

SHELDON HIGH SCHOOL

Paula D. Duncan, Principal

February/March 2009

Vice Principals: • Britt Hammon • Maria Russell • Carl Steinauer

681-7500

Dates to Remember

Event	Date	Time	Location
SPAC Meeting	Monday, 2/2 (1 st Monday)	6:00 pm	Career Center
Mandatory New Athlete Parent Meeting	Monday, 2/2	7:00 pm-9:00 pm	Cafeteria
Course Selection – Incoming 12 th Graders	Tuesday, 2/3	4:00-6:30 pm	Cafeteria
Winter Homecoming Game vs. Jesuit	Friday, 2/6	7:00-9:00 pm	Gym
Winter Homecoming Dance	Saturday, 2/7	8:00 pm-12:00 am	Gym/Cafeteria
Lincoln’s Birthday Observance	Monday, 2/9	NO SCHOOL	OFFICE CLOSED
Course Selection – Incoming 11 th Graders	Tuesday, 2/10	4:00-6:30 pm	Cafeteria
Universal Rhythm Dance Show	Thursday, 2/12	6:00-9:00 pm	PAC
Universal Rhythm Dance Show	Fri., 2/13, Sat. 2/14	7:00-10:00 pm	PAC
Washington’s Birthday Observance	Monday, 2/16	NO SCHOOL	OFFICE CLOSED
Course Selection – Incoming 10 th Graders	Tuesday, 2/17	4:00-6:30 pm	Cafeteria
Food Faire #3	Wednesday, 2/18	During Lunches	Quad
BSU Talent Show	Friday, 2/20	6:00-9:00 pm	PAC
Course Selection – Incoming 9 th Graders	Tuesday, 2/24	4:00-6:30 pm	Cafeteria
Course Selection Make-up	Saturday, 2/28	9:00-11:00am	Cafeteria
SPAC Meeting	Monday, 3/9	6:00 pm	Career Center
Junior Prom	Saturday, 3/14	8:00 pm – 12:00 am	The Grand Ballroom
CAHSEE Testing (10 th , 11 th , 12 th Grade)	Tuesday/Wednesday, 3/17-18	7:45-10:40am Testing	See Insert for Bell Schedule
Term 3 Finals, Periods 1 and 2	Thursday, 3/19	8:00 am – 12:10 pm	Minimum Day
Term 3 Finals, Periods 3 and 4	Friday, 3/20	8:00 am – 12:10 pm	Minimum Day
Academic Awards Ceremony	Monday, 3/23	6:00-7:30 pm	Gym/Cafeteria
Spring Break	Monday-Friday, 4/6-4/10	NO SCHOOL	OFFICE CLOSED
SPAC Meeting	Monday, 4/13	6:00 pm	Career Center
Open House	Thursday, 4/16	TBA	Campus

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PRINCIPAL'S MESSAGE

Dear Parents and Guardians:

Terms 3 & 4 are here! Finals for Term 2 were Thursday and Friday, January 15th and 16th, and final report cards for Term 2 were mailed on or about Friday, January 23rd.

The state-wide STAR exams will be administered at Sheldon High School over **three minimum days: Tuesday, April 28th, Wednesday, April 29th, Thursday, April 30th**. The school will follow a minimum day schedule during the STAR exam (7:45 a.m. – 12:20 p.m. on April 28th, 29th, and on April 30th students will dismiss at 12:15 p.m.). The different sections of the exam will be administered during Period 1. Students in grades 9, 10, and 11 will be tested in reading, writing (language), mathematics, science, and history-social science.

The standardized testing allows schools to identify their academic strengths and areas for instructional improvement as students master state standards. The tests also do the same for each student, identifying academic areas of strengths and weaknesses, and are used by teachers to differentiate instruction in the classroom. Often these tests are used for student academic placement purposes. Parents are encouraged to take an active role in working with their student(s) to understand the seriousness of the exams.

For a second year in row, thanks to the generous donation of the Elk Grove Auto Mall, a senior with perfect attendance in every class for one calendar month will have the opportunity to win \$20,000 towards the purchase of a vehicle. To be eligible for the grand prize, students must have perfect attendance in all classes for one calendar month to earn an entry into the contest. In May, nine finalists names will be drawn, one from each comprehensive high school and one from all the alternative high schools. The nine will attend an event on May 27, 2009 where one lucky senior will win the grand prize.

Sheldon's own Matthew King was awarded the car last June!! The \$20,000 can be used at any one of the Elk Grove Auto Mall's dealerships. The winning student is responsible for taxes, insurance and licensing. The eight finalists will all receive \$200 savings bonds from the Elk Grove Auto Mall.

Open House – April 16th Smedberg and Sheldon will celebrate together!! What is this? How is this different than Back-to-School Night? Your Sheldon High School plans to provide parents and families an opportunity to enjoy student-led, teacher-led programs and presentations. All department teachers will be presenting informative demonstrations in addition to being available to discuss course and class issues. Please mark your calendar, bring your student and family to view this exciting event!

For senior students and parents/guardians, please take the time to read the “**Graduation Ceremonies and Activities – Participation in High School Graduation Ceremony**” sheet on Page 3 of this newsletter. Graduation is right around the corner and you need to be aware of the requirements listed in this document.

In closing, I'm looking forward to seeing you during the many upcoming events of Terms 3 and 4, and thank you for your continued partnership in the education of your student.

Sincerely,

Paula D. Duncan
Principal

GRADUATION CEREMONIES AND ACTIVITIES
Participation in High School Graduation Ceremony
Sheldon High School Graduation – Wednesday, June 3, 2009
12:00 Noon – Arco Arena

The Governing Board of the Elk Grove Unified School District recognizes that each student who receives a high school diploma has met the standards of proficiency established by the district.

To encourage and support the purpose and integrity of the high school education program during the senior year, the Board establishes the following minimum requirements for each student for participation in the high school graduation ceremony as follows:



Achievement

During the spring term prior to graduation, a Sheldon High School student must earn 35 credits to participate in the graduation ceremony.

Good Citizenship: A student who has received an off-campus suspension from school in the spring term will be notified in writing that if a second off-campus suspendable offense occurs, he/she will not be eligible to participate in the graduation ceremony. A senior student with the second off-campus suspension will be denied the privilege of participating in the graduation ceremony.

Any senior who has received an off-campus suspension from school in the spring semester (3rd or 4th term which began January 19, 2009) will be notified in writing that if a second off-campus suspendable offense occurs, he/she will not be eligible to participate in the graduation ceremony. A senior student with a second off-campus suspension will be denied the privilege of participating in the graduation ceremony. **A senior who commits a suspendable offense on or after May 18, 2009 will be suspended from school and will not be permitted to participate in the graduation ceremony.**

The Principal of each high school will revoke a student's privilege to participate in the high school graduation ceremony if these minimum standards are not met in any of the two areas in accordance with school rules, which provide for due process.

The Class of 2009 has demonstrated leadership through the school year. We are confident that their leadership will continue during their last two weeks of school. Behavior that leads to suspension (e.g., vandalism and pranks) may result in a senior missing the excitement and celebration of the graduation ceremony.

If you have any questions regarding this information, please feel free to contact your senior student's counselor by calling 681-7501.

GENERAL INFORMATION

Grade Reporting

Progress reports and semester grades will be *mailed home on the dates indicated below, with the exception of quarter grades*—these will be distributed to your student(s) during 2nd period. Please allow 3-5 business days after the mailing date for the report card to arrive.

Spring Term 3, 1/19/09-3/20/09	
Mailed Home	Grades Issued
2/12/09	Progress Report
2/27/09*	Quarter Report Cards
3/11/09	Progress Report
3/26/09	Term Report Card and Credits

*Distributed during 2nd period

Parent/Guardian Class Visitation

To minimize classroom interruptions, the administration and staff expects you to adhere to the following procedures when you plan a visit your student's classes.

1. For security reasons, visitors must check in at the Main Office and state the staff member's name that they are here to visit. Attendance Office staff will call the staff member to verify that the visitor did make prior arrangements to visit. The visitor will sign in on the "Visitor's Log" and write their name on the "Visitor's Pass" and place it on their clothing so it is visible.
2. If you have arranged to shadow your student, an office staff member will give you a map of our school, a copy of your student's schedule, and may assign a staff escort. Please follow the order of your student's classes.
3. When entering a classroom, quietly introduce yourself to the teacher, and the teacher will direct you to a seat.
4. Because teachers will be involved in the instruction of their classes, we are requesting that you do not use this visit for conference time. If you wish to meet individually with any of your student's teachers, we ask that you meet with your student's counselor to set up a conference time.
5. Please do not "drop-in" before classes or after school expecting to have a conference with your student's teacher(s). Teachers need time to prep for their classes and will not be prepared to discuss your student with you as they may not have their grade book and other materials available to do it at the time you "drop-in."

Visitors must sign out through the Main Office upon leaving the campus.

Classroom visits are not allowed during final exams. There may be other circumstances where it is not possible to visit a classroom, and the counselor will reschedule the visit.

California High School Exit Exam (CAHSEE)

The required state-wide California High School Exit Exam will be administered on Tuesday, March 17 (English/Language Arts) and Wednesday, March 18 (Math). State law requires that students need to pass the exam in order to graduate and receive a high school diploma. The purpose of the CAHSEE is to help ensure that students who graduate from high school can demonstrate competency in the content standards for reading, writing, and mathematics adopted by the State Board of Education.

The two-day exam will be offered to ALL sophomores and those juniors and seniors who have not yet passed one or both sections of the test. The Bell Schedule for the test begins both days at 7:45 a.m. See insert in this Newsletter for complete "Reverse Minimum Day Bell Schedule". Students taking the March test will be notified as to what testing room to report. Current sophomores will have up to six additional opportunities during their junior and senior years to pass the exam, including the summer after their senior year. However, passing the CAHSEE is just one requirement for graduating from high school. Students must also meet EGUSD's rigorous high school graduation requirements. The exam represents a minimum of what children need to know, and students need far more skills than this test represents to earn a high school diploma, much less to go on to college or a technical school.

Parents can help their children prepare by talking to their child's Math and English teachers about the exam, making sure class assignments and homework are completed throughout the year, and by working with their children on the importance of passing the exam. Parents also should remind their children that passing the CAHSEE does not mean that they have completed all of the graduation requirements.

Reports of each student's results will be mailed home.

California Physical Fitness Test (PFT)

The state-required California Physical Fitness Test (PFT) will be administered to all Sheldon High School students in grade 9 (freshmen) also on March 17 and March 18. The PFT for students in grade nine in California public schools is called the "FITNESSGRAM". The health-related fitness test is intended to help students acquire lifelong habits of regular physical activity.

All freshmen will be tested on these days and should report to school appropriately dressed for the FITNESSGRAM (as for PE class: sweats, tennis shoes, etc.). Be advised that March 17 and 18 (Tuesday and Wednesday) will follow the schedule inserted in this Newsletter, "Reverse Minimum Day Schedule". Each day the Fitnessgram will begin at 7:45 a.m. and conclude at 10:40 a.m., with regular classes beginning at 10:50 a.m. Grade 9 students are to report each day to the Gym at 7:45 a.m.

Students will receive their results upon completion of the PFT. These results will help students understand their individual levels of fitness. Students who do not pass the FITNESSGRAM must, by state law, be enrolled in physical

education continuously throughout high school until they pass it.

The FITNESSGRAM categories include the following: aerobic capacity, flexibility, abdominal/trunk strength and muscular endurance, upper body strength/muscular endurance and body composition. "Passing" is defined as 5 out of 6 tests. Your student will be receiving a copy of the FITNESSGRAM "passing" requirements for each test administered. A copy of the requirements also will be posted on the school website, sheldonhuskies.com.

School Policy Reminders:

ELECTRONIC DEVICES must be in your back pack and turned off prior to stepping onto campus. If a staff member sees or hears your electronic device it will be confiscated. Your cell phones may not be held on your side. ALL electronic devices must be placed in your back pack, not seen or heard. All electronic device confiscations have discipline consequences; see your student handbook for the school policy and discipline actions. A parent or guardian of 21 and older must come into the school VP office to sign and pick up your electronic device.

ALL SHELDON STUDENTS MUST HAVE A SCHOOL STUDENT IDENTIFICATION CARD while present on our school campus. If you do not have a school student identification card, please stop by the activities office during your lunch to obtain one. Any student without school student identification will receive a Saturday School; please see your student handbook for the school policy and discipline actions.

Reporting Absences

Parents and Students are responsible for clearing any unexcused absences within 7 school days.

We have an absence reporting line that can be called after 4:00pm and before 7:00am. Call 681-7500 and dial in 93278. You will be asked to leave the following information.

- Student's Name/Id Number/Grade level
- Date of Absence (i.e., same day, or previous date, and time if student was only absent a partial day)
- Reason for absence (i.e., sick, doctor/dental appointment, etc.)
- Your name and relationship to the student and a daytime phone number.

Tardy Policy



Due to the large number of students at Sheldon High School, you may want to leave the house a little earlier as traffic, car problems, and over-sleeping will not be excused. All students arriving to school late because they had a doctor or dental appointment are required to have a note from the doctor. Please see the tardy policy in the student handbook for more details.

Early Dismissal Policy:

Remember: If parent is picking up child to leave early – has sent a note or called in – the student's are not permitted to wait in front of campus on the street; the parent must be prepared to come into the office and show picture ID to Office Staff.

If you're calling to get a leave of grounds for your student, please allow us enough time to look up their schedule, contact the teacher, and time for your student to walk up to the office.

Please Note: If your student is in a P.E. class, it can take up to 20 minutes for them to come up to the office as sometimes the P.E. class may be hard to locate. The student will then need to go to the locker room and change back into their street clothes. We appreciate your understanding and patience.

ACADEMY NEWS

ARTSWORK Academy

Amazingly, we have finished the first half of the 2008-2009 school year and with time quickly passing, academy students must make sure they have already completed and turned in their two "Arts in the Real World" that was due to their class advisor on January 9, 2009. Also, please review and keep a record of the "Community Service **ART** hours" that have been completed. That record must be signed off and a copy of the community service form turned into your advisor in May.

Our next guest speaker will be in the area of dance and the date and time of that presentation is still to be determined. Please pay close attention to the announcements during 2nd period, as well as, reading the Artswork Academy Newsletter for important information regarding the Speaker Series and other important dates and events of the academy.

BIOTECH Academy

Welcome to another exciting year in the Biotech Academy. We are looking forward to a year of great challenges and triumphs. Please see below for important information and dates to add to your calendar.

COURSE SELECTION

Four (4) core courses (must be taken in this order during the appropriate year)

Freshman(9)	Biotech I
Sophomores(10)	Biotech II
Juniors(11)	Microbiology
Seniors (12)	Molecular Biotechnology, Biotechnology in Society

Choose 3 Biotech electives from this list, usually during the Junior and Senior year.

Lab Specialist Chemistry AP Chemistry Criminology/Forensics	Anatomy/Physiology Ecology Physics AP Physics
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GUEST SPEAKERS

Troy Brimhall spoke to the Biotech 1 classes focusing on Health Care Careers, Correctional Medicine Opportunities, his career and what Managers look for when interviewing potential job applicants. Thanks Mr. Brimall!!

FIELD TRIPS

Blood Source- 30 students visited Blood Source. The trip included lectures and a tour of the facilities. Students also were made aware of volunteer and career opportunities available.

Shriner's Hospital- 30 students visited and listened to various lectures concerning different types of treatments and research taking place. A tour of facilities was also conducted.

UC Davis- 90 students attended an all day trip that started off with a Biotechnology lecture in one of the lecture halls. Students were enthralled with the collapsible desk tops. From there we split into different groups to tour different facilities. Students were give tours of the Veterinary Medicine Hospital and in addition to seeing all of the aspects of small/large animal treatment actually observed surgeries on two dogs and a pig. Students also visited the Primate Center. Here they listened to a lecture and then toured the facility which included observations of Rhesus monkeys in their outside enclosures. We also visited the Genomic center and listened to a lecture about transgenic animals, and ended up visiting the Goat Barn to see real, live transgenic goats. We wrapped up the field trip by visiting the Student Union and Bookstore.

BLOOD DRIVE- Thursday April 3rd

One duty of the Biotech Academy is to find ways to give to the community. We believe that providing students with education about blood needs and the opportunity to donate blood helps to establish a positive, life-long habit for giving back to the community. We would greatly appreciate your contribution to this event.

Here's some key information:

- ♥ 700 pints of blood are needed locally every day
- ♥ Every student 16 and older can donate with parental consent
- ♥ Donors receive snacks and a T-shirt

Each pint can be separated into three components helping three different individuals, therefore, you and your students, potentially, can touch hundreds of lives!

Spring Blood Drive-Tuesday, March 31st in the Sheldon High School Library from 8-2. Walk-ins are welcome.

Monthly Meetings

Biotech Club meetings are held on the first Tuesday of every month from 3:15-4:15 p.m. Seventy percent (70%) meeting attendance is a mandatory part of fulfilling your Biotech academy requirements. You must be on time and be present for the duration of the meeting to earn credit for attending the meeting. A makeup meeting will be held the following Wednesday morning at 8:45. Please refer to the "Daily Bulletin" for location and reminders about meetings.

EQUITAS Academy**Student Acknowledgments**

Sophomore Alek Irvin participated in the district-wide AAUW speech competition. He took second place for his speech on gender equity in educations. Congratulations to Alek for his success representing Sheldon High School and Equitas outside of the classroom!

We are always looking for opportunities to showcase our talent pool in the community. If you know of any applicable competitions, scholarships, or internships, be sure to contact Mr. Diehl using the contact information below.

Bonding Opportunities

Many thanks to Equitas officers Alek Irvin, Kirandeep Kaur, and Harjot Dhaliwal for coming to help out at the annual CTE Fair at Florin High. It was the first year that Equitas was included and, thanks to the participation of our dedicated students, it was an excellent example for the community.

Monthly Meetings

The EQUITAS Academy meetings are held on the fourth Wednesday of every month 3:15 pm to 4:15 pm. The Academy has a variety of speakers scheduled for the year who will discuss contemporary topics effecting American society.

Attendance at Academy meetings is mandatory for all EQUITAS Academy students. If you have any questions about the Academy, ideas about new opportunities or guest speakers, or would like to speak at one of the Academy Meetings please contact Josh Diehl at jdiehl@egusd.net.

DEPARTMENT NEWS**AVID (Advancement Via Individual Determination) Program**

It is hard to believe the year is half over. Parents/Guardians and Sheldon staff, we thank you for continuing to complete the weekly grade reports. These reports are very helpful for students to monitor their progress and to learn to discuss any concerns with their teachers.

RECRUITING

AVID Applications for the 2009-10 school year were due on December 17, 2008 for Priority Admissions (current AVID students and family members) and on January 21, 2009 for General Admissions (all other applicants). Interview times will be scheduled soon, and interviews will take place during March. We look forward to meeting and working with new AVID students. Please contact Ms. Lawson at (916) 681-7500 ext. 93470 or jlawson@egusd.net if you have any questions.

FINANCIAL AID

FAFSA applications (free application for federal student aid) should be completed by seniors and submitted to fafsa.ed.gov as soon as possible; the deadline is March 2nd! If you have not already done so, obtain a PIN number from <http://www.pin.ed.gov>

Cal Grant - Seniors, check with your counselors regarding the Cal Grant grade verification as soon as possible after the FAFSA has been filled out and *before March 1, 2009*. There is only so much money in the state, and the sooner you fill out the application, the better.

FAMILY NIGHT



AVID families join us at Country Club Lanes in March, exact date and times will be given soon, for our annual AVID bowling night. Come support the AVID classes and have some fun in the process!!

We hope to see you all there.

AVID CURRICULUM

Juniors – The AVID 11 class did a fabulous job on researching and presenting their College Research Projects! We have selected courses for senior year, and we're excited that so many plan to take a number of Advanced Placement (AP) classes. Students have continued to work hard on SAT practice vocabulary, language arts and math concepts. Soon after the start of Term 3, we will sign up for the March, May and June SAT I and II tests. Some students will take the ACT test either in April or June. Students are currently researching and completing scholarship applications to have on file for next year. AVID 11 students continue to do a great job using their tutorials to improve their understanding of difficult concepts. Great job Class of 2010!

Freshmen – AVID 9 students are continuing to set and reach their academic goals. In addition to working on Cornell notes, they are staying organized and working together in tutorials to help one another succeed in all of their classes. Their writing skills are improving through practice, and they are well on their way towards the college path.

General – AVID 10 and AVID 12 are no longer in session for the 2008-09 school year. However, please keep your eyes and ears open for upcoming events, as we wouldn't want you to miss out!!

AVID 10 students should continue their use of Cornell notes, progress reports, and inquiry in order to keep their grades up and in practice for junior year.

I would like to congratulate the **AVID 12** students on a very successful senior banquet. All students showed their maturity and gratitude in a lovely celebration! Special thanks to all the teachers and staff who came to support these students, and to Lily Tran, AVID 12 Banquet Coordinator. She worked extremely hard to put together an amazing evening for students, parents, teachers, staff, and EGUSD board members. The evening was a complete success, and surpassed all expectations! Well done, Lily! Keep up all of the hard work seniors, graduation is only a few months away!

Senior Project Deadline



March 13th is the absolute final deadline for seniors to have a senior project approved. No projects will be approved after this date. Students who do not have a project approved by March 13th may not turn in a portfolio or present to senior boards. This will result in the

student forfeiting 15% of his or her second session English grade and the privilege of participating in end-of-the-year senior activities. Please refer to the senior project handbook for other upcoming senior project dates and details.

ENGLISH DEPARTMENT

Is your son or daughter interested in our challenging Honors and Advanced Placement English courses? Sheldon High School offers these classes as a stretch and a challenge for our students who love to read and write and want to prepare themselves for the breadth and depth of college level English courses. Information will be available on course sign-up nights in February regarding:

Honors English 9; Honors English 10; Advanced Placement Language and Composition 11; Advanced Placement Literature and Composition 12

All classes require students to:

1. indicate which honors or AP course they desire, which will prompt a counselor to give them the proper application materials that night during course sign-ups
- 2) complete an application for the course and return it promptly
- 3) complete the summer work to be ready in August to take a multiple choice and/or a written test, turn in an essay, or another form of assessment. Students should be prepared to discuss the literature during the first day of classes in August (Fall Term) or January

(Spring Term). Students who take these classes in the Spring Term will need to take the assessments in August for their summer work grade. Dates for Spring Term students to take the assessments will be read in the bulletin the first week of school.

Parents with questions are encouraged to email English Department chair, Susan Abbott, at sabbott@egusd.net or call her at 681-7500 voice mail 93001.

UNIVERSAL RHYTHM: MAINSTAGE PRODUCTION

Thursday, February 12, 2009, 6:00 p.m.

Friday, February 13, 2009, 7:00 p.m.

Saturday, February 14, 2009, 7:00 p.m.

Sheldon's Performing Arts Center



Sheldon High School's student-based dance company, under the direction of Becky Hobgood, Debi Roberts and Maria Altamero invite you to an ensemble of Sheldon's finest dancers as they join together for a three-day run of their annual

Mainstage Production. This will be their eleventh year hosting this production featuring choreographers such as Mr. and Mrs. Altamero, Ms. Venetia James, Mr. Adam Peterson, Mr. Joshua Jareol, Mr. Eric Torneros, and Ms. Stephanie Hopper from Press P.L.A.Y. dance group. This year's show offers a wide spectrum of dance genres and techniques, including a special message piece on the effects of "Paying it Forward".

Pre-sale tickets will be available through the Sheldon Dance Department for \$6.00. Box office tickets will be available for \$8.00 starting at 6:00 p.m. on Friday and Saturday and 5:00 p.m. on Thursday. The doors are opening thirty minutes prior to each show. All shows will be performed in Sheldon's very own Performing Arts Center. Please be prepared to display proper show etiquette. No late seating will be provided; we apologize for the inconvenience.

Spring Musical Auditions for Spring Musical BYE BYE BIRDIE



Pre-Audition Workshops: Thursday and Friday, January 29th and 30th (attend one for more information on the audition process).

Auditions: Monday, Tuesday, and Wednesday, February 2nd, 3rd, and 4th

BYE BYE BIRDIE is one of the most captivating musical shows of our time. It tells the story of a 1950's rock and roll singer who is about to be inducted into the army. The singer, Conrad Birdie (think Elvis Presley) has a pompadour and thick sideburns; he wears gaudy gold costumes and speaks in a rugged voice. Albert Peterson, his agent, is a very pleasant mild mannered young man. Albert's faithful secretary Rose Alvarez keeps him and Birdie moving forward in the world.

Rosie concocts one final national publicity plan before Conrad's induction: Conrad will bid a typical American teenage girl goodbye with an all-American kiss. Kim MacAfee in Sweet Apple, Ohio wins the honor. The arrival of Birdie in Sweet Apple causes people of all ages to swoon. The MacAfee household is completely upset by the visiting celebrity. It is decided that Birdie will give his "One Last Kiss" on *The Ed Sullivan Show*. Hilarity and hijinks ensue. BYE BYE BIRDIE is a satire done with the fondest affection. It gives an insight into the everyday life of Americans, and the effect of celebrity on our society. It is the tops in imagination and frivolity; a show that will be enjoyed by the cast as much as the audience.

MARCH MATHNESS

It is that time of year again! Many folks get wrapped up with basketball, but the real action involves mathematics. Sheldon High School will be the site of several big events that showcase mathematical talent.

The craziness begins early with Sheldon students taking part, with 250,000 other students world-wide, in the American Mathematics competition. This 25-question, 75 minute exam, tests mathematical reasoning and problem solving. Students can register for this February 10th exam in room D109.

Sheldon High will host the county Mathletes competition on Thursday, March 12th. A contingent of approximately 225 students, representing 20 county high schools, will take part in a problem solving contest that covers five areas of mathematical skill. Teams with five members, will compete as part of this year long competition. Sheldon's team has placed second in the county the past two years!

Pi day celebrations will be held in many math classrooms on Friday the 13th. Various activities will be scheduled, including pi memorization and pi poetry.

The American Invitational Mathematics Exam will be given on March 17th, to top scoring students from the AMC given in February.

Sheldon students will take part in the California Mathematics League on March 24th. This contest currently has 167 schools participating statewide. The last of six monthly contests, this six-question, thirty minute exam, is open to all students. Interested students can get more information from any math teacher.

Sheldon hopes to host a middle school Mathletes competition for district middle school math clubs, at the end of the month.

LIBRARY NEWS



Spring brings more good news about the Sheldon High School Library. We now have a blog that students can use to communicate with the librarian! You can find us at <http://shshuskies.wordpress.com>.

We are anxious to hear from students about books they have read, what books they would like to see in the library, and what questions they have about their research projects. The blog also includes an area that showcases new book arrivals and recommended good reads. Watch for weekly updates.

And remember, Sheldon library offers the **PROQUEST DATABASE** to all students. This database allows students to use articles from magazines, newspapers, specialized encyclopedias, and journals for research papers all online. Handouts detailing search strategies are available in the library.

PROQUEST DATABASE:

http://proquestk12.com
password: 95829

Student achievement in all curricular areas is our main focus in the library. Our collection is built around supporting the California State Standards for all disciplines. The librarian also utilizes the California School Library Literacy and Information Standards when developing research components to core classes. We also believe that promoting a love of reading creates a successful student. Our library collection also contains high interest books that reach all reading abilities. Ask your son/daughter if they have visited the library recently. If they haven't, encourage him/her to stop by and find out what's new.

SPAC MEETINGS

(Student/Parent Advisory Council)
Held the 2nd Monday of Each Month
Sheldon High School's Career Center

(Please note that due to no school on Monday, February 9th, we will have our SPAC meeting the first Monday in February instead)

Monday, February 2nd 6:00 p.m.
Monday, March 9th, 6:00 p.m.
Hope to see you there!

COUNSELING NEWS (681-7501)

COUNSELOR ASSIGNMENTS

Below is the 2008–2009 counselor alpha breakdown for students. Counselors can be reached by calling the Counseling Office at 681-7501 or by email on www.sheldonhuskies.com

Student's Last Name	Counselor
A thru Ce	Ms. Pohl-Alai
Ch thru F	Ms. Singh
G thru Je	Ms. Cassella
Ji thru L	Ms. Zehnder-Olson
M thru Pa	Mr. Watkins
Pe thru Sam	Ms. Ward
San thru T	Ms. Gardner
U thru Z	Ms. Hidalgo

COURSE SELECTION NIGHTS

Mark your calendar for Course Selection for the 2009-2010 School Year

Drop-In Course Selection in the Cafeteria
from 4:00 – 6:30 p.m.

12 th Grade (Current 11 th)	Tuesday, February 3
11 th Grade (Current 10 th)	Tuesday, February 10
10 th Grade (Current 9 th)	Tuesday, February 17
9 th Grade (Current 8 th)	Tuesday, February 24

Make-up Day 9:00 - 11:00 a.m. Saturday, February 28
(for all students who missed scheduled date)

COLLEGE & CAREER PLANNING

Students – get excited about your future – **BRIDGES Choices Planner** and **Choices Explorer** are highly effective college and career planning programs to assist you with Career and College exploration.

Choices Planner is an advanced online career information resource that helps students to build powerful plans as they compare, connect and choose from a vast network of work and education options.

Choices Explorer is an engaging online education and career exploration program which provides extensive libraries of education, career and recreation articles in an interactive magazine-style format.

The **BRIDGES** program is provided for student and parent use by EGUSD .

Access bridges at www.bridges.com
Site user name : 0048777
Site password: huskies

Log on today and start exploring your future!

PSAT RESULTS HAVE ARRIVED !!!!

Score Reports for students who took the PSAT in October at Sheldon have been delivered to the school. PSAT score reports *are not* mailed home, and *are not* available online; **students are responsible for picking them up.** Students may come to the Career Center at the beginning of their lunch to pick up their results and attend a brief presentation on how to read their score report. An explanation of the PSAT Results will be provided for Parent's in the Career Center on Tuesday, February 10th at 5:30, during Course Selection Night for Incoming Juniors. Parents of all grade level students who took the test are invited and encouraged to attend.

My College QuickStart is an easy-to-use, online, personalized college and career planning kit available free of charge to all students who take the PSAT/NMSQT. The information and answers your child provided when they took the test are

incorporated into this useful tool, and it presents their data back to them in four main parts:

- My Online Score Report- an enhanced score report that allows students to review each test question, the student's answer, and the correct answer with answer explanations.
- My SAT Study Plan- a customized SAT study plan based on student PSAT/NMSQT test performance, highlighting skills for review and practice.
- My College Matches- A starter list of colleges based on the student's state and indicated choice of major.
- My College Matches- A starter list of colleges based on the student's state and indicated choice of major.
- My Major and Career Matches- Major and career matches that are compatible with the student's general interests and personality type.

Access is available using the access code printed on the student's paper score report, and the tool can be utilized throughout high school. Using My College QuickStart together with your child is a great way to introduce and guide your child through important aspects of the college-going process.

Visit: www.collegeboard.com/quickstart.

Senior Awards Night

May 28, 2009
6:30 – 9:00 P.M.

Sheldon Performing Arts Center

Join us for an evening of recognizing Sheldon's
award winning seniors.

*Invitations will be mailed home to award recipients'
and their parents.

Start With The FAFSA – It's Free!

To apply for federal and state financial aid, you'll need to complete the Free Application for Federal Student Aid, or **FAFSA**. Whether you apply online at www.fafsa.ed.gov or on paper, it's free. Many colleges and state agencies also use the FAFSA to award their own student aid dollars.



Tips for Completing the FAFSA

You will need records of income for the year prior to when you will start school. For example, for students planning to attend college in the 2009-2010 school year, you will need financial information from 2008. Dependent students and their parents should gather these materials before hand:

The FAFSA, if filing on paper (obtain a paper FAFSA by calling the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or by visiting www.edpubs.org. Students may request up to three copies of the paper application and should receive their FAFSAs in three to seven business days.

- Your PIN (required for parent and student) if filing online. Get your PIN early, at www.pin.ed.gov
- Student's and Parent's Social Security Number
- Student's driver's license (if any)
- Parent's 2008 Income Tax return with all schedules and W-2 forms
- 2008 bank statements, mortgage information, business, farm, stock, bond and other investment records
- Records of untaxed income – welfare, Temporary Assistance to Needy Families (TANF), veterans and Social Security benefits
- Your Alien Registration Card, if you are not a U.S. citizen

You should file your FAFSA as soon as possible after January 1, 2009, and no later than March 2nd, as required for the Cal Grant Program. Make sure that you complete the 2009-2010 form, *not* 2008-2009.

The easiest, fastest and smartest way to file the FAFSA is online using **FAFSA on the Web** at www.fafsa.ed.gov. The site is available in both English and Spanish. **BE SURE TO USE THE GOVERNMENT WEBSITE, THERE ARE OTHER SITES (.COM ; .ORG; etc.) THAT ASSIST WITH THE FAFSA, BUT THEY WILL ASSESS A FEE.....THERE IS NO CHARGE FOR FILING THE FAFSA...BUT YOU MUST USE THE GOVERNMENT WEBSITE LISTED ABOVE.**

Don't disqualify yourself! If your family's income is too high, you may not receive need-based aid, but you could still qualify for scholarships, work-study or low-interest student loans. So be sure to apply- it's also a good safety net if your financial situation suddenly changes.

Cal Grants

Cal Grants are free money for college. Every high school senior that meets the academic, financial and eligibility requirements, and applies on time, is guaranteed a Cal Grant to attend a qualifying California college. The guarantee also extends to high school seniors who first go to a California Community College and then transfer to a four-year college within five years. To be eligible for a Cal Grant, you must:

- **Submit both the FAFSA and the Cal Grant GPA Verification form by the March 2nd deadline.**
- Be a US citizen or an eligible non-citizen
- Be a California resident
- Attend a qualifying California college
- **Have family income and assets below the allowed ceilings (changes each year – check them out at www.csac.ca.gov)**

The Stanford Medical Youth Science Program

The **Stanford Medical Youth Science Program** is looking for economically disadvantaged and under-resourced sophomores and juniors who are academically oriented, mature and inquisitive, interested in medicine and health-related careers, and will likely be the first in their family to attend college.

This 5-week Summer Residential Program is held at Stanford University and provides 24 selected students with full scholarships for this camps-based program led by Stanford undergraduate students, personal mentorship, anatomy instruction, hospital internships, college and admissions guidance and more. Applications must be postmarked by February 28th. Interested students see your Science Teacher, Ms. McCabe in the Career Center, or visit the website at <http://smysp.stanford.edu>.

“INNERSPARK”



The California State Summer School for the Arts “InnerSpark” Program is conducting their Annual California Arts Search to identify the most talented high school-aged visual, literary, media and performing artists in California. The teenagers who are selected will be designated California Arts Scholars, and will attend one of the country’s premier summer arts institutes on the campus of the California Institute of the Arts, in Valencia, from July 11 through August 7, 2009.

Innerspark offers instruction in the fields of animation, music, dance, film and video, theatre, creative writing and the visual arts and fine crafts. For the 500 students accepted, it is a unique opportunity to spend four weeks studying and working with professional artists, writers and performers of national stature.

The application deadline is February 28, 2009. Financial Aid is available. Information and applications for this program are available online at www.innerspark.us.

SUMMER ENRICHMENT PROGRAMS

Looking ahead, you know that college is going to be different from high school, if only because you’re going to be part of a whole new group of people. But there are other reasons, too;

- the course work will be tougher
- you’ll have many more choices to make and much more independence in making them
- you may be far away from your home and family.

Summer Programs offer students the opportunity to explore the myths and realities of college life while still in high school – before you decide which colleges to apply to or which one to attend. You can learn what it means to take regular college courses and live on a college campus, and discover what you really like and what you want to avoid. Information about summer enrichment programs including Cornell Summer College; Georgetown University; Washington University can be found in the Sheldon Career Center. Investigate Summer Programs offered by colleges on their individual campus websites or see details and eligibility requirements for programs in the Summer Enrichment Programs and Courses Binder.

COLLEGE/UNIVERSITY OUTREACH SCHEDULE

CSUS and CRC Outreach Counselors are available to students on Thursdays in the Career Center during both lunches. Students can drop-in, or see Ms. McCabe in the Career Center to schedule an appointment.

COMMUNITY COLLEGE – Graduating seniors planning to attend Community College for the Summer or Fall Semester will need to complete a matriculation process in the Spring which includes:

Steps to Taking Classes at a Los Rios College

1. Complete and submit an Application for Admission and obtain Student ID Number
2. Take Assessment Tests*
3. Online Orientation and Course Planning Session
4. Counseling Session
5. Register for classes

The Application, Assessment and Orientation Schedules are posted on the Los Rios website and on individual campus websites.

www.losrios.edu	Los Rios Community Colleges
www.crc.losrios.edu	Cosumnes River College
www.scc.losrios.edu	Sacramento City College
www.arc.losrios.edu	American River College
www.flc.losrios.edu	Folsom Lake College

Students *must* complete the first 3 steps of the matriculation process before they can sign up for courses.

*The Math and English Assessments for Cosumnes River College (date and time to be announced) and Sacramento City College (March 25th 7:30-10:30 a.m.) will be administered on the Sheldon Campus. The test will be provided at the high school *only on these dates*. Students who do not test at Sheldon must make arrangements to do "drop-in" testing at the Community College on their own. Refer to the website. The application must be completed and a college ID number obtained prior to taking the assessments. See Ms. McCabe in the Career Center to sign-up for testing.

2009 AP Exam Schedule

Week 1	Morning Session	Afternoon Session
Monday, 5/4	Gov't & Politics	Gov't & Politics
Tuesday, 5/5	Computer Science Spanish Language	Statistics
Wednesday, 5/6	Calculus AB	N/A
Thursday, 5/7	English Literature	N/A
Friday, 5/8	U.S. History	Studio Art
Week 2	Morning Session	Afternoon Session
Monday, 5/11	Music Theory	Physics
Tuesday, 5/12	Chemistry	Psychology
Wednesday, 5/13	English Language	N/A
Thursday, 5/14	Macroeconomics World History	Microeconomics
Friday, 5/15	Spanish Literature	N/A

Friday, February 27, is when final payment is due for all AP exams - \$86 per exam.

PARENTS OF SENIORS

Graduation will be upon us sooner than you think. If you wish your student's name to appear on his or her diploma differently than what we have on our records, please have your student go to the Registrar's office located in Room H-13 to pick up a Diploma Name Change Form. The name can only be changed if it is the student's legal name. **The Change Form must be returned by March 1st in order for the change to be made.** If you have any questions, please call our Registrar, at 681-7500, Ext. 8230. Also, if you are in need of a Transcript Request form, they can be picked up in our main office, counseling office or the career center.



ASB News

WINTER HOMECOMING RALLY

Basketball season is in full force and you know what that means...WINTER HOMECOMING! To kick off the Homecoming festivities, the **Rally** will take place on Friday, January 30, 2009 and will be the Opening Ceremony to our Sheldon Olympic Games! The class themes for the rally are:

Freshmen- Ping Pong
Sophomores- Ribbon Dancing
Juniors-Unsynchronized Diving
Seniors- Speed Walking

Winter Homecoming will be our 2nd **Spirit Week**, so that means DOUBLE spirit points for your class and class competitions during lunch! The Spirit Days are as follows:

- ❖ Monday 2/2- Rep US Day (wear Red, White, and Blue)
- ❖ Tuesday 2/3- Jersey/ Famous Athlete Day
- ❖ Wednesday 2/4- Battle of the Sexes Day (Guys dress as girls, Girls dress as guys)
- ❖ Thursday 2/5- Olympic Color Day (2009-Red, 2010-Yellow, 2011- Green, 2012-Blue)
- ❖ Friday 2/6- Crazy Husky Day! (wear Teal, Black, and White)

The much anticipated **Homecoming game** versus Jesuit will occur on Friday, February 6th, JV at 5:30pm and Varsity at 7:00pm. This game will be the Closing Ceremony of our Olympic Games, so it will be a spectacular halftime event!

Winter Homecoming Dance

The **Dance** will top off our Homecoming festivities on Saturday, February 7th from 8pm-12am. The doors will close at 9:30pm. Ticket sales start January 20th and are \$10 w/ ASB and \$12 w/o until January 30th. From February 2nd to February 6th tickets are \$15 w/ ASB and \$17 w/o. At the door, tickets will be raised to \$20 w/ ASB and \$22 w/o. At press time, students were voting on whether to change the dress code to a more casual affair for Winter Homecoming. Pay attention to announcements to hear the results. **Guest passes** are out January 5th and are due the 16th. Guest Pass tickets are the non-ASB price.

Student Senate

Student Senate occurs once every month and for the month of January it will be held on the 22nd in the Cafeteria during second period. This is the perfect time for students to bring up concerns that they have with the campus and give feedback on the ASB events. If there are any issues that you would like brought up at the meeting simply ask your second period teacher to send you to the meetings or tell your class representative to bring up your concern.

Academic Awards Ceremony



Academic Awards is an assembly put together to honor students of great excellence. All students with a GPA of 3.75 or higher for Terms 1 and 2 of the 2008-2009 school year are invited to attend and be honored for their hard

work. If your son and/or daughter has received all academic awards throughout their high school years, and attends all ceremonies, they will receive a teal sash to wear at graduation. The assembly will be held on Monday, March 23 at 6:00pm in the main gym. Students who have qualified will be mailed an application and the lists will be posted on the website approximately 2 weeks following the end of Term 2 (January 16). The application must be returned and the student must attend the ceremony to be credited. Congratulations to all recipients for your outstanding achievement, keep up the great work and we hope to see you at the ceremony.

Junior Prom



“I Promise You the Stars!” That’s this year’s Junior Prom theme which is going to be held on Saturday, March 14, 2009 at the Sacramento Grand Ballroom from 8pm until 12am. Guest passes are available Monday, February 2 and are

due by Friday, February 13. Ticket sales begin February 17th and will be sold at the Student Store for \$30 w/ASB and \$35 w/o ASB until March 6th. Ticket sales end ONE WEEK prior to the event in order to get the final numbers to the caterer, so be sure to buy your tickets early! This will be a star studded event, so if you’re a junior, don’t miss it!

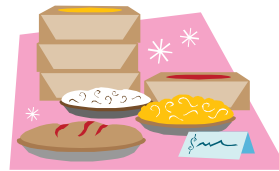
Renaissance BBQ



Renaissance awards students for academic excellence and improvements. Students can earn one of the three categories- Gold (4.0 GPA or better), Silver (3.0 GPA or better),

or Blue (0.5 increase in GPA). On February 13th students will receive their Renaissance packets, as well as their free hot dogs. Inside the packets, students received coupons to local businesses and a BBQ coupon. Your student(s) must bring their ID card in order to participate in the BBQ. All classes (freshmen-seniors) are eligible to participate in this Renaissance Distribution. If your student(s) do not pick up their packets on February 13th, they will be available in the Activities Office for pick up for one week, but after that all packets will be discarded. Each new term allows students to qualify for Renaissance, so good luck!

Food Faire #3



FOOD, FOOD, and more FOOD! The third Food Faire of the year is coming soon and is on Wednesday, February 18, 2009 during lunch. We will be using the ticket system

once again and tickets will be on sale before school and during lunch at \$.50 a piece. So, remember to bring some extra cash to pig out on the countless food choices!

Elk Grove Auto Mall 2008 Graduating Seniors Attendance Drive



Want a new car but your cash flow is low?

We have the perfect solution!

The Elk Grove Auto Mall is sponsoring the 2009 Graduating Seniors Attendance Drive and all seniors with perfect attendance in EGUSD have a chance to win \$20,000 towards the purchase of a new car from any dealer at the Elk Grove Auto Mall.

All you have to do is attend all of your classes – everyday – and you’ll earn monthly entries in a drawing for the \$20,000 grand prize.

So keep attending your classes – and it could be you driving off in a new car in June!

ATHLETICS

Spring Sports

If you have not signed up for a spring sport, you must do so with the head coach as soon as possible.

The following are spring sports with the head coach and his or her voice mail number at Sheldon (681-7500):

Sport	Head Coach	VM #
Women's Soccer	John Little	93302
Softball	Mary Jo Truesdale	93065
Swimming (Men/Women)	Adam Shupe	93276
Women's Track & Field	Bob Baker	8126
Men's Track & Field	Bob Baker	8126
Men's Golf	Graig Miller	93486
Men's Tennis	Mike Vocker	93103
Men's Volleyball	TBA	8126
Baseball	John Misplay	93529

Spring practices begin Tuesday, February 10, 2009.

All athletes must be cleared before practicing. Clearance requires the following:

1. Student-athletes need 2.0 minimum GPA on their Term 2 report card and no F's on first progress report of Term 3.
2. A physical exam must have been taken after June 1, 2008 and have a form on file in the athletic office.
3. **RETURNING ATHLETES** must complete and return all required paperwork: EGUSD Athletic Handbook, Risk Acknowledgement and Liability Waiver, and the Emergency Information Form. Forms are available from head coaches.
4. **NEW ATHLETES must attend the New Athlete and Parent Mandatory Meeting with a parent or guardian which will be held on Monday, February 2, 2009 from 7:00 p.m. – 9:00 p.m..** The required paperwork, except the physical form, will be handed out and completed at this meeting. If you did not attend this meeting, please see Bob Baker, Athletic Director, to make an appointment.

Pursuing Victory with Honor Role Models

We are all role models – negative or positive. Parents model behaviors that their children copy. Teachers, with their actions and words, shape student behavior. Coaches, in practices and in athletic events, have a tremendous impact on the lives of athletes. As adults, we must always remember that the next generation – tomorrow's hope – has their eyes on us.

As an athletic parent, you are required, by the "Code of Conduct," to model outstanding sportsmanship and be supportive of your son/daughter, the team, and the coaches. You must also be appreciative of the officials – even if you don't agree with a call. Without the officials, we don't have a game. Today, nationally, we have a shortage of officials because of the major complaint of harassment from parents. Again, let's remember that all adults are role models. Be a positive one! Your child will thank you.



SHELDON ATHLETICS MISSION STATEMENT

The Sheldon High School Athletic Department's Mission is to develop the complete student-athlete. We envision students who embrace sportsmanship, teamwork, and dedicated work ethic. Our ultimate goal is to produce responsible, productive, employable citizens who recognize the value and enjoyment of athletics. The school's exceptional coaching staff is dedicated to these goals as we prepare each competitive team to represent our school and community.

Husky Country Phone Numbers & Websites

Athletic Event Line 681-7500, VM# 93072
Athletic Office 681-7500, Ext. 8126
Listing of Athletics/Activities sheldonhuskies.com
Directions/maps to Athletic Events www.cifsjs.org

The California Golden State Seal Merit Diploma Honorees

Congratulations to this year's qualifiers for the California Golden State Seal Merit Diploma. The Golden State Seal Merit Diploma is awarded to graduating students who demonstrate a superior level of performance on six qualifying California Standards Test (CST) assessments in the areas of: English, history, mathematics, and science. Students must earn a score of at least 370 on specific CST exams taken in grades 8-11.

Only 468 seniors in Elk Grove Unified School District's class of 2009 qualified for this recognition.

The Golden State Seal Merit Diploma will be awarded to qualifying students upon completion of graduation requirements. Recipient will receive a Golden State Seal Merit Diploma gold embossed insignia affixed to their high school diploma. In addition, a black and white insignia will be attached to the student's transcript.

The following 61 of 63* Sheldon High School students have qualified for the California Golden State Seal Merit Diploma:

Seth Abbott	Maritza Koponen	Julian Philipp
Desiree Albano	Wendy La	Nicholas Romney
Leslie Arana	Michael Lam	Kayla Salgado
Emerald Bocobo	Jimmy Le	Paul Salomon
Chester Ivy Bonifacio	Minjeong Lee	Brandon Shelby
Cheyenne Cathey	Kingston Leung	Jennifer Siggard
Dave Chu	Jacob Lilley	Martin Sinlao
Karina De La Cruz	Jessica Maiden	Gabrielle Sorrentino
Licia Dean	Taylor Maurits	Shi Hun Sung
Michael Derebenskiy	Phillip Moua	Angelo Tapalla
Nikhil Dhir	Steven Mullery	Adam Tran
Johnathan Edwards	Drew Muscatell	Phuong Mai Tran
Stephanie Falwell	Rouel Nepomuceno	Julian Walker
Danica Fear	Khang Ngo	Sharawn White
Tyler Freday	Hanh-Duyen Nguyen	Jason Williams
Christina Garcia	Liem Nguyen	Myia Williams
Nicholas Goodrich	Matthew Nguyen	Darien Williamson
Nadia Gronachon	Tiffany Nguyen	Daiki Renteria Yamamoto
Brandon Hargrove	Toan Nguyen	Lindsey Ziegenhirt
Marcus Jackson	Leonard Novakovskiy	
Lissah Johnson	Mylinh Phan	

**Two names withheld from list due to public release restrictions.*

SHELDON HIGH SCHOOL
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SHELDON HIGH SCHOOL

I. MISSION STATEMENT:

The mission of Sheldon High School is to empower students to meet standards of excellence, which foster intellectual curiosity and ready them to be responsible, productive, employable citizens in a culturally diverse society.

II. VISION:

Our belief is that the Sheldon student shall have the maximum opportunity to accelerate academically, explore career and curriculum options via an academy or academic major including a community-service component within a 9-12 educational experience.

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