- ✍ Make copies of applications before you send on-line (most colleges prefer applications sent on line).
- ✍ If you applied for early decision, you should have your answer by now. If you are accepted, follow the instructions for admitted students. If the decision is deferred until spring or you are denied, submit applications now to other colleges.
- ✍ Allow counselors and teachers at least two weeks notice to complete recommendations. Provide pre-addressed, stamped envelope (PLHS envelopes available at the Registrar's office), senior activity sheet, parent brag sheet and applications were due on Nov. 21st.
- ✍ Be sure they are clear on the deadlines and purpose of the letters. UC's & CSU's don't require letters of recommendations.
- ✍ Make copies of **everything** you send to admission and scholarship offices.
- ✍ Keep grades high — your senior year grades do count in college admission.
- ✍ Use Naviance to request official transcripts to be sent to colleges, to post the colleges you have applied to (2 & 4 year), and to search once a week for scholarships (which are posted continually).

JUNIOR, SOPHOMORE AND FRESHMAN

- ☒ Continue academic course pattern (include Honors and AP classes).
- ☒ Do research on Naviance to decide which colleges are of interest (size, location, majors, etc.).
- ☒ Continue to develop extra curricular, volunteer and community service activities.
- ☒ Read extensively...Vocabulary is an essential part of all tests.
- ☒ Take appropriate college entrance exams (ACT, SAT Reasoning Test, SAT Subject Tests – know that UCs do not accept Math I as a Subject Test).
- ☒ Start college resume of activities and honors.
- ☒ Make sure to take a visual or performing arts course before you graduate.
- ☒ Use Naviance to review scholarships, college visits, and summer programs.

ALL STUDENTS

What are colleges looking for:

A college admissions office wants to see more than just high test scores and grades. How can you separate yourself from the crowd?

- ☑ A rigorous course schedule. While high school grades and SAT scores are important, colleges also want to see that you have selected challenging courses that will help you grow academically.
 - ☑ Genuine interest in the school — make concrete connections between what you want out of your education and what the college has to offer.
 - ☑ An interest in learning — emphasize less on what to do when you graduate and more on what you would like to learn when you are a college student.
 - ☑ Willingness to lead — colleges want students who will enhance their campus community in some special way. Many times, your abilities are best reflected in carefully chosen extra curricular activities.
- (adapted from Kaplan newsletter)*



FINANCIAL AID NEWS

The Free Application for Federal Student Aid (FAFSA) is now available online at www.fafsa.ed.gov. This is the basic form that families must use in order to apply for federal, state and college-based aid. Families should use their 2008 income tax information for this form. The first day to electronically submit these applications is January 1, 2009, and the deadline is March 2, 2009.

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

A Financial Aid Workshop for students, parents and/or guardians will take place on **Tuesday, January 13th at 6:30 p.m.** in the PAC. This year we will offer a separate full presentation at the same date and time for Spanish-speaking families in Room 301. On hand will be a financial aid officer from Ed Fund who will answer questions regarding this process.

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

THE REAL COST OF COLLEGE

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

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

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

FOOD: Be sure to add dates, splurges, or late-night snacks to your budget, since "board" fees only include school meal plans.

TRANSPORTATION AND TRAVEL: This includes both the cost of commuting back and forth from the local residence to classes and the cost of getting to and from home during vacations and breaks. If a car is involved, there are parking fees, insurance payments, gas, oil, and maintenance costs.

PERSONAL: Incidental expenditures such as laundry, telephone, and entertainment.

MEDICAL AND DENTAL EXPENDITURES: While students can usually remain on a parent's health insurance plan while in school, some options may not be available if a student is away from home.

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

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

TEENS' TOP WORRY IS GRADES

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

THANK YOU!

The Counseling Office would like to extend a special thank-you to the Jenna Druck Foundation for their support and guidance offered to the Point Loma staff and students in coping with the loss of our students. Their counseling continues to be a precious gift to us all.

NAVIANCE

Are you registered on **Naviance**? If not, contact Jenny Brimley, Site Tech, at 619-223-3121 extension 1133 or e-mail her at jbrimley@sandi.net, for your default password.

FEE WAIVERS

Fee waivers for SAT, ACT, and AP exams are available to students who qualify for the school lunch program. Lunch applications are still being accepted for review. Students should go to the cafeteria for an application.

The School District has made the decision to cover the cost of **Advanced Placement Exams** for all students! Exam dates are May 8 through May 22, 2009. Visit our website or go to Counseling Office for specific exam dates and times.

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
For more information call Pat Baker at 619-223-9363*

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

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

Need Help?

Contact Pat Baker 619-223-9363
or p_t_baker@hotmail.com

**AND CONTACT KRIS SPATHAS
at kspathas@gmail.com
to get frequent e-blasts
containing school information
and volunteer opportunities**

PSAT/NMSQT

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

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

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

Score reports include percentiles, which allow you to compare your scores with other students in your grade level who have taken the PSAT/NMSQT. If you take the PSAT/NMSQT as a junior, you will receive junior percentiles. If you take the PSAT/NMSQT as a sophomore or younger student you will receive sophomore percentiles. For example, a junior student with a percentile of 53 has earned a score better than 53 out of every 100 college-bound juniors who took the test. Visit www.collegeboard.com, click

the PSAT/NMSQT link to [Score Report Plus](#) for more information about your score report.

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

Seven good reasons why more than 40% of students Register for the SAT[®]/ACT online.

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



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Remember our school code:
052870!



Happy
Kwanzaa!



HAPPY CHANUKAH



Helping Teens Cope With Grief



“As a sophomore in high school many little things seemed like critical decisions in my life – who to go to the football game with, how to pass the driver’s license test and which crowd to hang out with, but I wasn’t prepared

at 15 to cope with the death of my close friend from leukemia. Dealing with the many emotions I had was not an easy task, but with the support and care of my parents I learned how to cope with my grief.”

This article will outline the different types of grief teens can go through, give you warning signs to look for, and tips on how parents or concerned adults can help a grieving teen.

Types of Teen Grief. Grief is often associated with death, but in fact people go through grieving processes during other traumatic events, as well. Any type of loss or change can bring about the grieving process, such as friends moving, the death of a pet or even changing schools. Here is a list of the more common life events that can cause teens to enter into the grieving process:

1. **Sibling separation.** The teenager who has a brother or sister move out of the house to get married or go to school will have to adjust to life in the home without their sibling. Family dynamics will be different and can cause teens to miss their siblings.
2. **Divorce division.** The breakdown of a family relationship creates emotional turmoil no matter what your role. As one parent leaves the home and is separated from the family unit, it can spark the grieving process by your teen.
3. **Death of a pet.** For many children and teens, the loss of a pet is the first experience they have with death. A pet loves unconditionally, so its loss can be especially traumatic. Losing a pet can bring about profound grief – no matter what age the child is.
4. **School change.** Leaving friends behind during a move can also spark the grieving process. Whether it is your family moving to a new area, or your child’s friend moving to a

different area, the loss can provoke feelings of grief.

5. **Romantic troubles.** Many teens go through a grieving process when a romantic relationship ends. While it might seem like “puppy love” to adults, many teens take these relationships very seriously - how they cope with this type of loss may also give you a hint as to how they will deal with grief.

Understanding Grief. According to the Dougy Center, a non-profit center for grieving families, there are several ways to help your grief stricken teen or child. They include understanding these values:

- ◆ **Grieving is everyone’s natural reaction to death.** Grief is natural. It is not something that should be fixed – but understood as a natural part of life. Grieving does not feel natural because it may be hard to control the emotions, thoughts or physical feelings associated with a death. Helping teens accept the reality that they are grieving allows them to process their grief and to progress in their journey to adulthood.
- ◆ **Everyone grieves in his or her own way.** Each experience is unique. Grief is best understood as a process in which bodily sensations, emotions, thoughts, and behaviors surface in response to a death. For example, sadness and crying may be an expression of grief for one teen, while another response may be anger or even laughter. No book or grief therapist can predict or prescribe exactly what a teen will or should do while grieving. Adults can help teens through this difficult time by being good listeners and learners and by allowing the teen to work his or her way through his or her own grief process.
- ◆ **There are no “right” or “wrong” ways to grieve.** “Can you believe that? One week after the funeral and they are laughing and joking like nothing happened!” Coping with a death does not follow the six steps of grieving like a textbook solution to a math problem. There are however, constructive and destructive behaviors when it comes to grieving.

(Continued on page 11)

Helping Teens Cope With Grief

(Continued from page 10)

Journaling, talking with parents or friends, expressing emotion and even art are some of the constructive activities that can help teens deal with their feelings. Destructive behaviors are outlined in the next section. Helping teens through these times is difficult, and the best thing you can do is to try to steer your teen away from destructive behaviors.

- ◆ Expect the unexpected. Teens differ according to their personalities and the relationship they had with the deceased. They typically react in different ways to the death of a parent, sibling, grandparent, child or friend. For many teens, peer relationships are primary. The death or loss of a boyfriend or girlfriend may seem to affect them more than the death of a sibling or grandparent.
- ◆ Many issues influence the grieving process for teens. The impact a death has on a teen can be measured by the following according to the Dougy Center:
 - Social support system available for the teen (family, friends and/or community)
 - Circumstances of the death – how, where and when the person died
 - Whether or not the young person unexpectedly found the body
 - The nature of the relationship with the person who died
 - The teen’s level of involvement in the dying process
 - The emotional and developmental age of the teen
 - The teen’s previous experiences with death.
- ◆ Grief never ends. Helping your teen through the stages of grief is just the beginning. This is one of the least understood aspects of grieving. Most people are anxious for teens to have closure and put the death behind them so they can “move on.” But death leaves a vacuum in the lives of those left behind. Life is never the same again and grief doesn’t just suddenly end.
- ◆ Anniversaries are reminders. Anniversaries or annual events can bring grief back to the surface – birthdays, holidays, prom or

graduation can make teens grieve due to the reminders.

- ◆ Destructive Behaviors. By now many of us have heard of the stages of grief . Moving our teens through those stages while coping with bodily changes, emotional upheavals, identity issues, peer acceptance, issues of independence and even college choices can create some difficulty. Grieving for a loved-one is hard enough, but when facing these other emotional and developmental issues, it becomes a struggle.

Many teens don’t know how to cope with the loss of a good friend or relative while facing other pressures and find themselves in a deep depression. In addition to the classic symptoms of depression (sleeplessness, low self esteem, social distance), Hospice Net also suggests you look for these signs that show your teen needs help grieving:

- Academic failure and indifference to school-related activities
- Deterioration of relationships with family and friends
- Risk-taking behaviors such as alcohol and drug abuse, fighting and sexual experimentation
- Denying pain while at the same time acting overly strong or mature.

If your teen is displaying these symptoms, try to have a talk with them about their feelings and how to cope with the difficult task of losing a friend or loved one. From grief counselors to non-profit organizations such as the Dougy Center and hospice services, there are many organizations that are able to help your teen cope with a loss.

Conclusion. When it comes to discussing issues such as depression, death and grief, it’s important for parents to communicate with their children or teen effectively. Understanding what your teen is facing during this trying time can give you insight into how your child is grieving, feeling and what type of support they need from you.

*By Patrick Johnson, Educational Services Development Specialist,
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DEALING WITH RANDOM ACTS OF VIOLENCE

After a frightening situation, overwhelming danger or a sudden loss of security, you may experience what is commonly called “post-traumatic stress.” Even a perceived or imagined threat of violence or danger can be as emotionally disturbing as a real one. When we experience an event as life threatening, it shatters our basic assumptions about ourselves and the world we live in.

We all handle traumatic events differently. It is not unusual to feel hyper-alert or jumpy, to have difficulty going to sleep, or to feel any number of physical or emotional symptoms.

The following suggestions are designed to help you manage reactions and feelings.

- Talk to someone. Your friends, family and co-workers need to know what you’re going through. Don’t shut them out or underestimate their ability to understand life’s traumas. Share what you saw, heard, touched, smelled, etc. It will help you deal with what affected you the most. Involve the important people in your life in ways they can support you.

- Use your community. Call your minister, physician, counselor, the local crisis line, employee assistance programs, etc.
- Take care of yourself. Find time to exercise and eat well. Avoid drugs and alcohol. Ask for assistance from family and friends, delegating simple daily tasks that may feel overpowering right now.

If you are still experiencing tension, poor concentration, the need for longer lunch breaks, tardiness, sleeplessness, nightmares, irritability, crying spells, etc., you may need to allow yourself more time to deal with the tragic event. Keep in mind that your personality and values, social support, and previous life experiences will all affect the resolution of a traumatic event.

Reactions fade over time. However, new events and anniversaries may cause them to resurface or bring up new worries or feelings. If this happens and you find it hard to concentrate on work or maintain relationships with others, please consider seeking professional counseling.

Normal responses to an abnormal situation include:

Physical	Intellectual	Emotional	Behavioral
<ul style="list-style-type: none"> • Appetite changes • Rashes • Tension • Fatigue • Nausea • Dizziness • Headaches • Insomnia or nightmares • Sweating 	<ul style="list-style-type: none"> • Forgetfulness • Shortened attention span • Dulled senses • Poor concentration • Poor job performance • Negative self-talk, overly critical • Confusion 	<ul style="list-style-type: none"> • Fear and anxiety • Guilt • Mood swings • Anger or frustration • Depression • Grief • Agitation and irritability • Helplessness • Easily startled 	<ul style="list-style-type: none"> • Social withdrawal • Loss of interest in activities • Emotional outbursts • Lashing out at others • Inability to perform previously simple tasks • Increase of alcohol and drug use

ALCOHOL & DRUGS

Over the past several weeks, thousands of San Diego high school students celebrated various events at their school. The Point Loma High School homecoming game and dance allowed students, staff and community members to celebrate and show their Pointer pride. For most high school students, homecoming is just one of many events that they celebrate and often times the games and dances are the beginning of a long night of having fun with their friends. One of the biggest concerns we have about our students' safety is the choices that some of them make after the school sponsored events come to an end. It is important that the staff at Point Loma, the parents and the students understand the potential risks that may be involved when students attend parties after events and on the weekends.

Alcohol is the drug of choice among youth. Many young people are experiencing the consequences of drinking too much, at too early an age. As a result, underage drinking is a leading public health problem in this country. Students that drink frequently are more likely to engage in risky behaviors, including using other drugs, and are at greater risk for a variety of other consequences, such as poor performance in school. Because teenagers who consume alcohol often drink too much and are more likely to become intoxicated, they can find themselves facing unwanted and sometimes



serious consequences. Teens who consume alcohol often say and do things they later regret. Underage drinking has been associated with unanticipated (and often regrettable) sexual experiences and sexual assaults where the intoxicated teen is either the victim or the perpetrator. Girls are drinking as frequently as boys and may be at greater risk for physical and sexual assault and may feel the effects of alcohol more than their male peers. Verbal and physical fights have been associated with underage drinking, with some unfortunately leading to death. Passing out and getting sick can be signs of alcohol poisoning, which is a potentially deadly consequence of excessive underage abuse of alcohol.

How people view alcohol and its effects also influences their drinking behavior, including whether they begin to drink and how much. Today, alcohol is widely available and aggressively promoted throughout society. Alcohol use continues to be thought of, by many people, as a normal part of growing up. However, underage drinking is dangerous, as evident by the number of alcohol-involved motor vehicle crashes, homicides, suicides, and other injuries.

I would like to encourage parents and guardians to take some time this week to talk to their teens about this sensitive subject. It is important to continually have conversations about alcohol, drug use and your expectations with your teen. Make sure to know what parties your teen is attending, what adults will be supervising, and who will be driving. The County of San Diego's Social Host Ordinance No. 9791 has been strengthened. If you are hosting a party where minors (under 21) are present, you are now required to: (1) verify the age of guests, (2) control access to alcohol, (3) control the quantity of alcohol and (4) supervise minors. Violation of this ordinance is a misdemeanor.

The students at Point Loma participate in the District's Life Skills Curriculum that addresses these and other issues that affect students today. If you have any concerns or questions, please contact your student's counselor or Nancy Donley, Point Loma Life Skills Counselor at 619-223-3121 extension 4209.



DRUG USE: WHAT TO LOOK FOR

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Loss of interest in activities they once loved
- Isolation or loss of motivation
- Mood changes/mood swings
- Attendance problems (truancies/tardies)
- Increased use of drug terms and talk
Example: “420,” “Irie” refers to marijuana, “40,” “belt” refers to alcohol
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Being more secretive (example: using “coded” language with friends or lying/denying/avoiding behaviors)
- Change in clothing choices (example: clothes that highlight drug use)
- Increase in borrowing money (stealing money, lying about money)
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- Increased or new use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs



What Can Parents Do?

- ☑ Set Rules. Establish clear expectations for your teen and follow through with consequences.
- ☑ Praise and reward your teen when they follow the rules and expectations you have established.
- ☑ Ask Questions. Find out what your teen’s plans are, who they are going places with, what they do when they hang out, what adults are around, etc...
- ☑ Know your teen’s friends. Talk to your teen about the types of friends they have. Do they have friends that smoke/drink/do drugs?
- ☑ Talk to your teen every chance you have (in the car, shopping, at dinner, during commercials).
- ☑ Spend as much time as you can with your teen.
- ☑ Keep your teen busy with after school activities.
- ☑ Continually educate yourself about drug and alcohol facts and signs of use (www.theantidrug.com is a great site for parents).

Point Loma Support

The staff at Point Loma provides information and support for all students by offering the following programs:

- Life Skills Curriculum that provides education to students about drugs/alcohol and tobacco use.
- Special assemblies and rallies that address alcohol/drug/tobacco prevention
- Effective and trained security dedicated to keeping PL drug and alcohol free
- Community referrals for students and parents seeking support, information and help
- Intervention and discussion groups for students that use drugs/alcohol/tobacco
- Drug dog search team

***Trust your instincts! These are meant to be indicators but don’t jump to conclusions. Be concerned if these signs are consistent. If you suspect a change in your child, don’t wait. The problem will only get worse.**

CLASS NEWS

Class of 2009

Linda Pendleton, Class Sponsor

The time has arrived for the class of '09 to begin planning for Grad Night activities!! The senior class will be going to Disneyland on Wednesday June 10th and to Parkway Bowl on Graduation night from 9pm - midnight. Organizing graduation night activities is just beginning so if any parents would like to get involved and help out with either the Disneyland trip or the graduation night at Parkway Bowl please contact senior class sponsor Linda Pendleton @ 858 277-4486 or lpendleton1@sandi.net. Class merchandise including license plate frames, magnets, PL baseball caps and beanies are still available for sale. Consider buying your PL Pointer some PL merchandise for Christmas!!! Contact Linda Pendleton to purchase.

Class of 2010

Maureen McGrath, Class Sponsor

The class of 2010 is continuing our fundraising efforts. Sales were slow during the football season. We still have our Point Loma High logo wear with hooded sweatshirts for \$30, sweatpants for \$20, girl's shorts for \$15, t-shirts for \$10, and women's rhinestone shirts for \$15, which is a new item. We sent a solicitation letter to the class and received some nice donations. We are also raffling off a Kaplan test prep class. This is a great semi-private class to assist a student with preparation for the SAT exams. These classes normally cost several hundred dollars. If you would like to purchase tickets (\$5 each or 5 for \$20) please contact Maureen McGrath at 619-223-2441 or via email at maurmgrat@aol.com. Winners will be announced during junior night in February. You do not need to be present to win.

Class of 2012

Susan Blair & Jean Peugh, Class Sponsors

Thank you from the Class of 2012

A big thank you to all the 2012 families that responded to the direct solicitation letter that went out in October and sent in a donation. Your

Class of 2011

Lucy DeVito, Class Sponsor

We are off to a great start this fall. Not only were sales at the football games better than last year, donations to our class account began strong! A warm hearted "Thank You" goes out to our class sponsors — we truly appreciate your support!

Alcott Insurance and **The Cramer Family** join **Caseman Inc.**, on our class banner for another year.

The fund-raising committee is asking **all families** from the Class of 2011 to make a donation. It's never too late! Please consider giving a minimum of \$30.00. However any amount, great or small, is appreciated. With our class exceeding 500 students, it will take all of us to pitch in!

Please make your check payable to:

PLHS/PTSA Class of 2011

Send to: Class of 2011

909 El Mac Place

San Diego, CA 92106

We would like to thank the following families for their generous donations. With your financial assistance, we have raised \$2,106.00!

Erin & Jim Alcantara, Marilu Alvarez, Cathy & Rick Bohlman, Kelly & Calvin Briers, Brian & Michele Checkal, Joe & Cathy Cibit, Julie & Ted Cramer, Linda & Eric Davies, Angelica & Roberto Davila, Jim & Lucy DeVito, Eileen Doucette, Tracy & Timothy Hall, Jim & Teresa Harvey, Donald & Carol Hildre, Hai Huynh, Vivian Love, Doreen Mendes, John & Eve Morris, Bill & Chris Pickering, John & Whitney Pinto, Mike & Carrie Rea, Julie Robinson, Dawn Scribner, Sandy & Ed Silverman, Carol & Fred Strack, Julie & Peter Urbon, Sandy & Bryan Valone, and Deborah Williams.

donation will help offset the cost of Senior Activities for our students. If you have not donated, please give some thought to a monetary donation; any amount would be greatly appreciated. If you have any questions, please contact Susan Blair at susan.blair1@cox.net, or Jean Peugh at Jeansboys@cox.net.

PLHS-PTSA MEMBERSHIP 2008-2009

By Lucy De Vito

JOIN TODAY!!!JOIN TODAY!!!JOIN TODAY!!!JOIN TODAY!!!

Your contribution will support the many sponsored activities and school-wide enrichment programs that the PTSA offers all students at Point Loma High. 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!

You can join at anytime, all year long!
Your membership and contribution will make a BIG difference!

On the PLHS home page (www.pointlomahigh.com), under the **PTSA** heading - scroll down to "contribute" and make your donation online **or** you can mail your donation by downloading a 2008-09 Membership form and mailing to the address listed.

The PLHS PTSA thanks the following parents, students, teachers and staff who have joined the PTSA since the last issue of the *Parent Pointer*.

Anderson, Diane	Musgrove, Kim
Bagnell, Richard	Negron, Judy
Bier, Robin	Nydam, Julie
Blair, Susan	Plummer, Jackie
Burgess, Dotty	Plummer, Kelsey
Checkal, Jordy	Rea, Anthony
Curran, Michael	Rea, Carrie
Denny, Amy	Rea, Mike
Fayer, Art	Rea, Haylee
Fouquier, Laura	Rochfort, Bill
Graham, Lisa	Rochfort, Janie
Hall, Tracy	Rochfort, Rene
Hills, Heather	Smith, Suzanne
Hurl, Laurie	Sullivan, Chris
Jasso, Norma	Sullivan, Rohan
Koltun, Jeri	Sullivan, Tala
Leimbach, Carol	Sullivan, Vicki
Leimbach, John	Sutter, Kyle
Leimbach, Stephanie	Sutter, Rosemary
Martin, James	Tamura, Ann
McKay, Lisa	Touhill, Kelly
Musgrove, Jim	

My Girlfriend's Closet

**A mother/daughter community service organization
providing gently-used stylish clothing to foster
and disadvantaged teen girls in San Diego**

SEEKING NEW MEMBERS!

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

*Please join us for a Dessert Party
and Get Acquainted Event*

Sunday, January, 11, 2009

2:00pm – 3:30pm

**Point Loma Library
3701 Voltaire Street**

For more information visit our website at
www.mygirlfriendscloset.info or call
Barbara Greiert at 619-884-4445
or 619-223-0092



SOCIAL HOST LAW PARENT PLEDGES

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 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!

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 or fill out the pledge form and return it to the school office.

9th Grade
Paul & Kathy Tappero

10th Grade
[your name here]

11th Grade
Paul & Kathy Tappero
Gary & Leslie Rose

12th Grade
[your name here]

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.

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

FUNDRAISER SUPPORTING PLHS CLASS OF 2012

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

Flowers of Point Loma

Between Voltaire & Poinsettia 2170 Chatsworth Blvd.
San Diego, CA 92107

(619) 223-3161
(800) 989-3161
(619) 223-3306 Fax



Mon-Sat 9-6
Penn Bryan
Penn@FlowersOfPointLoma.com

Teleflora
Order on line - WWW.FlowersOfPointLoma.Biz

**10% of your purchase will be generously
donated back to PLHS Class of 2012!**

CALLING ALL STUDENTS . . .
Plan ahead for Prom!

Boutonnieres ~ 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!

Thank you 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.fundrazine.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

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



FOOTBALL BOOSTER MERCHANDISE

Do your Christmas shopping for your PLHS sports fans!
Hurry!! Supplies limited and Christmas is coming!

Contact Sally Todter at 619-301-6500
or email todter@todter.com



Buttons	\$2.00
Pennants	\$3.00
New! Cookbook	\$10.00
T-Shirts	\$15.00
Sweatshirts	\$25.00
Plush Bear	\$25.00
Blankets	\$35.00
Seat Cushion	\$35.00
<< Plush Bear	\$25.00

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

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www.pointlomahigh.com