

the ALTA LOMA Principal's Newsletter

Feb 2010

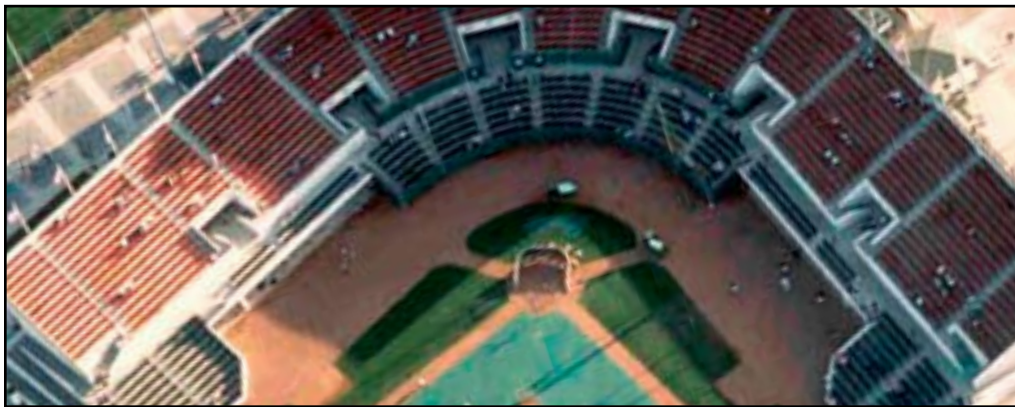
Volume 02, Issue 02

Peer Counselors

helped their peers
cope with their grief
when a beloved
teacher passed
away.

See story on page 3

ALHS Graduation At Quakes!



An overhead view of Quakes Stadium demonstrates its immense capacity for friends and families to witness graduation.

Jim Cronin
Principal

Dear parents and families,
I welcome you back to school and hope you all enjoyed your holiday with your families. This year, we return to school having completed our first semester. The feedback I have received regarding our new academic calendar has been overwhelmingly positive. In talking to students and parents in Alta Loma's School Site Council, it was evident that students enjoyed completing finals prior to the holiday and returned to school refreshed and ready to begin a new term.

During second semester, students will take two significant state required tests: the California High School Exit Exam (CAHSEE) for sophomores in March and the California Standards Test (CST) for freshmen, sophomores, and juniors in April. We believe we continue to provide students with the foundation and preparation needed for them to demonstrate growth in their learning.

We also recently announced exciting news for our class of 2010. For the first time, a senior

The Senior Class and administration chose The Epicenter for various reasons, but the primary benefit for seniors is the opportunity for them to earn an additional four tickets for their family for graduation.

class from Alta Loma High School will graduate from The Epicenter in Rancho Cucamonga on Wednesday, May 26 at 7:00 p.m. The senior class and administration chose The Epicenter for various reasons, but the primary benefit for seniors is the opportunity for them to earn an additional four tickets for their family for graduation. Now, seniors may get up to 10 tickets for the commencement ceremony as opposed to 6 if graduation were to be held at other venues. More information about graduation will be forthcoming. We look forward to watching our senior class graduate in May!

As always, if you have any questions about state-mandated testing, school events, or your student's progress, please do not hesitate to contact the school.

Thank you, and best wishes to you for a fantastic year in 2010!

Sincerely,
Jim Cronin

Planning Ahead

- February 3: CAHSEE Testing
- February 4: 6:30 PM AP Meeting Makeup Night
- February 10: 6-7 pm Coach and Parent Meeting
- February 10: 6:30-8:30 GATE Information Night
- **Holiday: No School February 12 & 15**
- February 20 King's Ball 7-11 PM at the Brulte Community Center **Tickets are on sale now!** For more information, visit altalomahigh.com
- School Site Council is the first Tuesday of every month at 3pm
- School Bulletin is now available at altalomahigh.com and is updated every Tuesday and Thursday



Chaffey District website.

Your Source for:

Staff Email Contact, School and Athletic Calendar, Parent Portal, and other great resources!

<http://www.cjuhsd.k12.ca.us>

2010 STAR Test Tips for Student Success

Colby Helper
Instruction

It is that time again when we need to begin preparing for the STAR test. Testing will begin on April 6th – 8th the first week and April 13th – 14th the second week. The test will take five days and then we will be finished except for make-ups due to absences. It is important that students attend school daily and report on time. Alta Loma High made tremendous gains last year and it is our goal to continue moving forward.

Our target goal as a school is to reach 790.

Listed below are some tips that are helpful with any test that the students are required to take and will help us achieve this objective.

Test Tips for Students

Daily Routines

Attend classes every day. Keeping up with schoolwork is the best way to learn the material that will be on the test—long before test day comes.

Eat smart every day. Balanced meals give your body the energy it needs to

focus on learning.

Before Test Day, Ask the Teacher . . .

How the test is organized. Usually, the easier questions are at the beginning of each section, while the harder ones are at the end.

How the test is scored. Is there a penalty for incorrect answers or questions left blank? Understanding how the test is scored will help you know how much time to spend on each question.

The Night Before the Test . . .

Don't cram. Use the night before to review what you've been learning over the last few weeks or months.

Relax. Remind yourself that you're well prepared. Avoid talking too much about the test. Chances are, it'll only create stress.

The Day of the Test . . .

Eat breakfast. You don't want to run out of energy in the middle of the test.

Answer the easy questions first. That'll give you more time to spend on the harder ones.

Read all the answers before selecting the best one. If you think an answer is incorrect, change it.

Tips for Parents

Preparing for a test involves a lot more than getting to the test center on time. Here are some suggestions to help your children do their best—on tests

and in school.

Encourage your children. Praise them for things they do well. Self-confidence is important in so many different activities both in and out of school.

Make sure your children eat healthy meals. A balanced diet fuels active and inquiring minds.

Make sure your children get enough sleep for school, especially on test days. Children who are tired have a harder time handling the demands of a test.

Keep books and magazines in your home. Reading is one of the best ways to learn new words and ideas that will be helpful on tests and in academic performance in general.

Provide a quiet, comfortable place and time for studying at home.

Make sure your children attend school every day. Classroom learning prepares students for tests, which reflect their overall achievement. The more children put into learning, the more likely they'll do well on tests.

Meet with your children's teachers regularly to discuss their progress. Ask teachers to suggest activities for you and your children to do at home to help them improve their schoolwork and prepare for tests.

Source:

Educational Testing Service (ETS)
<http://www.ets.org/>



Late Students Lose Out on Learning & Activities

Phil Schuler
Dean

I would like to take this opportunity to remind students and parents on the importance of being on time to class, as we begin the second semester. Coming late to class interferes with the tardy student's education, as they are not receiving instruction. Coming in late also interrupts the remainder of the students in class, as late students cause distractions to the classroom environment.

Alta Loma High School implemented the "Tardy Machine" last year, which allows the school to efficiently monitor the status of students being tardy through period-by-period

tardy sweeps. The machine also allows the school to implement consequences for being tardy to class (detention, School on Saturday, loss of school rally, and of course loss of school activities—including dances).

Passing periods have been set for 7 minutes, providing ample time to travel through our campus. **Most students are marked tardy after they wait for friends, walk others to class, or not walking straight to their next class.**

It is the school's goal to prepare students for all facets of life. This includes the importance of punctuality.

I wish you all the best in the second semester. If the Dean's Office can ever be of service to you, do not hesitate to call.



When a Crisis Occurs, ALHS Pulls Together

Jim Cronin
Principal

On January 1, 2010, Joe Zarate, a Social Studies teacher here for 12 years, passed away. This was tragic, unexpected news and a significant loss for our staff and students.

When these tragic events occur, it is important that the school is prepared to address the needs of staff, students, and the community and provide necessary support services. Each situation can present different needs, but in general, the school is prepared to provide the following in the event of this kind of crisis.

1. A Crisis Team and Peer Counselors ready to help students:

The District Crisis team and Alta Loma's Peer Counselors are available throughout the first day in the event of a crisis, and often during subsequent days. Peer Counselors are also out on campus making contact with students. Our Peer Counselors are well-trained to help students cope with grief as well as a variety of other emotions. If needed, we will have a Community Crisis Response Team (CCRT) on campus as well available for students and/or staff.

2. A counselor, our school psychologist, and administration available to address classes:

If a particular class is affected by a crisis, we will have our school psychologist, a counselor, and/or an administrator available to speak to and observe classes throughout the day to assist and support the teachers and students.

3. Places for students and staff to receive support:

We will establish a central location(s) on campus where students and staff can go to receive support services.

4. Communication to students, parents, and staff:

We use various modes of communication including email, telephone, public address, and an automated phone call system to communicate news to staff, students, and parents.

5. Activities for students and staff to express themselves:

Counselors, staff, administration, and students work together to develop the most appropriate activities that will allow those affected to express their emotions.

We also ask all staff to do the following:

1. Be empathetic and supportive of students, but carry on with the school day:

It is important that we do our jobs to the best of our ability during difficult times. Critical situations should be addressed, but at the same time, it is important to try to move forward and carry on with the business of the school.

2. Quell rumors and speculation:

We ask staff and students to avoid discussing anything beyond what we know to be factual.

3. Be available:

We ask staff to be available to help wherever they are able.

Community support and feedback is always valued. We will address questions and concerns expressed by parents, students, and community member. Please do not hesitate to contact the school guidance office or administration at any time.

The Beauty of Prep HQ

Don Jaramillo
Guidance

A frequently asked question of our Alta Loma Guidance Counselors: "What can I do to help prepare my student for college?" Our answer, PrepHQ.com! What is PrepHQ.com?

PrepHQ.com allows the counselors and career tech to:

- Communicate information to students and parents about college applications, scholarships, test dates and deadlines, and other college prep resources.
- Survey student interests, manage and monitor application pieces, search for scholarships, prepare a resume and more.

PrepHQ.com is also:

- Internet based to allow anytime, anywhere access for students and parents.

How do I access PrepHQ.com? Simple, type in the following URL: <http://www.altalomahigh.com> and scroll to the bottom of

the page - "Prep HQ - Your online resource for college planning". The set-up process is fast and easy.

The beauty of this site is that you have more access to college information than trying to visit individual college web-sites. Additionally, you have the opportunity to receive emails directly from your counselor and the career tech about upcoming events, scholarship deadlines, etc. as you proceed toward your goal of entering college.

Please contact the Guidance Office or the Career Tech for more information.



Venue change brings more tickets

Cara Cerecerez
Activities

In the past students received a minimal number of tickets. This was all dependent on the number of students in the graduating class.

Some years students received four tickets and other years six. With the change of the graduation venue from Chaffey College to Quakes stadium brings the opportunity to allow students to have an increased number of tickets.

This year students will be given six tickets. They will have the opportunity to earn an additional four tickets for participation in the Prep HQ college survey online, Senior Agreement and attendance during STAR testing. These activities are not extra and are events that students would normally participate in during the school day.

Please encourage your student to take full advantage of this. Graduation is a wonderful event and we are happy that more people will have the opportunity to celebrate with you.

All students will receive more detailed information in their English classes during the month of February.