



# The Eagle's Eye

## Open House

Thursday, August 24, 2017

5:00 pm – 8:15 pm

Olympian High School cordially invites all parents and community members to its annual “Back to School Night” **Open House** on Thursday, August 24, 2017.

This is an important opportunity for us to continue developing the parent-school partnership that we believe so strongly is crucial to our success. We encourage you to make every effort to join us on this important night.

During the Pre-Open House activities in the gym, you will be introduced to a few of our performing groups including the Cheerleaders, Mariachi, Orchestra, Choir, and Band.

Beginning at 5:45 pm, Mr. DeVore will introduce and welcome Sweetwater Union High School District Board of Trustee members, district and site level administrators, Olympian PTSO leadership and Olympian High’s new principal. The school mission, vision, and academic initiatives will also be highlighted.

Parents and students will then proceed through a schedule of classroom visitations in order to meet students’ teachers and learn about the expectations of each class.

We look forward to meeting you and working together to help all students prepare for college and their future.

**First Progress Report  
Coming Soon  
Friday, September 1, 2017**

## Open House Events

- **Food Fair/Entertainment**  
5:00 pm – 5:45 pm in Gym Area
- **Welcome/Opening Remarks**  
5:45 pm – 6:15 pm in Gym
- **Classroom Visitation**  
6:30 pm – 8:20 pm

*Your Child’s classroom schedule can be accessed through Jupiter/Infinite Campus. (see page 8)*



### Class Visitation

#### Schedule

Period	Time
1	6:30 – 6:40 pm
2	6:45 – 7:05 pm
3	7:10 – 7:20 pm
4	7:25 – 7:35 pm
5	7:40 – 7:50 pm
6	7:55 – 8:05 pm
7	8:10 – 8:20 pm

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## Principal's Perspective

During our first few weeks of school, in a school-wide effort, teachers have begun to engage all students in an understanding of our school's Academic Literacy Plan which in part, identifies a set of three "Habits of Mind" that we want all students to develop. Based on educational research, these college readiness "Habits of Mind" are as fundamental to the learning process as the actual content of any course. They are essential to developing students who are capable of thinking and learning at rigorous levels, and not just doing the minimum required. Additionally, these "Habits of Mind" will be constantly in front of our students as they prepare to become college ready upon graduation. Therefore, I want to share them with you, and invite you to support them at home as we work together to advance the achievement of all students.

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### Olympian High School College Readiness — Habit of Mind

(Character Traits of a Critical Thinker and a Successful College Student)

#### **Metacognition (Intellectual Humility)**

Having a consciousness of the limits of one's knowledge, including a sensitivity to circumstances in which one's biases may be functioning self-deceptively; the ability to self-assess one's level of knowledge and competency; awareness of one's own prejudices and the limitations of one's viewpoint; insight into the foundations, or lack of such foundations of one's beliefs; to think about and reflect on quality of one's own thinking.

#### **Intellectual Perseverance**

The ability to engage in complicated, often confusing tasks to problem-solve or pursue answers to complex questions; a willingness to repeat experiments or steps thereof in spite of obstacles, difficulties, and frustrations; a willingness to start over, to reread multiple times, search for evidence; a firm adherence to rational principals despite irrational opposition of others; a sense of the need to struggle with confusion and unsettled questions over an extended period of time to achieve a deeper understanding or insight.

#### **Intellectual Curiosity**

Understanding why a question, issue, or problem is important and for whom and a willingness to conduct investigations into matters even though they may not seem personally relevant; valuing and actively choosing to pursue inquiry with the end-goal of better understanding, relating to, evaluating, and integrating into existing cognitive schema.

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Improving student achievement continues to be our highest purpose at Olympian High. Again, I invite you to support these college readiness habits of mind and work daily with your student to discuss their learning, revise their work and contact us if you see a need for any assistance. By working together, students learning can reach its full potential

Let the Eagles Soar!

John C. DeVore, Interim Principal

# Student Health and Well-Being

Dear Parents,

Not unlike many other High Schools, Olympian High School is not immune to our students and children being impacted by their social emotional health. As a High School we would like to reach out to raise awareness of both the concerns around these issues and the resources available here at our school and in our community.

We would like to invite you to our first schoolwide event regarding “Student Health and Well-Being”, where South Bay Community Services will be presenting and providing resources and support to families on Tuesday August 29th, 2017 from 6:30 p.m. to 8:00 p.m. in Olympian High School Multipurpose Room.



## SCHOOLWIDE COMMUNITY FORUM “Student Health and Well-Being “ Tuesday August 29th, 2017 6:30 p.m.—8:00 p.m. Multipurpose Room

At Olympian High School we are putting every effort into providing the supports our students and children need through Student Success Teams, Crisis Intervention Teams, and Community Resource Centers/Family Resource Centers. At our school, we have School Counselors, District Nurses, and School Psychologists

available for any student who may need or want help or any type of assistance surrounding mental health, as well as, our highly trained teachers and administrators.

We encourage you, as parents, to also feel free to use our resources and utilize this event to continue your growth and education of what your son or daughter might be facing.

Whether treated or not, our children go to school and the problems they face can tie into major problems found in schools, as well as at home: chronic absences, low achievement, disruptive behavior, criminal behavior, substance abuse, running

away, dropping out, etc....

Facts:

- Up to one in five kids living in the U.S. shows signs or symptoms of a mental health disorder in a given year.
- 1 in 5 students living in the U.S. show signs or symptoms of a mental health disorder
- In a classroom of 25 students, 5 of them may be struggling with depression, anxiety, and substance abuse
- Prevalence increases with age; two fold increase in these disorders between age 13-14 and 17-18

So please join us to work as one team with one purpose to support our children’s health and wellness.



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voice in the application, that it shouldn't appear to be coached. Next, the report also questioned the validity of taking SAT/ACT tests and encouraged colleges to work to relieve undue pressure associated with these tests. Some suggestions to colleges included: making these tests optional, clearly describing to applicants how much these tests actually “count”, and discouraging students from taking an admissions test more than twice. The last recommendation was for college admission offices to dispel the perception that there are only a handful of excellent colleges and that only these colleges are vital to job success.

For the future of our youth's mental health and general good will of society, I see this as a good thing!

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**Did you know that there are 15 vacancies for the Chula Vista Youth Action Council?**

The board is composed of high school students in **grades 10, 11, or 12**, who are Chula Vista residents. Members serve one-year, renewable terms from **September 1 through June 30**.

The Youth Action Council establishes a communication link between Chula Vista youth and the City Council. Members are primarily engaged in a variety of community service projects that initiate outreach to their neighbors and peers. The Youth Action Council provides opportunities for students to connect with their community and become informed stakeholders. They meet twice a month.

<https://www.chulavistaca.gov/departments/city-clerk/boards-commissions/boards-commissions-list/youth-action-council>

**Let's encourage our Olympian Students to apply!**

**APPLY HERE:**

<https://www.chulavistaca.gov/departments/city-clerk/boards-commissions/vacancies-and-applications/youth-action-council-application>

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**SENIORS (CLASS OF 2018):**

**Senior College Night (8/23)**

The mini college fair will be from 5:30-6:15 pm in the pavilion area and the college presentations will start at 6:30 pm in the MPR.

Information from:

-San Diego State University on the CSU System-University of California, San Diego on the UC System-Southwestern College on the Community College System- An Out- Of- State College Representative with Out-of-State Options-and Senior Class Adviser with upcoming events. Both parents/guardians and students are encouraged to attend.

**Senior Passport \*\*DEADLINE is 9/1/17!**

Exclusively for the Class of 2018! The senior passport gives you access to ALL Senior activities at a discounted price!

-passport includes exclusive senior items not sold after 9/1/17

-easy to do a one-time purchase for all senior events and avoid waiting in line several times throughout the school year

-available for purchase online via the webstore

More information about the senior passport is available on the OHS website.

**Senior Portrait Deadline \*\* DEADLINE is 10/18/17!**

Senior students that didn't take their senior portraits in June need to make an appointment with prestige ASAP

Complete information about senior portraits is available on the OHS website at: <http://olh.sweetwaterschools.org/senior-portraits/>

Senior portraits must be taken BEFORE October 18th to insure being included in the 2018 yearbook.

**Senior Class Officers**

President: Alexandra “Ali” Martinez

Vice President: Robyn Park

Treasurer: Jamie Valerio

Secretary: Miranda Konkoly

Advisor: Alicia Pentz-Lopez

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## COUNSELOR'S CORNER

The counselors welcome all our returning students and newest Eagles to an exciting year. Thank you to all our parents/guardians for supporting your students in starting the year strong. In partnership, we can help all students maintain a positive attitude, consistent attendance, and persistence through upcoming school challenges.

### Who is your student's counselor?

All students are assigned to a counselor based on his/her last name. Your student's counselor can assist with personal, academic, and career needs and concerns. Due to changes in enrollment, the following alpha breakdown (corresponding to student's last name) has been established for this year:

A – CAN	Jessica Skinner	<a href="mailto:Jessica.Skinner@sweetwaterschools.org">Jessica.Skinner@sweetwaterschools.org</a>
CAO – ESTE	Araceli Loya	<a href="mailto:Araceli.Loya@sweetwaterschools.org">Araceli.Loya@sweetwaterschools.org</a>
ESTI – HILL	Sara Huerta	<a href="mailto:Sara.Huerta@sweetwaterschools.org">Sara.Huerta@sweetwaterschools.org</a>
HIN – MARTIN	Liliana Barron	<a href="mailto:Liliana.Barron@sweetwaterschools.org">Liliana.Barron@sweetwaterschools.org</a>
MARTINEZ-PEREZ	Michelle Medina	<a href="mailto:Graciela.Medina@sweetwaterschools.org">Graciela.Medina@sweetwaterschools.org</a>
PERI – SILVA	Sarah Mamaril	<a href="mailto:Sarah.Mamaril@sweetwaterschools.org">Sarah.Mamaril@sweetwaterschools.org</a>
SIM – Z	Grace Foust	<a href="mailto:Grace.Foust@sweetwaterschools.org">Grace.Foust@sweetwaterschools.org</a>

**Grade-Level Counselor Presentations** to 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders will occur throughout August and September. The information will cover relevant college readiness topics.

### Seniors and Next Steps: Ready .... Set ... Apply!

Counselors look forward to speaking with seniors and helping them further clarify their post-secondary plans. The following activities will support seniors through the process of college/career planning:

- ✦ Comprehensive classroom guidance lessons in August
- ✦ **Senior College Night – Wednesday, August 23<sup>rd</sup>**  
College Tables/Mini Fair in the Pavilion area from 5:30 – 6:15 pm  
College Admissions Presenters (MPR) begin at 6:30 pm (representing Southwestern College, SDSU, UCSD, and Private College options).
- ✦ Compact for Success status review with eligible seniors
- ✦ College Application workshops in October and November
- ✦ Opportunities to meet with visiting college representatives
- ✦ **Senior Financial Aid Night – October 19<sup>th</sup>**  
Additionally, the SUHSD District Sponsored Events include:  
Free SAT Prep Workshop (Seniors Only): August 19<sup>th</sup>, San Ysidro High (8-12:00pm)  
College and Career Expo: October 2<sup>nd</sup>, Montgomery High (6-8:00 pm)

SAT/ACT reminder: seniors should confirm the testing requirements for their individual colleges. While most schools accept testing sessions through December, SDSU wants applicants to test no later than November for scores to be considered in the application process.

### **California Scholarship Federation – Application window opens Monday, August 28<sup>th</sup>**

The California Scholarship Federation (CSF) is an organization that honors outstanding academic achievement. The fall application period will be open from August 28<sup>th</sup> to September 11<sup>th</sup> to juniors and seniors only (eligible sophomores will be able to apply in the spring with completion of first semester grades). The decision to pursue membership is voluntary, however, membership emphasizes student responsibility. It is the student's responsibility to complete the application and submit it in person to our CSF student officers. Students will have two weeks (during student lunch) to apply. Late applications will not be accepted. Parents/guardians, please remind your students to take full ownership of this process.

### **Remind Alerts from the Counseling Center**

Sign up for Remind to stay up to date with announcements from your Olympian High Counselors.

Class of 2018: text @ohsco2018 to the number 81010 or email [remind.com/join/ohsco2018](mailto:remind.com/join/ohsco2018)

Class of 2019: text @ohsco2019 to the number 81010 or email [remind.com/join/ohsco2019](mailto:remind.com/join/ohsco2019)

Class of 2020: text @ohsco2020 to the number 81010 or email [remind.com/join/ohsco2020](mailto:remind.com/join/ohsco2020)

Class of 2021: text @ohsco2021 to the number 81010 or email [remind.com/join/ohsco2021](mailto:remind.com/join/ohsco2021)

## English Learner Advisory Committee (ELAC)

The overall aim of ELAC is to advise the principal, school staff, and School Site Council on programs and services for English Learners. The ELAC also is a great way to get informed about school processes on strategies to increase students' academic performance, home/school communications, testing, becoming involved in the life of the school, and developing leadership skills.

We welcome parents interested in participating in the 2017-18 ELAC committee by emailing Mr. Patterson @ [mark.patterson@sweetwaterschools.org](mailto:mark.patterson@sweetwaterschools.org).

ELAC Meetings are held on Thursdays from 10 – 11:00 a.m. in the Parent Center.

### Fall 2017

September 7  
October 5  
November 2  
December 7

### Spring 2018

February 1  
March 1  
April 5  
May 3

## Comité Asesor de Aprendices de Inglés (ELAC)

El objetivo general de ELAC es asesorar al director, al personal de la escuela y al Consejo Escolar en los programas y servicios para estudiantes aprendices de inglés. El ELAC también es una gran manera de informarse sobre los procesos escolares, estrategias para aumentar el rendimiento académico de los estudiantes, las comunicaciones entre el hogar y la escuela, las pruebas, la participación en la vida de la escuela y el desarrollo de habilidades de liderazgo.

Damos la bienvenida a los padres interesados en participar en el comité 2017-18 ELAC enviando un correo electrónico al Sr. Patterson, asistente director [mark.patterson@sweetwaterschools.org](mailto:mark.patterson@sweetwaterschools.org)

Las reuniones de ELAC se llevan a cabo los jueves de 10 - 11:00 a.m. en el Centro de Padres.

### Otoño de 2017

Septiembre 7  
5 de octubre

### Primavera de 2018

01 de febrero  
Marzo 1

2 de noviembre  
7 de diciembre

5 de abril  
3 de mayo

## Health Office

The health office is open to students, parents and staff every day. Important information about communication, health office visits, medications, PE passes, and healthy habits is available on the Olympian website under the parent tab.

Please feel free to contact the health office if you have any questions or concerns.

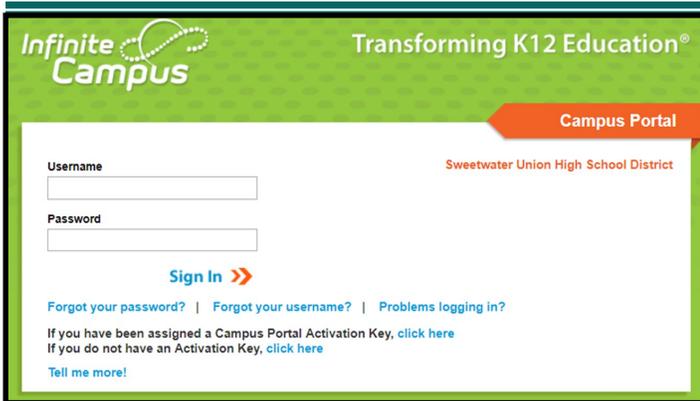
Sudden Cardiac Arrest (SCA) can happen without symptoms or warning signs. SCA is an abnormality in the heart's electrical system that can be detected with a simple EKG. But EKGs are NOT part of your teen's well-child exam or sports physical. There will be free cardiac screening at Southwest High School October 15 from 9:00 am to 3:00 pm. Register today at [epsavealife.org](http://epsavealife.org). Check their schedule for upcoming free screenings. It's a great opportunity! **Nurse: Ms. Bird**



## GATE/AP Parent meeting

In lieu of a GATE/AP Parent meeting on August 31, 2017, we encourage parents to attend the "Student Health and Well-Being" Community Event. This event will be on Tuesday, August 29, 2017 from 6:30 p.m. – 8:00 p.m. in the Multipurpose Room.





There are two ways to monitor your attendance and grades. You can visit Infinite Campus on a computer or to download the Infinite Campus app on a smart phone or tablet.

Log into Infinite Campus on a computer at:  
<https://campusportal.sweetwaterschools.org>

**Username:** Student ID

**Password:** first initial, last initial, 6 digit birthday

Once logged in, click the “Attendance” or “Grades” tabs on the left and then the “Day” tab in the middle for attendance.



**APP:** Download **Infinite Campus**

Log in the same way

Enable all notifications to know when you have been marked absent or tardy

If asked: **District Name:** Sweetwater Union High

If asked: **District Code:** FCPXPV

**Note:** You must log in to the computer site first to be able to use the app.

## Traffic

Olympian population has approximately 2500 students and 300 staff members. Currently, the location of the school and road access is limited. Please use caution when driving to and from school. Give yourself enough time to drop off your student on time and without stress. Students need to arrive to school safely and ready to learn. And always drive slow on campus. When your drop your student, make sure you use the designated drop off area. Please do not block emergency lanes and cross walk areas. And honor all marked designated visitor staff, and handicap spaces. Please be courteous and share the road as you safely drop off your child. And remember, Pedestrians have the right of way!



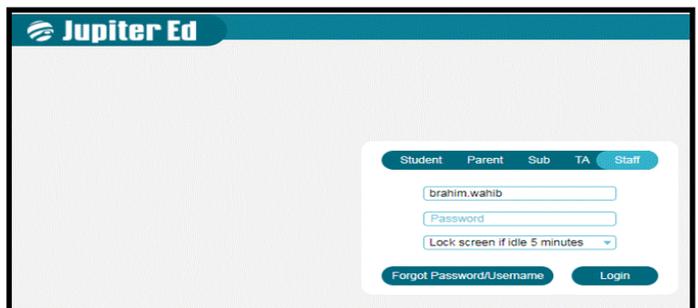
## STUDENT PARKING PERMIT INFORMATION:

All student vehicles must have a permit to park.

There are limited spots available, first come-first serve.

Students must fill out the [Parking Permit Application](#) online.

Students must bring in a copy of their Driver’s License and Insurance



1. Go to [JupiterEd.com](http://JupiterEd.com)
2. Click “Parent or Student”
3. Type “Student Name or ID”
4. School Name “Olympian”
5. City and State “Chula Vista”, “California”
6. Change Password or click “Forgot Password”
7. E-mail: [Brahim.wahib@sweetwaterschools.org](mailto:Brahim.wahib@sweetwaterschools.org)