



Home of the Eagles

PLEASANT GROVE HIGH SCHOOL PRINCIPAL'S NEWSLETTER

Volume 5, Issue 2

October/November 2009

Pleasant Grove High School
9531 Bond Road
Elk Grove, CA 95624

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Website: www.PGHS.net

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PRINCIPAL'S MESSAGE:

Hello, Eagles! We're off to a great start. Pleasant Grove continues to be the leading academic high school in the Elk Grove Unified School District, with a 2009 API score of 836. That's a 17 point increase from 2008 and the highest high school score in the district by 31 points. All your hard work and dedication to excellence has paid off. Congratulations to all students and staff for this tremendous achievement.

In my first month as principal, it's been easy to see why Pleasant Grove is such an outstanding school. I've visited many classrooms in these first few weeks, and whenever I have, I've found teachers teaching and students learning. No matter when I enter a classroom, "bell to bell" instruction is taking place. In addition, the lessons I've witnessed are rigorous, and they challenge students to go beyond the standards.

I've also spent time meeting with individual staff members. Everyone has been warm and welcoming. The staff at Pleasant Grove cares about developing long-lasting and meaningful relationships with students, and because teachers extend themselves in

connecting with students, students make a greater effort in learning. The results? High test scores and memorable experiences.

Finally, I must say I've



PGHS STAR Test is an API (Academic Performance Index) of 836. A 17 point increase from last year!

been impressed with the overall campus climate here. Students are courteous and respectful. Many have come up and politely introduced themselves as I stood out on campus. I'm gratified they're willing to take the time and make that effort. Although there are large crowds at lunchtime, the environment is warm and friendly. Everyone gets along, and that's not a small thing.

It's obvious that the 4 R's – rigor, relevance, relationships, and respect are more than a clever catchphrase here at Pleasant Grove.

Students and staff alike take them to heart and live them on a daily basis. That's what makes Pleasant Grove a special place to be and an overall outstanding school.

Thanks to all parents, staff, and students for another great school-year opening, and know that I am looking forward with pleasure to an exciting and successful school year.

Sincerely,

Hank Meyer, Principal

2009-2010 Bell Schedules

Daily Bell Schedule

Period 0	7:00 – 7:55
Period 1	8:00 – 9:00
Period 2	9:05 – 10:05
Period 3	10:10 – 11:10
Period 4	11:15 – 12:15
1 st Lunch	11:15 – 11:50
Period 5	11:55 – 12:55
2 nd Lunch	12:20 – 12:55
Period 6	1:00 – 2:00
Period 7	2:05 – 3:05

Minimum Day Bell Schedule

Period 0	7:00 – 7:55
Period 1	8:00 - 8:35
Period 2	8:40 - 9:15
Period 3	9:20 - 9:55
Period 4	10:00 - 10:35
(1st Lunch)	10:00 - 10:30
Period 5	10:35 - 11:10
(2nd Lunch)	10:40 - 11:10
Period 6	11:15 - 11:50
Period 7	11:55 - 12:30

Finals Schedule

Testing	8:00 - 10:00
Break	10:05 – 10:25
Passing	10:25 – 10:30
Testing	10:30 – 12:30

Late Start Thursday w/Advocacy Period Bell Schedule

Period 0	7:00 – 7:55	
		<i>(Professional Development)</i>
Period 1	8:55 – 9:40	8:00 – 8:55
Period 2	9:45 – 10:30	
Advocacy	10:35 – 11:05	
Period 3	11:10 – 11:55	
Period 4	12:00 – 12:45	
1 st Lunch	12:00 – 12:35	
Period 5	12:40 – 1:25	
2 nd Lunch	12:50 – 1:25	
Period 6	1:30 – 2:15	
Period 7	2:20 – 3:05	

Rally Bell Schedule

Period 0	7:00 – 7:55
Period 1	8:00 – 8:53
Period 2	8:58 – 9:51
Period 3	9:56 – 10:49
Period 4	10:54 – 11:47
(1 st Lunch)	10:54 – 11:29
Period 5	11:34 – 12:27
(2 nd Lunch)	11:52 – 12:27
Period 6	12:32 – 1:25
Period 7	1:30 – 2:23
Rally	2:30 – 3:05

Homecoming Parade Schedule

Period 1	8:00 – 8:53
Period 2	8:58 – 9:51
Period 3	9:56 – 10:49
Period 4	10:54 – 11:47
(1 st Lunch)	10:54 – 11:29
Period 5	11:34 – 12:27
(2 nd Lunch)	11:52 – 12:27
Period 6	12:32 – 1:25
Period 7	1:30 – 2:23
<i>(Parade)</i>	2:30 – 3:05

2009-2010 GRADE REPORTING

TERM 1 8/17/09 - 12/18/09	REPORT CARDS DATES MAILED
Progress Report	Friday, September 18
Quarter Report	Friday, October 16
Progress Report	Friday, November 20
Report Card	Friday, January 8
TERM 2 12/21/09 - 5/26/10	REPORT CARDS DATES MAILED
Progress Report	**Report Card Pick Up Night** Monday, February 16
Quarter Report	Friday, March 19
Progress Report	Friday, April 30
Report Card	Friday, June 2

****Tuesday, February 16****

THIS PROGRESS REPORT MAY BE PICKED UP DURING
“REPORT CARD PICK UP NIGHT & PARENT/TEACHER CONFERENCE”
BY THE PARENT/GUARDIAN ONLY

IMPORTANT EVENTS TO REMEMBER...



OCTOBER

- 10/2 Blood Drive**
- 10/3 Electronic Waste Recycling Event**
Time: 9:00 a.m. - 3:00 p.m.
Place: PGHS Parking Lot
- 10/6 College and Career Night**
Time: 6:30 - 8:00 p.m.
Place: VHS Café and Gym
- 10/9 Minimum Day**
End of First Quarter
- 10/10 SAT Test**
- 10/14 Reverse Minimum Day (see schedule below)**
PSAT Testing
- 10/20 EL Parent Meeting**
Time: 6:00 p.m.
Place: LRC 25
- 10/23 Rally Day Schedule/Fall Sports BBQ**
- 10/26 Academic Awards Ceremony**
Time: 7:00 p.m.
Place: Main Gym
- 10/29 Unity Day**

NOVEMBER

- 11/5 Fall Play Starts**
Time: 7:00 p.m. (see the performing arts article of this newsletter for additional dates).
- 11/7 SAT Test**
- 11/11 NO SCHOOL (Veteran's Day)**
Marching Band Performs in the Veteran's Day Parade in Elk Grove
- 11/12 PTSO Meeting**
Time: 6:00 - 7:00 p.m.
Place: Library Community Room
- 11/18 Jazz Band & Albiani Fall Concert**
Time: 7:00 p.m.
Place: Black Box Theater
- 11/21 Sadie Hawkins Dance**
Time: 7:00 - 10:30 p.m.
- 11/25 - 11/27 NO SCHOOL (Thanksgiving Break)**
(11/26 Marching Band Performs at the Elk Grove Parade of Lights at 6:00 p.m.)

Reverse Minimum Day on October 14 Schedule

8:00 - 11:25		PSAT Administration			
Start	End	Period			
11:30 AM	12:05 pm	4	11:25 AM	11:55 pm	1st LUNCH
12:00 PM	12:35 pm	5	12:05 PM	12:35 pm	2nd LUNCH
12:40 PM	1:05 pm	6			
1:10 PM	1:35 pm	7			
1:40 PM	2:05 pm	1			
2:10 PM	2:35 pm	2			
2:40 PM	3:05 pm	3			

2009 FALL TUTORING SCHEDULE...

2009 FALL TUTORING SCHEDULE				
SUBJECT	TEACHER	DAYS	TIME	ROOM#
ART	Casey Tosta	Mon. - Fri.	1st lunch after school	HF12
	Jana Stagg	Mon. - Fri.	after school	HF15
ENGLISH	Dianna Shoop	Mon. - Fri.	by appointment	HJ7
	Rebecca Hunter	Thursdays	by appointment	HG6
	Debbie Lichtman	Mon. - Fri.	by appointment	HJ1
	Kimith So	Mon. & Thurs.	by appt. after school	HJ8
	Theresa Taylor	Tues. - Thurs.	3:05 - 4:00 p.m.	HJ11
Honors English 10	Heather McLean	Mon. - Fri.	by appointment	HJ5
AP English 11, CP English	Russ Young	Wed. & Thurs.	3:30 - 4:30 p.m.	HJ6
English 11/EL/CAHSEE	Shelley Walker	Mon. - Fri.	by appointment	HJ11
MATH	Terri Burke	Mon. - Fri.	2 nd lunch	Portable 3
	Jeny Gardner	Mondays	3:10 - 4:00 p.m.	HM5
	For any math student	Tuesdays	7:15 - 7:55 a.m.	HM11
			1 st lunch 2 nd lunch 3:10 - 4:00 p.m.	Portable 5 Portable 1 HM11
	For any math student	Wednesdays	1 st lunch 2 nd lunch 3:10 - 4:00 p.m.	HM-9 HM8 HM4
AG SCIENCE	Izzy Zallo Maya O'Connor	Mon.-Fri	by appointment	HF11
SCIENCE				
Biology	Kristina Gundunas	Mondays	3:15 - 4:00 p.m.	HP3
Biology & AP Biology	Nancy Blaker	Tuesdays	3:05 - 3:45 p.m.	HP9
Biology/Criminalistics	Sarah Reed	Mon.-Fri.	7:30 - 8:00 a.m. & by appointment	HP10
AP Chemistry & Chemistry	Kathleen Kennedy	Alternating Tues. (per subject)	3:15 - 4:15 p.m.	HP13
Chemistry	Terrie Higgins	Tuesdays	3:15 - 4:00 p.m.	HP12
Gen. Science & Biology	Carly Grima	Tuesdays	3:05 - 3:45 p.m.	HP5
	Will Shy	M-F	by appointment	HP10
Gen. Science & Chemistry	Lance Corgiat	Mon./Wed.	3:05 - 3:45 p.m.	HP1
Gen. Science	Michelle Abriani	Wednesdays	3:05 - 3:45 p.m.	HP4
Criminalistics & Physiology	Jay Cochon	Mondays	3:15 - 4:00 p.m.	HP9
AP Physics & Physics	John Wehner	Thursdays	3:05 - 3:45 p.m.	HP11

2009 FALL TUTORING SCHEDULE... (continued)

SOCIAL SCIENCE (AP World History)	Robert Tabares	Thursdays	3:30 - 5:00 p.m.	HL4
WORLD LANGUAGE Japanese	Kathy Ueyama	Wednesdays	1 st lunch & after school	HN4
Spanish		Monday Tuesday Wednesday Thursday	1 st lunch 7:25 - 7:50 a.m. 2 nd lunch 3:10 - 3:55 p.m. 7:25 - 7:50 a.m. 1 st lunch 3:10 - 3:55 p.m. 1 st lunch 2 nd lunch 3:10 - 3:55 p.m.	HN5 HN9 HN7 HN5 HN9 HN1 HN6 HN1 HN8 HN11
French	Karen Barkhurst	Wednesday	7:25 - 7:50 a.m. 1 st lunch 2 nd lunch	HN9 HN5 HN9

EGUSD INFORMATION...



Ask Anne & Lisa

The Ask Anne & Lisa column featuring district dietitians Anne Gaffney, R.D. & Lisa

Vorce, R.D., appears in EGUSD school newsletters and is designed to help families build healthy lifestyles. You can email questions to Anne & Lisa at Communication@egusd.net.

Dear Anne & Lisa:

My son (4 years old) only eats fruits. All kinds of fruits: cantaloupe, mango, grapes, watermelon, oranges, pineapples, bananas and apples are his favorites. He doesn't like strawberries. However, I can only get him to eat corn. He won't eat any other vegetable, NONE!!!! So my question is - do the fruits he is eating make up for the vitamins he is missing by not eating vegetables? Just to be clear I continue to put vegetables on his plate in hopes he will start eating them one day. I also try to hide them in his food but he just picks them out. Please advise.

J. King, Raymond Case Elementary School Parent

Hi J. King:

Yes, he is getting what he needs from the fruits. The two main vitamins found in fruits and vegetables are vitamins A & C. While fruits tend to be better sources of vitamin C and vegetables are typically a better source of vitamin A, both vitamins can be found in fruits and vegetables. It is very common for young children to want to eat only fruits and it sounds like you are doing the right thing. Keep offering the vegetables, let him see you enjoying eating vegetables and don't make it a big deal. If it becomes a battle, he may never like vegetables.

Sometimes trying vegetables in different forms can make them more interesting... raw, frozen (meaning not defrosted) or cooked in as part of a main dish (stews, stir-fry, soups). Kids have taste buds over their entire mouths while adults only have them left on our tongues. This means that foods (including vegetables) taste stronger to kids than to adults.

Thanks for Asking, Anne & Lisa

PTSO NEWS...



What is P.T.S.O.?

P.T.S.O. stands for Parent, Teacher, and Student Organization. We are a volunteer non-profit service organization that supports Pleasant Grove High School.

Why join?

- Support your school
- Have a voice in your student’s education.
- We are not part of the national PTA so **all** your money stays at PGHS. Your money goes towards Sr. Grad Night, the Staff Appreciation Breakfast, and PTSO scholarship(s). (One of the requirements to receive the scholarship is - “*You must be a member at least 2 yrs. to be eligible*”).

What’s new?

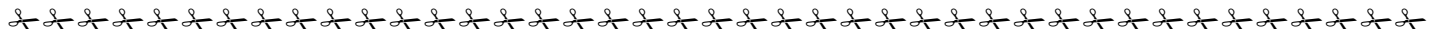
PTSO & Senior Grad Night Committee have a **website** on *School Loop*! We are under *Student - Community* in the School Loop login or Home page. On **Facebook** we have a page – become a fan (search PGHS PTSO). Check it out!

Senior Grad Committee:

We have had 2 successful years and would like to continue this tradition. **Parents of all grades are needed.** Susan Cooper-Start is our chairperson this year. We usually meet once a month until we get closer to the event. Seniors are also needed to make sure their party is great. The next meeting date will be October 15. **Seniors will be voting for this year’s grad night theme in Advocacy very soon.** Please read School Loop to stay informed!

2009-2010 Board:

- President: Nancey Bartow
- Vice President: Michelle McLain
- Treasurer: Theresa Souza
- Secretary and Grad Communication Liaison: Susan Start
- Member Chair: Lauri Jacobson
- Auditor: Vacant
- Email: PGHS_PTSO@yahoo.com or Nbartow21@comcast.net



PGHS PTSO Membership Form

1. Name (*nombre*): _____
parent (*padre*) student (*estudiante*) teacher (*maestro*) staff (*personal*) community (*comunidad*)

2. Name (*nombre*): _____
parent (*padre*) student (*estudiante*) teacher (*maestro*) staff (*personal*) community (*comunidad*)

Address (*dirección / ciudad*) _____

Preferred phone number (*número de teléfono*) (_____) _____

E-mail address (*dirección de correo electrónico*) _____

Your student*(s) in this school and grade (circle one):

Estudiante(s) en la escuela y su año escolar

1. _____ 9 10 11 12

2. _____ 9 10 11 12

Total Amount Paid (\$10 per person) _____

** If you have more than 2 students please write on the back. All your dues stay at PGHS. Thank you!*

ASSOCIATED STUDENT BODY UPDATE...



What a great start to the school year! Senior BBQ and all of the great homecoming festivities were huge successes. Thanks to all of the students who participated in the various activities from the Powderpuff game, parade, rally, dance etc.

Now we move into October and November with other activities that recognize excellence.

The first of those will be the STAR BBQ that we will be doing the week of October 12. Any student who earned a STAR card will be invited to a BBQ at lunch in the quad. The only catch is they **MUST SIGN UP FOR THE BBQ!!** If they don't sign up we won't have food for them. Sign-ups will be all week from the October 5-9.

Supreme academic excellence will be recognized on October 26 at the Academic Awards Ceremony. Any student who earned a 3.67 GPA or higher and signs up for recognition in the month of October in the ASB room will be recognized at this event. The event begins at 6:30 p.m. (music and entertainment) and the ceremony begins at 7:00 p.m..

All students interested in this recognition must be signed up by October 21 or they will not be recognized.

In November we have Renaissance recognition sign-ups from November 2-4. This grading session is a progress report so the rewards are coupons to be used in their classes through the end of the semester. Also, at the end of the month we are having our first Sadie Hawkins dance. Be sure to buy tickets early as prices go up the second week of sales.

It's been a great start to the year and we look forward to a great year!! Any questions about any of the above events please contact Jeff Platt @ jjplatt@egusd.net

AGRICULTURE NEWS



Pleasant Grove FFA is ready for year #5! The FFA officers, members and advisors are ready to continue the enthusiasm created in the past four years. The Agriculture Leadership class is busy planning a variety of activities to increase member involvement within PGHS and our community this year.

The "Welcome Back BBQ" was held on Sept. 17 with over 500 people in attendance...the most ever! The next month, the chapter officers are getting ready for the Chapter Officer Leadership Conference on Oct. 3-4, where they will attend workshops to better serve our program.

Our Greenhands (first year members) are super excited for the opportunities that FFA has to offer. We have 36 students attending Greenhand Conference on October 7 and several teams for Opening/Closing Ceremonies Contest on Oct. 15. They are ready to "rock" the B.I.G. contest too!

Our FFA website is up and running! Be sure to go onto www.pghs.schoolloop.com and click "FFA" under the "Our School" tab.



If you would like to learn more about the agriculture classes or find out how to be involved with FFA, please contact: Izzy Zallo (izallo@egusd.net) or Maya O'Connor (mocconnor@egusd.net) or call 686-0230 x4789.

LIBRARY NEWS

PGHS/KAMS Library provides informational literacy service to the staff and students at PGHS and KAMS with a collection of over 35,000 books, 250 audio-books on CD/tape, Playaways and 25 magazine subscriptions. The library subscribes to four academic databases that can be accessed from library computers and remotely at home via internet. Visit the library's homepage <http://www.pghs.schoolloop.com/> Click on "Our School" menu and select "Library".

Library Overdue Notice\$ & No Activities List

Library overdue notices were distributed Friday, September 18 to students' second period classes. Students with overdue library materials or outstanding fines must either return books or pay fines (check or cash, no credit cards) to the library during school hours to be cleared. A student on the "**No Activities List**" is prohibited from attending dances. Additionally, a student placed on the "No Activities List" is prohibited from trying out for a theater/performing arts production, athletic or extra-curricular team (such as Powder Puff, Science Olympiad, Mock Trial) or running for an elected/appointed position. (*PGHS Student Handbook 2009-10* page 27)

A student placed on the "No Activities List" will remain on the list until the student has either **returned the overdue items or paid all outstanding fines/charges in full**. Charges can result from:

1. Library and/or classroom books that have not been returned by the due date
2. Outstanding fines/restitution
3. Athletic equipment that has not been returned by the due date

Money Saving Textbook Tips

- Keep textbooks covered and boldly labeled with student's name/teacher/period.
- If student loses a textbook, check the library to see if it was returned. A second textbook will not be issued until replacement cost is paid. Payment contracts available with a minimum of 10% down of total owed + a payment contract.
- AVOID water damage and moldy books by storing a plastic grocery/trash bag inside backpacks to cover textbooks during rainy season. Keep drink containers away from books!
- Store any unused textbooks at home until requested by teacher or library textbook collection.

*Class sets of textbooks are provided in most science and English classrooms.

Celebrate Teen Read Week October 18-24

This year's theme is Read Beyond Reality @ your library, which encourages teens to read something out of this world, just for the fun of it. More information, reading lists, and resources at [ala.org](http://www.ala.org/ala/mgrps/divs/yalsa/teenreading/trw/trw2009/home.cfm) (American Libraries Association). <http://www.ala.org/ala/mgrps/divs/yalsa/teenreading/trw/trw2009/home.cfm>

The library loves our parent volunteers. Thank you!

PERFORMING ARTS NEWS

FALL PLAY:

Pleasant Grove Theatre Productions presents *In Context* an original comedy set in a contemporary high school. Runs November 5, 6, 7, 12, 13, 14 at 7:00 p.m. in the Black Box Theatre, with a 2:00 p.m. matinee on November 14. Tickets are \$9.00, or \$8.00 with an ASB card. For ticket information, please contact the PGTP ticket hotline at 686-0230 ext 4773.

PARENT MEETING OCTOBER 1:

For parents of all cast and crew of the Fall Play, *In Context*, we will have a brief meeting in the Black Box theatre at 6:00 p.m. See you there!

See you at the theatre!

Band:

The PGHS Eagle Marching Band and Colorguard completed their first field show performance on Friday, September 11. The band did a great job in spite of it being one of the hardest shows we have done since PGHS opened. We are looking forward to adding our second song at the upcoming games. Other upcoming events include the Veteran's Day Parade on November 11, the Fall Concert (jazz band only) on November 18 and the Parade of Lights on November 28 (Saturday of Thanksgiving Break). The marching band will be setting up our trip to Disneyland on April 16 – 19. In addition, the Jazz Band will be performing at the Folsom Jazz Festival and the Woodcreek Jazz Festival. Winter Percussion Line is already working hard to get ready for their competition season and we are looking forward to another winning year. Please go to www.pghsbandboosters.com for complete details on our events and other news.

ATHLETIC NEWS...



Winter Sports (Girls Basketball, Boys Basketball, Wrestling)

First day of practice/tryouts is November 10. All athletes must have a physical exam from a medical doctor. Physical forms are located outside the athletic directors office or on line at www.egusd.net, click on student/parents, then click on athletics and you will find the physical form. Athletes must also have a 2.0 GPA from their first quarter report card.

If you are in need of a physical exam visit:

Dr Sockolov

1 Scripps Dr. Ste 202

Sacramento, CA 95825

Dr. Sockolov will do physical exams at 4:30 p.m. on Monday through Thursday. The cost for the exam is \$25.00

Falls Sports Update

Fall sports are off to a good start. Girls Tennis, Girls Golf and Volleyball are all doing very well at the time of this publication. Boys Soccer, Football and Cross Country are promising and should do well when league games begin.

Athletic Web Site

Our PGHS Athletic web site is under construction. Sorry for the delay. It should be up and running with all the sports schedules very soon. You can access the website from school loop or from the PGHS.net school web site.



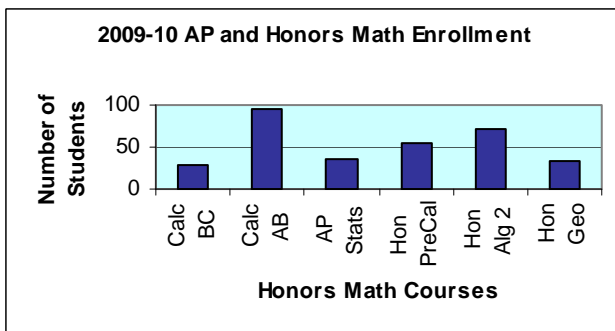
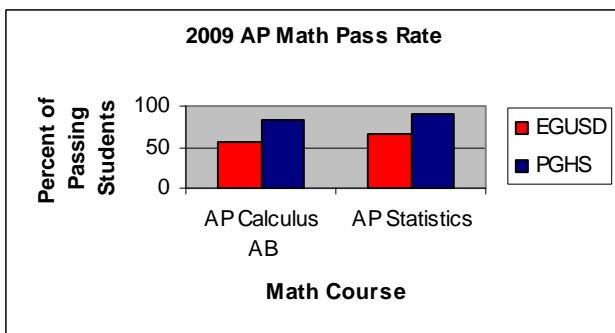
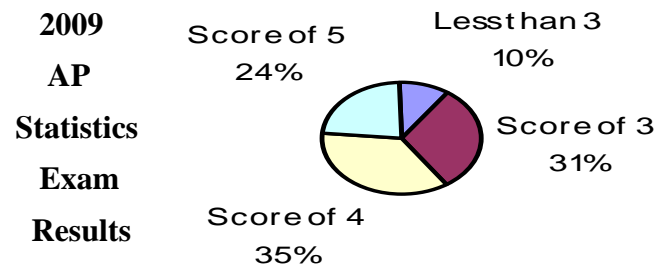
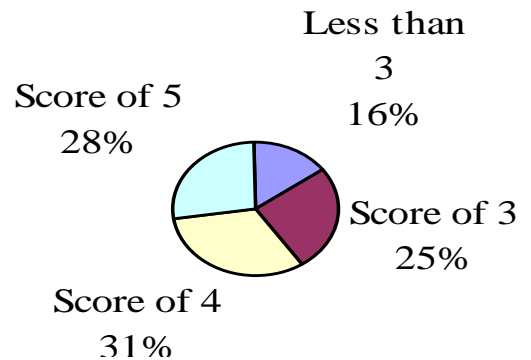
AP CALCULUS RESULTS FOR 2009

Congratulations to Mrs. Burke, Mr. Preto and their AP Calculus students from last year! The students worked hard to understand the material and **84%** of the students who took the AP Calculus exam in May of 2009 passed the exam with a score of 3 or better. Students who pass an AP exam with a score of 3, 4, or 5 earn college credit. 64 students took the AP Calculus exam. This is the highest number in the history of the school!

AP STATISTICS RESULTS FOR 2009

Congratulations to Mrs. Bjorgum and her 2009 AP Statistics students! We are truly impressed by the student's diligence and effort. In only the second year of offering AP Statistics, **90%** (44 out of 49) of the students who took the AP Statistics exam passed with a score of 3 or better! See below for a graph of PGHS AP Math pass rate compared to the district.

2009 AP Calculus Exam Results



MATHLETES

PGHS Mathletes are looking for new members. Our first informational meeting is Thursday, Sept. 24 where we will be discussing upcoming competitions and deciding on t-shirt designs. We will have an intramural Mathletes competition on Thursday, Oct. 1. Please join us if you are wondering what a Mathletes competition is like. We have a lot of fun and there is always great food! See Mrs. Burke in Portable 4 for more information.

Inaugural year for AP Calculus BC

The graph on the left shows our current enrollment for our AP and honors math courses. This is the first year that our school has an AP Calculus BC course. Mr. Preto is working hard to prepare our students for this course. Students in BC Calculus cover content from two semester's worth of college calculus.

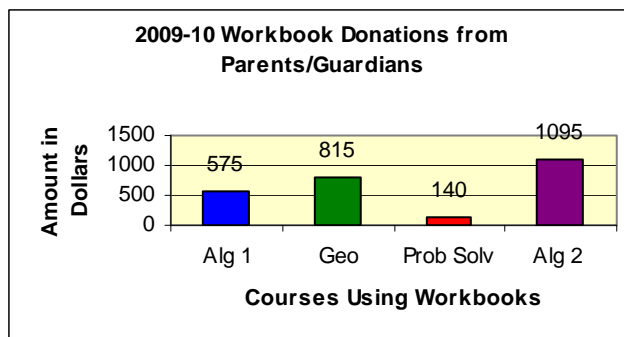
MATH TUTORING

The following is the math department tutoring schedule that is **open to all students**. Students who need additional tutoring times should make an appointment with their current math teacher.

<i>Day</i>	<i>Before School (7:15 – 7:55)</i>	<i>1st Lunch</i>	<i>2nd Lunch</i>	<i>After School (3:10 – 4:00)</i>
Monday	----	----	Port 3	HM5
Tuesday	HM11	Port 5	Port 1	HM11
Wednesday	----	HM9	HM8	HM4

THANK YOU!!!

Thank you to the 230 parents/guardians who have donated \$2,625 to help supplement the cost of our workbooks for Algebra 1, Geometry, Problem Solving A and Algebra 2 courses.



DONATION OF \$10 FOR MATH

WORKBOOKS NEEDED

Your child received a FREE workbook in his/her Algebra 1, Geometry, Problem Solving A or Algebra 2 math class as an additional learning tool. This workbook contains guided notes, homework, additional review assignments, and test prep material that enhance our math program. We’ve bounded over 2400 workbooks at an approximate cost of \$10,000. We are asking for your help in supplementing the printing and binding cost by making a **donation** of \$10 to PGHS Math for the 2009-2010 school year.

Please support our program by sending cash or attaching a check made payable to **PGHS Math**. Your child can turn in the bottom portion of this form to his/her math teacher at the beginning of the school year. Your donation is tax deductible, and a receipt will be given to your child to take home within a week. Thank you in advance for your support!

Student's Name _____ ID# _____

Math Teacher _____ Period _____

Donation Amount: \$ 10 Other _____

*Please attach
cash or check
here*

*(payable to
PGHS Math).*

STUDENT SERVICES (COUNSELING) DEPARTMENT...

COUNSELORS:

The Pleasant Grove High School Counseling and Guidance Program works to ensure that every student will have an opportunity to develop academically, vocationally, personally and socially through supportive relationships and sequential guidance activities. Counseling services fall within three main areas: Academic, Career /Vocational and Personal/Social. Please feel free to call your student's counselor to discuss your student. Students are assigned a counselor by their last name as indicated below.

Teresa Schmutte

Dept. Chair

PSAT

AVID

A-G

Alpha A-Ca

Hien Pham

Conflict Management

Testing Co-Coordinator

Alpha Ce-Gra

Todd Hirsch

AP Co. Coordinator

Historically Black Colleges

Alpha Gre-Lor

Michelle Khayat

Post Secondary

Scholarships

Alpha Los-Ph

Michele Jimenez-Lundy

AP Co. Coordinator

Financial Aid Coordinator

Alpha Pi-Tal

Dawn Grovhoug

Academies

Foreign Exchange

Alpha Tam-Z

Sebastian Lampe

Career

GATE

CAREER CENTER UPDATE

The Career Center located in the Student Services building now has a fully equipped computer lab. We will be able to accommodate classes throughout the year during our Kuder based career units. In addition we will be offering on-going groups and tutoring for the SAT tests using the online SAT Mentor program. We will also be sponsoring at least 5 field trips to colleges in the regional area.

Students and parents are encouraged to review, research, and update their assessment results and career/college choices on www.Kuder.com. Each student has an account and password. Please call us if you need help with the Kuder program.

Career/College Units

Seniors	September (1 day), December (2 days), February (1 day) Post secondary units (college choices, financial aid, applications, etc.)
Juniors	February/ March (3 days) Kuder unit (resume, values assessment, college/career choices etc.)
Sophomores	March/April (2 days) Kuder unit (skills assessment, college major search, career choices etc.)
Freshmen	October – December (3 days) Kuder unit (interest assessment, 4 year plan, career choices, etc.)

Please contact Sebastian Lampe or Gina Williams with questions at 686-0233.

STUDENT SERVICES (COUNSELING) DEPARTMENT...

ELK GROVE UNIFIED SCHOOL DISTRICT'S COLLEGE AND CAREER NIGHT

Tuesday, October 6, 2009

6:30-8:00 p.m.

Valley High School

Cafeteria and Gymnasium

Meet with representatives from colleges, universities, trade schools, business and professional organizations, and the Armed Forces.

PLEASANT GROVE HIGH SCHOOL FINANCIAL AID NIGHT

Tuesday, December 1, 2009

6:30-8:00 p.m.

Pleasant Grove High School Cafeteria

Meet with financial aid representative. Learn all about financial aid options, timeline and processes.

The Armed Services Vocational Aptitude Battery (ASVAB)

Is a multi-aptitude test battery consisting of 10 short individual tests covering Word Knowledge, Paragraph Comprehension, Arithmetic Reasoning, Mathematics Knowledge, General Science, Auto and Shop Information, Mechanical Comprehension, Electronics Information, Numerical Operations, and Coding Speed. The ASVAB is a good mirror of how well students have developed their academic and occupational abilities at school, home, and in the community. The results provide information on readiness for advanced academic education, along with other personal information to identify areas for Career Exploration. The ASVAB takes about three hours and will be administered by representatives of the Federal Government at:

**Pleasant Grove High School on Thursday,
November 12 from 8:00 a.m. – 11:00 a.m.**

**Pick a Student and Parent Guide in the Career
Center for additional details.**

**Sign ups will be in the Career Center in early
November. Listen to the bulletin for details.**

Important Websites

California State University Application	www.csusmentor.edu
University of California Homepage	www.universityofcalifornia.edu
University of California Application	www.universityofcalifornia.edu/apply
Historically Black Colleges and Universities	www.edonline.com/cq/hbcu
Los Rios Community Colleges (CRC, SCC, ARC)	www.losrios.edu
NCAA Clearinghouse	www.ncaaclearinghouse.net
United States Military	www.military.com
College Board (SAT registration)	www.collegeboard.com
ACT (ACT registration)	www.actstudent.org

STUDENT SERVICES (COUNSELING) DEPARTMENT...

IMPORTANT DATES FOR SENIORS

Every Friday	CRC Representative available in the Career Center. (lunchtime)
Check Weekly	The Career Center, College Visit Board for college visits.
September – November	Senior/Counselor Conferences begin. Counselors will send passes to students for their scheduled time. For students who wish to request an early conference date, see your counselor.
October 1 – November 30	Apply online to CSU. Application deadline is November 30.
October 1	CSU paper applications available in the Career Center. Online applications recommended and preferred by UC and CSU's.
October	Registration deadline for the November 7 SAT Reasoning or Subject Test date.
October 6	EGUSD College and Career Fair @ Valley High School from 6:30 - 8:00 p.m.
October 17	UC Davis Preview Day – visit www.ucdavis.edu
October 30	Registration deadline for the December 5 SAT Reasoning or Subject Test date
November 1-30	Apply online to UC. Application deadline is November 30th.
November 2	Registration deadline for the December 12 ACT test date
November 12	Armed Services Vocational Aptitude Battery (ASVAB) test date – 9:00 a.m.
December 1	Financial Aid Night at Pleasant Grove High School – in Cafeteria at 6:30 p.m.
December	If you are qualified and plan to file the Free Application for Federal Student Aid (FAFSA) form online, you and your parents need to get a PIN through www.pin.ed.gov . Be sure to print a copy for your records. You will keep the same number throughout your post-secondary education.
January 1 – March 2	FAFSA and CalGrant form filing period for financial aid - Due March 2

SCHOLARSHIPS...

Elk Grove Community Foundation scholarship applications will be available after December 1, 2009 for students planning to attend a trade school, four year university/college, or community college after high school graduation.

In 2009, the Foundation awarded 161 scholarships in the total amount of \$146,000 to seniors graduating from the Elk Grove Unified School District high schools. In 2010, the Foundation again will provide scholarships in amounts ranging from \$500 to \$2,500. They will be available for a large variety of career goals and with a wide range of requirements to high school students graduating in 2010. Many are based on a student's experiences and career choice rather than on a high grade point average.

After December 1, 2009, information about the scholarships to be awarded in 2010, along with scholarship applications, will be available at www.egcommunityfoundation.org or from the career center counselor or technician in the high school career center. The deadline for applying is January 28, 2010 by mail or January 21, 2010 through your career center.

We encourage all students who plan on receiving additional education after high school to apply for these scholarships.

STUDENT SERVICES (COUNSELING) DEPARTMENT...

SAT and ACT 2009-2010

Pleasant Grove School Code: 053953

It is recommended that students take the SAT I and/or ACT in the spring of their junior year, and again in the fall of their senior year.

Most college-bound students know that a necessary component of an admission application is a college admission test score. Most colleges and universities will not process an application without one. The two national tests are the **SAT** (Scholastic Assessment Test) and the **ACT** (American College Test) – and almost all four-year colleges and universities in the nation accept either SAT Reasoning Test or ACT scores equally. Because research indicates that many students perform quite differently on the SAT and the ACT, it may benefit students to take both tests since colleges typically use the higher of the two scores for admission, scholarship, and athletic eligibility.

SAT

The SAT Reasoning Test is a 3-hour 45 minute test that measures critical reading, mathematical reasoning and writing skills related to successful performance in college. It is used by college admissions officers as a supplement to the secondary school record.

The SAT: Reasoning Test fee for the 2009-2010 school year is \$45.00

Fee waivers are available to high school juniors and seniors (limit 2) who demonstrate financial need. See Ms. Williams in the Career Center.

Registration can be completed by mailing in the registration form available in the Career Center during the school year, or by registering online at www.collegeboard.org (credit card required). **Online registration is accessible during the summer beginning July 1.**

The SAT Subject Tests (formerly SAT II: Subject Tests) are a battery of one-hour, mostly multiple-choice tests that measure how much students know about a particular academic subject and how well they can apply that knowledge. Students take the SAT Subject Tests to demonstrate to colleges their mastery of specific subjects like English, history and social studies, mathematics, science, and languages. It is recommended that Subject Tests be taken at the completion of a particular course or series of courses related to the subject area. **(Required by the UC and some private colleges in addition to the SAT Reasoning and/or ACT.)** Visit the website www.collegeboard.org or pick up an SAT Registration Bulletin in the Career Center for information on subject test fees.

SAT test dates during the 2009-2010 school year:

<u>Test Date</u>	<u>Registration Postmark Deadline</u>	<u>Late registration Deadline (\$23.00 Late Fee required)</u>
October 10	September 9	September 23
November 7	October 1	October 15
December 12	October 30	November 12
January 23	December 15	December 30
March 13	February 4	February 18
May 1	March 25	April 8
June 5	April 29	May 13

Seniors must test by December 1 or earlier (some colleges require testing to be completed in October).

SAT Reasoning and SAT Subject Tests **cannot** be completed on the same test date. Students wishing to complete both tests must register for two separate test dates

STUDENT SERVICES (COUNSELING) DEPARTMENT...

ACT

The ACT is a group of tests administered by ACT and required or recommended by most colleges as part of the admission process. Tests measure educational development in English, mathematics, reading and science reasoning. Students may register for one of two test options: the ACT or ACT Plus Writing which includes a 30-minute writing test. Check the website (www.actstudent.org) for a list of institutions that recommend, require, or do not need the results from the ACT writing test.

Students may register by completing the mail-in registration packet available in the Career Center, or by using the online registration option at www.actstudent.org (credit card required). Online registration available during summer.

The ACT test (no writing) fee for the 2009-2010 school year is \$30.00 The ACT Plus Writing fee is \$44.50

Fee waivers are available to high school juniors and seniors (limit one waiver per student, one time only) who demonstrate financial need. See Ms. Williams in the Career Center.

ACT Test Dates during the 2009-2010 School Year:

<u>Test Date</u>	<u>Regular Registration Deadline</u>	<u>Late Registration Deadline (19.00 late fee required)</u>
October 24	September 18	October 2
December 12	November 6	November 20
February 7	January 5	January 15
April 10	March 5	March 19
June 12	May 7	May 21

THE LAST TEST FOR SENIORS IS DECEMBER

California High School Exit Exam (CAHSEE)

11th/12th Grade only

ENGLISH-LANGUAGE ARTS Tuesday	MATHEMATICS Wednesday
November 3, 2009	November 4, 2009

10th - 12th Grade

ENGLISH-LANGUAGE ARTS Tuesday	MATHEMATICS Wednesday
March 16, 2010	March 17, 2010

10th Grade Make-up

ENGLISH-LANGUAGE ARTS Tuesday	MATHEMATICS Wednesday
May 11, 2010	May 12, 2010

STUDENT SERVICES (COUNSELING) DEPARTMENT...

College Application Deadlines:

CSU October 1 - November 30 apply online at:

www.csumentor.edu

UC November 1 - November 30 apply online at:

www.universityofcalifornia.edu/apply

CSU and UC are strongly encouraging the on-line application

PSAT/NMSQT Reminder:

Preliminary SAT/ National Merit Scholarship Qualifying Test

Date: Wednesday, October 14

Time: 8:00- 11:20 a.m.

Reverse minimum day schedule

(Test registration ends October 5, free to all sophomores and \$15.00 freshmen and juniors)

Location: PGHS

Sophomores - In advocacy classes

Freshmen and Juniors - Assigned Classrooms

(Posted 10/14 by cafeteria)

Materials to bring: Two sharpened #2 pencils, and a 4 function calculators

COURSE SELECTION INFORMATION

Going from 9th grade to 10th grade

Course Selection for 2010 - 2011

In world geography and health classes

1/12, 1/13, 1/19, 1/20

Going from 10th grade to 11th grade

Course Selection for 2010 - 2011

In world history classes

1/25, 1/26, 2/1, 2/2

Going from 11th grade to 12th grade

Course Selection for 2010 - 2011

In US history classes

2/22, 2/23, 3/1, 3/2

Mission Statement

The Pleasant Grove High School Community will challenge all students to excel in an academically rigorous setting in which they establish and achieve individual goals, communicate effectively, and interact respectfully as they prepare for the future.



Student Core Values

A Pleasant Grove High School student will:

- Respect self and others in a diverse environment.
- Accept personal responsibility for one's actions, efforts, and achievements.
- Prepare for the personal, civic, social, and career challenges of the future.
- Utilize critical thinking and effective communication to seek solutions and solve problems.
- Develop life-long, self-directed learning skills.