

LOWELL HIGH SCHOOL

WEEKLY STUDENT/PARENT BULLETIN #4

Sept. 14-SEPT. 18, 2009

<u>DATE</u>		<u>SCHEDULE</u>	<u>ACTIVITY</u>
Monday	Sept. 14	B-code	
Tuesday	Sept. 15	C-code	
Wednesday	Sept. 16	Lowell PD Day #1	CELT
Thursday	Sept. 17	Lowell PD Day #2	
Friday	Sept. 18	Neutral	
Saturday	Sept. 19	No School	Mock SAT

LowellHotline: California Youth Crisis Line, 24/7: 1.800.843-5200 (live person at all times)
Wellness Center, Monday-Friday, 8:30-4:30pm: 242-2575 (leave message if no answer)

Lowell Professional Development Days:

Wednesday 9/16				Thursday 9/17			
Day 1 of 2				Day 2 of 2			
1-2	7:35-8:35	6-7	10:00-11:00	PD	8:00-10:15	11-12	11:15-12:15
4-5	8:40-9:40	LUNCH	12:05-12:45	LUNCH	10:15-11:00	16-17	1:25-2:25
REG	9:45-9:55	PD	12:45-3:00	REG	11:00-11:10	19-20	2:30-3:30

Friday: Neutral Schedule:							
1-2	7:35-8:15	6-7	9:50-10:30	11-12	11:45-12:25	16-17	1:40-2:20
3B	8:15-8:278B	10:30-10:42	13B	12:25-12:37	18B	2:20-2:32	
3C	8:33-8:45	8C	10:48-11:00	13C	12:43-12:55	18C	2:38-2:50
4-5	8:45-9:25	9-10	11:00-11:40	14-15	12:55-1:35	19-20	2:50-3:30

LET YOUR VOICE BE HEARD - All Parents are encouraged to vote for their SSC representatives in the election currently underway. Ballots were distributed on Sept 9 (and spares if yours is missing are in the main office). Time is short and completed ballots are due in the main office by 3PM on September 17. Our first SSC meeting is scheduled for 3 PM on Monday, September 21 in room 118.

It's Back!!! That is, Back to School Night is here again on Wednesday, September 30, 2009. The Lowell High School staff and PTSA invites you, our Lowell family of teachers, parents and students to attend its open house, which will begin in the auditorium promptly at 6:00pm, followed by class visits that begin at 6:20pm until 8:30pm. This is the first opportunity for parents to meet teachers as well as learn more about the school. See you Wednesday, September 30th!!

PICTURE MAKEUP DAY: Wednesday, Sept. 30th, 7:30-4pm.

(Cordova)

INFLUENZA: Wash your hands to prevent the flu. (I am hearing that sometimes people do not take the time to wash their hands with soap and water...say it is not so!) If you are sick, if you have a fever, you need to stay home in order to get better and to prevent spreading the illness. Get a thermometer for your home. You may return to school after your fever is gone for 24 hours without the use of Tylenol or Ibuprofen (Motrin). For more information about the flu (both seasonal and H1N1) go to www.sfcddcp.org/fluprogram , www.sfcddcp.org/H1N1 , www.sfimmunize.org Get a seasonal flu shot as soon as possible and watch for notices in October about the H1N1 vaccine.

(Rainey)

MERCEDES CAR KEY: Lost, if found & returned to Main Office, there will be a reward.

EMERGENCY CARDS: All students must have an updated emergency card on file. If there are any changes regarding address, phone number(s), medical or other emergency information, please complete a new card. New cards are available in Rm. 104 from Ms. Schmidt. It is extremely important to have this information as accurate as possible in case of injury or illness. Completed cards should be given to Ms. Schmidt in room 104.

FREE/REDUCED LUNCH PROGRAM - If you have not turned in an application, please do so ASAP, even if you are not interested in receiving free or reduced lunch. All students should complete a new 2009/2010 application. Siblings must complete a separate application. Please be sure to use UPPERCASE letters and BLACK pen. Application must be legible. If you are not interested in the program, parent must complete student's name, write "NOT INTERESTED", and sign & date application. New applications must be filed and approved by 9/28/09 to ensure that eligibility status is not interrupted. If your application is filed late, you will have to pay for your lunch until approval is received from Student Nutrition Services. Application processing takes approximately 2-3 weeks. You will be notified via your registry as to whether or not you qualify. **APPLY NOW! APPLICATIONS ARE ACCEPTED ALL YEAR.** Lunch Card applications are being processed, and labels should be ready for distribution by mid October. Please stay tuned for more information. All completed forms should be given to Ms. Schmidt in room 104.

Remember if you qualify for free/reduced lunch, your fees for certain tests (AP, SAT, ACT) will be lowered. (J.Tse)

COLLEGE TOURS/INFO

College Visits: Note: The VICCI has moved to the end of the hall, Room 116. Seniors and juniors are welcome to attend these college visits in the VICCI, sign up is not necessary.

Scripps College	Sept. 14 10:00am	Calif. Institute of Technology	Sept. 17 10:30am
Mount Holyoke College	Sept. 15 9:45am	Pacific University	Sept. 17 11:00am
Stoneybrook University	Sept. 15 10:30am	Drexel University	Sept. 17 12:30pm
University of Redlands	Sept. 15 11:15am	McGill University	Sept. 18 9:45am
Kalamazoo College	Sept. 15 2:15pm	Northwestern University	Sept. 18 12:45pm

Bates College in Maine is having an open house for multicultural students 10/11-10/13 and 11/8-11/10 at Bates College campus. If interested, please see Ms. Hogan for more information.

Carnegie Mellon information session on Sunday, Oct. 4th, 2:00pm at the JW Marriott San Francisco, 500 Post Street, SF 94102. The session is 90 minutes. Register at <http://my.cmu.edu/site/admission/page.counselors>, or call 412.268.2082. Registration code: SCOTTIE DOG.

SCRIPPS women's College in Claremont is having a preview and campus tour on Friday, Oct. 23rd, 9am-3pm. Register by visiting www.scrippscollege.edu/admission/preview-day.php or call 800.770.1333.

Duke University is meeting at several locations in California. Bay Area locations: Oakland, Saturday, Oct. 3rd, 3:00pm at the Athenian School, 210 Mt. Diablo Scenic Blvd., Danville 94506 OR Palo Alto, Sunday, Oct 4th, 4pm at the Crowne Plaza Cabana Hotel, 4290 El Camino Real, Palo Alto 94306. Register at www.admissions.duke.edu.

Tulane University is meeting at two locations in the Bay area: San Francisco, Tues. Sept. 22nd at 7pm at the Hilton San Francisco Financial District, 750 Kearny Street, SF 94108 OR Oakland, Weds., Sept. 23rd, 7:00pm at the Oakland Marriott City Center, 1001 Broadway Street, Oakland 94607. To register, call 800.873.WAVE.

Meet with Colgate University Alumni on Sunday, Sept. 13th at the Hilton Concord in San Francisco. Make a reservation at www.colgate.edu/ColgateConnection.

Preview Day at Cal State East Bay on Saturday, Oct. 24th. 8am is breakfast. The program is 8:45am-12:30pm. University Union, 25800 Carlos Bee Blvd, Hayward. Students and their families are invited to learn more about their academic programs and majors and participate in a campus tour! Register at www.csueastbay.edu/previewday or call 510.885.2612.

College Fair for 8th-12th grade students and parents featuring keynote speakers from Stanford and Harvard. The event offers workshops and information on Financial Aid, SAT prep, etc. Over 30 private and public colleges from around the country will be present. Sat. 9/12, 10:30 a.m. - 6:00 p.m. at the Auditorium of Cubberley Community Center, 4000 Middlefield Road, Palo Alto. FREE mock PSAT exam offered to the first 200 registrants. Register at www.ntdtvsf.com or call 408.656.6155. Space is limited. (Hogan/VICCI)

JUNIORS will have the opportunity to take a complete **mock SAT and mock ACT** including an essay. For just \$15 for one exam or \$25 for both, you will receive: a complete practice SAT test including an essay, individualized feedback online within a week, personalized comments on the essay within 2 weeks, and a detailed score report. 100% of the proceeds will be used as a fundraiser for Lowell High School Counseling Department. **This opportunity is opened for Juniors only.** The mock ACT will take place at LHS on Saturday, Sept. 26th from 9am-1pm and the Mock SAT will take place on Sept. 19th from 9am to 1pm. To sign up parents can call (877)738-7737 OR online at <http://www.Revolutionprep.com>. (M. Choi)

SENIORS: NEED HELP PAYING FOR COLLEGE? The Excelsior Boys and Girls Club can help you pay for your college application fees. All you have to do is attend three workshops which focus on financial literacy, credit cards, loans, and saving. The first workshop will be on **Friday September 18th at 4:30pm** at 163 London St. Space is limited to RSVP now by contacting Imelda at (415) 334-2582.

JOIN THE PTSA!

Have you joined or renewed your PTSA membership? **Join the PTSA** and be a part of a very important infrastructure to the support of Lowell High School. The PTSA provides Grants to programs, provides educational series to its members at our monthly meetings, provides an electronic copy of the weekly bulletin, and much, much more! \$11 per year – parents, students and teachers should join!
(D. Gee-Wong)

Senior College Handbooks are on sale. Stop by Book to Book to buy a copy of a resource to the college application process. There is information on choosing a college, course requirements, application process, SAT/ACT tests, essay writing, sports and financial aid. All of this information for \$15 and it benefits Lowell High School! Pick up your copy now before they run out!
(D.Gee-Wong)

SPORTS

GIRLS BASKETBALL: There will be an informational meeting for all girls interested in trying out for basketball teams Tuesday, Sept. 15 in room 261 at 3:35 pm. Girls presently on JV or Varsity Teams **MUST** also attend the meeting.

LOWELL ATHLETICS: Don't forget to check the website, lowellathletics.com for all the scores and updates and pictures of your favorite teams!
(R. Ray)

INTERESTED?

Volunteers needed for **JCCNC's (Japanese Community Ctr of Northern Calif.)** annual event and dinner, Tabemasho on Sept. 19th. Various volunteer shifts (plating food, busing, selling raffle tickets, clean-up, etc) are available beginning from 1pm – 8:30pm. Please sign up in the main office. Thank you!
(A. Ishibashi).

Looking for some rip-roaring, thrilling, fun-loving, heart-pounding excitement? Come and join the award winning **Dragon Boat Team!** Be part of a 2,000 year old sport that promotes traditional Chinese culture and heritage. See Mr. Danforth in his office in room 209 or see Ms. Choi in Rm 102.
(Ms. Choi and Mr. Danforth)

Do you want the opportunity to work with the National Parks, the ability to become a better leader, and the resources to INDUCE ENVIRONMENTAL and SOCIETAL CHANGE in the community? Would you like to get paid for having

all this fun? Then apply for the I-YEL-Inspiring Young Emerging Leaders—internship. Open to all students. Applications and details are available at IYEL.org, DUE BEFORE SATURDAY SEPTEMBER 19. You will need a letter of recommendation too, so act fast! Contact Jessica Yap, Reg. 1119, Rm.231 or at Jessica.LucasYap@yahoo.com with questions, inquiries, and the like. (N. Nager)

Who wants to be trained to lead nature walks in Heron's Head Park in the Bayview neighborhood?

Applications for internship are in front of room 129 (Wellness) and are due September 25. Interns will receive hands-on trainings in classroom and field environment. Ask Nurse Rainey about this wonderful opportunity. (Rainey)

CSF Drop-In Tutoring available now! Do you have a quick algebra question? Do you need guidance with a chemistry lab? Do you need help composing your prose? CSF Drop-in tutoring is available Monday - Friday: 19/20 in room 217A, & from 3:30pm - 4pm in the library. (A. Horn)

JUNIORS!! Interested in joining Shield and Scroll? Come to our info meeting on either Sept. 23rd or 24th at 3:45 in rm 270.

SFCAL Youth Leadership Council wants YOU!!! If you are interested in improving community health, building leadership skills, and having fun then this may be a great opportunity for you. For more info, contact Kali Cheung at kcheung@yli.org or (415) 836-9160 ext. 226 or email manders@sfwellness.org

Submit to and join **the Myriad**, Lowell's literary magazine! We accept prose, poetry, art and photography. Boxes are located in the library and the English office as well as in rm 130, where we meet every other Wednesday at 3:40. (N. Henares)

Come to **Math Circle @ SF State** Mondays from 4:30-5:30. Fun non-textbook math with no homework! See Miss McClish or Mr. Cohen for [permission slips](#) & info on this internationally recognized organization. Begins Sept. 14th! (McClish)

CLUBS

Interested in competing at places like Stanford? Then JOIN MATHLETES! Info meeting Tuesday, September 15th, at 3:45 in room 338. (T. Chan)

Recyclers! Get ready for the first Recycling Club meeting on 9/18 at 3:35pm in room 134. Do your part: keep our school GREEN! See you there! (C. Innis)

BRIDGE: We meet to play the finest card game ever invented. If you do not know the rules we will teach you! Room 217B every Tuesday after school. (J. Reynolds)

JSA: What's wrong with American democracy? And does even asking the question make one a Communist? Come to JSA with your answers, Wednesday @ 3:30 in S201. (S. Dickerman)

AGAPE, every Wednesday at 3:45 in room 71. (T. Chan)

KEY CLUB: Join Key Club! No, we don't make keys. Find out what we really do Wednesdays at 3:45 pm in room 220! (R. Risher)

Gay-Straight Alliance: Eat cookies, meet people, and make a difference every Monday in rm 236. (Worth)

Chinese Club: Come to Chinese Club to learn more about Chinese culture through fun games and activities. Thursdays, room 212. SNACKS PROVIDED! (X. Chang)

KOREAN CLUB: It's KOREAN CLUB again! Come to room 238 afterschool today (Monday) to have fun! If you don't come, you'll be our "heartbreaker". Come even if you missed the first meeting. (A. Cho)

Feeling useless? Join Make a **Difference club & Volunteer** at fun events! Room 236 on Sept. 15th and 22nd @ 3:30pm. For more info, email us at makeadifference@gmail.com. (A. Michels)

FOUND

FOUND: BEBE Sport Wallet; girl's stone ring - (must describe) - Room 104 (R. Schmidt)

ALL UPS DELIVERIES ARE RECEIVED ONCE A DAY IN ROOM 154 OR IN THE MAIN OFFICE, USUALLY IN THE AFTERNOON. DUE TO THE OVERWHELMING NUMBER OF PACKAGES RECEIVED, IT IS RECOMMENDED THAT YOU CHECK FOR YOUR PACKAGES IN THE MAIN OFFICE ROOM 100 AND ROOM 154 NEAR THE BOOK ROOM. PLEASE DO NOT WAIT TO BE NOTIFIED. THIS WILL DECREASE THE AMOUNT OF LOST OR MISGUIDED PACKAGES. (OFFICE)