

Cougartracks

News from Campolindo High School

November 10, 2008



Quick Links

[Parent Club Website](#)
[Webstore](#)
[Counseling Office](#)
[Sign up for eScrip](#)
[Sports](#)
[AUHSD](#)
[Instrumental Music](#)
[AUHSD Parent Ed](#)
[Music Boosters](#)
[MEF](#)
[Choral Music](#)
[Ed Voice](#)
[PTA](#)
[Miramonte HS](#)
[Acalanes HS](#)
[Los Lomas HS](#)
[Soda Aquatic Center](#)
[College and Career Center](#)
[AUHSD CALENDAR](#)
[PARENT CLUB CALENDAR](#)

In This Issue

[Principal Carol Kitchens](#)
[Co-Presidents News](#)
[Guidance and Counseling](#)
[College and Career Center](#)
[Superintendent's Budget Update](#)
[Legislative News](#)
[MEF News](#)
[Instrumental Music](#)
[Campolindo Sports Boosters](#)
[Yosemite National Institute](#)
[Aquatic Center](#)
[Grad Night '09](#)
[EScrip](#)
[Healthy Choices](#)
[Lamorinda Rugby](#)

Principal Carol Kitchens

As I write this message, it is important to recognize that the first quarter of the school year ended on October 24 and grades should be in your hands as you read this issue of Cougartracks. I would urge you to review grades carefully with your students, and if you have questions, contact the teachers directly to seek clarification. An additional resource is the counseling office.



During the month of October, our school celebrated Homecoming. This incredible week was filled with positive activities and tremendous school spirit. Homecoming is a process that allows students, staff and parents to work collaboratively toward common goals. The t-shirts, Powder Puff competition, rally, murals, carnival, games and dance develop school spirit. Special thanks to Dino Petrocco (Leadership teacher), student body officers, class officers, and parent advisors, teachers and administrators for the hours put into making this a huge success.

Last month I announced Campolindo's nine National Merit Semifinalist Students(*) and I am now pleased to name 26 students who were recognized as National Merit Commended Students. Over 1.4 million students took the 2007 PSAT/National Merit scholarship qualifying test and of that group 34,000 high performers were named Commended Students. Participants who scored at or above the commended level but below their state Semifinalist qualifying score are Commended Students. I would like to acknowledge these academically talented young students:

Timothy Baffi	Justin Batcheller	Michael Boyer
Jeremy Chang*	Myung Cho	Steven Edlestone
Tyler Fa	Shayan Fakurnejad	Emily Gilson
Laura Gilson*	Melinda Hickey*	Keun-Pyo Hong
Molly Howland*	Catherine Huffman	Chris Kolner*
Ryan Liu	Andrew Melton	Noel Raine
Mark Ranstrom*	Lisa Rosenthal	Eileen Shiuan*
Guy Stevens*	Jennifer Tang*	William Winegar
Jared Wong	Fred Yang	

Every year each school in the District recognizes a member of the community with the Su Stauffer Friend of Education Award. Campolindo's 2008 recipient is Craig Issacs, who has been actively involved with our high school as a volunteer since 2005.

As president of Sports Boosters, Parent Club Board member, webmaster, fundraiser, casino chair for Grad Night-to name only some of his contributions-Craig has given selfless service and has been very generous with his time and talents. He has given countless hours as webmaster of the parent club website. He is a positive, all-around good man whose valuable technical abilities and enthusiastic spirit draw people to him. Our parents love working with him because he makes work fun. No job is too small or too big for Craig, who has volunteered at all the track meets, managed shot-put and discus events and chaired a very successful fundraiser last spring featuring sportscaster Gary Radnich. Time and again, Craig Isaacs has proven himself to be a true Friend of Education; and for his extraordinary service to our Campolindo students and community, we offer our sincere thanks.

The Campolindo staff wishes all our families a wonderful Thanksgiving week. We all have many reasons to be thankful.

Thank you for your support! Together, teachers, students and parents can continue to make Campolindo the outstanding school that it is.

Carol Kitchens
Principal

Co-Presidents News



The economic downturn has affected everyone, including the Campolindo Parents Club. Our collections to date are under budget. If you haven't yet made a donation, would you please consider doing so? For a donation of \$50 or more you will receive a student directory, membership in the Parents Club and the knowledge that you are supporting the school community. If you are already a member, you can still purchase additional directories for \$10. Checks may be mailed to the school or dropped off in the main office. We don't want to cut funding if at all possible, so we will continue to monitor the budget and explore new funding options if necessary.

October's 'Coffee with Carol' featured school Librarian Pat Hadley. In addition to more than 22,000 volumes our students have access to a number of regional library databases as well as many excellent research databases. Those parents in attendance were able to go online and experience it firsthand, thanks to Pat. Interested parents can check it out by logging onto Blackboard using their student's ID number with the letters cp in front, and their student's password, then clicking on the Library tab. You may be surprised at what you can access. November's Coffee will be held on the 21st and feature Counselors Judy Wahlander and Jeanne Ballard. The Coffees run from 7:45 am to 9am in the school library and are a great time to learn more about the school and staff. We strongly encourage you to drop in if only for a little while.

You will see an improved calendar on the Campo Parents home page, thanks to Jan Iwata. It is our hope that it will be the only place you need to check for information about the many Campo activities.

In the spirit of Thanksgiving we would like to thank the many unsung Parents Club volunteers who work every day to make the Campolindo community so strong.

Grace Panetta & Ann Oeth
Parents Club Co-Presidents

GUIDANCE and COUNSELING

FIRST QUARTER REPORT CARDS

First quarter ended on Oct. 24. Grades received at this point reflect student progress halfway through the first semester. Report cards were mailed home on Friday, Oct. 31st. Please encourage your student to talk with his/her teachers about any questions or concerns regarding ways to improve progress in this semester's classes. Teachers may be contacted by phone or email to discuss ways to support your student's efforts at home.

SECOND QUARTER PROGRESS REPORTS

Progress reports will be mailed home on Friday, December 12th for second quarter.

COLLEGE APPLICATIONS

Applications for the University of California and the California State University system are due by November 30th. The UC filing period is November 1-30. The CSU system takes applications from October 1st through November 30th. Online applications are available

for both systems and are the recommended form of application. The UC online application may be accessed at www.universityofcalifornia.edu/admissions. The CSU application is at www.csumentor.edu.

If applying online, make sure students complete their applications early in November to avoid possible Internet slowdowns that can occur late in the month. UC/CSU eligibility reports for your student can be printed out for students in the Counseling Office. This report calculates a student's UC/CSU admission GPA, which may be different from the transcript GPA.

Application deadlines for private and out of state colleges and universities vary widely and should be checked out individually. For the most part, deadlines fall in January; some extend into February. To locate precise deadlines, go to each campus's website or refer to paper application packets.

A note about SAT I, SAT Subject, and ACT tests. The UC system requires either the SAT I or the ACT (with writing), in addition to two SAT Subject exams chosen from- math (Level 2), literature, history, science or languages. It is recommended that all testing be completed by November. December testing is the last sitting that will be scored in time for admissions purposes. Scores for fall tests should be sent directly to colleges as soon as they are available! To accomplish this, go online to www.csumentor.edu. Again, make sure scores are sent by mid-November, unless your student is taking the December SAT. Also, note that SAT/ACT scores are no longer printed on our transcript. Student scores must be sent directly from College Board to individual colleges.

RECOMMENDATION LETTERS AND THE SECONDARY SCHOOL REPORT

Neither the UC system nor the CSU system expects or requires a letter of recommendation. However, many other schools use teacher and counselor recommendation letters as an important part of their admissions process. Students must allow teachers and counselors a minimum of 4 weeks lead time to write and send letters. Please remember that teachers and counselors also take the two-week Winter Break! If letters and applications are due on or near January 1st, make sure to get all requests and forms turned in right around the Thanksgiving break to give teachers and counselors ample time to write your letter and process your forms.

Students should give teachers the college's recommendation forms and a stamped addressed (to the college) envelope. They may also complete the blue Teacher's Recommendation form. Counselors will need the completed yellow Guidelines Counselor's Letter of Recommendation form, in addition to the college's Secondary School Report form, as well as a double-stamped, addressed envelope. A transcript request should also be completed at this time for colleges requesting official transcripts.

HIGH SCHOOL TRANSCRIPTS

Late in September, all students were given a copy of their transcript to check for completeness and accuracy. Seniors who are applying to colleges need to check if these colleges require an official transcript as part of the application process. Note: The UC and CSU systems do NOT require a transcript at this time. They use the self-reported courses and grades required in their application. The transcript given to students in September may be used for this purpose. The UC and CSU systems will require a final official transcript in June after graduation. Note: CSU schools may request a student transcript earlier in the process. Students will be notified by mail or email individually by the college if/when a transcript is required.

MID YEAR REPORTS

Many colleges also check senior student progress after first semester grades are in. This

is called the "mid-year report". Please save this form until January. Then bring it into the Counseling Office with a stamped addressed envelope and complete our transcript request form. The report and transcript will be mailed as soon as first semester grades are posted at the end of January.

Judy Wahlander

College and Career Center

College Applications

This month will be busy for those seniors who are finishing early decision applications, or CSU and UC applications. **November 30** is the deadline to submit both CSU and UC applications. Students are urged to not wait until the last day to file their online applications. Inevitably, each year too many students try to file on the last day, making the process slow and sometimes even crashing the system. Avoid the panic by submitting early!

Many students have come in and taken advantage of the application and essay workshops. They will continue to be offered @ lunch in the C/C Center - applications on Wednesdays, essays on Thursdays throughout November. Most students have heeded the advice of applying to a range of schools, but not exceeding a list of eight to 10.

PSAT Results

For students who took the PSAT in October, results will be available in early December and will provide valuable feedback on student's academic skills, readiness for college-level work, and information to help improve skills to prepare for college and the SAT. All students who took the test will receive an online college planning package called "My College Quick Start," which will help with SAT study, college, major, and career planning. Instructions for access to the package will be included in the score report.

Scholarships

To find out about all kinds of scholarships, be sure to check online at www.fastweb.com. For regional and local scholarships, information is available in the C/C Center or on Campo web's C/C Center page.

Career Options, College Choices

The Bay Area Career Guide is a free online resource where students can discover and learn about hundreds of career and technical education programs at the 26 community colleges in the SF Bay Area. There are over 1800 degrees and certificate programs available. There is a short interest inventory test that helps students discover their interests and how it relates in making career and college decisions. To access this site, go to www.bayareacareerguide.org.

Some certificates prepare students for employment in only two years - in fields from business to biotechnology, computers to construction, health care to transportation. Check it out!

On February 11, 2009, **Diablo Valley College** will hold a district-wide information session in the Las Lomas Theatre from 7:00 - 8:30 pm to talk about application, registration, and assessment testing.

As always, if you have any questions during this busy time of year, don't hesitate to call or

e-mail me!

[Gwenly Carrel](#)

College & Career Advisor

Superintendent's Budget Update



When I wrote my budget update, November 6, I knew that the Governor proposed \$2.5 billion in cuts to K-12 education. By the end of the day, the Governor had provided more details and the details did not provide good news.

Under the Governor's proposed budget, the Acalanes Union High School District would lose approximately \$300 per student on the revenue limit plus it would lose the minimal .68% increase cost-of-living adjustment (COLA) in the current budget. These cuts translate into a \$2,100,000 loss of revenue this year. In order to adopt a balanced 2008-2009 budget last June, the district had to cut \$1,000,000 and ask the parent clubs and foundations for \$1,000,000. The proposed mid-year cuts are greater than what the district had to cut last June.

The Governing Board and district staff will be carefully reviewing the Governor's proposal and working to ensure that our students continue to receive the high quality education that they deserve.

As details unfold, I will continue to provide updates on how the district is handling this budget crisis.

Jim Negri, Superintendent
(925) 280-3900 x6602
jnegri@acalan.es.k12.ca.us

Legislative News



Measure E Passes

Thanks to a community which consistently supports education, Measure E, the Acalanes School District bond measure, passed with 63.82% of the vote. Campolindo will receive \$22 million in improvements, with major construction scheduled to begin in the summer of 2010. Thank you for

your support!

State Budget Deficit Grows

Governor Schwarzenegger's office has warned that California could face a \$10 billion budget shortfall this year, far worse than the deficit projected only three weeks ago. In a special closed-door meeting between the Governor and educators, Schwarzenegger warned that education funding could be cut by \$2 billion to \$4 billion to help bridge the looming budget deficit. Any cuts to education funding in the middle of an academic year would be devastating for schools, Scott Plotkin, Executive Director of the California School Boards Association, said. "Teachers are teaching, and bus drivers are driving, and there's no way schools can cut like that in the middle of the school year," he said. Gov. Schwarzenegger has called a special legislative session to deal with the budget crisis. As this story develops, parental support will be crucial to protect education funding.

Kathy Ranstrom,
Campolindo Legislative Team Representative

MEF NEWS



Fall is the time when the Moraga Education Foundation focuses its fundraising efforts, and we thank all the Campolindo families who have already responded. Campo had its best response ever through back-to-school registration, and still more donors on the October 15 Donation Day. Campo parents who have not yet donated will be contacted during the November Phone-A-Thon.

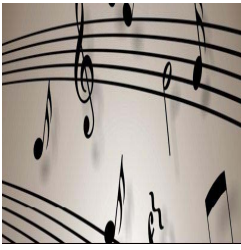
Last May, MEF donated \$420,000 to Campolindo which will be used this school year to fund class size reduction, instructional materials for academic and elective courses, library services, technology, teacher mini-grants, counseling programs, college and career center services, choral and instrumental music support, video production and digital photography support. How different our students' school experience would be without MEF support!

The California budget news this week is dismal. Under the current projection, the Acalanes District will be forced to cut \$2,100,000 from this year's budget. The bulk of the effects will be felt by students in the next school year. Your donation now to MEF can help offset the impending reductions. If you have not yet made a donation, please consider how your donation could make a difference to our students. To make a donation, please visit the at [MEF website](#).

Please remember that MEF is the ONLY educational foundation that supports Campolindo High School. LASF and EFO support Acalanes and Miramonte High School. So, if you live in Lafayette or Orinda or anywhere else and attend Campolindo High, it is important that you too contribute to MEF.

Susan Nork and Kathy Ranstrom,
MEF Liaisons to Campolindo

Instrumental Music



The Campolindo Instrumental Music Boosters and the Student Music Council would like to fill you in on a few things for this fall. **EVERYONE in the community is invited to attend the FALL CONCERT. This will be November 20, 7:30 PM in the Campolindo Performing Arts Center.** After the concert the Instrumental Music Boosters is hosting a social with punch and healthy and not-so-healthy snacks for all.

Looking further ahead, we also suggest you put the **Jazz Concert on your calendar...the evening of December 11.**

Many thanks to all the students and parent volunteers who made the Homecoming Snack Shack a success... and special thanks to our two organizers, Ellen Kirmayer and Mary Beth Leonard.

INSTRUMENTAL 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 [Campo Instrumental Music](#).

Campolindo Sports Boosters



Campolindo Sports Boosters

Campolindo sports is off to a great start, and support for Campolindo Sports Boosters remains strong. Thank you for your ongoing support!

What does Boosters do?

The purpose of the Sports Boosters is to raise funds used to benefit all Campolindo sports.

Much of the funds raised by Sports Boosters goes towards our outstanding Athletic Training program, headed by Ray Albiento, MS, ATC, including equipment and supplies.

During the 2007-2008 season, Ray and his team of students:

- assisted athletes from 20 different athletic teams
- provided over 600 individual evaluations and treatments

- helped with countless other requirements for ice and more

Sports Boosters also funds equipment required by multiple teams which no single team could afford to purchase. The remaining funds are used to supplement individual team tournament fees and more.

How is Boosters funded? We have two primary fundraisers: Booster Cards and the Spring Fundraiser.

Booster Cards: Purchase a Booster Card and get into all home games (except playoffs) at no extra charge. Order your card here: [Campo Booster Donation Form](#)

Spring Fundraiser: Last year's Spring Fundraiser featured Gary Radnich. For this year's fundraiser, we'll have another very special guest who promises to be even more entertaining! Since last year's event SOLD OUT, reserve your spot now.

Everyone is welcome to attend the social event of the year -- you don't have to have a child on a team. If you want to reserve a spot at the top of the list, send me an email at craig@isaacs.org.

Go Campo!

Craig Isaacs
President
Campolindo Sports Boosters

Yosemite Institute

Attention Parents of Science Students

Wanted: Science students to attend a week at the Yosemite Institute. This program integrates geology, biology, ecology, art, and natural history, while emphasizing cooperation and stewardship.

Requirements: A student must have had at least two years of science (second year concurrent counts) and a desire for experiential education in the majestic setting of Yosemite National Park.

Job Description: Applicants will be assigned hiking/learning groups of 10-12 students. Each group will be assigned one teacher from Campolindo High and one Yosemite Institute Instructor. Students will be learning through field experiences and study groups during the day. At night the entire group will be together for educational evening programs.

When: Leave Sunday, February 1 (about 11 AM)
Return Friday, February 6 (about 5 PM)

Cost: \$595/student (nonrefundable) - includes transportation, lodging, meals, cross-country ski rentals, and tuition.

Registration forms will be distributed in room D5 beginning September 30, and will then be

accepted on a first-come, first-served basis

Questions? Contact [Jane Kelson](#) (Geology teacher); Visit [Yosemite National Institute](#)

Aquatic Center



**Winter, Spring & Summer Employment Opportunities
SodaAquaticCenter at CampolindoHigh School
is Now Accepting Applications**

Attendants, lifeguards, swim instructors and more needed. Flexible hours and rewarding work environment. Will train if necessary. For more information please contact Andrew Morris at amorris@acalanes.k12.ca.us or at (925) 280-3928 ext. 5.

Lifeguarding & Water Safety Instructor Classes

Did you know that the SodaAquaticCenter at CampolindoHigh School offers Lifeguarding and Water Safety Instructor classes? If you are in need of certification for employment please consider our classes. Save financially by taking classes early. For specific class information please see our website at www.acalanes.k12.ca.us/aquatics

Grad Night '09



The grad night committes have been working hard putting together the BIG EVENT for the senior graduating class of 2009. We have filled almost all of our chair positions, but still need a few more volunteers. The following committees still need a chair to facilitate it's success: Preview Night, Food for Set-Up Week, Chaperone/Volunteer Coordinator, and Electrical---If you can help out in any of those areas please let us know or sign up on the website at www.gradnight09.com

There are many other volunteer opportunities for all interested parents. Work parties will begin in January. YES, it's true...it takes that long to put grad night together. So please consider helping out.

Please join us at any CORE meeting. We meet the first Monday of every month in the PE Classroom. That's where we tell all our secrets and exciting news!!

Thanks so much for helping us make this a magical evening! Go to the [GradNight '09](#) website for all your grad night needs.

Questions?? Contact [Margo Isaacs](#) 925-376-7210 or
[Ruth Thornberg](#) 925-283-7522.

ESCRIP



What fund raising program contributed more than \$57,000 to Campolindo H.S. last year, required no individual contributions, and simply benefits from your grocery shopping and other consumer purchases?

ESCRIP!!

THERE IS NO EASIER WAY THAN ESCRIP TO RAISE FUNDS FOR CAMPO! WE NEED YOUR HELP NOW MORE THAN EVER!

Are you registered for ESCRIP? That's all it takes for Campo to benefit from your Safeway and other purchases. Go to escrip.com to register your Safeway Club Card and other credit cards, or RENEW your Safeway club card registration.

DON'T KNOW YOUR SAFEWAY CLUB CARD NUMBER? Call 877-723-3929, prompt "5", then "2" and chat with the operator, who will give you your SW card number. Then be sure to go to escrip.com and register. Questions? Contact

[Carmelita Perez](#)
or [Susa Cooper](#).

Healthy Choices



Our first meeting for this year is scheduled for Thursday 11/13 at 8 am in the main conference room in Building A. We will be discussing plans for the year so this is a great chance to see what we are up to and get involved. If you think you are on the email list for Healthy Choices and you did not receive our meeting notice earlier this week, check your spam folder. If you didn't receive it, contact [Margaret Qualls](#) to get on our distribution list. If you think you can attend the meeting, please let us know so we have a rough idea of how many to expect. If you won't know until the last minute, that's fine too. We look forward to seeing you.

Lamorinda Rugby Football Club

Lamorinda Rugby Football Club is recruiting youth (grades 1-8) and high school players for its upcoming 2009 season. Rugby is a great game for players of all sizes and skills. Players enjoy learning safe tackling skills early on and experiencing the fast pace of the game. Every player handles the ball every game! Lamorinda Rugby Football Club is one of the premier youth rugby organizations in the nation, and our varsity players have represented our community across the world, including England, Wales, Canada, Ireland and New Zealand. Many of our players go on to play in college, including six '08 High School grads now playing for CAL.

Come join the fun! Registration has begun. Go to [Lamorugby](#) to sign up. Informational meetings will be held November 12th for youth and November 13th for high school in the Campolindo Library. Meetings start at 7:30pm. For more information you may contact Nancy or Matt Taylor at 925-253-1435.