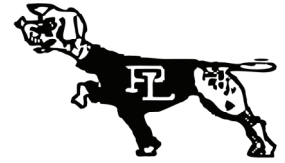


Parent Pointer



Point Loma High School Pointer Association Newsletter

March 2010 - Volume 50, Issue 3



PRINCIPAL'S MESSAGE

Dear Pointer Families and Friends,

Our campus continues to be energized as our seniors begin to receive acceptance letters and scholarships from all over the country. This is an exciting time as they make final decisions on attending four-year universities, junior colleges and career and technical schools. Most California State Universities have waitlists due to the large number of applicants. Be sure to ask your counselor about this situation and strategies for admittance, which might involve enrollment in a special transfer admittance guarantee program. All students and families please read the article by our Head Counselor, Laurie Hurl, regarding San Diego State University's new admission policy.

Prop S projects are progressing, including the i21 initiative, whole-site modernization, a restroom/concession stand/ticket booth, and a new weight room, which is the most recent undertaking. Our Pointer Association and FPC (Facilities Planning and Construction) will work together to build a weight room, a project made possible by a \$90,000 grant from Jimmy Johnson (NASCAR) and Lowes. On our website homepage you will see a "PLHS Prop S Update" tab. The latest news regarding Prop S projects will be posted there.

Also, on our website home page we will have a new section called "School Highlights and Innovations." PLHS provides numerous opportunities for its students, sometimes beyond the campus; for example, 100 students are now participating in career/course internships through our Capstone College, Career & Technical Education classes.

At this time of year we plan for state testing (STAR). Testing will take place beginning the last week of April. The testing results determine our Academic Performance Index (API) and contribute to our Adequate Yearly Progress (AYP) as a school. Please take the time to discuss the significance of the tests with your student and encourage him/her to do their very best. Thank you for your support from home.

Also during the month of May, we will be administering the Advanced Placement tests. For seniors it is an extra

(See Principal's Message continued on page 2)

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The Parent Pointer newsletter is published four times annually

Kim Jessop - Executive Director

Leslie Rose - President

Bobbie Samilson - Principal

Sandy Silverman - Editor

PRINCIPAL'S MESSAGE cont'd.

(Continued from page 1)

busy time as they make final preparations for Senior Exhibitions, to be presented on June 3. If you are interested in participating on a panel, please contact Kim Eurich at 223-3121 ext. 4303. All juniors are encouraged to participate on the panels in preparation for their senior year. Please note our graduation will be on Friday, June 18, 2010 at 3:00 p.m. Monday, June 21, 2010 is a required day of attendance (7:30 a.m. to 11:30 a.m.) for all students, including seniors.

Thank you to "Play It Safe Self-Defense" for donating their time and resources to teach preventative awareness training to all of our PE students including demonstrations of practical self-defense techniques. We have a wonderful community supporting our school in many ways.

I'd like to encourage our parents to take advantage of Parent Visitation Day on April 8th beginning at 8:30 a.m. Come see for yourself what is taking place on our campus and in the classrooms. All current and future families are welcome.

We have multiple opportunities for our English learner students and parents. Please see the article by Miriam Atlas, our English Learner support teacher.

The dedication of staff, parents and community to the students of Point Loma High School continues to inspire me. I look forward to hearing from students about their future plans and accomplishments as we near the end of another school year.

In partnership with you for our students' future,

Bobbie Samilson, Principal

PRESIDENT'S MESSAGE

*"An old man going a long, high way,
Came, at the evening cold and gray,
To a chasm vast and wide and steep,
With water rolling cold and deep.
The old man crossed in the twilight dim,
The sullen stream had no fears for him,
But he turned, when safe on the other side,
And built a bridge to span the tide.
'Old man,' said a fellow pilgrim near,
'You are wasting your strength with building here,
Your journey will end with the ending day,
You never again will pass this way,
You've crossed the chasm deep and wide,
Why build you this bridge at eventide?'
The builder lifted his old gray head,
'Good friend, in the path I have come,' he said,
'There followeth after me today,
A youth whose feet must pass this way,
The chasm that was naught to me,
To that fair-haired youth may a pitfall be,
He, too, must cross in twilight dim,
Good friend, I am building this bridge for him.'"*

The Bridge Builder
by Will Allen Dromgoole

This year was a year of building bridges, but there is so much more to do. So many of us are leaving this year that we truly need your help to keep the Point Loma High School Pointer Association alive and kicking! The PA is brand new and the possibilities are limitless. If you have a passion or vision, then join us and share it with the other tireless volunteers. We have a place for you and your ideas! Please contact our recruiting team of Eleanor Snyder (mrssnyd@cox.net) or Kris Spathas (kspathas@gmail.com) to hear about all the potential volunteer positions available next year!

(Continued on page 3)

Parent Alert!!!

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

PRESIDENT'S MESSAGE cont'd.

(Continued from page 2)

The Senior Activities Committee has been incredibly busy planning a Grad Night Party and a Disneyland trip. You can purchase your tickets to these events through the Finance Office. Informational material has already gone home with the senior students, so if you haven't seen it, contact Maureen McGrath about the all-night Grad Night Party (mcmcgrath@prusd.com) or Lisa Tumbiolo regarding the Disneyland trip (Wednesday night before the Friday graduation - Ltumbiolo@cox.net). Don't be left behind! You can pay via the installment plan.

May is time for the Volunteer Service Awards – so think of who you would like to nominate (see entry forms in this issue). Lucy DeVito is in charge of the awards, and you may contact her at ldevito@pacbell.net.

Finally, I would like to thank our Gifts & Grants committee for all of their work this year. They have the difficult job of looking at all the requests, the limited monies available, and fashioning an equitable recommendation to present to the Board. Joan Irvine, Monica Dean, Susan Blair and Linda Pendleton – thank you so much.

And now, please help us finish building these bridges for the parents and students that will come after you.

Leslie Ann Rose
roseadi@aim.com
PLHSPA President

Does your child want to be a Point Loma High School Cheerleader?

— Come to our Mandatory Tryout and Parent Meeting!



When: Thursday, April 8, 2010 @ 6:30 pm

Where: Point Loma High School Cafeteria

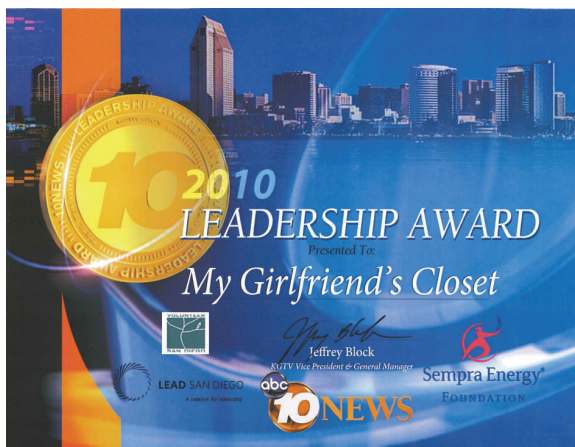
What: Meeting to answer all your questions about Point Loma Cheerleading and Tryout requirements.
No experience necessary!

Tryout Dates: 6/1- 6/4 in Dance Room

Sports Physicals: 5/27 from 2-3 pm in the Nurse's Office (\$25 prepaid or \$30 at the door)

If you have any additional questions, please go to www.pointlomacheer.com

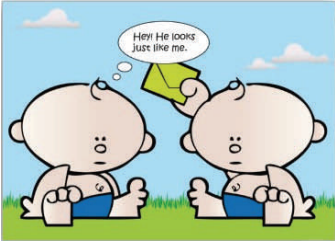
LOOKING FORWARD TO SEEING ALL OF YOU THERE!



My Girlfriend's Closet is looking for mothers and daughters to help us fulfill our mission of providing gently-used clothing to the homeless and foster teen girls in San Diego.

For more information, give us a call at 619-884-0844 or email girlfriendscloset@gmail.com. or visit our website at www.mygirlfriendscloset.info

News from the Counseling Center



The Counseling Office is thrilled to announce the latest additions to the Valenzuela Family. Twins Boys, Benjamin and Noah, have arrived! Mrs. Kris Fleming, retired counselor formerly of Mira Mesa High, will be subbing for Mrs. Betty Valenzuela through the end of the school year. Mrs. Roni Nocon is soon expecting the delivery of her baby boy as well. Mrs. Gini Holcomb, retired from PLHS last year, and Mr. Mike Askey, former Head Counselor of Hoover High, will be filling in for Mrs. Nocon.

Congratulations!

Stephanie Navarro & Madison Friel for being selected as this year's Girls' State delegate and first alternate; and *Cody Harvey & Stephen Stapleton* for being selected as this year's Boys' State delegate and first alternate. *Boys and Girls' State* are programs that offer young men and women training in the practical purposes of self government. Activities include legislative sessions, campaigning, party rallies, debating and voting.

Christina Cardoza, Samantha Cochran, Julia Law, Delisa Madden, Tara Morrow, Tala Sullivan, Natalie Taylor & Tiana Last for being named participants in the Jenna Druck Foundation's Spirit of Leadership Conference. The Jenna Druck Foundation provides inspirational year-round training, empowering thousands of young women each year with the resources they need to realize their full potential as leaders.

Stephen Stapleton & Auralee Walmer for being chosen to attend *Camp Enterprise*, and *Axel Cramer* for being nominated as a legacy participant. *Camp Enterprise* is a San Diego Rotary Club project that provides a select group of outstanding students the opportunity to attend panels, presentations and group discussions that present a broad view and exploration of the free enterprise system.

Congratulations to all!

IMPORTANT INFORMATION

- Parent Visitation Day is Thursday, April 8, 2010, from 8:30 - 11:15 a.m.**
Parents, prospective families and community members are welcome to visit any classroom on April 8! Please check in at the front office first. Come see all the high level instruction and great activities that are going on at PLHS!
- Families that attend the **National College Fair on April 20, 2010 from 6:00 p.m. - 8:00 p.m.** at the San Diego Convention Center are able to get a head start on college planning. This year we have two buses available for students to attend the fair from 9:00 - 11:00 a.m.; Juniors have priority. During the month of February Junior presentations on college, graduation and important monthly deadlines for college took place. Also in February the Freshmen and Sophomore students were presented information on college and graduation and explored colleges via a virtual video website. All families should use this great college information tool, www.youniversitytv.com.
- Spring is the time for your student to begin working with their counselor on college searches. Three helpful links are: the Naviance website, <https://connection.naviance.com/fc/signin.php?hsid=pointloma>, www.campusprogram.com which offers free access to our 50,000 US/Canadian Universities and college programs/department sites covering 300 fields of study, and www.degreesearch.com.

TUTORING

The Upper Level Club is available to all students on Tuesdays and Wednesdays in the Library, from 2:30 to 4:00 p.m. CSF students tutor in the Library during lunch on Mondays, Tuesdays and Thursdays.

SENIOR AWARDS

The Senior Awards Program will be held on Thursday, June 10, 2010 at 6:30 p.m. in Trepanier Gym. Many seniors will be recognized for their hard work and dedication and will receive cash awards, certificates and honors at the gala.

Testing ... Testing ... Testing ... Testing

TESTING IS COMING — TESTING IS A TEAM EFFORT!

It's that time of the year again when we will be gathering together our 9th, 10th and 11th graders to take the Standardized Testing and Reporting Program Tests (STAR). With the exception of the seniors, all students will be tested April 27 - May 6, 2010, and it is important that all students give it their best effort. Please do not schedule personal or optional medical appointments during these days.

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

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

We are aware that April and May is a very busy time of the year for our students in terms of testing. Therefore, we have done our best to schedule the STAR testing so as not to conflict with the Advanced Placement (AP) exams. After giving it their best on the CST exam, students who will be taking AP exams the following week should have plenty of time to pull out their notes and the book to study for the AP's. We will be AP testing in late May in order to give AP students more time in class to review for the exams. We're counting on all Pointers to excel on all their exams.

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

Test Taking tips:

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

SAT REASONING AND SUBJECT TESTS AND ACT

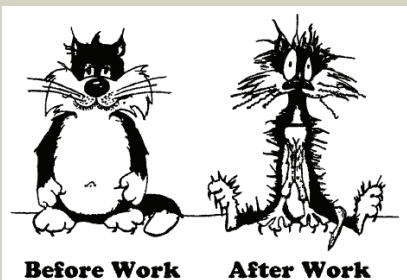
The last SAT Reasoning Test & SAT Subject Tests are May 1st and June 5th. Registration deadline for the May test was March 25th and for the June date is April 29th. ACT last tests are April 10th and June 12th. Registration deadlines for the April date was March 5th and for the June date is May 7th. Current Juniors can save time by registering early for fall tests. Selective private institutions may require three SAT Subject Tests. Visit Naviance to view specific admission criteria.

ADVANCED PLACEMENT EXAMS

AP Exams will be given in May. All students enrolled in an AP course must take the AP Exam in order to receive AP course credit. Students should decide ahead of time which college(s) they would like their scores sent to. Scores can be sent to additional colleges later, but for a fee.

Work permits

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



CRITERIA FOR WORK PERMITS

10th - 12th Grade

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

9th Grade

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

During the summer all students are eligible for work permits.

Are you interested in becoming a host family to a foreign exchange student from Italy, France, Japan, Spain, Thailand, Germany, Finland, Turkey, Belgium, China, Taiwan, Korea, Slovakia or another country?

Cultural Homestay International is beginning their search for host families for the 2010-2011 school year.

If you would like more information about this program, please contact Alison Fishman, BA Academic Coordinator Cultural Homestay International (619) 675-5004 or alisonsdchi@gmail.com (<http://www.chinet.org/ayp>)



The PLHS Pointer Association is still collecting used cell phones and empty inkjet/laser jet cartridges. Just drop them 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 PLHS Pointer Association's Scholarships for graduating Seniors!

Need Information?

Call Pat Baker at 619-223-9363

or email at p_t_baker@hotmail.com

College Information



EXTRAEXTRA***EXTRA***EXTRA*** NEW SDSU INFORMATION IMPORTANT FOR ALL GRADES!!!!

SDSU received 61,800 applications for approximately 6,158 slots. All students, when applying, must declare a major. All majors are impacted, so applications will be ranked by major. The in-service area (Point Loma High students) average GPA 3.65, average SAT 1074 and average CSU eligibility index 4002 (compared with 2900 minimum to be eligible). Local students were provided on average 381 extra points. CSU eligible freshman from the local service area will have the option to be put on the waitlist. Students who were denied admittance, but CSU eligible are encouraged to enroll in a special transfer admittance guarantee program. If you enroll in a community college in the local area and complete the required courses and requirements for transferring, you will be guaranteed acceptance to SDSU for three years by fall 2013. Even if you have been accepted, SDSU will not enroll any student with any Ds or Fs in the senior year. This is for any course, even PE! Academic grades at all grade levels are very important. Don't wait to improve your grades — do it now! Be sure to send in your deposit on time and take ELM/EPT if you need it for acceptance. Seniors, see your counselor if you have any questions. CSU Maritime is still accepting applications!

“NOW WHAT?” Making the Final Selection of College*

After receiving admission offers, students should celebrate with friends, family, and teachers! It's a great time to be proud of four years' worth of achievements. Then, as seniors begin to consider their college options, it's always important to remember that they're not just choosing a school, but also a community that should feel like home. That's why spring is a great time to make a campus visit.

Finding a Community That Fits: Even if seniors have visited campus before they applied, visiting after being admitted can help them make their final choice. Many universities offer special events for admitted students and families. It's always nice to balance official campus events with informal opportunities to get a feel for the campus community. Campus events may include an informational session, campus tour, and meetings with professors. Informal ways to get to know a school could include going to lunch at a dining

location, exploring the student center, or attending an athletic event or club meeting. Families can also use free time to explore the city by visiting local restaurants, museums, and cultural attractions.

Taking Care of the Details: Freshman residence halls are an important stop during any campus visit, and students should consider the types that are available. Because this often is their first time living away from home, students shouldn't rush through the housing forms; spending some time thinking about living preferences and being candid about preferences can make for an easier transition. By taking some time in the spring to get to know the colleges, campus life, and housing, students can make informed decisions as they select the college or university that will be a good fit for them.

**Counselor's Canvas, Washington University, St. Louis, MO: Spring 2010, Volume XIV, Issue 2*

Let the Counseling Office know
where you plan to attend college!

San Diego Community Colleges

Now is the time to enroll in Community Colleges for Fall 2010. See the Mesa College Representative, Greg, on Tuesdays in the Library during periods 3, 4 and lunch. Cal-SOAP representatives are also available for guidance in the Library on Mondays and Wednesdays from 8:00 a.m. to 12:00 p.m.

THE SOCIAL TRANSITION FROM HIGH SCHOOL TO COLLEGE

Teens in high school are drinking more than ever and starting drinking at even younger ages. The incidence of high-risk drinking only increases in college when children find themselves with new freedom away from watchful eyes of parents consider these facts:

- * Student who chose not to drink during high school will often start during their first year of college. Moderate high school drinkers often become heavy drinkers in college.
- * Teens who use alcohol before the age of 15 are four times more likely to be alcohol dependent than adults whose first drink is at the legal age of 21.
- * Each fall, 15 million students enroll in college. Nearly 160,000 of today's first year college students leave school every year for alcohol and other drug related reasons.



Information from: *Next Step Magazine*

COLLEGE INSURANCE COVERAGE

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

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

Info from *Business Week*, Larry Armstrong.

TIPS FOR SENIOR PARENTS ON LETTING GO

The Emotional Roller Coaster: Recognize your student's conflicting emotions. Your student, like you, is being pulled between past, present and future. One day exclaiming, "Leave me alone; I'm 18 years old, and independent," and the next complaining, "You're never around when I need you!" Your student's ups and downs are a sign of the ambivalence of the transitional time.

This Summer: Make a financial plan and discuss expectations with your student. Develop a tentative budget and be clear about who will pay for what. For example, some parents pay for tuition, room/board, books and supplies, while their student is responsible for incidental expenses such as snacks, movies and CD's. Other students are responsible for earning a percentage of their tuition. Teach your student about responsible use of credit and debit cards.

Communication: Keeping in touch once they're at college - Ask about courses, rather than focusing on grades. Invite your student to share with you the discovery of new ideas, academic interests and intellectual passions.

PLAN AHEAD FOR YOUR COLLEGE FUTURE!

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

Senior Students:

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

PLHS community scholarships were due March 26th; late applications were not accepted! Seniors will continue to have the opportunity to apply for many scholarships. Notification is given to students via Naviance. Please notify Mrs. Hurl of any scholarships received for recognition at the Senior Awards Night by dropping off a copy of verification.

THINGS TO DO IN APRIL

❖ **Expect Admission Decisions**

Chances are you will be accepted (or put on a waiting list) at some colleges and not others. Congratulate yourself on your acceptances. Way to go!

❖ **Decide which college to go to.**

- Consider all the pros and cons.
- Get the opinions of your parent(s) and counselor.
- When comparing financial aid offers, look at the kinds of aid offered (for example, loans versus grants) - not just the total amount.
- Let your counseling or college planning office know of your final decision.

❖ **Reply to colleges.**

- Notify the college you chose of your decision. **Send a deposit, if needed. Watch deadlines. Mark them on this calendar. Most colleges may require deposits by May 1.**
- After making sure everything is in order with the college you choose, write a polite letter to the colleges that you did not choose. Thank them for their offer. Do this promptly so they can offer admission to another student.

Tips of the month

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

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

THINGS TO DO IN MAY

❖ **Thank staff members who wrote recommendations.**

Consider giving them a thank-you note or card.

❖ **Keep in touch with wait-list schools you would still like to attend.**

- Consider writing a letter to express your enthusiasm for attending.
- Let the colleges know of significant recent achievements, such as high grades, awards or honors.

❖ **Make plans for the summer and beyond.**

- **Forms** regarding housing, roommates, courses, etc., may start arriving from the college you'll be attending. Respond to all of these promptly.

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

Junior Students:

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

April: Register for the May/June SAT Reasoning Test and/or the May/June SAT Subject Tests. Register for the June ACT if you want to take that test. Continue to evaluate your list of colleges and universities. Eliminate colleges from the original list that no longer interest you and add others as appropriate. Look into summer jobs or apply for special summer academic or enrichment programs. Colleges love to see students using their knowledge and developing their skills and interests. Take the **STAR testing seriously**. It is to their advantage to take the **voluntary Early Assessment Program Exam**. If they are proficient, they may pass the entrance requirements for Math and English at the CSU system and will not have to take the ELM/EPT.

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

June: After school ends, get on the road to visit colleges. Seeing the college firsthand, taking a tour and talking to students can be the greatest help in deciding whether or not a school is right for you. Although it is ideal to visit colleges during the academic year, going in the summer will be valuable. Admission offices employ their students to give tours and answer questions from prospective students and their parents. Take the SAT Reasoning Test, the SAT Subject Tests, and/or the ACT.

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

August: If you plan to play Division I or II athletics in college, you will need to visit the NCAA Eligibility Center website, www.eligibilitycenter.org, to fill out the NCAA eligibility form. Provide Mrs. Hurl with two envelopes stamped and addressed to the Eligibility Center. See Laurie Hurl if you have any questions.

COLLEGE CAMPUS VISIT ADVICE:

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

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

Sophomore Students:

The UC system will not have SAT Subject Tests as criteria for admittance, however many private colleges require three SAT Subject Tests. These are one-hour exams testing you on academic subjects that you have already completed. Not all SAT Subject Tests are given on every test date. Check the calendar carefully to determine when the Subject Tests you want are offered.

Summer: During the summer, you may want to sign up for a PSAT/SAT prep course, use computer software, or do the practice tests in books designed to familiarize you with standardized tests. Make your summer productive. Continue reading to increase your vocabulary.

FRESHMEN YEAR COLLEGE PLANNING

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

POINT LOMA HIGH SCHOOL WRENNIE SPONSEL AWARD NOMINATION FORM

To: Point Loma High School Teachers
From: Lucy DeVito, Pointer Association — Volunteer Service Award Chairperson
Subject: Wrennie Sponsel Award

The PLHS Pointer Association will be awarding the Wrennie Sponsel Award for professional excellence at the annual Volunteer Service Award Luncheon on May 26, 2010. 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:

1. Teacher is new to Point Loma High School with one to three years of service.
2. Teacher has exhibited excellent teaching skills.
3. Teacher is involved with students and participates in extra-curricular activities.

Name of Nominee: _____

Year he/she joined the staff of PLHS: _____ Subjects taught: _____

Reason for nomination: _____

Please complete this form and return it to the Pointer Association box **by April 23, 2010**
Attention: Lucy DeVito.

If you have any questions, please e-mail Lucy at ldevito@pacbell.net

Thank you for your response and support!



PLHS POINTER ASSOCIATION VOLUNTEER SERVICE AWARDS 2009-2010 NOMINATION FORM

The Pointer Association "Volunteer Service Awards" will be awarded on May 26, 2010, at a special luncheon to honor the recipients. This award may be given to individuals involved with the Pointer Association, school or community, in special recognition of outstanding service to children and youth. Please take the time to nominate a deserving individual you know!

Name of Nominee: _____

Title (if applicable): _____

Place of Work (if applicable): _____

Educator _____ Community _____ Pointer Association _____ Other _____

Reason for Nomination: _____

Your Name: _____

Phone Number: _____ E-mail: _____

Please return this form by April 23, 2010
Point Loma High School Pointer Association
Attention: Lucy DeVito
2335 Chatsworth Boulevard
San Diego, CA 92106-1699

Previous Honorary Service Award Winners

1987	Mrs. Joyce Ellison Mrs. Marilyn Brown Mrs. Reggie Morin Mrs. Gayle Eales	2000	Pete Wheeler Mary Wheeler Pam Fairley Joanie Auer Kathy Rodriques Rickie Sevadjian	2009	Gini Holcomb Shannon Tayzan Bert Cameron Anthony Palmietto John Murphy Debra Bralla Maureen McGrath Linda Pendleton Sally Todter
1988	Mr. Rodney Eales Coach Bennie Edens*	2001	Pam Lloyd Karen Crawford Melanie Nickel Bert Harden Capt. Carmine Tortora*		
1989	Mrs. Key Davis Mrs. Linda Eves Mrs. Cipre Powell* Dr. Barbara Brooks*	2002	Karen Mudgett Glen Vieira Ron Cunningham Vivian Love		* educator # additional awards
1990	Mr. Mark Clifton Mrs. Chris Dickerson* Lt. Ken McCarthy Mrs. Rose Romani	2003	Susan Heinrichs Dana & Richard Irby Kevin Gormly*		
1991	Mrs. Judy Garrett Mr. Alien Garrett Mrs. April Sandberg Ms. Virginia Eves	2004	Brian Benz* Bonnie Johnson Ann & Mike Hix Silvia Maas* Cate Romer Larry Zeiger*#		
1992	Mrs. Arthur Peinado (Susan) Mrs. Norma Gimber* Col. Philip Shaw Mr. Jim H. Shaw	2005	Deb Cromer Kellie Larson* Vicki Shepperd Chin Rose Wright Fred Ludwig John Dally* Jonathan Posternack*		
1993	Mr. Bud Hamilton* Mrs. Joy Woodward Mr. John Nelson	2006	Diana Antonini Radmilla Fulton Leslie Hanna Matt Spathas Lena Anjo Cynthia Hedges* Don Siliphant* Yolanda Beltran* Laurie Hurl*#		
1994	Herb Palmtag Nancy Palmtag Lynn O'grady Susie Brasher	2007	Kris Barry Debbie Glanz Scott Hoff Doug Harvey Cammie Ingram Carrie Hankins		
1995	Gay Shearer Ernestine Bradley* Sue Crafton Cynthia Sedillo Marilyn Brown* Raymundo Roldan Jan Furstenfeld Rudy Juarez Toni Wisehart* Linda Blakely Nora Welshans	2008	Toni Wisehart Lou Ghio Tim and Karen Cunningham Bertha Almeida Susan and Jim Blair Kris Spathas John and Pat Baker Mary Gerke		
1998	Anne Fletcher Vickie Riggs Charles Wootton Laurie Hurl* Deanie Stevens				
1999	Judy Rolfe Nanci White Suzanne Barclay Linda Davis Judy Kammerer				

GOING TO PROM?



Consider purchasing your boutonnières and corsages for Prom from Flowers of Point Loma (located at 2170 Chatsworth Blvd). They have a wide choice of flowers and ribbons to choose from. 10% of your purchase will be donated back to the Class of 2012. Just tell the salesperson you are attending Prom at Point Loma High School. Thanks! The Class of 2012.



Rhapsody on the Point
Friday, May 21
Crill Hall
Point Loma Nazarene University
6:00 pm Reception
7:30 pm Concert



It's been a long haul for the Point Loma High School Instrumental Music program – and their hard work has paid off! After struggling to keep the instrumental music program alive for the past seven years – growing from 35 students in a single band ensemble to over 150 students in a vibrant and growing program that now offers Vanguard (Marching Band), Symphonic Winds, Concert Band, Jazz Band, Orchestra, Dance Company, Color Guard and AP Theory – the Point Loma High School Instrumental Music program is poised to move from its overcrowded classroom to a state-of-the-art Music Center at the beginning of 2011.

“We've been running at the bare minimum for a long time,” said James Sepulvado, Director of Instrumental Music at Point Loma High School. “We're ready to take the program to the next level.”

The students have kept up their part of the bargain by taking their performance quality to the next level. The marching band and guard have won numerous awards, students have learned invaluable leadership skills, and they have become good-will ambassadors for their high school. They are ready to have a space that is an outward expression of the program's excellence and the importance of music education; a reward for the long haul.

The 2,500 square foot Music Center will have sound-isolated practice rooms, a choir room, a music production and recording studio, offices and classrooms. The Center will generate revenue for the school in the form of rental fees for the recording and practice studios. But the Center won't come pre-stocked. After the doors are open, the department will still need PA equipment, orchestra instruments and music, computer carts, music carts, shelves lockers, and recording equipment – just to name a few.

To ensure that the Music Center is adequately equipped and that the program's operational budget is fully funded, the Instrumental Music Program is holding its 3rd Annual *Rhapsody on the Point*, a concert and fundraiser at Crill Hall at Point Loma Nazarene University.

More than a fundraiser, *Rhapsody* is an opportunity for the community to come together and experience the outstanding PLHS band and Symphony Orchestra. Guest performer Dr. Todd Rewoldt, chairman of Woodwinds Studies at San Diego State University, will round out the evening with his soulful saxophone. Dr. Rewoldt is Assistant Professor of Saxophone at San Diego State University, and on-call saxophonist for the San Diego Symphony Orchestra and the La Jolla Music Society SummerFest.

Rhapsody on the Point promises to be a showcase of student achievement in music and a bellweather for the promising future of the PLHS Music program.

To purchase tickets for the event or to be an event sponsor, e-mail vanguard.parent@gmail.com.

Facts about Music at PLHS:

- ◆ The PLHS Instrumental Music Department receives no funds from the School District other than the Director's salary.
- ◆ Running a program of this quality and size costs \$70,000 annually. This means that the program must raise money to purchase everything from reeds and music to transportation and instruments.
- ◆ Instrumental music programs provide all of the “big instruments” to the students. These include: string basses, cellos, sousaphones and percussion equipment. A new sousaphone costs \$6,000 (the band is currently borrowing one).
- ◆ The program currently doesn't have a PA system for marching band rehearsals. This poses a challenge with the band's proximity to the airport.
- ◆ Among the band's needs:
 - A “pit cart” to transport “pit instruments,” which include timpani, marimba, and xylophone;
 - Color Guard equipment, which includes new rifles, flags, and a cart for hauling a heavy floor for spring competitions;
 - A new music library for the orchestra which currently has only 16 pieces;
 - New orchestra instruments;
 - A podium and stand for the new Music Center;
 - Computer carts;
 - Shelves; and
 - Recording equipment, microphones and stands.

This year Point Loma High School added a new position, an English Learner Support Teacher (ELST), to support the English learners on our campus. We currently have 225 students designated as English learners who fall between the Beginner (new to the country and to English) and Advanced range of language learning. While most of our English learners come from Mexico, we have students from Peru, Brazil, China, Taiwan, Japan, Iran, India, as well as other countries. These students are working twice as hard, learning the English language while they learn all of the content matter expected at each grade level.



We offer ESL as a two-hour block to support the language learning of our newest arrivals, as well as a literacy support class for our 9th grade students in need of further English language development. In addition, we will be offering the computer program, *Rosetta Stone* in order to enrich, support and speed up the language learning process for our most beginning ESL students. We also have tutors assigned to certain core content classes to support our English learners, as well as after school tutoring provided by the ELST as part of the Upper Level Club for these students.

Our English learner parents have formed an ELAC (English Learner Advisory Committee) that meets monthly to discuss issues relevant to our English learners and to give advice to the school regarding programs and services for these students. The committee meets on the first Tuesday of the month at 5:30 p.m. in Room 301. It is open to all parents of English learners as well as any parent or community member interested in English learner programs, services and issues. Our officers are: Maria Lourdes Gutierrez, President, Gladis Alcantar, Vice-President, Norma Calzado, Secretary and Maria Sandoval, DELAC representative.

This spring, approximately 50 of our current English learners are up for redesignation to a status of Reclassified Fluent English Proficient (RFEP). This means that they have reached several important milestones in their language development as assessed on the California English Language Development Test (CELDT) and California Standards Tests (CST). They are now ready to participate in a mainstream curriculum without additional language supports. We should all be very proud of these students and their accomplishments.

Miriam Atlas, ELST

Pointers Play Lacrosse

The 2010 Lady Pointer and Men's Lacrosse teams are geared up and ready to play! In March, Point Loma High School held Spring tryouts for Lacrosse and over 50 PLHS students turned out. Two teams were formed and overnight, "Lax" was Back at PL! Most of our players are new to the game, but have picked up their sticks and come out every day to learn this Native American game.

Our staff of volunteer coaches is second to none. Many of our coaches have played Lacrosse collegiately at top schools across the country. Come check out our games around San Diego County and here at home at Dusty Rhodes Park and PL Turf Field on campus. Team schedules and other general information can be found on the PLHS website (pointlomahigh.com) in the Students section under Clubs & Activities - Lacrosse. For more information on our Lady Pointer and PL Lax Men Lacrosse teams, please contact Carey Dawidzik at plhslax@gmail.com or call 619-813-6768.



JOIN THE POINT LOMA HIGH SCHOOL POINTER ASSOCIATION!

We would love to have you join us! Your membership and donations enable a dedicated group of volunteers to raise funds for the school's Pointer Priorities...

1. Classroom Gifts & Grants
2. 21st Century Technology
3. The new Music Center
4. Scholarships
5. Underfunded Sports

Your personal volunteer time is also very important to ensure the success of our Pointers. Our high school and students need lots of support – now more than ever! We're looking for people who want to...

- Serve on the Pointer Association board
- Be active on a booster group, such as Band, Cheer, Football or others
- Volunteer on campus – regularly or as needed
- Assist with fundraising activities
- Help with planning for the school's 85th Anniversary Gala in Fall of 2010

Join today – and be a part of the Pointers' next chapter in family and community support! THANKS!

Please print clearly:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Email (print clearly!): _____

My volunteer interests are: _____

My PLHS Pointer Association membership level:

Pointer \$35 Pointer Pal \$50 Maroon Pointer \$100 Gold Pointer \$250

Purebred \$500 Top Dog \$1,000 Staff & Best Friend \$ _____ \$10

Total Amount \$ _____

Check enclosed (Payable to PLHS Association) ~OR~ Visa MasterCard American Express

Card Number: _____ Exp. Date: _____

Billing Address (if diff. from above): _____ Billing Zip: _____

Signature: _____

~ AND/OR ~

**Donate online at our secure site: www.PointerAssociation.org or mail to:
PLHS Pointer Association, 1220 Rosecrans, #247, San Diego, CA 92106-2674**

Your membership/donation is tax deductible as permitted by law. Consult your tax advisor. TID #95-38001