

October 2016

Dear Parents and Guardians,

Homecoming Week is this first week of October! Come celebrate with us at the football game Friday night! Float construction begins on Saturday, October 1st. Mr. Thompson, our Activities Director, will be sending more specific information out to all of you soon. Have your sophomore show class and school spirit by dressing in the daily color or attire:

DRESS UP DAYS:

Mon – Sweet Dreams / PJ Day or dress in white

Tue – Let the Games Begin/Any sports that are in Olympics or dress in Red

Wed – Choose your path / future career attire or dress in Gray

Thur – Torch the Trojans / Dress in Camo or military gear or in black

Fri – Spirit Day: Bring on the BLUE!!!

We had our annual safety drill on Tuesday, September 27, 2016. It went well and the students were great! It is always a long process to have students go to a fire drill and then to one of our evacuation sites. The students were well behaved and patient through out the whole process – and on such a warm day that can be taxing. I want to thank all of them for doing such a great job!!

The end of the first quarter is Friday, October 14th. This is a good time to check your student's Schoology account. Have them login to their account so you can look over their shoulder at grades for each course. If there are missing assignments, have a conversation about it. If you have a specific question, email the teacher right then. Set up a plan of action to make up any missing assignments. The first quarter can set the tone for sophomore year.

Teachers are available to help students before/after school, break, and PLUS period. I think the best time for support is first thing in the morning. I know it's early and students don't particularly like to come to school early but that's why teachers have fewer students asking for help in the morning. Mornings are the perfect time for more individualized help from the teacher. Have your sophomore schedule to meet with the teacher ahead of time and your student may be the only student there!

Free tutoring is available after school for an hour on Tuesdays, Wednesdays, and Thursdays in room H4.

The PSAT is will be offered on Saturday, October 15, 2016. If your sophomore is planning to attend a four year college after graduation from RHS then they should consider taking the PSAT as a sophomore or a junior prior to taking the SAT. The PSAT is a pre-SAT exam allowing students to see where their strengths and weakness are in the SAT college entrance exams. The colleges do NOT see these scores however we do review the results with students who take the test. The test is offered only once per year on the third Saturday of October. Juniors take this test to determine eligibility for entry into scholarship competitions within the state (top 2% in the state) through the National Merit Scholarship. It's not unusually for RHS to have juniors who qualify for the National Merit Scholarship. For more information or registration for the PSAT, please follow the link below to the College and Career Center: <http://rhs.rocklinusd.org/subsites/Career-Center/SATACT/Practice-Tests/index.html>.

The College Fair is Thursday, October 6th. This year the event will be held at Whitney High School gym. Each year this event rotates high schools but know that RHS students are invited to attend!! There will be over 100 colleges in attendance so you have the opportunity to speak to a large variety of college reps! Find out more about schools you are interested in and some you haven't thought about before. Come join me at WHS for the College Fair!!

Naviance is a great tool to assist your sophomore with career and college plans. Check it out! Parents can login to Naviance easily. Instructions are posted on the RHS website under the College and Career Center (in the Info tab). Our students used Naviance freshmen year and they will be completing more tasks this year in their LA 2 class. I particularly like the Super Match program for post high school searches! With so many college reps coming to RHS to meet our students, it makes sense to use our Naviance program to have your sophomore meet the college reps when they are here. Students can sign up and receive an invitation through Naviance.

I don't normally recommend books but this is one I would encourage to at least learn more about. It just came out and is called "The Teenage Brain: A Neuroscientist's Guide to Raising Adolescents and Young Adults" by Frances Jensen, MD. You can see an interview with the author on NPR or an old Tedmed Talk from 2010 (if you watch this Tedmed Talk, you may want to skip the first 10 minutes- its more about other research she has done that lead her to this current book project). This seems like a great book for those of you raising teens and more importantly boys. The author is not only a scientist but a parent of boys. It's a practical look at the development of teenagers' brain, why teens do the things they do and some advice. Let me know what you think if you see her interview or read the book.

A quick reminder: there is no school on Monday, October 10th Columbus Day. The staff will be involved in meetings all day for staff development. Enjoy the three day weekend!

At the end of October and beginning of November, RHS will be hosting the program "Breaking Down the Walls". We've had this program at RHS in the past and it has been very successful. The focus of the program is student interaction with peers in an effort to build a community in an effort to improve school culture and climate. The counselors will be inviting students from a diverse cross section of our population to participate in this program. If you son or daughter is interested in participating in the program, please have him/her stop by my office and I will sign them up. My goal is to have more than one hundred sophomores involved in this great program!! Students can be leaders too, so if you sophomore is looking to be a leader, please make sure they mention this to me. Please Google "Breaking Down the Walls" to learn more about this program! I believe Breaking Down the Walls will have a lasting effect our on student body in a positive manner and our sophomores will benefit from it over the next three years. This is a great opportunity for your sophomore to make a difference at RHS.

Have a great October! If you have any questions or concerns, please email me at: hcarr@rocklin.k12.ca.us.

Sincerely,

Ms. Helene Carr, MS
Counselor for the Class of 2019