

LOWELL HIGH SCHOOL

WEEKLY STUDENT/PARENT BULLETIN #5

Sept. 21-SEPT. 25, 2009

<u>DATE</u>	<u>SCHEDULE</u>	<u>ACTIVITY</u>
Monday	Sept. 21	B-code
Tuesday	Sept. 22	C-code
Wednesday	Sept. 23	B-code
Thursday	Sept. 24	C-code
Friday	Sept. 25	RALLY
Saturday	Sept. 26	No School

ACTIVITY

SPIRIT WEEK

Golf(girls) vs. Wallenberg-GGPark

Tennis(girls)vsLincoln-GGPark/Soccer(boys)vs.Balboa@Balboa

Soccer(boys)vs.Wallenberg-Polo1

SENIOR TRIP-COLLEGE&CAREER EXPO/

HOMECOMING RALLY/ DANCE/POWDERPUFF/

Tennis(girls)vs.Mission-Dolores Park

Mock ACT/Journalism Workshop

**Lowell Hotline: 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)**

Special Schedule: SPIRIT RALLY

1-2	7:35-8:15	6-7	10:55-11:30	14-15	1:35-2:10	*lunch for English, Math, VPA & "Other"
4-5	8:20-8:55	9-10x*	11:35-12:10	16-17	2:15-2:50	
Reg	9:00-9:07	9-10y**	12:15-12:50	19-20	2:55-3:30	**lunch for Science, Soc.St., PE & World Lang.
Rally	9:15-10:45	11-12	12:55-1:30	SENIOR TRIP-COLLEGE&CAREER EXPO: bus will leave @11:30am		

ATTENDANCE POLICY:

It is expected that Lowell students will attend school regularly. It has been our experience that more than five days of absence for any reason in an eighteen-week semester results in poor grades.

Re-admit Slip – if a student is absent, the parent/guardian should call the Attendance Office (Ms. Chu) at 759-2730 ext. 3167. The student's legal name and Registry number should be given. When the student returns to school, s/he must bring a note signed by the parent/guardian in order to obtain a "Re-admit" slip. They are issued daily at the following times and locations:

7:15 to 7:30 – Room 131, Attendance Office

8:00 to 9:20 – Room 131, Attendance

7:35 to 8:00 – Room 104, Ms. Schmidt

9:40-10:00 – Room 104, Ms. Schmidt

A student must secure the signatures from all his/her teachers AND return the Re-admit slip to Dean Cordoba (Rm127) within THREE DAYS of the absence.

Permit-To-Leave (PTL for Appts)-if a student needs to leave early during the day due to a Dr/DDS appointment/Other(not illness), s/he needs to bring a signed parent note to Rm 104 or Rm 131 in order to request a "Permit-To-Leave (PTL)". PTLs for appointments are issued daily between 7:35 and 9:20am.

The PTL (white copy) issued to the student must be signed by the parent/guardian and returned to Rm 131 – Attendance Office or Rm 104 – Ms. Schmidt for a Re-admit slip the following morning.

Permit-To-Leave (PTL for illness)-if a student becomes ill during the day, s/he should go to see Nurse Rainey (Rm 129), Ms. Schmidt (Rm 104) or the Attendance Office (Rm 131) anytime during the day. The parent/guardian will be notified and a PTL (white copy) will be issued to the student. The student must have the parent sign the PTL and attach a note regarding the illness. The student must obtain a Re-admit Slip in Rm 131 or Rm104 upon returning to school.

Tardy to School/Cutting Classes: Any loss of school time has the same effect – a loss of educational opportunity. The Dean will assign penalties. Thank you for your cooperation. (J. Tse)

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.

(Cordoba)

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 qualify for free/reduced lunch, your fees for certain tests (AP, SAT, ACT) will be lowered and your eligibility for scholarships will be increased tremendously! Turn in your application 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.

COLLEGE TOURS/INFO

Sept.	21	9:45 am	Whitworth, WA	Sept. 23	10:00am	Illinois Institute of Tech.,Chicago
		10:30 am	UC Santa Barbara		2:30pm	Smith College, MA
		12:45 pm	Williams	Sept. 24	9:45am	Lewis and Clark
Sept.	22	9:45 am	New York University		11:15am	Westmont College, CA
		10:30 am	Wellesley			
		11:30 am	Soka University			

COLLEGE AND CAREER EXPO. On Friday, September 25, 2009, the City and County of San Francisco, San Francisco State University, and San Francisco Unified School District will co-sponsor a College and Career Exposition. This will be held from 10:00 – 2:00 P.M. at Civic Center Park near Polk and McAllister Streets. **The district is asking that all high schools send their seniors to this event. Lowell's time slot is 12:00 – 2:00.** One way bus transportation to the event will be provided by the school district. Muni bus tickets will be available for students to return home themselves. Students are not allowed to drive to the event. Buses will leave Lowell at 11:30am. Field trip notices were distributed in reg. on Tuesday, September 15, 2009. (J.Tse)

Pepperdine University - Come learn more about Pepperdine this Sunday, Sept. 20th, 3:00 p.m. - 5:00 p.m. at the Hyatt Regency, San Francisco Airport, 1333 Bayshore Highway, Burlingame 94010, 650.347.1234. RSVP online at seaver.pepperdine.edu/aadmission/rsvp/.

Vassar College - Hear what SF Vassar Alumnae and their Senior Assistant Director of Admissions, Paula Gentry, have to say about Vassar on Thursday, Oct 1st, 7:00 p.m. - 9:00 p.m. at the Jewish Community High School of the Bay, 1835 Ellis Street, San Francisco 94115. Free parking at 1227 Pierce Street. RSVP at <http://admissions.vassar.edu/receptions.html>.

Reed College - Multiple locations for their college fairs: Cupertino, 10/5, 6:30 p.m. - 8:00 p.m., Homestead High School; San Jose, 10/8, 6:00 p.m. - 8:00 p.m., Independence High School; Palo Alto, 10/12, 6:30 p.m. - 9:00 p.m. Interviews will be held at two locations: Mountain View, 10/9, 2:00 p.m. - 7:30 p.m., Hilton Garden Inn Mountain View; and San Francisco, 10/17, 10:00 a.m. - 2:30 p.m., Westin San Francisco Airport. To schedule an interview, call 800.547.4750. Interviews are for seniors only.

UC Riverside - Come tour campus on any of these fall dates: 10/10, 10/24, 11/7, 11/21. Check the website or with Ms. Hogan for winter and spring dates. Reserve a spot at www.visit.ucr.edu. You can also do a virtual visit on 10/20. Check My.UCR.edu for more details.

UCLA Performing and Visual Arts - Learn more about their VA majors by attending their presentations at one of the following dates: Bay Area, 10/21, 6:30 p.m. - 8:00 p.m., Hilton Garden Inn, San Francisco/Oakland Bay Bridge; and San Jose, 10/22, 6:30 pm - 8:00 pm, Hilton Garden Inn, Cupertino. RSVP required at www.arts.ucla.edu/rsvp. These events fill up quickly. Reserve your seat soon!

UC Merced - Preview Merced on Sat., 10/17, 10:00 am - 3:00 pm. Register at admissions.ucmerced.edu/preview-day or call 866.270.7301. Check it out!

Visit Mills College in Oakland for a campus tour, talk with students and professors and check out a class on 10/12, 9:00 a.m. - 3:30 p.m. On 11/14 juniors and seniors only can also visit from 8:30 a.m. - 12:00 p.m. Register at www.mills.edu or call 800.87.MILLS. (Hogan/VICCI)

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.

UC Berkeley IAP (Incentive Awards Program). Those students interested in UC Berkeley that have a 3.5 UC A-6 GPA and may qualify for financial aid please come to an important meeting on September 24th @3:30 in the VICCI center, Rm116. (J. Yang)

"Help your children choose an ideal college", a workshop in Cantonese for parents. Monday, September 28, 2009 6pm at AP Giannini Middle School cafeteria , 3151 Ortega St in SF. RSVP Carol Mo at cmo@snbc.org. Translation in Mandarin or English will be available and dinner will be provided. As you are preparing for the college application process, pick up a copy of the **Senior College Handbook**. There is a wealth of information on the application process, deadlines, hints on writing essays, SAT/ACT information, financial aid, sports scholarships and much more. The Handbook is available in B2B for just \$15. Debbie Wong, PTSA President

PTSA

Have you joined or renewed your PTSA membership for 2009-2010? Each membership between July 2009-October 31, 2009 is eligible for a raffle for two free SAT prep classes with SF Tutors. Current membership will also make you eligible for email notifications including the Weekly Bulletin. Please write a check to the PTSA for \$11 for each family member (remember, parents and students) or go on-line to www.lowellptsa.org and sign-up today! Caroline Scott, PTSA Chair (carolinescott@zephyrsf.com)

The **PTSA Reflections** program theme for 2009-2010 is "Beauty is....." Entries in the following art areas will be accepted for judging: literature, musical composition, dance choreography, film production, photography and visual arts. Entries will be due for judging later this year. Details to follow. For a submission, application and guidelines, please contact Mary Fitzgerald at fitzmary@comcast.net

Have you picked up your copy of the **Senior College Handbook**? This is a comprehensive guide to the college application process. The handbook includes information on application deadlines, hints in writing essays, financial aid, sports scholarships, SAT/ACT information, the application process and much more – all available for \$15! You can pick up your copy in B2B. Debbie Wong, PTSA President

Back to School Night Faculty and Staff Dinner-Wednesday, Sept.30-The Lowell Hospitality Committee needs your help to make this year's dinner a success. Please contact Jamie Lewin at jlewin@sonic.net or 415.566.1919 if you can donate your time, money or food.

SPORTS

Boys Basketball Managers and Video person needed. Please see Mr. Ray if interested.

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?

Pumped for the next dance? Well, Homecoming is just around the corner! Tickets for "Who Lives in a Pineapple Under the Sea?" will be on sale from Monday to Friday(9/21-9/25) in the SAO (\$8/10/12). This is definitely something you don't want to miss! (T.Lee)

Author Talk Time Change. *Alive in Necropolis* author Doug Dorst will address an assembly at Lowell from 9-10am on Wed., Oct. 14. Still wondering about those ghosts? Come and ask the author. Doug Dorst will answer questions and sign your copy of his book. (C. Innis)

Submit art or writing to theMyriad! Boxes located in library, B2B, and Eng. Dept. office. Or email to lowellmyriad@yahoo.com (Henares)

CSF Drop-In Tutoring is Available! Need help with your Spanish homework? Do you need some guidance in composing an English essay? One-on-one tutoring is available from CSF members who have skills and experience in the courses you are taking. Stop by Room 217A Monday-Friday during mods 19/20 or the library from 3:30-4:00p.m. (N.Okada)

Spare Our Planet Go Green Challenge! - Starting October 5th, Lowell will be competing (against Lincoln) in the Spare Our Planet Go Green Challenge! The Spare Our Planet Go Green Challenge initiative is a student created content designed to increase awareness of climate change and promote the use of biking, walking, public transportation, and carpooling, and reduce our school community's environmental impact. Frosh, Soph, Junior and Senior class GoGreen representatives needed to reg. run to get the word out - see Mr. Wenning in S-204 or email wenningm@sfusd.edu

BIRDS Birds Birds and stories. Thursday, Sept 24, 3:30 – 4:30, (place to be posted on the white board outside of room 129) Walter Kitundu, winner of the MacArthur Fellowship, affiliated with the SF Exploratorium will show his dramatic photos of birdlife. Enjoy this rare opportunity.
(Rainey)

Yoga!!!!!! Feeling a little tired? Stressed? Then join the Lowell Yoga class. Yoga is a great way to destress, gain peace of mind, exercise, and have fun! Whether you are already a yoga master or have never tried it, this class is for you. If you are interested or want more info, email manders@sfwellness.org or stop by the Wellness Center (T-14).

Looking for something fun and exciting to do? Check out West Sunset Rec Connect! Robotics, Hip Hop Dance, Sunset Green (environmental), and Youth Leadership Council. All classes FREE. Online at: www.snbc.org/reconnect. Contact Ryan McCarthy at 415.694.3624, rmccarthy@snbc.org or the Wellness Center in T-14, manders@sfwellness.org

Lacking funding for your idea? Y.F.Y.I funds Youth Led Projects up to \$10,000 Application Deadline: October 1st, 2009 At 8:00 p.m. YFYIinfo@chalk.org, www.chalk.org/yfyi. Questions, call (415) 977-6949, or stop by the Wellness Center in T-14, manders@sfwellness.org

FREE acupuncture! For students and staff at Circle Community Acupuncture From September 13 to October 4th. Come in on Sundays (11am to 4pm) for free. Call (415) 864-1070, or visit our website (www.circleca.com) to schedule an appointment. Make sure to let us know if you are a teacher or student.

New Program for San Francisco LGBT Youth! Do you have something to say about dating, love, relationships, drugs, or sexuality? Join [Health Initiatives For Youth \(HIFY\)](#) and the [Youth Program @ the San Francisco LGBT Community Center](#) for Q-Lab: Youth 4 Sexual Literacy! Q-Lab starts October 7th. Contact Erik Martinez erikm@sfccenter.org, 415.865.5633 or stop by the Wellness Center (T-14) manders@sfallwellness.org

Interested in Sports Medicine? Want an internship with UCSF? The Lowell Sports Medicine Club is looking to recruit a few new members from the Freshmen, Sophomore and Junior classes! Students will have the opportunity to shadow an athletic trainer for a semester as he attends to sports injuries on and off the field. Additionally, over the summer, participants will be given an optional opportunity to intern at UCSF's Sports Medicine and Orthopaedic Clinic. If interested, email manders@sfallwellness.org or stop by the Wellness Center in T-14.

VOLUNTEER AT A FOOD SHELTER! The Temple UMC Food Pantry needs volunteers to help at their Food Pantry on Wednesdays after school. If interested, sign up at <http://doodle.com/s8mb9uwfehth9ms9> or contact Jason at 415-338-6880 or jporth@sfsu.edu.

JCCSF Teen Fellowship: Sports Leadership. Serve your community and build your resume with this JCCSF leadership program. Young men and women accepted to the program will receive training as coaches, participate in community service and become inspirational mentors to younger athletes involved in sports programs. Fall 2009 - Summer 2010. **Applications due 9/30.** Applicants must be 17 years old by 7/31/10. For more information about contact Alan Scher at 415.292.1261, ascher@jccsf.org or visit www.jccsf.org/genf. (J.Tse)

The Jewish Sports Hall of Fame is looking for volunteers to help with their **Bed Race** fundraising event to be held on Saturday September 26 from 10:30-3:00pm at Marina Middle School. Teams of 6 people are needed to push beds in a footrace across a big yard. Round up your friends to help out for this fun event. For more information, see Mr. Lee in room 101A in the counseling office. (T. Lee)

CLUBS

Come and join **D.I.Y. Club** where we take stuff around the house and turn it into something creative. The first meeting is this Friday, Sept.25. (M.Rode)

Go Club! Got a violent urge to GO? Then come to the Go Club to play the Japanese board game. Don't know how to play? No problem, we'll teach you! Meetings are on Friday in room S205. (Prothro)

Wanna give back to the community by helping Dragonboat? What about autumn Moon Festival? Library Book Sale? Well hurry and join **Octagon Club** to sign up! Meetings are on Mondays S205! We provide you so many exciting volunteer opportunities around the Bay area, that you don't wanna miss out! And don't forget to say "Octagon Club" when you buy your homecoming dance tix! (Prothro)

Korean Club. There's Korean Club again at Rm215 after school today (Monday)! Be sure to come and bring your friends to hang out, play games, and discuss the latest topics in Korean culture with other Korean lovers! (Cho)

Mathletes. Come to Mathletes! We meet every Tuesday in Rm338 at 3:40pm. New members always welcome! (T.Chan)

Foreign Movie Lovers. FML...not the one you're thinking of. We watch foreign films and eat popcorn. This week we are watching The Seventh Continent, an Austrian film. Fear not there will be subtitles! We meet on Mon&Wed at 3:40 in Rm253. (Bower-Gersten)

Lost Economics book (McConnell Brue)#194. Stolen on August 28 at 9:27am from locker C2097. You may return anonymously by submitting to room 104. (M. Choi)

FOUND

Men's Silver watch, Metallic Pink girl's wallet, ladie's ring. Please come to room 104 to claim. Must be able to describe item. (R.Schmidt)