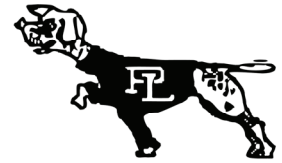


# Parent Pointer



Parent-Teacher-Student Association Newsletter

February, 2009 - Volume 49, Issue 3

## Dear Families and Friends of Point Loma High School,

This has been an exciting year at Point Loma with more opportunities than ever for our students in the classroom, on the athletic fields, through internships, and in the visual and performing arts. We are so proud of all that our students have accomplished. Please check the website regularly at [www.pointlomahigh.com](http://www.pointlomahigh.com) to see all the activities and awards of our students. Further in this newsletter please be sure to check the counseling section for the many student and family activities that are offered to help in academic planning and advising. Mark your calendar for the spring **Parent Shadow Day on April 2nd from 8:30 to 11:30 a.m.** New families planning on attending PLHS in the future are welcome to attend.

I need to ask your help in improving our student attendance. As you know, "being here" whether for a job or school is the first step for success. For us, there are two reasons we need your help. Number one is for your student's success and number two is financial. Every penny counts as we try to make ends meet in these difficult economic times and each absence, **excused or not**, costs us money. Please be sure your student comes to school every day unless they are really sick, both for their success and for our financial needs. Thank you for helping us reach our goal of 95.5% attendance.

Planning is in full swing for three major facilities that come to us as a result of the passage of Prop S. Our projects will be some of the first ones started in the district. Before summer, you will see signs of construction. A new two story building will take the place of the bungalows. It will house 6 classrooms and an athletic training facility. Construction to turn the upper half of the 900 building into a state-of-the-art Music Center is planned to start this summer. The lower half of the 900 building will follow shortly thereafter to become an incredible Motion Picture Studio. I've been told it is the only one of its caliber on a high school campus.

Beginning on March 22nd, we will have our visit from the Western Accreditation of Schools and Colleges. There is a link on the website to view the full WASC Report. A big thank you to all the staff, students, family and community members

(See *PRINCIPAL'S MESSAGE* continued on page 2)

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## Point Loma High School PTSA

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San Diego Unified PTA Council  
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published five times annually

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

## PRINCIPAL'S MESSAGE

(Continued from page 1)

who under the leadership of Shannon Toyzan have helped us successfully prepare the report and prepare for the visit. It is a time to celebrate all that our students and school community have accomplished.

We have implemented a variety of ways for parents and staff to communicate with one another... I hope you have utilized *Parent Connection*, our informative *PLHS website* ([www.pointlomahigh.com](http://www.pointlomahigh.com)), and signed up for our weekly *eBlasts*. Be sure your seniors are signed up for the **Naviance College Guidance Program** and are applying for scholarships. Last year our seniors were offered more than \$800,000. There is a lot of scholarship money out there, so encourage your seniors to apply. If you need information on any of these forms of communication, please call the school or contact Jennifer Brimley at [jbrimley@sandi.net](mailto:jbrimley@sandi.net). Thank you for your involvement. It is critical to student success.

This time of year, it is important that I add this reminder...Not only do we finalize learning in all our classes during spring semester, but testing is an inevitable happening each spring. Our incredibly important CAHSEE administration for 10th grade students is on March 17th & 18th, the State testing is at the end of April, and of course – all our AP students are fully aware of the May testing window for their courses. Please help your student understand the importance of always doing their best when called upon to exhibit what they know and have learned. Our desire is to help each student become a life-long learner; and through the course of high school learn the academic, social, and workplace skills to allow them to compete successfully in the 21st Century global world.

Thank you for allowing us the privilege and honor of working with your students. They are the best!

**Sincerely, Bobbie Samilson, Principal**  
**Engage, Empower, and Educate all**  
**Students for the 21st century**

## 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)**

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**

## ONLY 50 DONOR BRICKS STILL AVAILABLE!

The sale of donor bricks for the seat wall on Chatsworth Boulevard is coming to a close, so order yours soon!

For a \$100 donation, your family's names and class year(s) will be inscribed.

To order, go to:  
[www.plhsfaa.org/buyabrick.html](http://www.plhsfaa.org/buyabrick.html)  
or contact PLHS Foundation and  
Alumni Association at  
619-226-4509

## THANKS!

# A TEACHER AFFECTS ETERNITY; HE [SHE] CAN NEVER TELL WHERE HIS [HER] INFLUENCE STOPS.

- Henry B. Adams



With this thought in mind, the PTSA has awarded three more grants since the last newsletter. Our grants went to Melissa Simmons to

purchase sheet music for the music department (that is, band, choir and orchestra); Patrick McElhaney to help fund the Fourth Annual History Department Awards Banquet; and to the entire school to partially fund the cost of four Teacher Tech stations (including carts, LCD projectors, doc cameras and locks). Thank you to all who have sent in their membership payments – this is where your money goes!

Our next meeting will be held March 9<sup>th</sup> at 6 p.m. in the Library. We will be discussing major changes to the Kick-Off and to the class fundraising. Our thoughts are to scale down both events – drop the dinner for Kick-Off and combine the class fundraising. We are also considering combining the PTSA with the Foundation, and creating an entirely new organization, similar to the Correia and Dana

Foundations. With so few volunteers, we feel this is the most practical way to manage all the different events, work groups, and activities.

This is also the time to consider volunteering for a position for next year. Many of us (well let's face it, we have about 10 active members of the PTSA!) are leaving next year, so we need you to step up and take on a position. I have been volunteering with schools since my kids were in pre-school – and now I have one in college and one a junior here at Point Loma. It is time for me to leave! You will be amazed at the people you will meet volunteering alongside with you – they are all fantastic.

It is so important to show our children that it is possible to work full -time and volunteer with their activities and with their schools, since it will be our children who will be the volunteering parents of the future. We learn by imitation. My mother was an incredible volunteer when I was a child – and at 78, she is still volunteering in the Correia Library. So take a look at the possible positions, and please step up next year and help our school community. Feel free to contact me at [lroseadi@aim.com](mailto:lroseadi@aim.com) or 619-696-0282 (daytime) to tell me which position you are considering!

**Ciao! Leslie Rose**  
**PTSA President**  
[lroseadi@aim.com](mailto:lroseadi@aim.com)

## Point Loma ROP Students Make an Impression

Senior Regional Occupation Program (ROP) students Taylor Baughn, Kevin Hilton, Bharat Madan and Kelly O'Donnel represented Point Loma High School at the College, Career and Technical Education's (CCTE) annual networking event, Business & Education Direct Connect. With more than 300 business and community members in attendance, the students talked with guests about their high school's Healthcare Essentials and International Trade courses, Athletic Training/Medical Careers pathway, and their internships and experiences at the Economic Summits in Los Angeles. The students received high praise for their poise, charisma and focus on sharing their experiences in the business world.

From Friday Notes from the Office of the Superintendent, San Diego Unified School District, February 20, 2009.

# 2009-2010 BOARD POSITIONS

As we move into the second half of the school year, we are already scouting our upcoming Point Loma High Association Board and committee chairs and volunteers (worker bees) for the following year. Here is a listing of board and committee descriptions. We invite you to consider stepping up and becoming involved in a fabulous organization here at PLHS. Volunteer for one or more activity or take the big step and take on the Board positions!

**PRESIDENT:** coordinates the work of officers and committees, resides over meetings of association and executive board, prepares directory of officers and committee chairs, agenda, is liaison between principal, staff and board.

**VICE PRESIDENT OF VOLUNTEER ACTIVITIES:** oversees the following committees — *Grad Night* (senior class activities), *College Night* (assists Head Counselor in preparing for and putting on the annual College Night in the fall), and *Hospitality*.

**Hospitality** is divided into several small activities and volunteers are needed for each activity. They are: *Welcome Back Luncheon* (coordinates Teacher's Welcome Back Luncheon in August), *College Panel* (coordinates return student college panel in December), *Teacher Appreciation Week* (coordinates Teacher Appreciation activities in May), *Undergrad Awards & Senior Awards* (works with Head Counselor to coordinate Undergrad and Senior awards receptions in the spring), *Volunteer Service Awards* (coordinates Honorary Service Awards luncheon in May, forms committee to solicit and decide on awards, plans food and program for teacher/volunteer luncheon).



**VICE PRESIDENT OF WORK GROUPS:** oversees the following committees and boards — Banner solicitation, Banner Hanging (coordinates students and volunteers to put up and take down Kick-Off banners at all home football games), and Kick-Off at the beginning of the school year (Kick-Off is comprised of sub-committees that stock and run the snack-shack for all three football games on Kick-Off Saturday, decorations and t-shirts sales).

**RECORDING SECRETARY:** keeps minutes of the meetings of the Association and executive board, prepares meeting highlights for website.

**TREASURER:** keeps a permanent accounting and record of all financial business, pays bills, chairs budget committee, prepares monthly report for meeting, maintains insurance and tax status, has books audited annually.

**PARLIAMENTARIAN:** attends meetings to provide advice on parliamentary procedure, chairs nominating committee, chairs committee to review bylaws annually or as needed.

**PARENT POINTER EDITOR:** collects articles for and publishes Parent Pointer (4-5 times per year).

**COMMUNICATIONS/PR:** maintains Association's information on PLHS website, send eBlasts.

**GIFTS/GRANTS:** chairs gifts and grants committee, coordinates Association's efforts to provide gifts and grants.

If you are interested in learning more about any of these positions, please join us at the next PTSA meeting on March 9th at 6 p.m. in the Library or contact Leslie Rose at [roseadi@aim.com](mailto:roseadi@aim.com).

# NEWS FROM THE COUNSELING CENTER

## *Congratulations!*

Sophomore Stephanie Navarro was awarded First Place in the National Association for Bilingual Education's (NABE) 2009 Nationwide Writing Contest for Bilingual Students. Stephanie read her essay and received a cash award at NABE's 38th Annual Conference in Austin, Texas. Junior Sarah Robinson was selected to attend an all expense paid seven-day trip to the Military Order of the World Wars Spirit of America program at Valley Forge, Pennsylvania and Washington D.C. Sarah competed against JROTC Cadets from all services from school districts throughout San Diego County. Senior Michael Todter has been selected as a Scholar-Leader-Athlete by the National Football Foundation and College Hall of Fame. Junior Zachary Leslie has been named Athlete for the month of May 2008 by the San Diego Hall of Champions; Eric Allen, Point Loma High School alumnus (Class of '83) has been inducted into the Breitbard Hall of Fame.

HOBY, the Hugh O'Brian Youth Foundation, exists to bring together high school sophomores with distinguished leaders in business, government and education for the purpose of exchanging ideas on present and future issues. Students selected as HOBY delegates attend a weekend seminar within their state. Congratulations to Martin Gelenter for being nominated as the Point Loma High School Representative; Iman Al-Kudsy was selected as the alternate. Rotary Camp Enterprise is a three-day, all expenses paid program that provides outstanding eleventh-grade students a broad view and an exploration of the free enterprise system. Attendees meet and interact with Rotarian Businesspeople from many different professions, including law, medicine, education, banking, and retail. Camp Enterprise participants are Joshua Morse, Strongman Osom, and Alejandra Perez. Congratulations to all! Way to go, Pointers!

## *Grades*

January 31st marked the end of the first semester, and grades were sent home with the students. The end of the first grading period for the second semester will be March 13<sup>th</sup> — students will bring home grades March 20<sup>th</sup>.

## *Welcome Clayton Ballard*

The Counseling Office is fortunate to have Counselor Clayton Ballard join the staff. He comes to us from UC High and Standley Middle School. Mr. Ballard's new position is funded through the Advanced Placement Initiative Grant. His office is located in the Media Center, and he can be reached at extension 1169. Mr. Ballard supports students in the Advanced Placement classes with the goal of increasing the number of passing AP exam grades. Welcome Mr. Ballard!

## *College Panel*

Over twenty students from the Class of '08, who are now college freshmen, gave up some of their precious vacation sleeping time to share their college experiences as part of the annual **College Panel**. The college freshmen met with students in various classrooms and represented such campuses as Cal Poly Pomona, Colorado State University, Evergreen State College, Louisiana State University, Mesa College, Morgan State University, SDSU, Stanford University, UCLA, UCSB, University of Arizona, University of Colorado at Boulder, University of Redlands, USC, USD, and Willamette University. Thanks to the PTSA for providing pizza for the college freshman!

## *CAHSEE*

Grade 10 California High School Exit Exam (CAHSEE) testing will take place on March 17 and 18. Sophomores should get a good night's sleep, eat a healthy breakfast, and arrive to school on time. Water and dry snacks will be allowed in testing rooms. Please schedule appointments around these important test dates.

## *Parent Meetings*

The Sophomore Parent Meeting was held on February 12<sup>th</sup>, and the Junior Parent Meeting was conducted on February 19<sup>th</sup>. Both events were held in the PAC.

## CSF NEWS



The California Scholarship Federation (CSF) Membership Drive Week for the spring semester will take place in Room 853 February 17th through February 27th, during lunch. A point system specified in the state constitution requires that students

do "superior work" in every subject, and have satisfactory citizenship or better in each class. Retroactive membership may not be granted after the designated membership drive. Students must fill out an application and have a copy of their previous semester report card along with \$5 for membership fees. Those who qualify for at least four out of six semesters during grades 10-12 are eligible for Sealbearer recognition at commencement, but must qualify at least one semester their senior year.

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

## STUDENT LEADERSHIP OPPORTUNITIES

Several leadership opportunities are made available each spring to freshmen and juniors. The **Aaron Price Fellows Program** application and information were made available in the Media Center on February 5. This program is only open to freshmen at four San Diego high schools. Students who are accepted will participate in three years of specially developed programs. Completed applications should be returned by February 20<sup>th</sup>. The Youth Citizenship Seminar is held each summer on the campus of Pepperdine University in Malibu, California. Boys and Girls State leadership programs will take place the summer of 2009 for one male and one female junior. These seminar opportunities invite student leaders to meet with adult leaders in the fields of government and business.

## SENIOR SCHOLARSHIPS

Members of the Class of 2009 can apply for approximately 50 in-school scholarships this spring. Scholarships are for students who will be attending two and four year colleges in fall. Applications and specific criteria for the Senior Scholarships will be available beginning March 2<sup>nd</sup> on the Naviance website, <https://connection.naviance.com/fc/signin.php?hsid=pointloma>. Senior scholarship applications are due March 30<sup>th</sup> (no exceptions!) These scholarships include: Two LaRoi Glover Scholarships valued at \$5,000 each, Rebecca Lenci Memorial Scholarship (\$5,000), David Wells Excellence in Athletics (\$1,000), and many memorial scholarships established by community families. Names of award recipients will be announced at the Senior Awards Program on Thursday, June 4, 2009, at 6:00 p.m., in the Trepanier Gym.

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

## 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 notifications is Friday, May 22, 2009.**

## PARENTS OF SENIORS

Remember to file your financial aid forms as soon as possible. Complete and mail applications with late deadlines. Make sure that the Counseling Office has on hand your stamped, addressed envelope if mid-year reports need to be sent to colleges that request them. Be patient: this is a critical waiting period. Students should keep grades up and avoid "senioritis." Senior Exhibitions are May 28, 2009. Remember to order your Cap & Gown! Apply for Scholarships - some are based on merit, others on financial need. Most colleges have 80% or more of their students getting assistance from scholarships and financial aid. Final grades for the Fall semester will help determine senior class rank. Valedictorian and Salutatorian were determined at the end of fall semester.

**Application for San Diego's Community Colleges:** A representative from Mesa College will be here at Point Loma High School in the spring for an Application Workshop and administering placement exams in Math and English. Students can begin their application process right here at PLHS!

**FAFSA** - The Free Application for Federal Student Aid (FAFSA) is currently available online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). This is the basic form which families must use in order to apply for federal, state and college-based aid. Families should use their 2008 income tax information for this form. **The first day to**

**submit applications online was January 1, 2009. Priority deadline for Cal Grants is March 2, 2009.**

For Seniors who are applying to 2-year or 4-year colleges in California and want to qualify for Cal Grants, you won't need to do anything **except** file the FAFSA!! Our registrar will electronically file all seniors' GPA's to the state. We will be contacting you or your student if we don't have their social security number on file for this process. Thank you to Mrs. Valot and Mrs. Valenzuela for organizing our Financial Aid Night on January 13<sup>th</sup>! If you have any questions, please contact your student's Counselor.

## PARENTS OF JUNIORS

Remember to have your juniors sign up for the spring SAT Reasoning Test, SAT Subject Tests, or ACT. **Our school code is 052870.** Log onto the College Board or ACT web site for more information [www.collegeboard.com](http://www.collegeboard.com), [www.act.org](http://www.act.org). Attend College Open houses and college fairs. Contact colleges of interest for their admissions information, sign up for summer college tours and plan ahead. Selective colleges want to know how a student spends his or her time outside the classroom. Admissions officers look at more than SAT and ACT scores, grades and letters of recommendation. SDSU received 41,608 first-time freshmen applications for fall 2009; of those, 11,022

applications coming from the San Diego area. Last fall incoming SDSU freshmen had an average high school GPA of 3.47. SDSU plans to enroll 7,500 freshmen next fall. UCSD received 47,025 applications this fall, down 0.7 percent, while Cal Poly San Luis Obispo received over 20,722 applications, a 14 percent decline from last year.

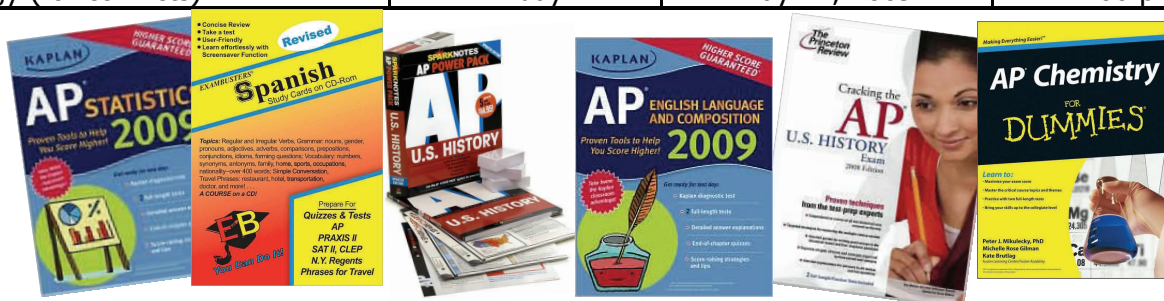
## SUMMER PROGRAMS

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

# AP Exams

Advanced Placement Exam dates are May 5<sup>th</sup> – 22<sup>nd</sup>. The test schedule is listed below. **Any student that has a conflict with the AP exam dates should see Maddie Tolpen in Counseling as soon as possible.**

AP EXAM	DAY	DATE	TIME
Computer Science A	Tuesday	May 5, 2009	7:30 a.m.
Statistics	Tuesday	May 5, 2009	12:00 p.m.
European History	Friday	May 8, 2009	12:00 p.m.
Studio Art Portfolios Due	Friday	May 8, 2009	12:00 p.m.
Biology	Monday	May 11, 2009	7:30 a.m.
Music Theory	Monday	May 11, 2009	7:30 a.m.
Physics C	Monday	May 11, 2009	12:00 p.m.
Environmental Science	Tuesday	May 12, 2009	7:30 a.m.
Psychology	Tuesday	May 12, 2009	12:00 p.m.
English Language	Wednesday	May 13, 2009	7:30 a.m.
Art History	Wednesday	May 13, 2009	12:00 p.m.
World History	Thursday	May 14, 2009	7:30 a.m.
Human Geography	Friday	May 15, 2009	7:30 a.m.
Spanish Literature	Friday	May 15, 2009	7:30 a.m.
U.S. History	Wednesday	May 20, 2009	7:30 a.m.
Spanish Language	Thursday	May 21, 2009	12:00 p.m.
Chemistry	Thursday	May 21, 2009	12:00 p.m.
English Literature	Friday	May 22, 2009	7:30 a.m.
Biology (for conflicts)	Friday	May 22, 2009	12:00 p.m.





# Fall Classes

The curriculum evening meeting for 8<sup>th</sup> graders was held on January 22<sup>nd</sup>. Individual interviews for current Correia Grade 8 students will be held March 9 - 16. Private school families will enroll @ PLHS beginning **March 23, 2009**. Please call or e-mail Martha Socie in the counseling office at 223-3121, ext. 1130, [msocie@sandi.net](mailto:msocie@sandi.net), to make an appointment.

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

## Articulation schedule at PLHS

Current Grade 09 - February 11 & 12 – in the PAC  
Current Grade 10 - February 18 & 19 – in the PAC  
Current Grade 11 - February 24 & 25 – in the PAC

Individual interviews in Counseling Office - current Grade 09 – March 17 – 20  
Individual interviews in Counseling Office - current Grade 10 – March 2 - 6  
Individual interviews in Counseling Office - current Grade 11 – March 9 – 13

## 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: \_\_\_\_\_

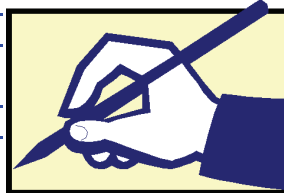
Yes, I give my permission to have my name published in the *Parent Pointer*. I want other parents and guardians to know their children are safe when at our home!

**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!!*

## 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.



**9th Grade**  
[send in your pledges]

**10th Grade**  
Ed & Sandy Silverman  
Peter & Julie Urbon

**11th Grade**  
Paul & Kathy Tappero  
Gary & Leslie Rose

**12th Grade**

# Point Loma High School Naviance

The Counseling Office is delighted to offer a comprehensive website that you can use to help in making decisions about colleges and careers.

Using Naviance Family Connection you will be able to:

✦ **Keep track of the process**

- ☆ Build a resume
- ☆ Complete on-line surveys
- ☆ Manage timelines and deadlines for making decisions about colleges and careers

✦ **Research Colleges**

- ☆ Compare GPA scores
- ☆ Compare SAT scores
- ☆ Compare other statistics

✦ **Sign up for College Visits**

- ☆ Find out which colleges are visiting our school
- ☆ Sign up to attend the sessions that are of interest to you

Naviance Family Connection also lets us share information with you about up-coming meetings and events, scholarship opportunities, and other web resources for college and career information. You can also use the site to send us an e-mail message.

We have provided you with a personal access code and instructions for accessing Naviance Family Connection. We hope that you will find this resource helpful. If you have not already done so, please see instructions below on how to set up your account.

If you have further questions about Naviance Family Connection, please contact your counselor.

## CREATING YOUR NAVIANCE FAMILY CONNECTION ACCOUNT

1. Sign up for "Family Connection."

Go to our school website, [pointlomahigh.com](http://pointlomahigh.com), click on the Naviance Family Connection link located on the bottom left side of the main page.

Type in your registration code given to you by your counselor.

Once you are registered, type your email address and create a password.

In the future, you will sign in under "Return User" and won't need your registration code.

2. Complete your "Game Plan."

Under "**ABOUT ME**" select "My Game Plan" from the menu.

Complete the survey.

3. Select perspective colleges.

Under "**ABOUT COLLEGE**" select "College Search" from the menu on the burnt orange field.

Complete the survey. When completed, click "Show Matches."

Look under "Colleges That Match Your Criteria" and click on "Pick" next to the colleges that interest you.

Choose all that interest you. At the very least, choose five.

Under "Hand-Picked List" box click "Add to My Colleges."

If you have more colleges you'd like to include, go to "**ABOUT ME**" and select "My Colleges." Click on "Add to This List." Click on "Lookup" then type in name of college. Click on the desired college and then click on "Add Colleges" at the bottom of the page.

If you have any questions about Naviance Family Connection, please see your counselor.

# 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 club.



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

## PLAN AHEAD FOR YOUR COLLEGE FUTURE!

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

### Freshman Students:

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

### Sophomore Students:

Receive PSAT results. Read materials sent with your score report. Consult your counselor to explore ways to improve on future standardized tests and courses to discuss which may be required or beneficial for your post-high school plans. Keep studying! Volunteer — a great way to identify your interests and to develop skills. Remember, it's not too early to start researching colleges and universities. Visit the counseling office to browse through literature and guidebooks or surf the web and check out college and university home pages.

### Junior Students:

Begin college selection process. Attend college fairs, financial aid seminars, general information sessions, etc., to learn as much as you can about the college application process. Make sure you are meeting NCAA requirements if you want to play Division I or II sports in college. See Laurie Hurl for

(Continued on page 12)

## **COST OF COLLEGE**

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

### **Senior Students:**

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

## *The Top Ten Things that Parents Should Remember About the College Process*

It is good, of course, that students and parents approach this process jointly, but we all know that at its best, the process itself can prepare students for the independence that they will experience in college. The following list contains some possible symptoms of parental over involvement.

10. Remember that this process is not about you. No matter how similar your children may be to you, they need to make their own decisions and observations.
9. Support and encouragement are more appropriate than pressure and unsolicited advice. Allow your children to seek you out and restrain yourself from imposing your viewpoint upon them.

8. Do not use the words “we” or “our” when referring to your children’s application process. Those little pronouns are surefire indicators that you have become too involved.
7. Help them prepare but let them perform. Encourage them to sleep well and put thought into a college visit, but once on campus, step back and let them drive the experience. This is good practice for the next phase of their lives – adulthood.
6. Encourage your children to make their own college appointments, phone calls, and e-mails. When a family arrives at an admissions office, it’s important that the student approach the front desk, not the parents. We notice! Having control over those details gives them a sense of ownership. Don’t be tempted by the excuse that “I’m just saving them time” or “they are too busy” – students will learn to appreciate all the steps it takes to make big things happen if they do them.
5. Allow your children to ask the questions. They have their own set of issues that are important to them.
4. Prepare your children for disappointment. For many students this is the first time they could face bad news. Remind them there is no perfect school and that admissions decisions do not reflect on their worth as people or your worth as parents.
3. Never complete any portion of the college application – yes, even if it is just busy work. That also goes for friends, siblings, counselors, and secretaries. For many colleges, that overstep would be viewed as a violation of the honor policy at the school.
2. Do not let stereotypes or outdated information steer your children away from schools in which they would otherwise have an interest. Times have changed and so have colleges.

### **AND THE #1 THING FOR PARENTS TO REMEMBER ABOUT THE COLLEGE SEARCH PROCESS IS:**

1. **Never, ever, during a college visit buy a sweatshirt or t-shirt from the bookstore in your size – it’s a dead giveaway!**

# Class of . . .

**2009** Plans for Graduation Night activities for the Class of '09 are beginning. If you would like to help plan either the Disneyland trip on June 10th or help with the activities planned for graduation night at La Mesa Bowl, please contact Linda Pendleton at [lpendleton1@sandi.net](mailto:lpendleton1@sandi.net) or 858-277-4486. Information will soon be available for purchasing grad night tickets early for the best price available from the Finance window. Fundraisers are continuing to help fund grad night activities. Watch for a restaurant night fundraiser at Brick Alley restaurant in the near future!!

**Linda Pendleton**  
Sponsor, Class of 2009

**2010** The Class of 2010 reports that they have been successful with their clothing sales and they continue to fundraise for next year's graduation.

**Maureen McGrath**  
Sponsor, Class of 2010

**2011** The New Year is looking pretty bright for the Class of 2011. Through our class sales at football games, direct solicitation donations and our banner sponsorship we have raised \$2,500 so far this year!

Speaking of donations to our class account - I would like to thank the following families who have recently donated: Barbara Lamb & Bill Hale, Kelly & Matt Becker, and Jeff & Kathy Bruhn.

Some of our wonderful parents were on campus in early February to sell red and pink carnations for our Valentine's Day flower sale. With the help of our ASB class president Sarah Wasseem and her friends, all the flowers were delivered on February 13th.

A special thank you to Bridget Wear — On February 4th she hosted a Princess Pashmina Party at Solare Restaurant. A percentage of the profits were donated to the Class of 2011. It was a beautiful location and a great night!

Still to come this spring a golf tournament! Details to follow....

**Lucy DeVito**  
Sponsor, Class of 2011

**2012** Congratulation to the following Fun Card Winners:

- ☺ Katie Bench, winner for September \$50 gift card for Hodad's
- ☺ Kim Calloway, winner for October \$60 gift card for Nick's at the Pier
- ☺ Mark & Carleen Barry, winners for Nov. \$40 gift card to Crave's Café
- ☺ Susan Loreall, winner for December \$50 gift card for The Vine Bar and Café
- ☺ Dora Montano, winner for January \$40 gift card to Pepe's

The Fun Card winner for February will receive a gift card to the Venetian for \$25. The drawing takes place at the end of each month and the winner is notified by phone or e-mail.

We would like to thank all the families that have responded to our Direct Solicitation letter and sent in a donation. If you have not sent in a donation please consider doing so. A \$25 donation from each family would help us meet our fundraising goal of \$5,000 for this year, but any donation, large or small, will be greatly appreciated. Please make your checks payable and send to:

PLHS/PTSA Class of 2012  
c/o of Susan Blair  
1140 Sorrento Dr.  
San Diego, Ca. 92107

Questions? Contact Jean Peugh at [jeansboys@cox.net](mailto:jeansboys@cox.net) or Susan Blair at [susan.blair1@cox.net](mailto:susan.blair1@cox.net).

**Jean Peugh & Susan Blair**  
Sponsors, Class of 2012



**CAST YOUR VOTE!**

**HONORARY SERVICE AWARD NOMINATION FORM  
POINT LOMA HIGH SCHOOL PTSA 2008-2009**

The Honorary Service Awards(HSA) will be given out on May 27, 2009, at a luncheon to honor the awardees. This honor may be awarded to an individual in the PTSA, school or community in special recognition of outstanding service to children and youth. Please take time to nominate a deserving individual that you know!

Name of Nominee \_\_\_\_\_ Title (if applicable) \_\_\_\_\_

Place of Work (if applicable) \_\_\_\_\_  Educator  Community  PTSA  Other

Reason for Nomination \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Your Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Please return this form by April 30, 2009 to: Point Loma High School PTSA ♦ 2355 Chatsworth Boulevard  
San Diego, CA 92106-1699 ♦ Attention: Lucy DeVito

**POINT LOMA HIGH SCHOOL PTSA  
WRENNIE SPONSEL AWARD  
NOMINATION FORM**

**POINT LOMA HIGH SCHOOL TEACHERS:** The Point Loma High School PTSA will again be awarding the Wrennie Sponsel Award for professional excellence at the annual Honorary Service Award Luncheon on May 27, 2009. This award will be presented to a new teacher who has demonstrated excellent professional service. All teachers are encouraged to complete the form below.

Guidelines to follow:

- Teacher is new to PLHS with 1-3 years of service.
- Teacher has exhibited excellent teaching skills.
- Teacher is involved with students and participates in extra-curricular activities.

Name of Nominee \_\_\_\_\_

Year he/she joined the staff of PLHS \_\_\_\_\_

Subject taught \_\_\_\_\_

Reason for Nomination \_\_\_\_\_

\_\_\_\_\_

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

Please complete this form and return it by **April 30, 2009** to the PTSA mailbox, attention Lucy DeVito. If you have any questions, please email Lucy DeVito at [devito@pacbell.net](mailto:devito@pacbell.net) or call 619-225-0082.

# Media Center News



The PLHS Media Center offers reliable on-line sources of information for use by all members of your family. To access these valuable resources from our homepage go to [pointlomahigh.com](http://pointlomahigh.com) and click on "Library" under "Students." Click on "[How to access databases](#)" for home use details. These databases are created specifically for educational use and will make information gathering from the Internet more effective and efficient for your student(s). Please note that the library page also hosts the library catalog and information regarding new additions to our collection.

A friendly reminder that books and any other school material checked out to students on his/her ID card becomes the student's responsibility to return. Books that are no longer needed for study should be returned to the library or textbook window as soon as possible to avoid damage or replacement charges. Books that have been checked out to individual students should not be left in classrooms for teachers to return. Current student IDs are required for circulation of all materials. Your student can verify each book return simply by asking the person checking in the book for verification of removal from his/her record. Students may check their record by bringing their ID to the library or textbook window during lunch or after school. Please contact your library media teacher, Shannon Toyzan at x1162 or, [stoyzan@sandi.net](mailto:stoyzan@sandi.net), if you have any questions about the library media program. Thank you for your participation as we strive to engage, empower and educate all students.

## 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:*

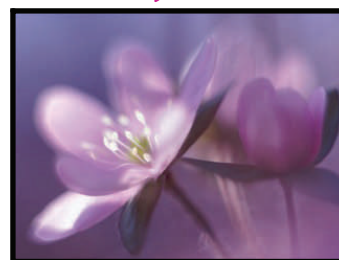
**PLHS Campus:** Attendance Office and Media Center  
**San Diego County Credit Union:** 1004 Rosecrans Street  
**San Diego National Bank:** 1075 Rosecrans Street  
**Ocean Beach Main Street Office:** 1868 Bacon Street  
**Jungle Java:** 5047 Newport Avenue  
**Bone Appetite:** 4845 Newport Avenue



*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*

*Need Flowers?*



**Flowers Of  
Point Loma  
800.989.3161**

*Please mention **PLHS**  
Class of 2012  
10% of all purchases  
donated*

# 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](mailto: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: <a href="http://www.1293443.fundraizine.com">www.1293443.fundraizine.com</a>	

Contact: Maureen McGrath: 223-2441  
[maurmcgrat@aol.com](mailto: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](mailto: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](mailto:susan.blair1@cox.net)



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

**SEEKING NEW MEMBERS!**

Check out our new website  
[www.mygirlfriendscloset.info](http://www.mygirlfriendscloset.info)



**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 four to five times annually.*  
[www.pointlomahigh.com](http://www.pointlomahigh.com)