



Principal-Mr. Ernie Zamudio

It's hard to believe that it's already 2nd semester. What a joy it is starting off this semester as the fourth principal of Olympian HS. Before we know it we will be knee deep in student led conferences, common senior experiences, senior activities, and graduation. As way of introduction I most recently was the principal of Hilltop HS. Prior to this I was Principal of Montgomery Middle, Director of Human Resources, Student Welfare Supervisor, AVID consultant at SDCOE and sporadically an educational consultant for the Department of Defense Schools (DoD) in Europe and Japan. In my free time I serve as the Chairman of the Sweetwater Water Authority a water

agency that services National City, Bonita and parts of Chula Vista. Olympian continues to be the #1 school in the district. Our traditions and goals remain the same to always be the premier high school in the Sweetwater district. My goal has always been to serve the students, teachers and the community. My son is a recent graduate of the district and is currently enrolled in a 4 year university. My wife is an adjunct professor at Southwestern college. It is a pleasure to be at Olympian!

Ernie Zamudio, Principal

Developing a Student-Centered Culture

One of our school-wide goals is to develop a student-centered culture by helping students see the connection between school and their future. We believe that when students have a clear understanding of the relationship between high school and their opportunity for success in the future, they are more likely to invest in their daily work and academics. This understanding increases student motivation and promotes persistence in student work and study habits. These characteristics are crucial to student success.

Parents can help support this goal by making the same connections with their students at home. As we prepare for Semester II, we encourage each parent to sit down with their student to discuss the future, set a few academic goals and determine how these goals might be supported at home. Consider the ways you encourage and motivate your child (student) and how you provide positive support to help them persist in their academic pursuit. Take time everyday to talk to your student about school, their strengths and areas in which they might need support to finish an assignment or activity. As always, let us know if there are specific areas where we can help and/or provide direct support. Please join our effort as we continue to make school relevant and connected to student life beyond high school.

When this connection is clear, student investment increases and opportunity for success is greatly enhanced.

- Olympian High School Administration and Counselors

Important Dates

- **Semester II Begins**
Tuesday, January 12, 2016
Students will report directly to Prd 1
- **Parent Training Series**
Two Seminars
Wednesdays: Feb 10 and Feb 17
6:30 pm; Library
- **Sophomore College and Career Readiness Conference**
Wednesday, January 27, 2016
6:30 pm; Multi-Purpose Room
- **Financial Aid Night**
Thursday, January 28, 2016
6:30 pm; Multi-Purpose Room
- **Parent Visitation Day**
Friday, February 5, 2016
Minimum day schedule
- **Building Student Success**
Tuesday, March 2, 2016
- **Freshman Student-Led Conferences**
February 22—25 2016 in Library-
Make up: March 2, 2016
- **AP Spring Fair**
Wednesday, March TBD
6:30 pm in MPR
- **Spring Break**
March 21- April 1, 2016
- **SBAC Testing Window**
April 14—May 27, 2016
- **Advanced Placement Exams**
May 6-13, 2016
- **Junior Exhibitions**
May 11—14, & 18 2016
- **Senior Showcase**
May 19, 2016
- **Graduation**
Date, Locatio, and Time ,
TBD
- **End of Semester II**
Final Report Card Distributed
Friday, June 3, 2016

Counselor's Message

COUNSELING CENTER

Office Hours:

Monday – Friday – 7:00 am to 3:30 pm

Phone: (619) 656-2420

The best way to contact your student's counselor is by email ([Counseling Center Staff](#)). In most cases, when counselors are meeting with students and parents, they will not be able to answer their phones directly. However you are welcome to leave a phone message by calling (619) 656-2420. **Each counselor manages a caseload of approximately 360 students. They strive to get back to phone messages and emails within 48 hours on school days during office hours. Your counselors thank you, in advance, for your patience.** If you have specific questions about grades in your student's courses or would like to set up a parent/teacher conference, it is best to contact the teachers directly. Counselors do not have specific information pertaining to the student's individual grades. Teacher contact information can be accessed through the [Staff Directory](#) or [Academic Departments](#) links. Most grades are posted on www.JupiterGrades.com which can be accessed via our home page. If you need log-in/password information, please contact the main office at (619) 656-2400 or email Assistant Principals'

Secretary, Joette.Fredricksen@sweetwaterschools.org

COUNSELING CENTER STAFF

Counselor TBD—*School Counselor [A-Carc]*

Our counselor Julie Hitchcock recently retired. Her substitute will be announced soon!

Araceli Loya—*School Counselor [Card-Espa]*

Email: Araceli.Loya@sweetwaterschools.org

- Scholarship Coordinator

Sara Huerta—*School Counselor [Espi-Hoo]*

Email: Sara.Huerta@sweetwaterschools.org

- Career Connections

Maria Batista (Substitute: Liliana Barron)

School Counselor [Hop-Martinez]

Email: liliana.barron@sweetwaterschools.org

- Military Liaison, Community Service

Graciela Michelle Medina

• *School Counselor [Marty-Pip]*

Email: Graciela.Medina@sweetwaterschools.org

- College Outreach

Sarah Delos Reyes—*School Counselor [Pir-Shaw]*

Email: Sarah.DelosReyes@sweetwaterschools.org

- Advance Peer Mediation Advisor

- CSF Advisor

Grace Foust—*School Counselor [She-Z]*

Email: Grace.Foust@sweetwaterschools.org

- NCAA Contact

Sasha Bisda—*School Psychologist*

Email: Sasha.Bisda@sweetwaterschools.org

Anarosela McCullough—*Speech Therapist*

Email: Anarosela.McCullough@sweetwaterschools.org

Karen Cassard—*Counseling Secretary*

Email: Karen.Cassard@sweetwaterschools.org

Rosalia Garcia—*Registrar*

Email: Rosalia.garcia@sweetwaterschools.org

Family & Community Support Services

From counseling to support to emergency shelters and transitional housing, SBCS is dedicated to providing a holistic approach that helps families and individuals survive and overcome difficult situations.

- * FAMILY VIOLENCE AND SUPPORT SERVICES
- * DOMESTIC VIOLENCE RESPONSE TEAM (DVRT)
- * CHILDREN'S MENTAL HEALTH
- * HOUSING & SUPPORT SERVICES HOMELESS

FAMILIES

- * DOMESTIC VIOLENCE INTERVENTION PROGRAM
- * HOMELESS PREVENTION- RAPID REHOUSING

PROGRAM

- * HEALTHY DEVELOPMENT SERVICES
- * COMMUNITY SERVICES FOR FAMILIES (CSF)
- * FAMILIES AS PARTNERS (FAP)
- * FIRST 5 FIRST STEPS

A PLACE WHERE ANYONE
CAN TURN TO FOR HELP

Supportive services

For more information call (619) 420-3620

SBCS offers a full spectrum of services designed to provide youth the resources and skills they need to reach their full potential and give their best to themselves and their community. Our programs include housing and support for homeless youth and youth aging out of the foster care system, as well as counseling, tutoring and job skill training. We work to keep young people in school, reduce criminal activity and violence, address substance abuse and mental health issues, assist in their academic achievement, and provide social skill classes. From youth in need to youth who serve as peer mentors, all youth in the South Bay benefit from our services. Our programs reach more than 7,000 youth annually.

Counselor's Message

NEW SEMESTER, NEW CLASSES

Did your son or daughter's classes or teachers change this new semester? Many students will have schedule changes for a number of reasons. In some cases, students were "moved up" to accelerated or honors classes if their teachers felt they were capable of being challenged at a higher level. For other students, the opposite occurred, and students were moved out of accelerated, honors, or AP classes if they failed the first semester. Other schedule changes were a result of balancing class sizes or because of a change in a teacher's schedule. Adapting to change is an important life skill and while we don't arbitrarily make changes, we do encourage students to accept new classes and new teachers with a positive attitude. Please talk to your child about adjusting to change and encourage him/her to be open-minded about any newness being experienced. Remember –"change" is not necessarily bad; it's just different!

IMPORTANT MEETINGS for PARENTS:

- ✓ Parents of Seniors: Financial Aid Night: Thursday, January 28, 6:30 pm, Olympian MPR
- ✓ All parents looking for assistance in raising teenagers: Parenting Teens Workshop, February 10th and 17th, 6:30 pm, Olympian Library

Nearly every four year college or university requires applicants to have taken either the SAT or ACT college entrance exams during high school in order to be considered for admission. It is recommended that these tests be taken in the spring of the junior year of high school which means students should begin the registration process soon. An excellent way to prepare for the SAT is to review the PSAT results and use the free resources available through the College Board. Every sophomore and junior who took the PSAT in October automatically has an account with the College Board which connects them to an individualized study program based on their score results. By working through this program, students can strategically prepare for the SAT – and it's free! See the enclosed information sheet in this newsletter for detailed information on how and when to register for the SAT and ACT exams.

SENIORS

Now that the college application period is nearly over there are several important things to keep in mind. First, attend Financial Aid Night on January 28 and receive assistance on completing the FAFSA – the state and federal government college grant application. Second, maintain good grades. Just because you've been accepted doesn't mean you can let your grades fall. Colleges do rescind acceptances to seniors who receive D and F grades! Third, pay attention to

deadlines. Scholarships, housing, and class registrations all have firm deadlines. Most colleges will provide all of their information to you via email or their websites. Read them thoroughly. Fourth, if you've received a college rejection, try not to take it personally. Rejections of any kind are never easy but they are common. You may have been rejected simply because the college had many similar applicants. There are many paths to a career and no single college leads to a sure thing in job placement. Consider that maybe the rejection isn't such a bad thing. Sometimes rejections end up being a blessing in disguise. If you are dead set on a given school however, start at another college and reapply later as a transfer student.

REGISTRATION FOR FALL CLASSES

Believe it or not, this is the time to be talking about next year's schedule with your child! Counselors will be in classrooms during February and March discussing graduation and college entrance requirements with students in preparation for class registrations. This is an appropriate time to discuss realistic and challenging course work with your student that meets not only the graduation requirements but also the university a-g requirements.

Students should choose the most rigorous courses available that are appropriate for their skill level. That means accelerated, honors and Advanced Placement classes and a lot of hard work! Why? Students in these classes tend to be more focused on their studies, the breadth and depth of discussion is greater, and there are rigorous demands on students in terms of reading assignments, written and oral work. The payoff for all this additional effort comes in the form of a solid knowledge base, enhanced academics, communication, and reasoning skills, and better preparation for college level work. The more challenging curriculum also yields benefits in the form of higher test scores and improved critical reading and writing skills. No matter what students choose to do in the future, these skills will be valuable.

Every student will be receiving materials on course offerings and requirements, as well as their school transcript – please ask your child to share this information with you.

CSF

The California Scholarship Federation is a scholastic honors society with each semester of membership based on excellent grades in both scholarship and citizenship. 10th, 11th, and 12th graders who receive "mostly" "A" and "B" grades in scholarship on the December 18 report card **might** qualify for membership, depending on the courses he/she completed. Specific requirements for registration are available in the Counseling Center and on the school

Counselor's Message (cont.)

website. CSF Life Membership is earned by having four or more semesters of membership, with at least one earned in the senior year. Life members sit in the front rows at the graduation ceremony and receive special recognition.

CSF Registration for sophomores, juniors and seniors will take place in the Counseling Center during lunch during January 25 through February 5. Students must turn in a completed application, a copy of the December grades or transcript, and make a \$5 donation to cover costs.

UC & CSU ENTRANCE REQUIREMENTS-"A - G"

The following courses **must be** completed with a grade of "C" or better:

- A. History/Social Science: 2 years required
- B. English: 4 years required
- C. Mathematics: 3 years required, including Intermediate Algebra; 4 years recommended
- D. Laboratory Science: 2 years required, 3 years recommended
- E. Foreign Language: 2 years required, 3 years recommended
- F. Visual or Performing Arts: 1 year required
- G. College Preparatory Electives: 1 year required

Since competition to the University of California is intense, students should plan to take the **recommended** course work and earn a minimum grade of "B."



Olympian graduates have a unique and valuable opportunity through the Sweetwater District's partnership with San Diego State University. Students who meet the six benchmarks below are guaranteed admission to SDSU upon graduation:

1. Apply to SDSU between Oct. 1 and Nov. 30 of senior year.
2. Be continuously enrolled in the District, grades 9-12.
3. Complete all of the a-g requirements with grades of C or higher.
4. Take the SAT or ACT no later than November of senior year.
5. Maintain at least a 3.0 CSU GPA from the end of 11th grade through graduation.
6. Demonstrate English and math proficiencies by either passing the ELM/EPT, passing AP exams in English and Calculus, or meeting score requirements on EAP, SAT or ACT exams.. More details at San Diego State University website:

<http://compactforsuccess.sdsu.edu/compact/>

FINANCIAL AID NIGHT

Seniors and Parents

Thursday, January 28th 6:30 pm - MPR

Now that the college application (for UC and CSU campuses) has come and gone you may be thinking more about college costs. College can be discouragingly expensive, but financial aid programs are set up to help students who are unable to pay the full cost. Financial aid for higher education can come in many forms: federal and state government grants, university grants and scholarships, work study, educational loans and private scholarships. Students often use a combination of several of these types of financial aid to help them finance their education. The more you learn now about the wide variety of programs, the less overwhelmed you will be later when trying to choose the best college - and the best financial aid package - for your family. The first step in the Financial Aid Application process begins with the Free Application for Federal Student Aid (FAFSA). January is the time to file your FAFSA, with a priority deadline of March 2, 2016. Information from the FAFSA is used to determine eligibility for federal and state student aid programs as well as institutional grants and scholarships. Find out more about college financial aid and get help completing the FAFSA at Olympian High's Financial Aid Night on **Thursday, January 28, 2016 at 6:30 p.m.** The Free Application for Federal Student Aid is available online at: www.fafsa.ed.gov

GOOD GRADES = MONEY FOR COLLEGE!

The California Student Aid Commission awards millions of dollars in grants to high school seniors each year to cover their college costs. One of the criteria used to determine the awards is the student's grade point average in 10th and 11th grade. For example, low to middle income students with a 3.0 gpa are eligible to receive up to \$12,240 per year if attending a UC campus and \$5,472 for CSU schools under the Cal Grant A program. Low income students with a 2.0 gpa are eligible for Cal Grant B awards of \$1,656 a year.

What qualifies as middle income? For a family of four, an income of less than \$90,500 a year meets the income ceiling for Cal Grant A awards. The Cal Grant application is included in the FAFSA application, see adjoining article. Bottom Line: work hard in high school, earn good grades, get into college, AND receive money to help pay for college!

Check Olympian High School website resources:

<http://olh.sweetwaterschools.org/financial-aid/>

COLLEGE ENTRANCE EXAM REQUIREMENTS for JUNIORS

Most four year colleges and universities require high school students to take an entrance exam in order to be considered for admission. There are two testing programs, the SAT which is administered by the College Board, and the ACT which is produced by the American College Testing program. These tests are designed to assess high school students' general educational development and their ability to complete college-level work. Most colleges will accept either ACT or SAT scores; check with individual colleges to learn their specific requirements or ask your school guidance counselor. It is recommended that students take **both** the SAT and ACT, for most colleges will consider whichever score is highest when both are taken. The **recommended time** to take these exams is May or June of the junior year; however, students may take the exams prior to these times and there is no limit to the number of times the test can be taken. SDSU will **not** accept scores after November of 12th grade. Olympian High does not administer the tests nor do we accept registration forms. A limited number of registration packets are available in the counseling center and may be mailed with the appropriate fees, but we recommend that registration be done **on-line**. Links are available on our school website at www.suhisd.k12.ca.us/ohs/. When completing your application, remember to select "release scores" to all colleges to which you may apply. Use #3594 to release to all CSU campuses & save money.

University of California Requirements:

ACT Assessment plus Writing (\$56.50)* ▶ or

SAT Reasoning (\$54.50)*

California State Universities Requirements:

ACT Assessment (\$39.50)* ▶ or

SAT Reasoning Test (\$54.50)*

Private Colleges and Universities Test Requirements:

Contact the specific college or university for information.
Useful websites include www.collegeboard.com and
www.princetonreview.com.

***Fee waivers** are available from your counselor for students who meet income requirements & are on the free /reduced lunch program.

SAT Register at www.collegeboard.com

<u>SAT TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
October 3, 2015	September 3, 2015
November 7, 2015	October 9, 2015
December 5, 2015	November 5, 2015
January 23, 2016	December 28, 2015
March 5, 2016	February 5, 2016
May 7, 2016	April 8, 2016
June 4, 2016	May 5, 2016

ACT Register at www.act.org

<u>ACT TEST DATE</u>	<u>REGISTRATION DEADLINE</u>
September 12, 2015	August 7, 2015
October 24, 2015	September 18, 2015
December 12, 2015	November 6, 2015
February 6, 2016	January 8, 2016
April 9, 2016	March 4, 2016
June 11, 2016	May 6, 2016

OLYMPIAN HIGH SCHOOL CODE IS 054072

OLYMPIAN HIGH SCHOOL

PARENTING TEENS: A Workshop for Parents

This series is for parents who find themselves asking questions like:

- Where did my sweet little child go? Who is this cranky teenager? Why can't we talk like we once did?
- Who is in control and making decisions? Did I give my power to my 15, 16, 17 year old?
- How do I get it back?
- My child used to be such a good student . . . why isn't my child still doing well?
- Is my child headed in the right direction? I am afraid he/she may be making poor decisions.

Olympian High School is continuing to reach out to parents and provide the necessary support to help all students achieve success. To this end we are providing a two-part series directly targeting parents seeking to improve their parenting skills. If this fits your need, please join us for this

Session Title	Date/Time Location	Key Ideas
Session # 1 Understanding your Teen	Wednesday, February 10 6:30 - 8:00 p.m. Library	This session will help you understand phases of adolescence and the developmental stages of a teenager. The focus will be on communication and styles of parenting.
Session # 2 Parental Responsibility	Wednesday, February 17 6:30 - 8:00 p.m. Library	This session will help parents set limits for their teen as well as create a structure for learning and monitoring progress at home. Parents will learn how to improve home-school communication: key to your child's future academic success.

important time of learning and strengthening our partnership with you. This workshop is geared to help you learn ways to create a more positive relationship with your teen. We hope you **join us** in beginning the journey.

PARENTING TEENS WORKSHOP SERIES

February 10 ♦ February 17 ♦

OLYMPIAN HIGH SCHOOL

PARIENTANDO EL ADOLESCENTE: Talleres para Padres de Familia

Estos cursos de capacitación son para padres de familia que se encuentran haciéndose estas preguntas:

- ¿A dónde se fue mi adorable niño? ¿Quién es este adolescente irritado? ¿Por qué no podemos platicar como antes?
- ¿Quién tiene el control y quién toma las decisiones? ¿Le di el poder a mi hijo de 15,16,17 años de edad?
- ¿Cómo lo recupero?
- Mi hijo era buen estudiante . . . ¿Por qué no lo sigue siendo?
- ¿Va mi hijo por el camino correcto? Tengo miedo de que el/ella haga malas decisiones.

La Preparatoria Olympian continúa tratando de asistir a los padres y darles el apoyo necesario para que los estudiantes triunfen. Con este fin estamos proporcionando una serie de talleres de capacitación que están dirigidos a padres de familia cuyos estudiantes tienen problemas académicos. Si esto se ajusta a sus necesidades, favor de acompañarnos en este periodo importante de aprendizaje en el que fortaleceremos nuestra asociación con usted. Estos talleres de capacitación están diseñados para ayudar a padres de familia aprender maneras de crear un relación mas positiva con su adolescente. Esperamos que nos puedan acompañar.

SERIE DE TALLERES DE CAPACITACION PARA PADRES DE FAMILIA

10 de febrero ♦ 17 de febrero

Nombre de la Sesión	Fecha /Hora Lugar	Ideas Principales
Sesión # 1 Entendiendo a Su Adolescente	Miercoles, 10 de febrero, 2016 6:30 - 8:00 p.m. Biblioteca	Esta sesión le ayudará a entender las fases de la adolescencia y las etapas de desarrollo del adolescente. El enfoque será en comunicación y en la toma del liderazgo paternal.
Sesión # 2 Responsabilidades De los Padres	Miercoles, 17 de febrero, 2016 6:30 – 8:00 p.m. Biblioteca	Esta sesión ayudara a los padres a poner limites a sus adolescentes así como crear una estructura para el aprendizaje y su monitoreo en casa. Esta sesión será clave para el éxito académico de su hijo(a).

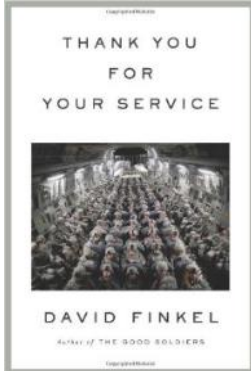
Nota: Favor de confirmar su asistencia para proveer los material necesarios para todos los participantes al teléfono (619) 656-2420, o por correo electrónico a karen.cassard@sweetwaterschools.org

Si estos cursos de capacitación cubren sus necesidades, esperamos que asistan a las dos sesiones. Sin embargo, si no pueden asistir a todas las sesiones, ustedes son bienvenidos a participar en la que deseen.

¡Nos dará mucho gusto trabajar con ustedes!

APs' Update (cont.)

Common Senior Experience News



Thank You for Your Service is an act of understanding, and it offers a more complete picture than we have ever had of these two essential questions:

When we ask young men and women to go to war, what are we asking of them? And when they return, what are we thanking them for? By David Finkel

The Common Senior Experience is where all Olympian High School seniors will read and work with themes from one common book. The Senior Class of 2016 is reading *Thank You for Your Service* by David Finkel.

Olympian High School pledges to develop its student body into a community that reaches out to others and fosters life-long positive attitudes towards helping soldiers active and retired dealing with P.T.S.D. Yearlong efforts will be made to engage students in curriculum, activities designed to transform the community into one that is aware of the obstacles and hardships of soldiers and their families dealing with P.T.S.D and how it affects them when they return home.

Goal: Raise funds and awareness to support **Freedom Dogs and the Semper Fi Fund**. Freedom Dogs mission is to speed the recovery and enhance the lives of wounded military heroes through the use of specialty-trained service dogs. The Semper Fi Fund provides immediate financial assistance and lifetime support to post 9/11 wounded, critically ill and injured members of all branches of the U.S. Armed Forces, and their families, ensuring that they have the resources they need during their recovery and transition back to their communities.

Please join our senior class as they exhibit what they learned and accomplished during the Senior Showcase on May 19, 2016 at 6:30 pm in the MPR.

PTSO

(Parent Teacher Student Organization)
Mission Statement

To create and build a welcoming environment that promotes open communication and support between Olympian High School, the family, and the community.

PTSO Executive Board Officers 2015-2016

President—Josie LaFrancis
Vice President—Fatima Larcome
Secretary—Angie Voas
Treasurer—Ed Vicedo
Parliamentarian—Janet Uson
Historian—Juliet Buenviaje
Teacher Representative – Steve DiSantis
Student Representative – Ashley Choi

PTSO Executive Board meetings are held monthly in the Principal's conference room. All meetings will be open to all parents, teachers and students, however, only the Executive Board may vote on items of business.

The next PTSO meeting will be held on Thursday, January 14, 2016 at 6:00 p.m. in the Principal's Conference Room (Main Office).

As always, we encourage your participation and annual PTSO membership. It is never too late to join the PTSO. PTSO hosts monthly **Coffee With the Principal**. The dates for semester 2 below meetings is in Cafeteria Teacher Lounge on Thursdays at 3:00 pm.

February 11 March 10 April 14 May 12

Ways to Support the PTSO

Become a member! Membership fees: \$20.00 per family per year; Make checks payable to Olympian High School PTSO and complete membership enrollment form.

Enroll in the online I DRIVE SAFELY Program. This is an online driver education class to get started go to <http://www.idrivesafely.com/ca-olympian>
Enroll in SAT Prep Course. \$250.00 per student:
Saturdays (2016), Jan 30, Feb. 6, 20, 27
Saturdays (2016), April 23, 30, and May 7, 14.

- **ESCRIP**—Have participating merchants donate a percentage of your purchases to the OLH PTSO. To enroll go to www.escrip.com, enter code **500005864**, click the group name Olympian High PTSO. You can ask your family and friends all over the country to support the PTSO by following the same steps!
- **Office Depot**—When you shop at Office Depot mention to the sales associate you would like to give credit to Olympian High School.

For more information contact PTSO President:

Josie LaFrancis: OlympianHighSchoolPTSO@gmail.com



UCSD SAT & ACT Prep Course at Olympian High School 2015-16



OHS PTSO and the UCSD College of Extended Studies are offering an exciting opportunity to prepare for the SAT or ACT at Olympian High School. These courses are designed for the student whose busy lifestyle demands efficient preparation in a condensed amount of time by focusing on the test topics that impact your score the most. The prep course will help you score higher on the SAT or ACT with exclusive test-taking tactics specifically designed to increase your score. Students will receive 16 hours of instruction, take practice tests and analyze the results.

Schedule: Choose one:

* SAT: Saturdays, 2016 Jan 30, Feb 6, 20, 27 **(REVISED)**

* **ACT**: Saturdays, 2016 Mar 12, 19, 26, Apr 2

* SAT: Saturdays, 2016 Apr 23, 30, May 7, 14 **(REVISED)**

Time: 9:00 am -1:00 pm

Location: OHS classroom 215

Registration deadline: * 2016 Jan 20 for January classes **(REVISED)**

* 2016 Mar 2 for March classes

* 2016 Apr 23 for April classes **(REVISED)**

Cost: \$250

(only \$200 for each additional family member registered to attend the same course date)

To Register for the SAT or ACT Prep Course:

Mail or drop off a \$250 check with the completed registration form in an envelope marked "SAT or ACT Prep Course" to Mr Brahim Wahib's office by the appropriate deadline.

Make checks payable to: Olympian HS PTSO.

Hurry! Register early! Registrations will be numbered upon receipt as *seating is very limited*.

Course cost of \$250 is a significant opportunity compared to other courses costing \$400-\$2000. Seating is limited! Secure your seat today!

For questions, contact PTSO Juliet Buenviaje (619) 517-4008.

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Student Name: _____ Class Year: _____

Student Email Address: _____@_____

School (check one) : __ Olympian High School __ Other (please specify): _____

Parent's Name(s): _____ Phone: (_____) _____-_____

Parent's Email Address: _____@_____

Mark your selection: SAT Prep: __ January class __ April class

ACT Prep: __ March class

Office Use Only: Registration # _____

revised 12/15/2015

Revised 12/15/2015

TEACHER OF THE YEAR

It's that time of the year again to submit your nomination for Olympian's Teacher of the Year. Teachers, counselors, administrations, classified staff, parents, and students may nominate one teacher candidate for consideration. All nominations must be submitted to the ballot box located in Mrs. Ana Cardoza's office by 3:00 p.m., Wednesday January 20, 2016. Selection criteria -Teachers nominated must be a permanent teacher in our district for at least 8 years; must have permanent status in the district; no plans of retiring next year; and lastly no plans of going into an administrative position next year. Olympian's past Teacher of the Year are as follows:

2015—Sarah Shepard

2014—Viana Rodriguez 2013—Steve Rodriguez

2012—Julio Avasan 2011—Valerie Separa

2010—Lynn More 2009—Eric Mabrey

2008—Anna Lara 2007—Carrie Danielson



Cap and Gown

San Diego Graduate Supply

641 El Cajon Blvd El Cajon, CA 92020

Phone: 619-440-5426

Email: sdgrad@cox.net

*****IMPORTANT!*****

A Cap, Gown & tassel is being

provided by the District for each student. The entire unit will need to be returned immediately after the graduation ceremony in reusable condition. If you want to keep the cap, gown & tassel, you must order it through San Diego Grad and Supply.

ASB Updates

✦ **Seniors...** Did you purchase your Senior Package?

Contact San Diego Grad and Supply at (619) 440-5426 or log on to their website to order at Sdgrad.com



Olympian High School Class of 2015

Graduation Price Sheet & Order Form



A Loaner Cap & Gown Unit is being provided by the district for each student

Contact Us
 Order packages only at
WWW.SDGRAD.COM
 or mail order to:
 SDGrad
 641 El Cajon Blvd.
 El Cajon, CA 92020

Office Hours
 10-5 Mon-Fri
 10-2 Sat
 Phone 619-440-5426

Please neatly print the student's full formal name (example: Stephen James Smith) Use upper and lower case, 30 letters max, including spaces

Student Name _____

Address _____ Apt. # _____

City/Zip _____

Phone: (____) _____ Height _____ Weight _____ Male Female

Email Address _____

So why should I buy a package?



Are you kidding? \$75 Down, you have until March 1st to finish paying it off!



*****IMPORTANT!*****
 A Cap, Gown & tassel is being provided by the District for each student. The entire unit will need to be returned immediately after the graduation ceremony in reusable condition. If you want to keep the cap, gown & tassel, mark the box and add \$22.75 to your total.

f Like us on Facebook at San Diego Graduate Supply

MAKE CHECKS PAYABLE TO SDGRAD **A la carte pricing is on the back of this form.** **If you are ordering a cap & gown unit ONLY, you do not pay handling.**

# 1: EAGLE EXPERIENCE! <input type="checkbox"/> \$329.00	# 2: EAGLE PRIDE! <input type="checkbox"/> \$237.00	#3: EAGLE PACK! <input type="checkbox"/> \$116.20
Cap & Gown Unit (Free)	Cap & Gown Unit (Free)	Cap & Gown Unit (Free)
To keep your cap & gown unit, mark the box and add \$22.75 to your total. <input type="checkbox"/>	To keep your cap & gown unit, mark the box and add \$22.75 to your total. <input type="checkbox"/>	To keep your cap & gown unit, mark the box and add \$22.75 to your total. <input type="checkbox"/>
25 Digital Photo Announcements 25 Digital Thank You Notes 25 Digital Envelope Seals Digital Return Address Labels Graduate Portfolio Senior Jewelry (Choose 1) L M N O Memory Tassel Ice Year Date Tassel Diploma Plaque Senior Pen Graduation DVD ___ Add School Sweatshirt (\$37) Size: Sm md lg xl xxl ___ Add School T-Shirt (\$12) ___ Add Senior Breakfast (\$17) ___ Add Yearbook (\$70) ___ Add Grad Night (\$122) Free Tassel Picture Frame \$30 Value	25 Custom School Announcements Traditional Name cards (50) 25 Announcement Inserts 25 Envelope Seals Return Address Labels Senior Jewelry (Choose 1) L M N O Ice Year Date Tassel Diploma Plaque Senior Pen Graduation DVD Memory Tassel ___ Add School Sweatshirt (\$37) Size: Sm md lg xl xxl ___ Add School T-Shirt (\$12) ___ Add Senior Breakfast (\$17) ___ Add Yearbook (\$70) ___ Add Grad Night (\$122) Free Tassel Picture Frame \$30 Value	10 Custom School Announcements Name Cards Diploma Plaque Senior Pen Graduation DVD Memory Tassel ___ Add School Sweatshirt (\$37) Size: Sm md lg xl xxl ___ Add School T-Shirt (\$12) ___ Add Senior Breakfast (\$17) ___ Add Yearbook (\$70) ___ Add Grad Night (\$122) Free Tassel Picture Frame \$30 Value

Save \$30 on your class ring, when you order one of the Eagle Packages.

Tax is already included on all prices	Tax is already included on all prices	Tax is already included on all prices									
Payment Method Check # _____ <input type="checkbox"/> Cash <input type="checkbox"/> Money Order <input type="checkbox"/> AMEX <input type="checkbox"/> Discover <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard Card Number _____ Cardholder Name _____ Expiration Date _____ Signature _____	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%;">Subtotal</td><td style="width: 50%;">\$</td></tr> <tr><td>Handling</td><td>\$ 9.95</td></tr> <tr><td>Total</td><td>\$</td></tr> <tr><td>Deposit</td><td>-\$</td></tr> <tr><td>Balance Due</td><td>\$</td></tr> </table>	Subtotal	\$	Handling	\$ 9.95	Total	\$	Deposit	-\$	Balance Due	\$
Subtotal	\$										
Handling	\$ 9.95										
Total	\$										
Deposit	-\$										
Balance Due	\$										

This order is subject to audit, in case of error, the price will be corrected

OHS Clubs 2015—2016

Club Name	Advisor	Meeting Days	Time of Meet	Place of Meet
Academic League	Boulton	Daily	After School	Rm 202
Animal Rights	Patino	Thursdays	Lunch	Rm 516
Animation	Mesa	Tuesdays	Lunch	Rm 504
ASU	Davis	Tuesdays	Lunch	Rm 404
AVID	Shepard	Thursdays	Lunch	Rm 306
Band	Mabrey	Mondays	Lunch	Band Rm
Buddies Forever	Judith Strauss	Wednesdays	Lunch	Rm 408
Choir	Opdahl	Wednesdays	12pm	Rm 924
Christian Club	Seguin	Wednesdays	Lunch	Rm 702
Class of 2016	Disantis	Wednesdays	Lunch	Rm 713
Class of 2017	Tsuda	TBA	Lunch	Rm 506
Class of 2018	Pentz-Lopez	Tuesdays	Lunch	Rm 704
Color Guard	Sholty	Tuesdays & Thursdays	After School	Pavilion
Common Senior Experience	Salinas	Thursdays	ATP (11:26-11.56AM)	Rm 305
Creative Writing	Fazio	Fridays	Lunch	Rm 707
CSF	TBA	Thursdays	Lunch	Counseling Center
Dance	Sholty	Mondays	Lunch	Dance Rm
Drama	Schaeffer	Mondays	Lunch	Rm 909
Eagles Diamond	Lloyd Dawson	None	After School	Baseball Field
FIDM Fashion Club	Walker	Wednesdays	Lunch	Rm 302
GSA	Segurson	Thursdays	Lunch	Rm 309
Herbivore	Segurson	Mondays	Lunch	Rm 309
Hobby	Mesa	Wednesdays	Lunch	Rm 504
International Affairs	Hadi	Tuesdays	Lunch	Rm 416
Improv	Seguin	Thursdays	Lunch	Rm 702
Italian	Rossi	TBA	Lunch	Rm 310
Kiwanis	Kumar	Mon./Wed.	Lunch	Rm 607
Life Beliefs & Philosophy	Disantis	Tuesdays & Thursdays	Lunch	Rm 713
Link Crew	V. Rodriguez	Wednesdays	Lunch	Rm 401
Live Love Tennis	Zarbo	Tues - Thurs.	3:00 PM	Tennis Courts
MECHA	Avasan	Thursdays	Lunch	Rm 612
Medical Careers Club	More	Tuesdays	Lunch	Rm 509
NaNoWrMo Club	Seguin	TBA	Lunch	702
Newspaper	Exum	TBA	Lunch	Rm 304
Polynesian Dance	Delos Reyes	TBA	Lunch	

Athletics

WINTER SPORTS

November – February

Girls' Basketball (Coach Von Husen)

vonhusen@hotmail.com

Boys' Basketball (Coach Ellis)

goolympianbasketball@gmail.com

Girls' Soccer (Coach Rossi)

aaron.rossi@sweetwaterschools.org

Boys' Soccer (Coach Villalva)

olympian.futbol@gmail.com

SPRING SPORTS

February - May

(Physical cannot expire before May. 30, 2016)

Baseball (Coach Dawson)

ledawson@cox.net

Softball (Coach Gross)

olympiansoftball@gmail.com

Swim & Dive (Coach Lechner)

aquatics.coach.carolyn@gmail.com

Boy's Tennis (TBD)

Track & Field (TBD)

jesse.matias@sweetwaterschools.org

Boys' Volleyball (Coach TBD)

Lacrosse Girl's & Boy's (Coach Friedly)

maureenfriedly@icloud.com

Boy's Golf (Coach Natasha)

k.natasha.madrid@gmail.com

Athletic Director Assistant Principal (Athletics)

Eduardo Venegas Soo Yeohn de Santiago

Eduardo.venegas@sweetwaterschools.org sooyeohn.desantiago@sweetwaterschools.org

All sport letters and/or patches are available at the end of each sports season in the ASB

Varsity "O" Letter (1st year in a varsity sport) = **\$10.00**

Insignias (sports inserts) = **\$2.00**

Bars (for every additional year in varsity) = **\$2.00**

Senior Scholar Athlete Patch (end of the year patch (1 boy & 1 girl) = **Free**

Varsity Tri Athlete Patch (end of each year patch; 11th & 12th only)(9th & 10th graders receive a certificate) = **Free**

League Patches: **\$10.00**

CIF Patches: = **Free**

** Athletic Clearance for Spring Sports is from **Monday, February 2, 2016 — February 26, 2016**

SMARTER BALANCE TESTING

April 14—May 27, 2016

Previously in California, all students in grades 2—11 took the California Standards Test (CST) in various subject areas. The CST is now mostly being replaced by the new assessments called California Assessment of Student Performance and Progress (CAASP). The testing window will be April 14—May 27, 2016. **All 11th grade students** will take the **Smarter Balanced Summative Assessments** which are delivered by computer and consist of two sections: a computer-adaptive test and a Performance Task (PT) based on the Common Core State Standards for English—language arts and mathematics. The computer-adaptive section includes a range of items types such as selected response, constructed response, table, fill-in, graphing, etc. The PT are extended activities that measure a student’s ability to integrate knowledge and skills across multiple standards—a key component of college and career readiness.

Students with IEPs will have accessibility supports and appropriate accommodations on the Smarter Balanced computer exam.

There will also be a California Standards Science test required of **all 10th grade students**. Students with special education may take the California Modified Assessment, if required by their IEP. This 10th grade Life Science test will be administered in the traditional, “pencil-paper” format.

Olympian will continue to administer the California Alternative Performance Assessment (CAPA) to those students who have cognitive disabilities.

Please contact Assistant Principal Mr. Patterson at 619-656-2400 if you have any questions regarding SBAC testing.

Advanced Placement Exam Dates and Fees

Week 1	Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
8:00 AM	Chemistry	Spanish Lang. & Clt	English Lit & Com	Calculus AB & BC	U.S. History
12:00 Noon		Art Hist. & Physics			Studio Art
Week 2	Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
8:00 AM	Biology	U.S. Gov. & Pltcs.	English Lang. & Com	World History	Human Geography
12:00 Noon		Spanish Lit & Cult.	Italian Lang & Cltr.	Statistics	

To help students prepare for exam day, the College Board offers several resources for use both within and beyond the classroom.

1. http://www.collegeboard.com/student/testing/ap/prep_free.html
2. <http://store.collegeboard.com/sto/enter.do>
3. http://www.collegeboard.com/student/testing/ap/prep_math.html

Exam Fees

The fee for each exam is \$92, all exams will be ordered and paid for separately. ASB is responsible for collecting exam fees from students or parents. Checks and money orders are not accepted, students can pay “cash only” or “Credit Card”, 3% charge for all credit card purchase Exam fees for students in financial need is \$5. To help you budget your AP Exams payments, we have attached below a registration form with a payment plan; it is based on the number of exams you plan to take. Remember, the exams are scheduled for May 2 through May 13 but the deadline for full payment and ordering is March 24th.

Name _____

(Print Legibly)

Student ID # _____

Grade _____

Phone # _____

AP Exam Registration 2015-2016

Directions:

1. Determine the total number of tests you'll be taking and fill out this order form only once!
2. Pay for exams (\$92 each) in the **ASB office** until March 24th (Cash or Credit Card)
3. Check your receipt to confirm that you have been issued the correct tests.
4. Students who receive a free or reduced lunch will only pay \$5.00 per test.
5. **After you have completed the registration process, check your register receipt AGAIN for accuracy. Report errors and changes immediately to Mr. Wahib!**

<p>____ Art History. (Pentz-Lopez)</p> <p>____ Biology (More)</p> <p>____ Calculus AB (Avasan & Pyrz & Patino)</p> <p>____ Calculus BC (Avasan)</p> <p>____ Chemistry (Fabian & Mesa)</p> <p>____ English Lang & Cult. (Fazio & Pentz-Lopez)</p> <p>____ English Literature (Rodriguez, Salinas)</p>	<p>____ Physics (Marus)</p> <p>____ Spanish Language (Parra)</p> <p>____ Spanish Literature (Parra)</p> <p>____ Studio Art (Serafin & S. Exum)</p> <p>____ US Government (Boulton, Chico)</p> <p>____ US History (Dawson, Matzel)</p> <p>____ World History (Chico, Hadi, Hammond)</p>
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# of Tests	Total Cost	Minimum Deposit of \$5.00 Due*	3rd payment	4th payment
		28-Jan	25-Feb	24-Mar
1	\$92.00	\$30.66	\$30.66	\$30.66
				\$92.00
2	\$184.00	\$61.33	\$61.33	\$61.33
				\$184.00
3	\$276.00	\$92.00	\$92.00	\$92.00
				\$276.00
4	\$368.00	\$122.66	\$122.66	\$122.66
				\$368.00
5	\$460.00	\$153.33	\$153.33	\$153.33
				\$460.00

← The table to your left is our suggested payment option that will make your exam (s) cost manageable; please try to follow it so that you do not have a large amount to pay when all payments are due! Don't procrastinate!

DEADLINE:

← **March 24th, 2016**

(Total # of tests) Times (\$92) = Total Amount

*\$5.00 & FULL PAYMENT IS DUE BY MARCH 24TH, 2015

STUDENTS MAY PAY MORE THEN RECOMMENDED ABOVE AT ANY TIME.

Note: Check your receipt immediately after you pay for your tests in ASB!!

Avoid Late Fees...Select...Wisely...No Refunds for ordering errors!!!



Math News

The purpose of this section of the newsletter is to provide parents with information about our math department curriculum and resources for parents and students.

What is Integrated Math?

Integrated math courses combine topics from different conceptual categories; Algebra, Geometry, Functions, Statistics & Probability, Number & Quantity. As students learn new concepts in each grade, they build upon those from the previous course. Once completing Integrated Math 3, students may choose to take Pre-Calculus, AP Statistics, or another higher level math course.

Integrated Math 1



Integrated Math 2



Integrated Math 3



Higher Level Math

California Common Core State Standards

In addition to content standards (which are unique to each course), students will learn the Standards for Mathematical Practice (common across all courses).

OVERARCHING HABITS OF MIND
1. Make sense of problems and persevere in solving them
6. Attend to precision

REASONING AND EXPLAINING
2. Reason abstractly and quantitatively
3. Construct viable arguments and critique the reasoning of others

MODELING AND USING TOOLS
4. Model with mathematics
5. Use appropriate tools strategically

SEEING STRUCTURE AND GENERALIZING
7. Look for and make use of structure
8. Look for and express regularity in repeated reasoning

College Preparatory Mathematics (CPM)

CPM is a nonprofit educational consortium that has been around for over 25 years. The CPM curriculum was developed on the belief that the primary goal of teaching mathematics should be long-term knowledge. The CPM curriculum is effective because of its unique emphasis of both basic skills and problem solving strategies.

CPM Main Principles

1. Problem-Based Learning
2. Collaborative Learning
3. Mixed-Spaced Practice

More details at: <http://cpm.org/research-base>

ASAP Homework Center (Library)
6:30-7:30 AM AND 2:45-5:00 PM

Role of the CPM Teacher

As teachers, our role has changed; we facilitate student exploration of mathematics using structured interactions. We have summary discussions and give feedback based on our observations of student work. Our focus is on teaching students all aspects of secondary math: basic skills, conceptual understanding, and problem solving strategies. When necessary, we still teach using direct instruction.

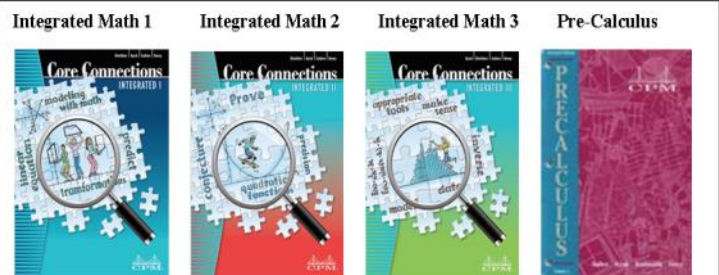
Role of the Student

Students are expected to come to class and be ready to actively participate in their study teams on guided investigations and activities. Students are asked to think critically and collaborate with other members of their team. The CPM curriculum challenges students with rich, involved problems that require them to use basic skills in complex problems.

Parent Support

What can you do to support your child?

1. Make sure your child has a quiet place to work.
2. Check that your child is completing homework assignments.
3. Use online resources to help your child.
4. Communicate with your child's teacher.



CPM e-books are available for each student. If a student does not have an access code for the online textbook, they can ask their teacher to provide one.

CPM Online Resources

CPM offers various resources on their website. Go to cpm.org and click on TEXTBOOK RESOURCES and then choose the appropriate textbook. There are videos, homework help, and extra practice. Below are quick links:
Online Homework Help

<http://homework.cpm.org/cpm-homework/homework>

Parent Support Website: www.cpm.org/parent-support

Other Online Resources

jupitergrades.com- allows you to check up to date grades for all classes

khanacademy.org- provides video lessons and practice for all subject areas, FREE.

es.khanacademy.org En Español

mathwords.com- vocabulary terms and formulas for all levels of mathematics

desmos.com- FREE graphing calculator website and APP

olhmath.com-Olympian High School Math Department Website- development in progress

Additional TUTORING

Mr. Pyrz: All Courses	Ms. Kumar: IM3
M-W: 2:45-3:45 Library	Tues.: 2:45-3:45 Room 607
Mr. Avasan: Calculus & Other Courses	Ms. Morris: IM2 & IM3
Tues.-W: 2:45-3:45 Room 612	Day Varies: 2:45-3:45 Room 604
*Additional lunch and after school tutoring is available. Have your student check with their teacher.	

Questions that may be helpful when working with your child:

- What have you been doing in class or during this chapter that might be related to this problem? Let's look at your notebook, class notes, and Learning Logs. Do you have them?
- Were the other members of your team having difficulty with this as well? Can you call your study partner or someone from your study team?
- Have you checked the online homework help?
- What have you tried so far? What steps did you take?
- What did not work? Why did it not work?
- Which words in the problem are most important? Why?
- What does this word/phrase tell you?
- What do you know about this part of the problem?
- Explain what you know right now.
- What is unknown? What do you need to know to solve the problem?
- How did the members of your study team explain this problem in class?
- What important examples or ideas were highlighted by your teacher?
- How did you organize your information?
- Do you have a record of your work?
- Can you draw a diagram or sketch to help you?
- Have you tried making a list, looking for a pattern, making a table, etc.?
- What is your estimate/prediction?
- Is there a simpler, similar problem we can do first?

Credit Recovery The Olympian High Credit Recovery Program provides students an opportunity to make up "D" and "F" grades they received in required subjects, including English, math, science and social science. Classes are offered at Olympian in two ways: 1. enroll in zero period with our own teachers in Math and English or enroll in conjunction with our Learning Center model using I.S. Model and online APEX program. This is for students who need to retake a class in order to be on-track for graduation and college admission. **Please contact your counselor for enrollment information.**

Continuing Academic Tutorial Period (A.T.P.)

Tutorial Periods and Academic Tutorial Periods (A.T.P.) are built into our block days at the end of each class. The tutorial period is designed as an intervention program to assist struggling students. The overall purpose is to give students extra time and support to improve their scholarship grades at Olympian High. ATP right before lunch is mandatory for all students who receive a "D" or "F" grade in scholarship at the previous grading period.

These students will be required to attend A.T.P. for the duration of the grading period. All new students to Olympian are automatically placed in A.T.P. until the February 20th grading period. ATP is 30 minutes and is right before lunch so that any student who did not receive any "D's" or "F's" may have a "choice" (Academic Choice Period) to do the following:

1. Go to any teacher (with their permission) on campus for assistance.
2. Go to the library for research
3. Go to the computer lab for word processing or
4. Enjoy an extended lunch!

Depending on their grades at each progress report period, students may be assigned A.T.P. or come out of the A.T.P. and have an Academic Choice Period (A.C.P.)

APs' Update (continued)

School Safety Students safety before, after and during school and at all school events is everyone's priority. It is the responsibility of all staff members to help keep students safe and secure while at school. According to SUHSD policy, all schools will assure a safe, secure, and peaceful school environment for staff and students. All schools in our district have a closed campus policy. This means, students are not permitted to leave the campus at nutrition break or lunch time. For compliance with AB-1649, the Safe and Secure Schools requirement in California, school discipline and safety rules and procedures are developed and filed with the SUHSD Board of Trustees.

All rules and procedures pertaining to discipline and school safety are communicated to students at the beginning of each school year. All returning and new students will receive handbooks explaining discipline and behavior standards, student rights, and responsibilities, and emergency safety procedures

Reporting Absences: If your student is absent, please call the school at 656-2400 in the morning (the office secretary is available at 7:00 am) or send a note the following day when your student returns. On the note please indicate the date (s) of absence, student's name, reason for the absence and sign the note. If your student does not bring a note for his/her absence, that absence is considered a truant. Students who are truant must clear trancies by attending Saturday school Academy. All absences excused or unexcused can only be cleared with Saturday schools.

Attendance Automated Calls: The District Attendance Automated System will call your home each day regarding a student absence, even if the absence is only one period. Parents must excuse the absence by calling the Attendance Clerk at 656-2400 or by sending in a note with your student the following day before the start of school. Parents will have 30 days to excuse absences. **After 30 days the absences become permanent unexcused absences and can only be excused by attending Saturday School.** Ex-

cessive absences may lower a citizenship grade. It is strongly recommended for students to clear all absences through Saturday School Academy ASAP!

Goal: "Make starting school on time a priority."

Parent are responsible for bringing their son/daughter to school on time. School begins at 7:30 am; tardy students will be assigned a detention to clear their tardy. School TARDY SWEEPS are ASSIGNED EVERYDAY! . Please take into account traffic and weather conditions—LEAVE EARLY!

Always Drive on Campus safely

This is a reminder to all students, parents and staff that driving safely on and off campus is a priority. Everyone must drive slowly. Do not use your cell phone, play music loudly, stop in middle of the road to drop-off or pick-up, etc..; these are major distraction for driver. Everyone must remember to be courteous and patient as you wait in traffic in and out of school campus. And always, **Pedestrians always have the right of way!** **Students MUST have a valid parking permit to park on campus.** Students can pick up a parking permit application from the Assistant Principals' office. Students must show their driver's license, proof of insurance and proof of registration. Violations of driving safety and parking privileges on campus may lead to loss of permit.

Free/Reduced Lunch Applications

We are asking that all families have a lunch application on file even if you feel your income is too high to qualify for this program. This process benefits Olympian High School and may provide financial benefits to you and your student. Besides reduced food costs, the many benefits of receiving a free/reduced lunch include Advanced Placement fee reduction, students may be eligible for college application fee waivers and lastly SAT and ACT fee waivers for registration. Lunch applications can be picked up in the Assistant Principals' office.

APs' Update (cont.)

After school behavior

Students must remember to conduct themselves appropriately and respectfully as they leave campus. Be respectful of our parents, neighbors and elementary school students next door. Students should NOT be loitering in the townhomes and around the community homes of Olympian before or after school.

It is important to remember to be positive role models for the elementary school students at Wolf Canyon across the street. Olympian students should not be cursing or acting inappropriately after school as they leave campus. Sweetwater Union School District policy states that students are to be held accountable for their actions by the school until they reach their home.

Also, students who exit out the back gate onto Wolf Canyon Loop must be careful crossing the street and must listen to directions of campus staff that are directing traffic. Students on skateboards and bikes must ride out slowly and watch for pedestrians and vehicles. We have also been informed by the Highway Patrol that some Olympian students are taking a shortcut by running across the 125 freeway. This of course is very dangerous and students will be cited.

Picking up students during the school day

Parents/guardians are reminded that if you are going to pick up your son/daughter from school, you are required to show a picture ID. This is for the safety of the students. No one other than parent/guardian or emergency contacts are allowed to pick up a student from school.

Closed Campus

District policy mandates that schools in the district have closed campuses. Off-campus permits must be obtained prior to leaving school. Students should never leave campus, under any circumstances, without first reporting to the attendance office. Failure to report to the attendance office will result in being truant.

Visitors

With the exception of parents/guardians visiting a class with their student, students are not allowed to bring visitors on campus. All adults must check in at the Main Office to obtain a visitor's pass. Parent wishing to visit a class must give the teacher 24 hour notice.

Trash

Students please remember to throw your trash away. There are plenty of trash receptacles throughout the campus for you to dispose your trash. We are finding too much trash still being left on the ground. This is unacceptable. ALL students are responsible for trash on campus and we are all obligated to keep our school clean.

Caps, Hoodies and Beanies

Students are reminded that the Olympian High School dress code now allows for students to wear caps, hats, hoodies or beanies outside only. No hats, caps or hoodies are allowed inside office or classrooms. Confiscated items for this violation may be retrieved from the Assistant Principal office.

Jupiter Grades

We encourage all parents to please log on to JupiterGrades to keep up with your son/daughter's grades. You can also update your email and cell phone to receive weekly text and email updates.

Students not allowed to sell food/drinks on campus

We have noticed that some students are selling candy or food at school. The selling of food or drinks by individual students is NOT allowed at school. The school district has strict requirements about the nutritional value of items provided to students. **Fast food deliveries by parent for their students are not allowed during school day.**

Prohibited Items

1. Cell phones and other electronic devices (iPods) are to be off and put away during class time. Staff will confiscate any electronic device that violates class rules and/or school policy.
2. Students should be aware that when they bring phones/iPODS, electronics, to school they do so

APs' Update (cont.)

at their own risk. The school is not liable for lost or stolen electronic devices.

3. Roller blades, scooters, and skateboards are NOT to be used on campus at any time, including evenings and weekends.
4. Possession of permanent markers and/or spray paint
5. Weapons/dangerous items such as stink bombs, knives, and pepper spray, stun guns, laser light pointers, etc.
6. Selling merchandise – Chips, candy, drinks, etc. on campus will result in disciplinary action and merchandise confiscated.
7. Over the counter medications such as Advil, Tylenol, eye drops, cold medications, etc.
8. Tobacco, tobacco products or smoking related paraphernalia, ex. lighters, pipes, e-cigarettes
9. Alcohol or other illicit drugs
10. Spice or bath salts (synthetic drugs)

Bullying

Sweetwater Union High School Board Policy 5131(a) states: Prohibited student conduct includes but is not limited to:

1. Behavior that endangers staff, students, or others.
2. Behavior that disrupts the orderly classroom or school environment.
3. Harassment or **bullying** of students or staff, including, but not limited to, cyber bullying, intimidation, hazing or initiation activity, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause violence, bodily harm, or substantial disruption, in accordance with the section "Bullying/Cyber bullying" policy.

Cases of bullying will result in immediate investigation! Report Bullying!!

Plagiarism Policy

Plagiarism is the act of using the words, ideas, interpretations, conclusions, reflections, or any other products of another, whether borrowed, purchased,

or obtained in any other manner, and submitting them as your own. This includes: submitting work (in whole or part) produced by another; omitting footnotes for ideas, statements, facts, or conclusions of another; omitting quotation marks when quoting directly from another (whether a paragraph, sentence, or part); close or lengthy paraphrasing of the written work of others; and submitting another person's artistic work (musical compositions, photographs, paintings, drawings, or projects).

At Olympian High, there is a zero tolerance policy toward plagiarism. This policy applies to both parties involved in the plagiarism, including students who allow others to copy or cheat. Trusting someone to not copy you is not an excuse!

Consequences for the **first offense** of plagiarism at Olympian High will include, but are not limited to, a mandatory zero for the assignment/project/exam, a mandatory counselor-teacher-parent-student conference and the lowering of the citizenship grade. A second offense at Olympian High will result in a mandatory zero credit for the assignment/exam, a mandatory Assistant Principal-Teacher-Parent-Student conference, an "F" grade in citizenship for the class in question, Saturday School, and a student contract developed for future behavior. A third offense will result in all actions included for a second offense, plus student suspension due to defiance of school authority. Subsequent offenses may also result in alternative placement to another school.

Plagiarism offenses at Olympian High will be cumulative throughout the student's four-year high school career.

SENIOR PRIVILEGES:

Any disciplinary actions that results in suspension will place a student in the Non-Privilege List– No participation in Prom, Gradnite, Senior Breakfast, walking at graduation ceremony, etc.

Seniors MUST have all unexcused absences and tardies cleared in order to participate in end of year Senior activities, including graduation ceremony. Seniors with excessive unexcused absences/tardies will be placed on the non-privilege list Semester 2.

APs' Update (cont.)

HEALTH OFFICE INFORMATION

Health office hours are 7:00 AM to 3:50PM

It's cold and flu season. **Don't let influenza (the flu) catch YOU by surprise this season. Be prepared; get vaccinated today.**

After a busy holiday season, you might be reluctant to add one more thing to your to-do list. But it's worth it.

Get a Flu Vaccine Every Flu Season

The flu is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself and your family. Even healthy people can get very sick from the flu and spread it to friends and loved ones. Everyone 6 months of age and older is recommended to get vaccinated against the flu every year.

Flu activity is unpredictable but often peaks in January or February. Although there are many different flu viruses, yearly flu vaccine protects against the three viruses that research suggests will be most common that flu season.

Please encourage your child/children to:

- Get plenty of rest
- Eat nutritious food throughout the day
- Drink more water
- Wash hands frequently with soap and water or hand sanitizer
- Cover coughs and sneezes with arm not hands
- Treat symptoms at home first
- Stay home if fever >100.5

Let's make 2nd semester a healthy one!

Please remember that students may be given Over The Counter Medications at school if there is a signed permission slip on file in the health office. The form can be downloaded from the Olympian website—go to the parent tab, click on health information and then OTC medication. Forms are also available in the health office.

STUDENTS ARE NOT ALLOWED TO CARRY MEDICATIONS ON CAMPUS UNLESS ORDERED BY THEIR PHYSICIAN. PLEASE HAVE YOUR PHYSICIAN COMPLETE THE DISTRICT FORMS EACH YEAR FOR INHALERS, EPI-PENS, ETC.

Please contact the health office for any questions

B Bird, RN, MSN

619 656-2404

Brenda.bird@sweetwaterschools.org

Library Update

Library Reminders...

As second semester begins, there are still a large percent of students who owe overdue books or have incurred charges due to lost library materials. Students who owe textbooks or fines have been reminded through overdue notices sent to classrooms, recorded phone calls home, and students being called to the library to speak directly with library staff about this debt. With the new year upon us, now is the time to return overdue books to the library and pay for any fines owed. All students must be cleared of any library debt before the end of the school year. The library staff can put parents and students on an affordable payment plan for a few months if it is difficult to make the full payment owed.

The following library materials are common items that are owed and may still be overdue:

- Library books
- Textbooks from past years
- Textbooks from a class that a student has since transferred out of
- Textbooks from a first semester class that has now ended
- Novels that were assigned by a teacher to read from an English/Social Science class, that are no longer assigned
- iPad brick or cable (charger) that were not returned last year (applies to current 11th graders only)

Fines may be owed on the following:

- Overdue textbooks and novels that are considered lost because the student has no idea where the book is
- Damaged textbooks resulting in student neglect/misuse
- Damaged or lost iPads or iPad accessories (cover, brick, cable)
- Library books that are currently overdue and the student has no idea where the book is
- Library books that were returned late- past the due date (small fine incurred)

All first semester textbooks were due prior to Winter Break for the following courses: Health, Economics, U.S. Government, Psychology, and Sociology. **It is important**

Library Update Continues..

that students who ended a first semester course, return their textbook immediately to ensure there are a sufficient number of textbooks available to students taking new second semester courses.

At times, teachers ask students to keep textbooks checked out to them in the classroom so they can be used as a class set. **Please note, that it is not recommended that student textbooks be left in classrooms where they can easily be taken or go missing. If a textbook gets lost in a classroom, then student are still responsible for paying for the lost textbook.** Teachers are encouraged not to allow students to leave textbooks in the classroom and parents are strongly encouraged to discuss with their student about keeping textbooks in a safe place at home. All overdue books and other materials must be returned or paid for by the end of the school year. In order to participate in graduation, all seniors must be cleared through the library for outstanding library debt and textbooks. If you have any questions regarding your student's library record, please contact the library at (619) 656-2430 to see if anything is owed or missing.

Hours of Operation

Monday, Wednesday, Friday **Tuesday and Thursday**

7:00 am to 3:00 pm 7:00 am to 4:10 pm

Phone: (619) 656-2430 **Fax:** (619) 216-0650

Parent Visitation Day Coming ~ February 5, 2016

**TAKE
ACTION**

SHORTENED DAY		
Period	Time	# Min
0	6:30 - 7:23	53
1	7:30 - 8:08	38
2	8:15 - 8:55	40
3	9:02 - 9:40	38
Nutrition	9:40 - 9:50	10
4	9:57 - 10:35	38
5	10:42 - 11:20	38
6	11:27 - 12:05	38
Lunch	12:12 - 12:42	30

Plan Ahead to Attend

Note: More information about this day will be sent to you in January

“Tight-lipped kids often keep their parents in the dark about school activities. How can schools bring them out of the cold? Invite them in! Principals say that "Parent Visitation Days" enable parents to get in touch with what school life is really like for their children, and best of all, these events are easy for administrators to organize. Included: Simple tips to help you set up an effective visitation day.”

www.educationworld.com/





O.H.S. 2015-16 Daily Calendar Semester 2



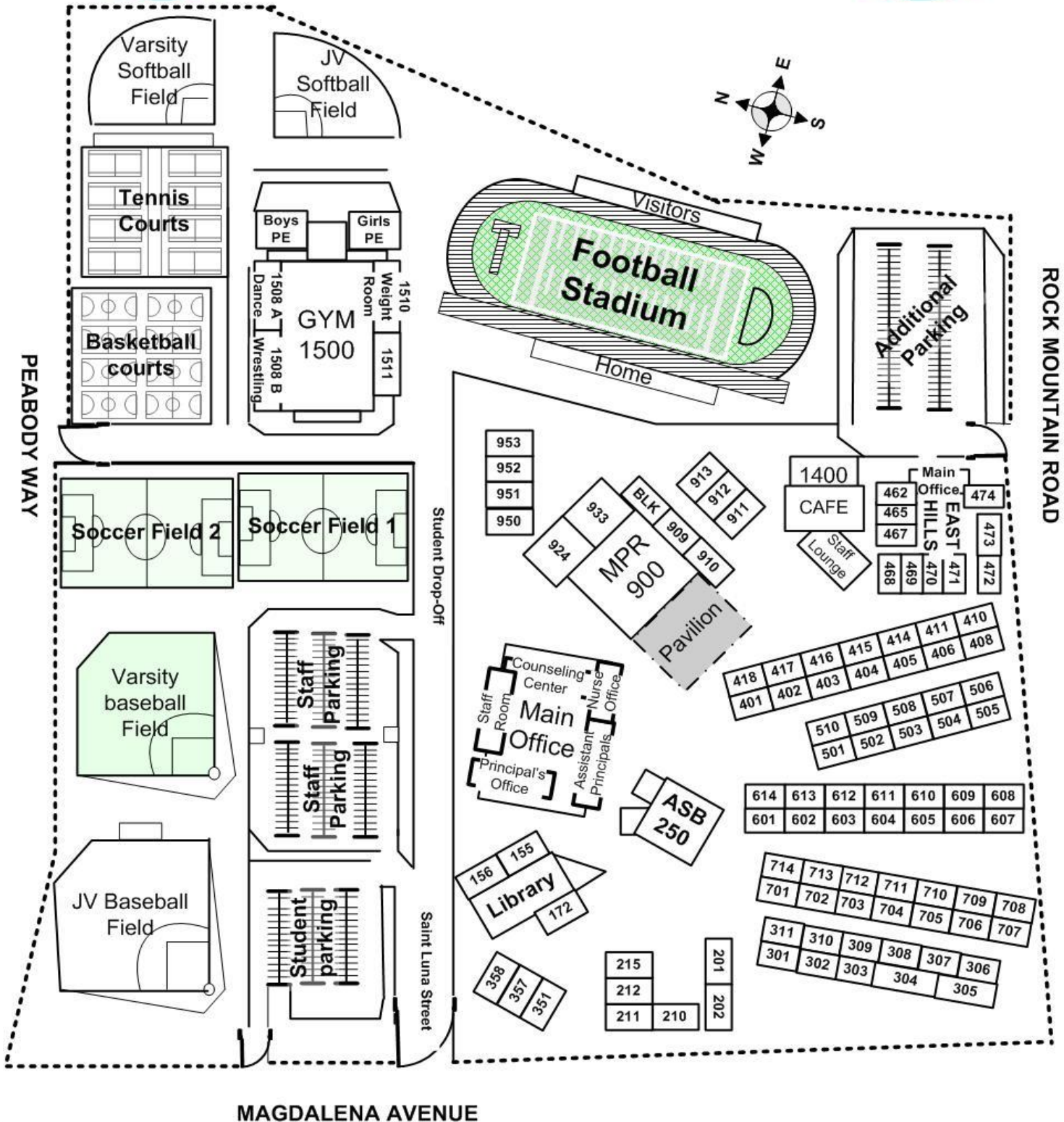
Monday	Tuesday	Wednesday	Thursday	Friday
11-Jan Non-Instruction Day	12-Jan Regular Day (1-6)	13-Jan Per. 1-2-3 / No ATP	14-Jan Per. 4-5-6 / No ATP	15-Jan Regular Day (1-6)
18-Jan No School-MLK Day	19-Jan Regular Day (1-6)	20-Jan Per. 1-2-3 / ATP	21-Jan Per. 4-5-6 / ATP	22-Jan Regular Day (1-6)
25-Jan Pro-Hour Day (1-6)	26-Jan Regular Day (1-6)	27-Jan Per. 1-2-3 / ATP	28-Jan Per. 4-5-6 / ATP	29-Jan Regular Day (1-6)
1-Feb Regular Day (1-6)	2-Feb Regular Day (1-6)	3-Feb Per. 1-2-3 / ATP	4-Feb Per. 4-5-6 / ATP	5-Feb (P.V. Day) Minimum Day (1-6)
8-Feb Pro-Hour Day (1-6)	9-Feb Regular Day (1-6)	10-Feb Per. 1-2-3 / ATP	11-Feb Per. 4-5-6 / ATP	12-Feb No School-Lincoln
15-Feb No School-Washington	16-Feb Regular Day (1-6)	17-Feb Per. 1-2-3 / ATP	18-Feb Per. 4-5-6 / ATP	19-Feb Regular Day (1-6) Progress Report
22-Feb Pro-Hour Day (1-6)	23-Feb Regular Day (1-6)	24-Feb Per. 1-2-3 / ATP	25-Feb Per. 4-5-6 / ATP	26-Feb Assembly Day (1-6)
29-Feb Pro-Hour Day (1-6)	1-Mar Regular Day (1-6)	2-Mar Per. 1-2-3 / ATP	3-Mar Per. 4-5-6 / ATP	4-Mar Regular Day (1-6)
7-Mar Pro-Hour Day (1-6)	8-Mar Regular Day (1-6)	9-Mar Per. 1-2-3 / ATP	10-Mar Per. 4-5-6 / ATP	11-Mar Regular Day (1-6)
14-Mar Pro-Hour Day (1-6)	15-Mar Regular Day (1-6)	16-Mar Per. 1-2-3 / ATP	17-Mar Per. 4-5-6 / ATP	18-Mar Regular Day (1-6)
Spring Break 3/21 through 4/1				
4-Apr Pro-Hour Day (1-6)	5-Apr Regular Day (1-6)	6-Apr Per. 1-2-3 / ATP	7-Apr Per. 4-5-6 / ATP	8-Apr Regular Day (1-6)
11-Apr Pro-Hour Day (1-6)	12-Apr Regular Day (1-6)	13-Apr Per. 1-2-3 / ATP	14-Apr Per. 4-5-6 / ATP	15-Apr Regular Day (1-6) Progress Report
18-Apr Pro-Hour Day (1-6)	19-Apr Regular Day (1-6)	20-Apr Per. 1-2-3 / ATP	21-Apr Per. 4-5-6 / ATP	22-Apr Regular Day (1-6)
25-Apr Pro-Hour Day (1-6)	26-Apr Regular Day (1-6)	27-Apr Per. 1-2-3 / ATP	28-Apr Per. 4-5-6 / ATP	29-Apr Assembly Day (1-6)
2-May AP Exams Regular Day (1-6)	3-May AP Exams Regular Day (1-6)	4-May AP Exams Per. 1-2-3 / ATP	5-May AP Exams Per. 4-5-6 / ATP	6-May AP Exams Staff Appreciation Minimum Day (1-6)
9-May AP Exams Pro-Hour Day (1-6)	10-May AP Exams Regular Day (1-6)	11-May AP Exams Per. 1-2-3 / ATP	12-May AP Exams Per. 4-5-6 / ATP	13-May AP Exams Regular Day (1-6)
16-May Pro-Hour Day (1-6)	17-May Regular Day (1-6)	18-May Per. 1-2-3 / ATP	19-May Per. 4-5-6 / ATP	20-May Regular Day (1-6)
23-May Pro-Hour Day (1-6)	24-May Per. 1-2-3 / No ATP	25-May Per. 4-5-6 / No ATP	26-May Regular Day (1-6)	27-May Regular Day (1-6)
30-May	31-May	1-Jun	2-Jun	3-Jun
Holiday-No School Memorial Day	Finals (Period 1/2) 7:30-12:05	Finals (Period 3/4) 7:30-12:05	Finals (Period 5/6) 7:30-12:05	Minimum Day (1-6) Semester 2 grades



Olympian High School

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Ph. 619-656-2400, Fax 619-216-0650

Ernie Zamudio: Principal



"The Sweetwater Union High School District does not discriminate with regard to sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, mental disability and/or physical disability, age, marital or parental status or any other unlawful consideration." (SUHSD Board Policy #2224)