



Campolindo High School

Cougartracks

~News for Campolindo High School ~

September 10, 2008

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UPCOMING DATES

September:

19- Coffee with Carol
 24- Parent Ed-'Smart Discipline'

October:

2- Senior Information Night
 2- Parent Ed-Michael Simon, 'Parent Primer'
 3- First Quarter Progress Reports mailed
 4- SAT
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It is my hope that you all had a good opening to the new 2008-2009 school year. This year will be filled again with exciting changes, challenges, and successes for all of us associated with Campolindo. Speaking of successes, Campo had three students from the class of 2002,

Peter Varellas, Kim Vandenberg and Jeff Stevens compete and medal in the Beijing Olympics this summer. Their success would not have been possible without dedicated coaches, parents, staff and a supportive community.

I am also happy to report that Campolindo's Academic Performance Index (API) went up one point to 909. Once a school gets over 900 any improvement is great news! I know you are as thrilled as I am to hear how well our students performed. It is a tremendous achievement and I am honored to be a part of such a great community that values and supports a well rounded education for all our students.

Speaking of community, I would like to acknowledge and thank the following parents who organized our Cougar Day: Sue Grafft, Sue Hilke and Heidi Raines.

We are happy to welcome the following new staff to Campolindo: teachers Annabelle Hall and Patricia Richards-French, Suzanne Young- math, Dan Reyes-biology, Diane Dowall-learning skills, Jim Nolte-foods, Susan Kjorlien-crisis counselor and peer tutoring coordinator and Don Teixeira, Instructional Aide.

We welcomed back 1397 enthusiastic students this year--a slight decrease from last year. I hope you attended Back-to-School Night and had the opportunity to meet teachers and see what they have in store for their students this year. Should you have questions for staff, I encourage you to contact the teachers directly. I would like to welcome the Class

of 2012 to Campolindo; they are joining an outstanding school that is rich with tradition, success and school spirit.

On the first Friday night of the school year the Leadership class sponsored the Welcome Dance and over 1,000 students attended. On Friday, September 5, our Senior parents sponsored the Senior Breakfast, which is served by the staff and catered by Sunrise Bakery. During fourth period reading, the Leadership class will be visiting 9th grade classes and informing them about the activities and traditions at Campo. So far the reports from students and staff have been very positive.

Thanks to the generous support of MEF, Campolindo is again offering peer tutoring services in Multi-Purpose Room 1, Monday through Thursday from 2:10 to 4:00. The library is also open after school until 5:30 p.m. Monday through Thursday, thanks to our District; and thanks to MEF the Math tutoring lab is open Tuesday and Thursday in D 9 from 3:10 to 4:00. I hope you will encourage your students to use these services.

I want to thank you all for your help and support, as together we can continue to make Campolindo the quality and successful school that it is.

[Carol Kitchens](#)
Principal

Parent Club Co-Presidents



On behalf of the entire Parents Club Board, we would like to extend a welcome to all new and returning students and parents. The beginning of this school year required more than the usual dose of patience, with Moraga Road construction and on-line registrations problems (due to circumstances beyond our control). Teacher Bill Doherty and former student Erik Granlund once again did an outstanding job helping families complete the on-line registration. The "2 Sues", Sue Hilk and Sue Grafft, joined by new coordinator Heidi Raine, presided over a

single Cougar Day with their usual calm demeanors and tremendous organizational skills. Associate Principal Steven France spent many early mornings on campus getting ready for Cougar Day. Our directories were made possible due to the efforts of new chair Barbie Kallerud and Registrar Deanna Rauch, and are a greatly appreciated resource for parents, students and staff. In addition, we wish to thank Val Pettegrew, Parliamentarian, Lori Edelstone, Treasurer, Craig Isaacs, Co-Webmaster and our new Vice President Sharon Richard, who bravely manned several shifts at the Parents Club table selling directories, answering questions and soliciting donations from parents. Finally, we want to recognize the MANY parent volunteers who staffed Cougar Day and made it work for everyone. It takes an enormous amount of time and an ability to roll with the punches, and we thank you.

For those of you who made a contribution to Parents Club through membership, donations and directory purchases, we want to say THANK YOU! Your contributions will support programs that touch every student at Campolindo. This year we will be donating \$60,000 directly to the Acalanes Union High School District to make up for shortfalls in state funding. Parents Club had to cut some funding to existing programs in order to make this happen, so it is more important than ever that you donate. Luckily, it is never too late to join Parents Club! Envelopes are available in the main office.

We invite you to our first "Coffee with Carol" of the school year on Friday, September 19 at 7:45 am in the Campolindo Library. These monthly talks feature Principal Carol Kitchens and other Campolindo staff, depending on the topic. Attending these events is a great way to get the most up-to-date information about what's happening at Campolindo, and a wonderful opportunity to meet other parents. This month's topic is "Welcome New Parents, Homecoming and Disaster Plan". Homecoming is October 24th with the dance the following night on October 25th. Come and hear about Homecoming Week at Campo and the activities related to the event.

Thank you again for your continued support of the Campolindo Parents Club. Please visit our website at www.campoparents.com for the most up to date

information available.

[Ann Oeth](#) and [Grace Panetta](#)

Parent Club Co-Presidents

Campo Parent Club Board '08-'09



Parliamentarian: Val Pettegrew

Co-Presidents: Ann Oeth and Grace Panetta

Vice President: Sharon Richard

Recording Secretary: Laura Woodman

Webteam: Craig Isaacs & Dave MacKenzie

Treasurer: Lori Edelstone

Co-Treasurer: Tanya Forbes

Carol's Kitchen/Back to School Night: Mary Beth

Breslin, Megan Warzeniak

Cougartracks Editor: Debbie Hughes

Daily Bulletin: Diane Haley

Cougar Day: Sue Graft, Sue Hilk

Directory: Barbara Kallerud

Healthy Choices: Renee Breber, Margaret Qualls

Hospitality: Mary Beth Breslin

Parent Education Coordinators: Linda Gilson, Sophie Braccini-Lucacher

EScrip Coordinator: Susa Cooper and Carmelita Perez

Classified Ads: Betsy Canty

Teachers Appreciation and Underclassmen Awards: Lorinda Cunha, Cathy Schulteis, Ana Ramirez

Legislative Coordinator: Kathy Ranstrom

Budget Committee: Lori Edelstone, Grace Panetta, Ann Oeth, Kelley Yanes

Grad Night Co-Chairs: Ruth Thornburg and Margo Isaacs

Guidance And Counseling

COUNSELOR ASSIGNMENTS:

The Counseling Office welcomes all students back to Campolindo for another great year! Counseling assignments will remain the same as last year:

- A-D ~ Mrs. Ballard
- E-L ~ Mrs. Donohoe
- Lee-Rey ~ Mrs. Wahlander
- Rh-Z ~ Ms. Jenna Wrobel

We also welcome Mrs. Susan Kjorlien as our Support Counselor and Peer Tutor Coordinator for the year. She is usually available in the Counseling Office from 9:00 am to 2:00 pm Monday through Thursday and in the Peer Tutoring Center

from 2:15 to 4:00 pm also Mon-Thursday.

SCHEDULE CHANGES:

Counselors are working diligently through our piles of schedule change requests. By district policy, new classes can be added for 10 school days. This makes the end of our "add" period Wednesday, September 10th. Students may still drop a class with no penalty until the end of first quarter, October 24th. A study hall or off campus period (beginning or end of day) may take the place of a dropped class at that point in time.

CLASS VISITATIONS:

In late September, the counselors will meet with English classes at each grade level to discuss information regarding graduation, testing, and post high school planning. Each sophomore, junior and senior will receive a "Graduation Status Report" and a transcript showing student work completed to date. Please look over these documents with your student to check for completeness and accuracy. This is especially important for seniors, because these are the transcripts we will soon be sending out with college applications. Mrs. Rauch, our Registrar, will be happy to check into possible omissions/errors and make appropriate corrections.

Following the class presentations, the counselors will meet individually with each of their seniors to go over the student's grad status, transcript and discuss plans for next year-including details, timelines, etc. for this fall's college application process. NOTE: If you have a senior who is considering an Early Action or Early Decision application, encourage your student to make an appointment as soon as possible with his/her counselor.

PROGRESS REPORTS:

First quarter progress reports will be mailed out Friday, Oct. 3rd. Not all students receive progress reports. 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 and/or to commit to greater effort in completeness or accuracy of work. Parents and students should contact teachers directly with questions and concerns.

PSAT COMING SOON!

Given once per year in October, the PSAT is a shorter version of the SAT. The test provides students with a practice run at taking a timed, standardized

examination. The PSAT is designed for juniors because the material covers what a typical junior has experienced in English and math courses. We encourage all juniors to take the exam. It is a good test taking experience and it is also the qualifying test for the National Merit Scholarships when taken as a junior. Sophomores may take the exam if they would like extra experience taking a standardized test. When taken in the sophomore year, the PSAT is simply a practice test; it is not used for anything else. Sophomores can expect relatively lower scores, primarily because they have not had the same curricular experiences as the one year older and wiser junior students. The PSAT can be a great learning tool. All students who take the exam will receive their own test booklet back with an item analysis of questions answered correctly and incorrectly. This information is very valuable in preparing to take the regular SAT's in the spring of the junior year.

Signups this year for the PSAT at Campolindo will be done online at the Student Store later in September. Watch the daily bulletin for details. This year's PSAT exam will be given on Saturday morning, October 18th at Campolindo.

[Mrs. Wahlander](#)

College and Career Center

Welcome back to school! September will be busy with many college admission rep visits already scheduled for the next several weeks. A complete list of the scheduled visits is posted on Campo's website, a copy is available in the C/C Center (updated weekly) and visits are also announced in the daily bulletin. Visits are intended for juniors and seniors and they must sign up in the C/C Center and obtain a pass before the visit.

To keep track of fall dates and events, check the calendar on the C/C Center page on the school & parent club website. Mark your calendar for College Information Night for Senior Parents on Wednesday, Oct. 1 at 7:00 pm in the library. Head Counselor Judy Wahlander and I will be going over the college application process and tips on how to keep it less stressful. Links to helpful websites are also located on the C/C Center page. If your student intends to take the SAT or any subject tests on Oct. 4, the deadline to register is Tuesday, Sept. 9. Register online at [College Board](#). The PSAT will be given here at Campo on Saturday, October 18. Information about sign-ups will be announced in the bulletin.

The C/C Center is open daily from 8:30 -2:30, including (as always) the brunch and lunch periods. There are so many great resources available to all the students - college catalogs, guides, scholarship information, tutor lists, volunteer opportunities and part- time job listings as well. Thanks to MEF and the Parents Club there are new college guides, test prep books and a set of new career exploration encyclopedias! Urge your students to drop by and see what's

available.

During this busy fall period, check the daily online bulletin for any changes in the C/C Center's schedule. Hours sometimes need to be changed to accommodate visits and workshops. If you'd like to make a special appointment or you have any questions, please feel free to [email Gwenly Carrel](mailto:gwenly@moragaeducationfoundation.org) or call me @ 280-3955.

Gwenly Carrel
College and Career Center

Moraga Education Foundation



Thank you, from MEF ~ Still, the Need Continues

Thank you - we surpassed our goal!

First and foremost, **thank you!** Because of your generosity, MEF surpassed its fundraising goal for last year, raising more than \$1,245,000. This was due in large part to donations during our special May Campaign, which raised over \$119,000 in just 31 days.

Funding Cuts

MEF's funding is so important for our schools. Even before the state budget crisis, California funding for public schools was far below the national average, at \$652 per student less than the national average (and well below other states.) The state budget crisis has resulted in even further reductions of public funding, forcing both the Moraga School District and the Acalanes Union High School District to make reductions in staff and programs for this school year.

Staffing and Programs Cuts for 2008-9 School Year

- **Moraga School District (k-8)**
- Approx. \$470,000 in reductions to staff and programs including:
- Eliminated Dir. of Admin Services position
- Reduced district office staff
- Delayed technology infrastructure upgrades
- Canceled subscriptions for student software
- Reduced K-5 art instruction

- **AUHSD (including Campolindo HS)**
- Approx. \$920,000 in reductions to staff
- Eliminated 15 teaching positions
- Reduced number of instructional assistants
- Reduced administrative staff
- Reduced maintenance staff
- Delayed technology upgrades

Commit to Quality Education - Donate to MEF

The funds raised this past year helped preserve the quality of education our children will receive this school year by supporting programs that otherwise would have been cut due to significant reductions in state funding. This year, we are continuing to ask every parent and community member to not only give again, but to try and dig a little deeper to increase your giving to maintain the high level of education our schools currently provide. We ask each of you to take some time to reflect on the positive impact that our schools have on our children. We encourage you to determine your donation amount based on how much you can give on a quarterly or monthly basis.

The recommended donation is \$600 per student (\$60 per month x 10 monthly payments). If you can give more, please do. We encourage you to make a Leadership Circle contribution of \$2,500 or more. To donate to MEF, [visit MEF website](#). Personalized payment plans (with monthly or quarterly payments), and company matching programs are available. The recommended donation is \$600 per child, (\$60 per month x 10 monthly payments.) Thank you for your support! Together, we can bridge the funding gap and preserve the quality of education that is so important to our children, our community, our future.

Sports Boosters

Help Campolindo sports continue our winning tradition by supporting the Sports Boosters program.

Campolindo High School has an outstanding history of sports excellence, but we could not have built an athletic program like this without your continued 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 our athletic trainer come from the Boosters. Boosters also help with equipment purchases, particularly equipment used by multiple teams.

Annual Membership

Support the Boosters by purchasing an annual membership pass! Donate once and get into all the home games (except playoffs) for free. Get the form here: [Campo Booster Donation](#)

Lamorinda Golf Cup

New this year is the Lamorinda Golf Championship. Look at the website. [Lamorinda Golf Championship](#)

In an unprecedented community effort, forty competitors from each school will tee off at Orinda Country Club to raise money for Lamorinda sports teams and determine the winner of the first annual Lamorinda Golf Cup.

Your entry fee includes 18 holes on one of the finest golf courses in the country, golf shirt, golf cart, lunch, and entry to post-play bragging rights with serious appetizers and refreshments. You will play at your full handicap, so you don't need to be a pro to join in the fun. Buy as many Mulligans and Gimmes as you wish to get a better score, win, and support our sports programs!

Additional sponsorships are also available. Visit [Lamorinda Cup](#) and sign-up today!

[Craig Isaacs](#)

President

Campolindo Sports Boosters

Parent Education Event



Parent Primer: A Year-by-Year Guide of What To Expect by Michael Simon

On Thursday, October 2nd, Michael Simon will return to the Acalanes School District with a free talk to the community in the Campolindo High School library, starting at 7 p.m. He will present, "Parent Primer, a

Year-to-Year Guide of What to Expect in High School." "My presentation will help parents to understand each grade level development and get a good sense why their kids are doing what they're doing; what's normal and what's not." Simon will give parents tips to stay close and supportive to their offspring in whatever stage. He will address general behavior as well as alcohol and drug usage, will touch on sexuality and will explain how to handle difficult discussions, depending on the students' age. The 90 minute presentation will be followed by questions and answers. It is sponsored by Campolindo Parent Club and the Acalanes High School District Adult Education Center.

Michael Y. Simon, MFT, is the founder of Practical Help for Parents. His understanding and deep appreciation of adolescents is fueled by his work as Director of Counseling & Student Support for Bentley School in Lafayette, California. Michael holds a B.S. in Clinical Psychology, and Masters Degrees in both Clinical Psychology and Religious Studies (Concentration in Religion, Psychology and Philosophy). After teaching at the university level, he worked as the Executive Director or Program Director for several nonprofit organizations, including the San Francisco Psychotherapy Research Group, the Marina Counseling Center and the Harm Reduction Therapy Center. In addition to a career in nonprofit management and consulting, he has worked as a Marriage, Family and Child psychotherapist for the past decade and continues to design and teach many workshops and groups on parenting, often providing training to Bay area agencies on working with children, youth and families. Michael was most recently the Coordinator of Parent Education for Parents Place in Marin where he designed and implemented a full-service family resource program for youth and families.

Michael also provides psychotherapy in private practice.

Senior Parent Social



Reminder: The Final Senior Parent Social

Saturday, October 18, 6pm at the Ellerbeck Home, 1164 Sanders Drive. Please send check for \$35.00 per person to Mary Ann Carrick, 148 Shuey Drive, Moraga 94556. There will be lots of good food. So please come and enjoy. For more information please see the Campo Class Website, [Senior Class Page](#).

Thank You All, once again, to the many volunteers and donations received for the Back To School Barbeque and the Senior Breakfast. Both events were well attended by our seniors. They were a wonderful kickoff to a very special year.

Jane Ellerbeck

Class of 2009



GRAD NIGHT 2009 PARENTS:

As a reminder, there are three things that are required of our grad night participants:

1. payment,
2. Code of Conduct form and
3. Games/Activities Release.

If you are unclear what your status is or need forms, please go to [gradnight'09](#). Please fill out the forms, sign both pages (you and student) and return with your check payable to CAMPO PARENTS CLUB, with a memo Grad Night 09.

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 escrip](#).

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 escrip](#). Go to "my eScrip" and put in your name and password (if you no longer have your password then they will send it to you) and make the change to include Campolindo!

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 escrip](#)

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 escrip to renew](#).

Questions or problems? Please email Campolindo's eScrip co-coordinators, [Susa Cooper](#) or [Carmelita Perez](#)

Measure E



AUHSD High Schools Need Our Help!

Maintaining our schools to meet the challenges of today requires an on-going investment- that's why the Acalanes Union High School District (AUHSD) has placed Measure E on the November ballot.

Measure E is a \$93 million bond measure that will fund necessary improvements to AUHSD's four high school campuses: **Acalanes, Campolindo, Las Lomas, and Miramonte**, as well as the district's adult education center.

Because the high school district is able to rollover existing bond funding, **Measure E will not increase your current tax rate.**

Measure E will bring technology upgrades to each of the high schools, allowing students and teachers to take full advantage of the communication and technology tools that are commonplace in classrooms and workplaces across the country.

Measure E will replace worn roofs, aging classrooms, and antiquated plumbing and electrical systems.

Additionally, Measure E will provide for the following projects specific to **Campolindo**:

- create new science classrooms
- construct new art classroom
- modernize video production classroom
- renovate choral and band rooms
- paint entire interior and exterior of campus
- repair main parking lot
- maintain stadium playing surfaces; and
- update multi-purpose building, including kitchen, and dining areas

So please take a minute to learn about this important ballot measure and, if you have the time, volunteer to help on this important campaign.

Learn the facts and endorse the measure by going to [About Measure E](#)

Instrumental Music



Welcome all new Campo Music families, and welcome back to those who have been in the program before. The Campo Music Boosters and the Student Music Council would like to fill you in on a few things for this fall. **Please note:**

MUSIC BOOSTERS - Membership and Volunteering

Who are we? Why do we have memberships?

The Music Boosters is the parent organization responsible for supporting Campo's Instrumental Music program. Membership dues and donations are used to purchase and repair instruments, buy music, hire clinicians for workshops, and support trip funds for special tour opportunities that Campolindo musicians have through the year. We ask that every family join and support this organization. Last spring we had a very close call with district funding for our instrumental music program. The Boosters organization helped to ensure the continuity that our students need. If you didn't register your student online through the Campolindo registration system, or you'd like to increase your donation, you can still fill out a Boosters Membership form on our website and send a check to Campolindo Music Boosters, c/o Jackie Carson, 755 Silver Crest Ct., Lafayette, 94549. Many thanks to all of our generous supporters.

POPS POTLUCK - Monday, October 6th, 6-9pm

This is our kick-off event for all music families to meet and get acquainted over dinner, followed by a short pops concert. Potluck assignments are designated by alphabet and will be on the [Campo Music website](#). Please come share in the fun, and bring your family. RSVP to [Nicolien Lamb](#), by October 1st. She'll tell you what you need to bring if you don't find your assignment on the website. **And, if you can help Nicolien out with set-up, serving or clean up, let her know.** For families new to Campolindo, this is your first opportunity to hear the Jazz & Symphonic bands, and select groups from Orchestra. Concert band does not perform at this concert, but all concert band families are strongly encouraged to participate in the evening. Come casual and enjoy!

HOME COMING -- Friday October 24

Homecoming Snack Shack is one of our largest fundraisers. Our Boosters organization gets to keep all the profits from the snack shack sales that evening. We need all music families to help out, whether it means preparing food in advance, serving food that night, working the BBQ, or donating money to purchase goods for sale. Mark the date on your calendar, and contact [Ellen Kirmayer](#) to find out how you can help and GO COUGARS!

MUSIC DEPARTMENT COMMUNICATION: [Campo Music Website](#)

We have a wonderfully dynamic website. This is the key source of information from Mr. Benstein, Boosters, and the Student Music Council. Please check weekly for updates.

SMART DISCIPLINE ~ Program for Parents & Caretakers

St. Stephen's Episcopal Church in Orinda is bringing the nationally acclaimed [Smart Discipline Seminar](#) to St. Stephen's. In this presentation, Dr. Dale Hancock will take the audience through the hilarious journey of parenting. Along the way, the audience will learn proven ways to help their children take responsibility and control for their behaviors and bring back a sense of peace and cooperation within the home.

The cost is \$15 per person. To sign up, call the church at 254-3770 ext 10, to make reservations. Then send in a check made out to St. Stephen's with Smart Discipline in the Memo. You will be sent tickets. Childcare available with advanced reservations.

St. Stephen's will host this great event on Wednesday, September 24th from 7:00pm -9:00pm. Click [here](#) for a flyer.

