

THE PATRIOT PRESS



JUNE, 2014

PRINCIPAL'S END OF YEAR MESSAGE (By Larry Oshodi)

Congratulations to our graduating seniors and their families. This has been an exciting year on all fronts at Heritage. Reports just received from the state Department Education of shows Heritage's statewide academic ranking at 9 (out of a total of 10), up from 7 (four years ago). Our Similar Schools ranking went from 2 (four years ago) to the current rank of also 9! Our students also continue to achieve success in their cocurricular and extra-curricular activities. with 12 league championships in athletics and various awards and recognition in the Arts. To tie this all together, I'm also proud to note that school spirit has never been higher than this year.

Student Emergency & Contact Information

We plan significant changes to our Walk-Through/Registration process for next year. The process has been divided into two parts. For the first part, all Heritage parents are required to complete and turn in the new district Emergency & Contact Information form by Monday, June 30, 2014. Blank forms are available on our school website as well as in all school offices. The completed forms should be turned in to our Attendance Office and parents will then receive a blue card. For the second part, you will need this blue card to complete the Walk-Through process during our Walk-Through window from July 17 to July 22.

2014-15 Walk-Through Dates

Thurs., July 17^{th} (Noon – 7:00 p.m.) Fri., July 18^{th} (9:00 a.m. – 3:00 p.m.) Mon., July 21^{st} (Noon – 7:00 p.m.) Tue., July 22^{nd} (Noon – 7:00 p.m.)

Patriot Plus

We are starting a school-wide program next year to provide academic support to students who need help as well as enrichment opportunities for students who excel in their classes. Patriot Plus is a 30-minute period which we will run two days a week (Mondays and Thursdays) from 2:30 p.m. to 3:00 p.m. Since it is part of the regular school day, it does not require major changes for students and families. Our staff is quite excited about the opportunities this program will provide as we continue to strive for academic excellence for all Heritage students. For more information, please visit http://libertyunion.schoolwires.net/cms/li b7/CA01001129/Centricity/Domain/328/ Patriot%20Plus%20Information Parents .pdf on our school website. Detailed information will also be available in SLC offices and at Walk-Through.

I truly appreciate our partnership and your support. We say farewell to our graduating seniors while we look forward to next year.

Congratulations Students of the Quarter!

Math

Mindy Cook Tristen Heredia Heather Kenney-Mariano Aaron Larsen Kaila Malzahn Raquel Minor Eric Mou Sienna Zabroski

<u>English</u>

Nicole Breznik Evan Butler Amanda Butterfield Gregory Carney Austin Conner Andrew Drees Carlos Escobar Gabrielle Glavich Emily Hoyle Analisa Hurt Putri Khoirivah Christine Mathers Connor Meyer Cameron Perry Sierra Petrie Tyler Reynolds Dylan Ruaro Ira Emmanuel Rubio Priscilla Stevenson Jade Voong

Social Studies

Joshua Asuncion Janet Nguyen Elijah Ragasa Celia Rivera Nicole Rosillo Mohammed Wase

<u>Science</u>

Austin Bustillos Christine Fredrickson Devanni Harper Joshua Martin Menard Mayo Elizabeth Packer Tricia Zhou

<u>Motivational</u>

Joseph Apodaca Melissa Bradley Linda Tazhibi

Visual & Performing Arts

Jade Box Connor Hanson Ma Carie Oliquino

Career Technology

Penelope Stevenson

World Languages

Jeilysse Bondoc Peyton Hamblin Matthew Olaso Marisa Sorbello Dru Wilson

HHS RISING STARS (By Chris Fallows)

This Fall, HHS Rising Stars presents....ALMOST, MAINE. Welcome to Almost, Maine, a town that's so far north, it's almost not in the United States. It's almost in Canada. And it almost doesn't exist because its residents never got around to getting organized. So it's just....Almost.

One cold, clear Friday night in the middle of winter, while the northern lights hover in the sky above, the residents of Almost find themselves falling in and out of love in the strangest ways. Knees are bruised, Hearts are broken. Love is lost, found, and confounded. And life for the people of Almost, Maine will never by the same.

ALMOST, MAINE: It's love. But not quite.

Show dates/times:

September 12^{th} , 13^{th} , 17^{th} , and 25^{th} - 7:00 p.m. September 20^{th} and 27^{th} - 1:00 p.m.

Go to <u>www.hhsrisingstars.com</u> to get your tickets to the show!

RISING STARS SUMMER CAMP (By Chris Fallows)

Calling all future Rising Stars! For the first time this summer, Heritage is providing the perfect opportunity for middle school students to get a taste for Heritage High School Theater.

HHS RISING STARS Summer Enrichment Program – June 23-27.

The middle school camp is for all students who have completed 6^{th} , 7^{th} , or 8^{th} grade. It is from 9:00 a.m. – Noon, June 23-27. Three workshops will fill the day: 1) Improv/Movement, 2) Stagecraft, and 3) Acting. All which will culminate in a showcase of scenes on June 27^{th} at 7:00 p.m. To sign up for the HHS Rising Stars Summer Camp, go to: <u>www.hhsrisingstars.com</u>.



ABI PARENT PORTAL INFORMATION (By Gina Kroner)

The Liberty Union High School District has transitioned to a new Student Information System, Parent Portal through ABI (Aeries Browser Interface) for parents. We think you will enjoy the new interface and access to more timely information. The attendance in the portal is updated live-time, as are any assignment updates completed by the teachers.

How do I get an account?

Accounts were generated at the end of the first quarter. Any parent with an accurate email address listed in the student's electronic record received an email with the login process as soon as the portal was opened.

Do I have to have an email address listed to get an account?

Yes. If your email address is not listed in your child's record and/or you did not update it at walk-thru, please contact the school or email <u>hhsattendance@luhsd.net</u> to have that information listed in your child's electronic record. If you do not have an email account, you can create one for free through G-mail.

Can my son/daughter sign up for an account?

Yes, your son/daughter can sign up to access his/her own account. To do so, your son or daughter's email address should be listed in the student's record. The view for a student is identical to that of a parent, so they will want to select "Student" when asked what type of account they want to create.

Are there resources available to me so I know what to do?

The ABI Parent Portal website was completed with FAQs, video instructions, and other documentation to assist you in navigating the portal. The interface is intuitive, so I think you will really enjoy the new service.

Who do I contact if I need assistance?

If you need assistance, you may contact Heritage directly; however, we request that you first go to the online resources on the **Parent Info** tab to address your questions.

CAFETERIA COMPUTERIZED PAYMENT SYSTEM

The Liberty Union High School District recently adopted the Nutrikids computerized Point-of-Sale payment system for meals purchased in the district's cafeterias. Some parents may be familiar with a similar system that is used by some of the elementary schools.

Each student has their own meal account based on their Student ID number. Transactions will only require that the student swipe their ID card across a scanner that is located at each cashier terminal.

The posting of credits to your child's account is done on the Nutrikids website by using a credit card or via Paypal. A link to nutrikids.com is on the Parent Portal, and

also on the HHS website. You will be able to view your child's meal purchases online, by accessing your account on the Nutrikids website. We are encouraging you to create an account for your child, but the system is flexible, so you may still pay for meals with cash.

If your child qualifies for Free-or-Reduced price lunches or breakfasts, this information is securely contained within the system and the transaction will be processed just as it is for all other students.

If you are concerned about a food allergy that your child has, please provide the cafeteria with this information. A warning will appear on the cashier's screen for a quick review of the items on the student's meal tray.

TRANSCRIPTS (By Michelle Snyder)

Need a Transcript? Visit the HHS website at <u>www.luhsd.net/heritage</u> and visit the Counselor page under the Student Info tab. There are two options for transcript requests - Electronic or Other. The electronic process is quick, easy and provides a tracking system. The other process requires printing out a completed form, turning in the form to the Registrar for processing, then pick up/mail out. There is no tracking method with this process.

BOND REWARDS A Smarter Way to Fundraise

Turn your everyday spending into money for you and Heritage High School by shopping at over 600 stores through the Heritagehsrewards.com website!

By shopping online at stores such as Target, Nordstrom's, Macy's, Home Depot and Best Buy through <u>www.heritagehsrewards.com</u>, you can save money and make money for Heritage!

You can also donate directly to our school or to various micro-projects and fundraisers.

HERITAGE ATHLETICS BOOSTERS (By Kim Phipps)

If you are interested in participating on the Heritage Athletics Boosters Board, please contact me at <u>kimphipps5@yahoo.com</u>.

2014 SUMMER WATER POLO CLINIC (By Nick Araujo)

Heritage High School's Boy's Water Polo is hosting a clinic on Mondays, Tuesdays, Wednesdays, and Thursdays (June 9 through July 17, 2014) from 11:00 a.m. – 3:00 p.m.

There will be no clinics June 30th – July 5th (Fourth of July week)

8th Graders & Under – 11:00 a.m.-1:00 p.m.

High School Age Students – 1:00-3:00 p.m.

Girls and Boys, grades 3-12 – beginners are welcome. Space is Limited.

PLEASE NOTE THAT THIS IS DESIGNED FOR ATHLETIC SKILL DEVELOPMENT.

Heritage Varsity Boys staff and Cal Berkeley varsity players will be coaching/assisting players.

Cost: \$100 (make checks payable to HHS Boy's Water Polo and DVL# of check signer.) Mail check to: Nick Araujo (HHS Varsity Boys Water Polo Coach), 101 American Avenue, Brentwood, CA 94513

For more information or to sign up for the clinic, please call 925-550-5535 or email <u>hhspolo@gmail.com</u>.

HERITAGE HIGH LIGHTS (By Rose Thompson)

✓ Congratulations to the following Video Productions students who won the Best Dramatic Short Film (basically one of the highest honors) at the 13th Annual Delta Moon Film Festival (Liberty High School's student film festival). Students are: Megan Boyle, John Davis, Madisun Marquez, Nina Myers, Megan Welker, and Kyle Williams. Way to go!

✓ Heritage won 7 BVAL Championships in the spring: Boys & Girls Track, Boys & Girls Swimming, Softball, Boys Golf, and Boys Tennis. That makes an incredible 12 BVAL Championships for the year!!!

✓ Congratulations to Pat Cruickshank as the newest NIAAA Certified Athletic Administrator. Pat is one of the elite professionals in the state who had to do extensive course work that was reviewed by an independent panel, as well as successfully demonstrate a high level of competency in administrative supervision and leadership.

✓ Allyson Spears was part of a 5-man Brentwood FFA Livestock Judging Team who tied for first place at the State Finals Judging Contest at Cal Poly, San Luis Obispo. Livestock Judging is an extremely competitive contest and for the Brentwood team to tie for first place in their first year of judging is quite an accomplishment. Congratulations!!!

✓ Congratulations to the Heritage BVAL Tennis Champions: Singles Champion: Worku Demeku-Ousman, Singles Runner Up: Nick Saquilayan, Doubles Champions: Josh Bahns and Trevor Samuda, Doubles Runner-Ups: Tre Dalldorf and Austen Gabbard.

✓ Krystina Thompson and Jannie Gutierrez both won for their artwork at the Contra Costa County Fair. Jannie won first place for her pencil portrait of Marilyn Monroe and Krystina won first place for her photograph of the Golden Gate Bridge and second place for her pencil portrait.

COUNSELING CORNER (By C. Dalton, I. Magana, M. McClelland)

Finally summer time! Vacations, picnics and wonderful weather are ahead. But with your summer plans, there are many things you can do to help be proactive for your child's education and future goals. Whether your child is entering his/her Freshman year at Heritage or preparing for the excitement of Senior year, education should to be included in your family's summer plans. Here are some ideas to consider:

*Road trips - As you head to different places to enjoy a wonderful summer family vacation, take time to visit the colleges in close proximity. This is a great opportunity to do college tours and get a flavor for the campus, location and surrounding areas. What a college brochure may depict can be very different than experiencing the school's environment first hand. Here are some useful websites to help plan college research:

California Community Colleges -<u>www.cccco.edu</u> University of California -<u>www.universityofcalifornia.edu</u> California State University -<u>www.csumentor.edu</u> Private Colleges in California -<u>www.aiccu.edu</u>

*If your child is planning on playing collegiate sports, now's a good time to update his/her Core Course GPA account: <u>www.corecoursegpa.com</u> to ensure that your child is on track with NCAA requirements.

*Summer classes for enrichment – This may be an opportunity to sign up for classes at Los Medanos College or other programs such as UC Berkeley summer extension. The counseling department recommends that your child consider taking classes in areas of his/her interest (electives that we don't offer but your child has an interest in).

*Summer classes for remediation – If your child has failed a core class during the school year, we hope that you have submitted a summer school application or contacted your child's counselor to ensure there is an action plan in place for the failed course.

*Volunteer services – This is an excellent time for your child to build his/her resume towards their career or college major. Whether in the medical field, government services or other areas of interest, giving back to the community will help your child be more competitive on his/her college and scholarship applications.

*Preparation for college testing – Summer is an optimal time to prepare for the SAT or the ACT. Reviewing vocabulary, practicing math problems for at least an hour a day and taking timed practice tests can make the difference in your child's scores. In return your child will stand out for the more demanding universities. Study tools can be found on both SAT and ACT websites:

http://sat.collegeboard.org/home?navid=ghsat http://www.actstudent.org/testprep/

*Advanced placement homework – If your child has signed up for one or more AP classes please encourage him/her to put time in everyday toward their summer assignment/s in order to have a successful start in the classes.

*Community Service – If your child will be entering 12th grade during the 2014-2015 school year, he/she can begin working toward community service hours this summer. Approved community service sites can be found on the HHS website:

http://libertyunion.schoolwires.net/site/Defa ult.aspx?PageID=216

High school years pass way too quickly, enjoy your summer and time with your child. We wish you a fun and safe summer with balanced activities that will promote your child's post-secondary educational success. Happy summer!

COUNSELING CORNER (By C. Dalton, I. Magana, M. McClelland)

My child is graduating, now what?

Here are some things that can help your child transition to life as a college level student:

- 1. Get organized. Clean your room, closet (other areas) and get rid of things that you'll never use again or have no sentimental value.
- 2. Create or update your resume.
- 3. Become acquainted with the local news channel. Current events can be common topics of discussion in college and it's wise to know what's going on in your community.
- 4. Spend time with parents. If you're moving away for college be aware that mom/dad will no longer be a few miles away and won't be able to come drop off lunch, or pick you up/drop off to school on a regular basis. Enjoy them as much as possible over the summer!
- 5. Learn to cook. While in college, you may eventually get tired of cafeteria food or frozen quick

meals. Knowing how to cook a few favorite dishes can go a long way if you're feeling homesick.

- 6. Read books. Remember the old library card that hasn't been used for some time? While in college, you'll be reading endless textbooks. Take this time to read something that you are interested in while you have the time to do so.
- 7. Make an appointment to see your doctor. Make sure that you are up to date with any vaccinations that may be required. If you're going away to college, find out who you should contact if you need to see a doctor or have a medical emergency while at school.
- 8. Clean up Facebook/Instagram and all other social media. People (teachers/employers/colleges/etc) use this as a means to get insight to the type of person you are. Though social media is used as a way to communicate or stay in touch with those who are important in your life, don't forget that this is also a way of "self marketing" and you want be sure to make the right impression for those that may be looking you up.
- 9. Spend time with friends. Life changes after high school. You may no longer be able to "hang" with friends as often as before so spend as much time with them before things get too busy.

- 10. Register for classes and track important college related deadlines. If you miss anything in high school, the consequences may not be as grave and we'll work with students as much as we are able to. College is very different; missing deadlines can cost you your housing, college admission, scholarship or other financial aid offers.
- 11. Buy textbooks. Waiting until the last minute to purchase textbooks generally means that the "used" textbooks are all taken or you may find that they are completely out of the books that you need. Buying "used" books is a smart way of saving money while in college since schools don't always buy the books back. You may also find that you'll never need to refer to a specific textbook again depending on the subject.
- 12. Learn more about your school's extracurricular activities and school services such as tutoring, mental health, or other student support programs.
- 13. Take a self-defense class. It's important to know the crime rate of the area that you are in. Knowing how to take care of yourself can help you feel safer in a new environment.
- 14. Find inspiration. Whether you are going to junior college, trade school or a 4-year college, surround yourself with things that keep you inspired and

remind you of your goals and what you want to accomplish.

- 15. Change your address. If you are moving and receive magazine subscriptions or other important mail, it's important to update your mailing address to ensure that you are receiving these items.
- 16. Update iTunes or other music programs. Sometimes music can help pull people out of a rut or motivate them to keep going the extra mile.
- 17. Shop for dorm items. Don't wait until the last minute to track down XL twin sheets and other essentials for your new space. While we don't promote businesses, these websites have a compressive list of items that a college student may need (but always consult with a parent):

http://www.bedbathandbeyond.com/s tore/registry/CollegeChecklistPage http://images.containerstore.com/me dialibrary/pdf/tips/DormChecklist20 14.pdf

- 18. Start writing in a new journal. The person you are now may be different than the person you'll evolve into. Being able to document your areas of growth is a good tool for reflection.
- 19. Open a bank account if you don't have one already. Some banks have special accounts for college level students.

- 20. Discuss finances with your family. As a college level student you will need to learn how to manage your money and budget wisely. This may be a good time to open your first credit card and start working on your credit lineresponsibly.
- 21. Find a summer job, internship or spend time volunteering for your community.
- 22. Develop a hobby. Find things that you enjoy doing. Sometimes people are able to develop a career from something that was once a hobby.
- 23. Set goals in writing. It can be easy to become distracted or lose sight of the things we want to achieve. Having something concrete that you are able to see regularly can help keep you on track.



FREE Transit Tickets for Students!

It's that time of year again! Parents of 6-12 grade students may apply for the SchoolPool Transit Ticket program which provides a free County Connection or Tri Delta Transit public bus ticket to each student while the program is active.

This program is offered to schools located in Antioch, Brentwood, Clayton, Concord, Martinez, Oakley, Pittsburg, Pleasant Hill, Walnut Creek and unincorporated areas of Contra Costa County.

The 2014-15 SchoolPool program is open August 1-September 12, 2014. For more information, go to <u>Info@schoolpool.org</u> or call (925) 969-0841, extension 207.



Heritage High School does not discriminate on the basis of race, color, national origin, sex, or disability.