

Cougartracks

News from Campolindo High School

October 10, 2009



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Principal Carol Kitchens



Principal's Message

As we move into the second month of school, everything continues to be extremely busy. Our students and staff are working hard, classes are going well and student activities are in full swing. By the time you receive this newsletter, Homecoming plans will be well underway. This is an important and busy time. The dates for this year's Homecoming Week are Monday, October 19, through Saturday, October 24. I encourage students to participate in all activities, as the week is both an enjoyable and a positive time. Some of the activities taking place include noontime events featuring powder puff football, mural painting, rally, football game and the Homecoming dance. I would strongly suggest that proper planning take place so there is a balance between the activities and schoolwork.

I trust that all parents were able to make Back-to-School Night. This is a wonderful time to be able to visit classes, meet our teachers and see what your students are doing in school. The partnership we have between school and home is a vital part of our school success. Progress reports were sent out on October 2, 2009, for students who are doing poorly in their classes (usually a D or F grade). If you receive one in the mail, please discuss this with your student and if need be either email or phone the teacher for further information.

Each fall, semifinalists in the National Merit and National Achievement Scholarship Competitions are selected. Students receiving these honors are ranked in the top 16,000 high school seniors in the country. It is my pleasure to announce that thirteen members of the Class of 2009 have been accorded the honor of Merit Scholarship semifinalists. The students are: Cameron Bell, Alison Crisp, Cody Cushing, Gordon Grafft, Daniel Granoff, Rachel Kutz, Ernest Lai, Chenning Mah, Vincent Nocera, Alexander Rochlin, Kevin Shweh, Philip Smith, and Suyue Zhang. I offer my congratulations to all these students and wish them the best as they move forward in the competition.

The following student events-welcome rally, noon-time activities with music, Club Day and Frosh elections led by the Leadership class-were popular and well-received in September. All fourth period classes will be the link between the Leadership class and our students and teachers, fostering positive Campolindo spirit and communication. The Leadership class will continue its commitment, along with administration and staff, to encouraging each and every student to help maintain the school grounds by curbing the litter at lunch and brunch. We are also committed to respecting the property of homeowners in the nearby neighborhoods.

In case you have not heard, Campolindo's Academic Performance Index (API) went up 10 points to 919. Once a school gets over 900 any improvement is wonderful news. Our entire community including students, staff and parents needs to be congratulated because it values and supports a well-rounded education for all students. Thank you for your support! Together we can continue to make Campolindo the outstanding school that it is.

Carol Kitchens
Principal

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News from President Sharon Richard



Congratulations on completing the first month of the school year! We hope that the freshman class has experienced a smooth transition from middle to high school. We also hope that parents and students have adjusted from the unstructured schedules of summer to the structure and demands of a new school year.

We began the month of September with our annual Carol's Kitchen on Back to School Night. As in previous years, it was a great success with over 110 parents attending the event. We'd like to thank co-chairs Margo Isaacs and Cheryl Sass, for dedicating many hours to coordinate the dinner and organize volunteers. Thanks as well to the many parent volunteers who made the event a success. The first of two parents Club General meetings was held after

dinner where we unanimously approved our 2009-2010 budget. Our second general meeting will be held in may 2010 before Open House. The general meeting minutes as well as our approved budget will be posted next week on our website at www.campoparents.com.

Here's a question for all parents: have you ever been to a "Coffee with Carol"? If your answer is no, I would like to encourage you to go! Each month we offer an excellent opportunity to learn something new about Campo -- and it is also your chance to share your thoughts and questions with Carol! Last month, Student Body President Vincent Nocera discussed Homecoming Week activities and student life, and Assistant Principal Kim Fisher presented an overview of Campo's Disaster Preparedness Plan ([view a summary online](#)). So, please join us at our next "Coffee with Carol" on Friday October 16 at 8:30 a.m. in the School Library where our guest speaker, Head Librarian Pat Hadley, will be presenting information and answering questions about the resources available for students in the Library. For future coffee dates and topics, please check page 19 of your student directory.

And last but not least, the Parents Club board unanimously approved a resolution in favor of supporting Measure G. Measure G is on the November 3 ballot, and it proposes renewing and continuing AUHSD's existing parcel tax. The continuance of this important parcel tax raises stable, reliable funds for our four local high schools. Your ballot will be arriving soon. Please study this important local issue and cast an informed vote on November 3!

Once again, we thank you for your continued support of the CPC!

Sharon Richard
President, Campolindo Parents Club

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Support Counseling and Peer Tutoring

Dear Parents,

My name is Susan Kjorlien and this is my second year working at Campolindo. I wear two hats on campus. My primary job title is Crisis Counselor, also referred to as Support Counselor. In this capacity, I am on campus Monday to Thursday from approximately 9:00 a.m. until the end of the school day. My larger responsibility is meeting with students and supporting them through life struggles. Students come to me through a variety of means. Sometimes a fellow student will refer a friend whom they feel might be having a hard time. In addition, teachers refer students that they feel might need assistance. I also see many students who drop in because they know that I am here and they request an appointment. While I do not provide in-depth therapy, I am a resource for students who have immediate needs. In addition, if a student has an on-going issue, I am able to check in with them every week or two for 10-15 minutes. I love my job, adore the students and am very fortunate to work at Campolindo.

In the afternoon at Campolindo, I shift gears and manage the peer tutoring center. The center is open during seventh period and until 4:00 p.m. Monday- Thursday. The center is staffed by students who have an expertise in different subject areas and enjoy helping others. Many subjects are tutored including English (essay proof reading), Spanish, French and most levels of Math and Science.

Please feel free to use my school contact information below to get in touch with me.

Susan P. Kjorlien, MA, PPS
Support Counselor/Peer Tutoring Coordinator

 (925) 280-3950 x. 5197

skjorlien@acalanes.k12.ca.us

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Course Counseling

SENIOR CONFERENCES

Counselors are continuing to meet individually with each of their seniors to go over each student's graduation status, transcript, and to discuss plans for the following year. This will include the "how-to's" of the fall/winter college application process. (Note: If your senior is considering an Early Action or Early Decision application, encourage your student to make an appointment to see his/her counselor as soon as possible..)

SENIOR/JUNIOR PARENT COLLEGE NIGHTS

Senior Night was held Wednesday, October 7th at 7:00 pm in the Library. Head Counselor, Judy Wahlander and Gwenly Carrel, College and Career Advisor, provided information and discussed tips and strategies on how to survive the senior year and the college application process. In early January, junior parents will have their turn to learn about college search, college testing and other changes affecting the Class of 2011.

PROGRESS REPORTS

First quarter progress reports were mailed out on Friday, October 2nd. Please note that not all students receive a progress report. Generally, teachers use this opportunity to notify students and parents of poor performance, with the intent of encouraging the student to seek help from the teacher or to commit to a greater effort in homework. Individual teachers should be contacted for specific information on how students are doing in classes. Counselors may also be of assistance in helping students work with study strategies, time management skills, peer tutor availability, etc.

COURSE DROP DEADLINE

According to our district policy, students may drop a class without penalty up to the end of the first quarter of any semester. Currently, this means courses may be dropped until Oct. 30th. If a course is dropped at this point in the semester, the replacement course is a Study Hall, or "Off Campus" during first or seventh period if this fits into the student schedule.

PSAT COMING SOON!

Given once per year in October, the PSAT is a shorter form of the SAT college entrance exam. Students get a practice run at taking verbal, math, and writing sections in this timed, standardized exam. The test is designed for high school JUNIORS and is scored based on that level of student achievement. We encourage all juniors to take the PSAT. In the junior year, the test is also the qualifying exam for the National Merit Scholarship Program. The test will be given this year on Saturday, October 17th at Campolindo. Signups will be taken online at the Campolindo website until October 11th. Cost is \$23. Contact Mrs. Martini, our Testing Coordinator, for further

information.

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Library News

As the Campolindo High School Librarian I am here to help your students in any way I can.

In maintaining the library collection, I am making quite an effort to compete with the Internet and specifically Google in helping students find reliable sources without experiencing information overload. Much of our collection is available 24/7 via Blackboard where students can access a sizable collection of databases, eBooks, and expert-selected websites. If you would like a more in depth look at the library resources, please join us on October 16th in the library at 8:30 a.m. for the Friday Forum where I will be the featured guest and we will have some "hands-on" experience with the library resources.

For more information about the library please visit the library page at the Campolindo website. There are two versions of this page. One is for the general public and one is available to students once logged into the Blackboard platform.

We certainly do appreciate donations, and when money is donated to the library by a family a book plate with the student's name is placed in a newly purchased book.

Please feel free to call or visit the library,

Pat Hadley
Librarian
Campolindo High School

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College and Career Center

College & Career Center News - October 2009

CSU & UC Applications Online Now!

Online applications are now available for the California State University and for the University of California. While the UC application is available, it cannot be submitted until November 1 and the deadline for submission is November 30.

For CSU, applications can be submitted now and for priority consideration, should also be filed no later than November 30. Transcripts do not need to be sent at time of application and letters of recommendation are not required for either system. The CSU application is available @ www.csumentor.edu and the UC application is available @ www.universityofcalifornia.edu/admissions.

The news from last month's CSU and UC conferences that enrollment will be decreased in 2010, means that students need to apply broadly to improve their chances of admission. Twelve CSU campuses are impacted this year, which means applicants will need a stronger eligibility index for admission. With the UCs, there will no longer be a referral system to Merced or Riverside, which means applicants who are minimally UC eligible need to apply directly to these campuses.

*Selection for admission begins with a student's GPA. The UCs and nearly all of the CSUs evaluate GPA based on grades 10-11 to determine eligibility, while freshman grades of C or better count towards subject fulfillment. For Cal Poly San Luis Obispo and most private colleges, GPA is evaluated based on grades 9-11. So, freshman grades do count!

Application/Essay Workshops

Throughout the month of October and November, students can attend workshops for

applications and personal statements on Wednesdays in the C/C Center @ lunchtime. The first application workshop was held on Wednesday, 10/7.

Financial Aid Seminars

Wondering how to pay college costs? Attend the financial aid seminars offered on October 20 @ Las Lomas High School from 7:00 to 8:30 or on October 27 @ Acalanes High School from 7:00 to 8:30 in the Drama Room.

College Visits

Over 65 college representatives have been scheduled to visit Campo this fall, including many who are visiting for the first time! While some parents have inquired if they could also attend these visits, they are for our junior and senior students only. Many colleges conduct informational nights in the Bay Area for parents and students. Check the calendar on the C/C Center page of Campo's website if you're interested.

PSAT, SAT, ACT

Sign-ups for the October 17 PSAT are available in the Webstore until October 11. Seniors should take any additional SAT, Subject Tests, or ACT no later than December, if applying regular decision. To register for the SAT or Subject Tests, go to www.collegeboard.com and www.actstudent.org for the ACT.

Don't hesitate to contact me by e-mail or phone if you have questions!

Gwenly Carrel

College & Career Advisor

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Legislative News



Legislative News

On September 29 the League of Women Voters sponsored a panel discussion on the topic "**Improving Funding for Public Schools.**" Joe Ovick, the County Superintendent of Schools, noted that in the last 18 months there has been a 22% reduction in state funding for Contra Costa County schools. With 49% of California's budget cuts coming from education, Contra Costa schools are receiving \$140 million less to educate the same number of children. He worries that cuts of this magnitude impair our ability to prepare our students to participate fully in today's knowledge-based economy. Eric Hein, from the California Teacher's Association, described California as being in a "race to the bottom" in funding per student: we were 47th before the last round of budget cuts and likely to drop to 49th or 50th. Craig Cheslog, District Director for Assemblyman Tom Torlakson, described California's inter-generational compact under which children must receive an adequate education in order to be employable as adults and support the payroll taxes necessary to fund Social Security and Medicare.

Nancy Vandell, Education Advocate for the California PTA, outlined effective advocacy strategies. One of the most direct and effective ways to improve funding for our schools is to support local parcel tax and bond campaigns. (The Acalanes District has Measure G, a parcel tax renewal, on the November 3 ballot. For more information about this important measure, visit www.aboutmeasureg.com.) Her other suggestions included becoming informed about the issues and communicating with local, state and federal legislators. For more information and useful links, please visit the Las Trampas Creek Council PTA Legislation Team website at www.lastrampaspta.org/Legislation.html.

Kathy Ranstrom
Legislative Representative

Kranstrom@gmail.com
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Measure G Parcel Tax Renewal

Parcel Tax Renewal on November 3 Ballot

Measure G renews and continues the existing \$189 parcel tax in the Acalanes Union High School District. There is no increase to the tax rate you currently pay. Since 1991 this local tax has raised stable, reliable funds for all of the district's comprehensive high schools - Acalanes, Campolindo, Las Lomas and Miramonte. If it is not renewed, the current parcel tax will expire on July 1, 2011, resulting in a loss to the AUHSD of \$6.7 million per year - the equivalent of 70 teaching positions, or one high school.

**Parcel tax funds are used to:
Preserve science and math courses;
Offer electives in music, art and foreign languages; and
Maintain library hours.**

Ballots for the November 3rd election are in the mail. If you are a permanent absentee voter or have applied for an absentee ballot, your ballot will arrive soon. Make sure you cast your Yes Vote for Measure G and mail the ballot back to the county promptly.

To apply for an absentee ballot, begin here <https://absentee.contra-costa.org/index.asp>

Learn more - and endorse Measure G - at www.AboutMeasureG.com.

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Carol's Kitchen

What a success this annual event was!

We welcomed over 110 parents and teachers for dinner preceding Back to School Night.

The food was delicious, thanks to Los Panchos Mexican Restaurant.

**The volunteers were friendly, flexible, and fun.
Many thanks to Cheryl Sass, our volunteer coordinator.**

The tables and flowers looked lovely, thanks to Linda Zappala and her beautiful backyard garden!

**I extend a big Thank You to all who helped in making this event a success.
It was an informative and delicious way to start the school year.**

Margo Isaacs

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Campolindo Sports Boosters



Campolindo Sports Boosters

Dear Campolindo Community -

Campolindo High School has an outstanding history of sports excellence, but we could not have built an athletic program like this without your support through the Sports Boosters Club.

The Boosters, an arm of Campolindo Parents Club, supports all of the teams at Campolindo. For example, the majority of funds paid to support Ray Albiento, our outstanding athletic trainer, and the training department come from the Boosters. Boosters also help with equipment purchases, particularly equipment used by multiple teams such as the Gator, nets/goals, and more.

How Can You Help?

Annual Membership

Support the Boosters by purchasing an annual membership pass! Donate once and get into all the home games (except playoffs) for free. The membership passes are available online

<http://www.campoparents.com/files/CampoBoosterDonation.pdf>

or at the first few football and basketball games.

Vespa Raffle



Sports Boosters is raffling another brand new, bright red Vespa scooter. Give a great stocking stuffer and support Campolindo Athletics at the same time! Just ask your favorite Campolindo athlete since everyone's in on the action. (Each athlete has been (or will be) asked to sell a set of five raffle tickets for each sport in which s/he participates.)

The drawing will be held during the Spring fundraising party, but you don't have to be there to win.

Save the Date

Over the last two years, we've had Gary Radnich, Bob Gregory, and Giorgio Tavecchio. Have an idea for this year? Let me know!

We're also looking for major raffle items -- so please let me know if you have something to donate which would benefit Campolindo Athletics.

Go Campo!

Craig Isaacs
President
Campolindo Sports Boosters
craig@isaacs.org

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ESCRIP



Please register with eScrip

- Please participate in Campolindo's easiest fundraiser! Just sign up and a percentage of your purchases will be donated to Campolindo at no cost to you!

To sign up with Safeway and many other participating merchants, visit www.escrip.com.

- Already registered with eScrip?

Did you know that you could support multiple groups? Your eScrip contribution can be split between different organizations. To check that you have included Campolindo as one of your eScrip organizations or to add Campolindo, visit www.escrip.com. Go to "my eScrip" and put in your name and password (if you no longer have your password, eScrip will send it to you) and make the change to include Campolindo!

- Remember to Renew!

Safeway requires eScrip members to renew annually by November 1.

Make sure that Campolindo still gets the benefit of your membership.

Visit www.escrip.com to renew.

- Questions?

Visit the eScrip website,

www.escrip.com

or email Campolindo's eScrip co-coordinators,

- Carmelita Perez at

carmaperez@aol.com

- Susa Cooper at

coopergates@yahoo.com

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GRAD NIGHT 2010

GRAD NIGHT 2010

Thank you to the senior parents who attended our September planning meeting for Grad Night 2010. We were very pleased with the turnout, and even more pleased with the number of parents who have already committed to working Grad Night by signing up online. We encourage all parents to be part of the year-long fun by visiting our website at www.2010grads.com and signing up for one of the many committees listed. We're also looking for a parent, or a few parents, who would be interested in working together coordinating volunteers for this special evening. If this is something you would be interested in, please contact Val Pettegrew or Laurie Hoyt.

Our most recent Grad Night meeting was held Monday, October 5th. You'll be happy to know that all meetings are only one hour in length, so come out and join us! Please check the website for updates and information about upcoming meetings. Thank you!

Your Grad Night Chairs,

Laurie Hoyt (lauriehoyt@comcast.net)

Val Pettegrew (valpettegrew@sbcglobal.net)

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New Lafayette Library


Celebrate A Novel Evening

The Lafayette Library and Learning Center Foundation invites you to "Celebrate A Novel Evening," a not-to-be-missed Gala on Saturday, November 7, 2009 from 6:30 p.m.-11:00 p.m. benefiting the new Lafayette Library and Learning Center and Glenn Seaborg Learning Consortium. Lafayette's own Spring Loaf Catering will be serving up sensational flavors inspired by classic American novels and music will be provided by a variety of the community's most talented members. Students from Stanley Middle School, Acalanes and Campolindo High Schools will entertain guests throughout the

evening with both instrumental and vocal performances, while Mixx Company, a 10-piece dance band, will keep the party swinging beneath the Grand Tent spanning Mt. Diablo Boulevard at the library's entrance.

Dreaming of a vacation to Cabo or a gorgeous Tiffany & Co. diamond celebration ring? These are just two of the exciting items offered in the Gala's raffle. How about a once-in-a-lifetime chance for your child to huddle with the Golden State Warriors or receive an autographed Steven Jackson jersey and team basketball? These unique silent auction items could be yours!

Don't miss this opportunity to join friends and neighbors and celebrate the opening chapter of our state-of-the-art Library and Learning Center.

Gala tickets \$175 per person; raffle tickets \$100 per ticket. For more information or to purchase tickets, please visit lafayettelib.com or call  925-330-4821 . Complementary shuttle service will be provided from the BART parking lot.

Saturday, November 14 is The Big Day!!

The Grand Opening of the Lafayette Library and Learning Center will be an all-day affair with Something for Everyone. Mark it on your calendars today! See what the generosity of this community and our friends has created. It will take your breath away!

9 AM - 5 PM explore & enjoy. A once-in-a-lifetime celebration!

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Maintaining Excellent Schools in Tough Financial Times

**How to maintain excellence in K-12 schools in spite of budget constraints
Public forum on October 20 in Moraga**

School superintendents **John Stockton** of the Acalanes Union High School District, **Richard Schafer** of the Moraga School District and **Joe Jaconette** of the Orinda Union School District will address "**Maintaining Excellent Schools in Tough Financial Times**" and answer questions from the public concerning this important topic on Tuesday, October 20th, at 10:00 am, at the Serbian Orthodox Church, 1700 School Street, Moraga. The forum is sponsored by the Orinda-Moraga-Lafayette branch of the American Association of University Women. Attendance is free and open to all.

Sophie Lucacher

Campo parent
Publicity, OML AAUW

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Lamorinda Rugby

Lamorinda Rugby -- Registration Open!

Lamorinda Rugby Football Club welcomes all new and returning rugby players for the 2010 season! Registration is now open! High School information night is Thursday, November 12 at the Campo Library, 7-8pm. Practices start Wednesday, Dec. 2nd. Check the website for schedule updates. Register online at www.LamoRugby.com .

Nancy Taylor
253-1435

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