



Dolphin Digest

**Dana Hills High School
Parent Teacher Student Association
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Capistrano Unified Council of PTSAs Fourth District, Orange County CCPTS

Dolphin Digest 2009-10, 4th Issue

Robert Nye, Ed.D
Principal

Nancy Burton
Editor

Marilyn Amato
President

Principal's Message

Dear parents,

It is that wonderful time of the school year when we prepare to celebrate the accomplishments of the Class of 2010 and send them off to promising futures with great hope and expectation! Our Commencement ceremony will be held on Wednesday, June 23rd, at 4:00 p.m. Thank you, parents of this awesome class, for all that you have given to your children and to Dana Hills High School over the past four years. We look forward to seeing you at graduation!

During the last few weeks of school, we have, and will continue to, recognize students at a

wide variety of events: Achievement Awards, Senior Awards, Dolphin Pride Awards, HMO Awards, athletic banquets, drama awards, to name a few. I am so proud of the outstanding students of our school. Congratulations to each and every student who has demonstrated excellence and strived for success!

Seniors have a number of different culminating events including, Senior Trip, Senior Brunch, Prom, and of course Graduation 2010!

I would like to personally thank all of our fantastic parent volunteers who contributed so much this year. We would not have an exceptional school without the support from our

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Parting Words from PTSA President

As my PTSA president term comes to a close, I feel a sadness in leaving, but will do so with abundantly happy memories. I have been blessed with the opportunity to meet and work with such wonderful, talented, and diverse people.

Thank you to all of you who have willingly shared your time and talents to help make Dana Hills such a special place.

Thank you was the phrase I

heard each time I walked into the school and down the hallways.

Thank you for the accomplishments made possible this past school year by the DHHS PTSA:

- ◆ Sponsored both the School Loop and Web Connect programs
- ◆ Helds Student/Parent Education Nights on the following topics:

1. Teen Driving

2. NCAA Rules and Requirements

3. College Admissions

4. Social Drama – Anti-bullying

5. Teen Drinking – Social Hosting

6. Cyber Savvy – Internet

- ◆ Co-hosted a Blue Ribbon Week with DHHS Counselors and ASU

- ◆ Purchased a shade cover

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Principal's Message

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parent groups. I would like to thank PTSA for their countless volunteer hours with student registration, textbook collection and distribution, staff appreciation, and parent informational nights. I would also like to thank the Dolphin Force Foundation for all of their support. They have helped with a number of different site improvement projects including our Save the Gym Campaign, a new sound system for the gym and the mall, new flooring for entrance to the school, and most recently they raised over \$70,000 that helped replace two computer labs on campus. Dana Hills could not do it without all of your support!

I would like to personally thank Marilyn Amato, our outgoing PTSA President. Marilyn, you have been such a fantastic advocate for kids and I have loved working with you. I would like to also take the opportunity to welcome Gayle Paride as our incoming PTSA President. I know she will do a great job and I look forward to working with her. Lastly, I would like to recognize and thank Danna Rajeckas who will be stepping down as Dolphin Force President. Donna has helped raise countless amounts of money and spent hundreds of hours on capitol campaign projects for DHHS. Kris Vroom will be our incoming Dolphin Force President and I look forward to working with her next year.

I hope that you all have a fun, relaxing summer. Members of our administrative team will be here throughout the summer, so please do not hesitate to contact us if you need us.

Sincerely,
Robert Nye, Ed.D
Principal

2009 - 2010 Dana Hills PTSA Awards

The National PTA Service Awards Program is coordinated by the California State PTA and is designed to honor individuals for outstanding service to children and youth. Local PTSA's such as ours make donations in honor of these individuals to the California State PTA Scholarship and grant programs. Scholarships are available through the State PTA to students, teachers, school nurses, volunteers, and others who serve the needs of children and youth in California.



We would like to recognize DHHS PTSA award recipients:

Golden Oak Service Award
California's most prestigious PTA award for an individual or organization that has made significant contributions to the welfare of children and youth in a school or community:

Marilyn Amato

Very Special Person Award
California's award recognizing accomplishments "above and beyond the call of duty".

Theresa Carrattuario

Judy Cohen

Cindy Fletcher

Thank you for your service.

Attention Incoming Freshmen!!!

Freshman "Link Crew" orientation
will be Wednesday, **September 1st** from 10:00 A.M. to 2:00 P.M.
Students should dress comfortably and bring a snack.

The PTSA would like to congratulate the graduating class of 2010 on their accomplishments. We recognize all the hard work you have put into your school careers for the past 12 years. May your futures be bright!

GRAD NITE 2010



**IS COMING:
JUNE 23, 2010**

Please visit dhgradnite.com/data/ for more information.

Chaperones and Volunteers needed

We still need Chaperones for Gradnite and volunteers to help with bus sign ups. Please contact us at chairman@dhgradnite.com if you or someone you know can help.

Thank you to everyone who was a part of the success of this year's Taste of Dana & Gradnite.

I would especially like to recognize the following parents for their support. They are in alphabetical order:

Maria Angel, Cindy Barrett, Bradley Family, Laurie Brigham,

Giselle Brockington, Marie Cody, Dan & Judy Cohen, Cindy & Bill Fletcher, Marie Garcia, Linda Garton, Jennifer Gaul, Paula & Bob Gray, John Guilbert, Lyndon Herzberg, Caren Kronquist, Mark Leeds, Kathy Lewotsky, Karen Maddox, Geri McCann, Douglas McCreddie, Martha McNicholas, McCune Family, Mr. Nedler, Dr. Nye, Michael Ohmer, Teresa

Olvera, Lynn Preston, Janet Riphagen, Stephanie Samia, Kathy Shapiro, Teri Tachibana, & the Yocom Family

I would also like to thank the many sponsors for this year's Taste of Dana. Thank you for giving this year's seniors a safe and sober celebration.

-Lanci Wall



Great End of Summer Project! National PTA Reflections Program 2010-2011



This year's theme: "Together we can..."

Here's the perfect end of summer project for you! The Reflections program is an opportunity for students to explore and learn about various art forms. So, put on your dancing shoes, pick up a pen or paint brush, and start creating! Going on an August vacation? Pack those cameras and video recorders. You may be surprised at the opportunities you may capture along the way.

Students may submit *original* works of art in any of the following six categories:

**Literature * Musical Composition * Photography * Visual Arts *
Dance Choreography * Film/Video Production**

General information, entry forms and specific rules for each category are available at www.FourthDistrictPTA.org, click on "**Programs**" and select "**Reflections**". You can also check out the work of winners from previous years.

Entries will be judged on Interpretation of the Theme, Creativity, and Artistic Merit. Students may enter as many times as they'd like. Due date will be early October.

If you have any questions, please contact Donna Schwarm, Reflections Chair. at morrokona@hotmail.com, or at 365-9187.

Student Achievement Awards

World Languages

Spanish I

Emily Gault
Chandler Grade
Madeline Hutton
Lexie Jiang
Emily McCreddie
Katherine McGauley

Cade Montgomery - P

Schuyler Stoller

Spanish II

Charles Altuzarra
Jed Bradshaw
Alexa Cancio

Jessica Cincotta

Kelley Gomez

Miranda Morgan

Charisse Rivera - P

Spanish III

Samuel Fitzmaurice

Rebecca Kirkpatrick - P

Spencer Scobie-Gilpin

Olivia Winokur

Spanish IV

Rachel Albright - P

Micaela Ruppert-Majer

Luke Wallace

Spanish Spanish Speakers I

Stephanie Alonso Avalos - P

Yossymar Rojas

Spanish Spanish Speakers II

Karla Gonzalez

Karen Salazar - P

French I II III

Katherine Chastain - P

Dana Gieselman

Briana Gibbs

Katherine Nowicki

Latin I II III

Shana Hu

Meagan Vigus - P

Rosa Moreno

Efrain Osorio

Outstanding Achievement

Kailla Losee - P

Krystal Losee - P

PE 9

Amanda Faddis

Jonathan Gomez

Raechel Grabel

Katherine McGauley - P

Gustave Santiago Petronilo

PE 10-12

Jed Bradshaw - P

Karla Gonzalez

Karen Salazar

Improve Body Comp

Savana Bollmann

Hannah Gibson - P

Ariana Ziaie-Mohseni

Stagecraft

Jennifer Chambers

Sophia Esseily

Katelyn Johnson

Mackenzie Hewitt - P

Senior English

Davion Alford

Chelsea Brigham

Kendra Cornell

Ashley Desmarais

Hope Gallo

Ashlee Martino Tarr

Devin Mastrocola - P

Kylie Peterman

Thomas Schubach

Haley Therrien

Cole Thompson

Jayson Weinmann

Newspaper

Purnoor Bhatthal - P

Alexa Cotcamp

Salil Dudani

Health

Alexandra Davis

Agueda Sofia Hernandez

Taylor Schafer

Liane Sequeira

Kyle Sandon Smith - P

Digital Photo

Evan DeLoach

Haley Fedden

Jennifer Modes

Kaitlin Straka

Jonathan Veta

AP Computer Science

Michael Traver - P

College Career Planning

Jeffrey Evans

Kimberley Fredenburg - P

Kelley Gomez

Charles Zhang

Drawing & Painting

Sara Deming

Delaney Lee

Ashlee Martino-Tarr - P

Katherine Rudzki

Kristen Shutt

Ariana Ziaie-Mohseni

Photography

Christine Caley

Micaela Campagna

Hannah Gibson - P

Christina Lubarsky

Casey Rhatigan

Cooper Sholder

Ceramics

Katie Capps - P

Ashley Landry

Kevin Pichinte

Alexander Rubalcava

Lauren Shepherd

Sara Shepherd

Orchestra

Sloar Hill-Lindsay

Jonathan Nagano

Katherine Perkins - P

Meagan Vigus

Band

Henry Hall

Emma Suffridge

Rachel Trant

Kelli Yogi - P

Rensselaer Certificate

Devin Valenciano

English II Accelerated

Savana Bollmann

Jed Bradshaw

Shane Djokovich - P

Emily Horton

Nicole Lafin

Liam McCann

Olivia O'Brien

Jennifer Smith

AP Literature

Jenifer Gross

Christina Lubarsky - P

Heidi Molga

English II

Danielle Brooks

Luca Digby

Yolanda Fonseca

Laura Johnson

Taryn Johnson - P

Alex Kassam

Kathryn Kieman

Blaklee McMillen

Elizabeth Mejia

Susanna Wallwork

Reading

Stephanie Alonso Avalos P

Mackenzie Braun

Paige Horn

Brooke Macias

AP Literature Cont.

Laura Jane Papageorge

Brian Tolles

Dance

Aubrienne O'Meara

Laura Jane Papageorge - P

Alissa Wilsey - P

Musical Theater

Jenifer Gross

Ramzi Jneid

Geoffrey Kaufman

Julie Wickstrom - P

Drama

Savannah Barker

Samantha Bentson - P

Tanya Lien

Natalie Testa

Vocal Music

Leah Bray

Kelsey Clifford

Michelle Guidas

Jeremy Knappe - P

Justin Massey

Emma Werderman

AP Music Theory

Katherine Perkins - P

Lauren Shapiro

Culinary Arts

Marina Arruda

Jonathan Bloch - P

Luis Osorio

Riley Weber

Kristopher Wentworth

Advance Life Science

Ian Blackwelder

Kirsten Kane

Christina Lubarsky - P

Devin Mastrocola

Rebecca Phillips

Nicole Pierce

Coordinated Sci I

Michael Constantine

Holly Erwin

Elsy Hernandez

Megan Lloy

Garrett Trevers - P

Coordinated Sci II

Dean Brockman - P

Christian Martinez

Dylan Richardson

Hero Sinclair-Wagner

Ryan Steele

Chemistry

Rachel Canoun

Kyle Hirouji

Connor King

Paige LaBarre

AP Lanaguage

Alexandria Anderson - P

Alina Calva

Alexa Cotcamp

Claire Hirashiki

Annie Li

Casey Rhatigan

English I Accelerated

Natalie Benrubi

Kelsey Borovinsky

Leila Haghi

Katherine McGauley - P

Cade Montgomery

Kayla Sakai

Emma Suffridge

Devin Trabant

SDAIE English

Yui Kamio

Noe Munguia

Brian Munguia Barcenas

Marlene Vera - P

Chemistry cont.

Gabriel Montgomery P

Gilliam Slee

Alexandra Smith

Physics

Darci Lawrence - P

Kyle Norman

Victoria Wing

Laura Wilke

Biology

Connor Bidgood

Amanda Buckingham

Elenna Erkeneff

Kelley Gomez

Leila Haghi

Rebecca Hutton

Katherine McGauley - P

Earth Sciences

Zachary Alario

Katherine Damiano

Ashley Desmarais

Dylan McDaniel

Coleman Valentine - P

AP Life Science

Jessica Agle

Theresa Chappell

Connor Ito - P

Cassandra Pestana

Cadey Rhatigan

Brian Tolles

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Sexting

In the last couple of months I have had several people come up to me and ask that the PTSA present a parent/student education night on the topic of "Sexting." I have been told by counselors that sexting is becoming out of hand in our community. Since it is too late in the year to add another parent education night I felt compelled to share this story so our Dana Hills Family can become aware of what sexting is and the possible consequences. I first saw the CNN Report on Television and after searching the internet was able to find it. This is an important subject and I urge you to read this with your teens. -Marilyn Amato

"The National Campaign to Prevent Teen & Unplanned Pregnancy, a private nonprofit group whose mission is to protect children, and CosmoGirl.com, surveyed nearly 1,300 teens about sex and technology. The result: 1 in 5 teens say they've sexted even though the majority knows it could be a crime.

Phillip Alpert found out the hard way. He had just turned 18 when he sent a naked photo of his 16-year-old girlfriend, a photo she had taken and sent him, to dozens of her friends and family after an argument. The high school sweethearts had been dating for almost 2½ years. "It was a stupid thing I did because I was upset and tired and it was

the middle of the night and I was an immature kid," says Alpert.

Orlando, Florida, police didn't see it that way. Alpert was arrested and charged with sending child pornography, a felony to which he pleaded no contest but was later convicted. He was sentenced to five years probation and required by Florida law to register as a sex offender.

"Sexting is treated as child pornography in almost every state and it catches teens completely off guard..."

"You will find me on the registered sex offender list next to people who have raped children, molested kids, things like that, because I sent child pornography," says Alpert in disbelief, explaining, "You think child pornography, you think 6-year-old, 3-year-old little kids who can't think for themselves, who are taken advantage of. That really wasn't the case."

Alpert's attorney Larry Walters agrees and he's fighting to get Alpert removed from Florida's sex offender registry. The law

lags behind the technology, he says. "Sexting is treated as child pornography in almost every state and it catches teens completely off guard because this is a fairly natural and normal thing for them to do. It is surprising to us as parents, but for teens it's part of their culture."

Critics, however, say child pornography laws on the possession or dissemination of graphic images were never meant to apply to teen sexting and that these teenagers usually have no criminal intent when they send pictures to each other.

As for Alpert, life is not easy as a registered sex offender, a label he will carry until the age of 43. He's been kicked out of college, he cannot travel out of the county without making prior arrangements with

his probation officer, he has lost many friends and is having trouble finding a job because of his status as a convicted felon. He says he feels terrible about sending the photo of his ex-girlfriend, especially since they were once so close.

At the same time, Alpert says, "I'm being punished for the rest of my life for something that took two minutes or less to do." Says attorney Walters, "Some judges have the good sense and reasonableness to treat this as a social problem and others are more zealous in their efforts to put everybody away and I think it's time as a society that we step back a little bit and avoid this temptation to lock up our children."

By Deborah Feyerick and Sheila Steffen, CNN's [American Morning](#)

Student Achievement Awards

Continued from page 5

AP Chemistry	Brenden Meek
Claire Hirashiki	Jamie Mondello
Shana Hu	Victoria Packer
Garret Jancich - P	Nathan Tan
Ryan Lindeborg	Yearbook
Benjamin Tearle	Katherine Albright
AP Physics	Kevin Fuhrmann
Alexandria Anderson	Lauren Rodgers
Stephanie Campbell	Jesse Sharps
Michael Lindeborg	Anais Ziae-Mohseni - P
Lauren Rodgers	English I
Jesse Sharps - P	Irene Barraza
SDAIE Science	Julia Cheng
Alma Ambriz Nunez - P	Emily Copp
Bausch & Lomb	Holly Erwin
Alexandria Anderson	Noelle Goetz
English III	Mitchel Jenks
Matthew Burchill	Brooke Lewis
Kayla Delucia	Sarah Martino - P
Jasmine Dillon	Krista Paulsen
Nataly Herrera	Kimberli Portillo
Cody Ikegami	Beau Postal
Bradley Johnson	Crystal Roth
Emily Langill	Matthew Slade
Daniel McAndrews - P	Andrew Werderman
	Gabrielle Zimmerman

ASU Keeps School Spirit in High Gear



Lin won the office once again. Soon to be Junior Allie Gersten assumed the position of Vice President. Furthermore, Mia McKown and Jack Bushnell, Amanda Anderson and Dylan



and we hope that she enjoys her pina colodas on the beach.

The springtime tradition of **Battle of the Sexes** was a huge hit as expected this year, despite the new district policy banning inflatables. Pep duo, Christine Ferry and Seena Foroutan delivered with a spectacular show. The girls' team came out with a victory, and the traditional Male Cheerleaders impressed as usual.



Castagno, and C.J. Angle and Sarah Martino each won their respective class elections.

Junior Secretary/Treasurer Mia McKown planned the annual Junior-Senior Prom. Under the theme "You Belong With Me," the Prom took place at the Phoenix Club in Yorba Linda on June 5th.

Ken Nedler would like to note that this year was one of the finest years of ASU and one of the most productive years in popular opinion.

After the Battle of the Sexes, ASU took no time to rest as elections were underway. Incumbent President Jeremy

In other news, Junior President Connor Angle and

As the year closes, ASU would like to acknowledge our friend and school clerk, Yolanada Villareal, for all of her hard work over the past years. She will be missed,



Who YOU Are Makes a Difference

A teacher in New York decided to honor each of her seniors in high school by telling them the difference they each made. Using a process developed by Helice Bridges of Del Mar, California, she called each student to the front of the class, one at a time. First she told them how the student made a difference to her and the class. Then she presented each of them with a blue ribbon imprinted with gold letters which read, "Who I Am Makes a Difference."

Afterwards the teacher decided to do a class project to see what kind of impact recognition would have on a community. She gave each of the students three more ribbons and instructed them to go out and spread this acknowledgment ceremony. Then they were to follow up on the results, see who

honored whom and report back to the class in about a week. One of the boys in the class went to a junior executive in a nearby company and honored him for helping him with his career planning. He gave him a blue ribbon and put it on his shirt. Then he gave him two extra ribbons, and said, "We're doing a class project on recognition, and we'd like you to go out, find somebody to honor, give them a blue ribbon, then give them the extra blue ribbon so they can



acknowledge a third person to keep this acknowledgment ceremony going. Then please report back to me and tell me what happened."

Later that day the junior executive went in to see his boss, who had been noted, by the way, as being kind of a grouchy fellow. He sat his boss down and he told him that he deeply admired him for being a creative genius. The boss seemed very surprised. The junior executive asked him if he would accept the gift of the blue ribbon and would he give him permission to put it on him. His surprised boss said, "Well, sure." The junior executive took the blue ribbon and placed it right on his boss's jacket above his heart. As he gave him the last extra ribbon, he said, "Would you do me a favor? Would you take this

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A Sincere Thank You to our PTSA Contributors:

Last	First
Ackerman	Sandy
Ahmadi	Jenny
Aitchison	Beth
Aldrich	Brooks
Alston	Shelli
Amador	Lorelei
Amato	Marilyn
Anderson	Kim
Angle	Connor
Angle	Paul
Ashen	Monette
Ashton	Jeffrey
Azarnia	Nozar
Barrom	Kersten
Behzedi	
Madani	Shivin
Bell	Janice
Belling-	
hausen	Karin
Belville	Lisa
Benrubi	Rina
Bentson	Carla
Berouti	Aiman
Bill	Derek
Blau	Cory
Block	Arnold
Bohne	Barbara Ann
Boroff	Kevin
Bradley	Susan
Bradley	Eileen
Braunstein	Lynette
Brown	Natalie
Brunell	Gail
Bryant	LaTonaya
Buckingham	Mindy
Buggert	Jerry
Burchill	Philip
Burns	Patti
Burton	Nancy
Bushnell	Lynn
Canterbury	Vicki
Carpenter	Laurie
Carter	Carolyn
Carter	Nick
Cerutti	Jennifer
Charton	Stella
Chasman	Barbara
Cheng	Kai
Cheng	Kathleen
Chiate	Laura
Chon	Ling
Churlonis	Melissa
Clayton	Rhonda

Last	First
Cleary	Tori
Cocuzzo	Jodi
Coleman	Joe
Costa	Natalie
Cox	Evelyn
Craft	Christy
Cramm	Tenney
Crum	Wendy
Danskin	Kathy
Demetre	Sherri
Diamond	Annie
Diba	Ali
Dietiker	Terri
Dorsey	Rima
Doyle	Nancy
Dube	Cathy
Dunn	Trisha
Ehlers	Janice
Ehlow	Angela
Eljenholm	Mark
Erwin	Sandra
Evanovich	Mila
Farooqi	Samina
Fitzgerald	Carrie
Flora	Betty
Frahm	Dan
Fredenburg	Cheryl
Froemmling	Ford
Frykman	Regina
Galbraith	Chari
Gandhi	Kim
Garcia	Teruel
Gault	Cindy
Gex	Beth
Gieselman	Mary
Godlewski	Taline
Goode	Andrea
Gordee	Susie
Gordon	Wendy
Gravitt	Ellen
Grayden	Dr. Michelle
Greenspan	Julie
Grimes	Art
Gross	Stephen
Hart	Lenore
Hart	Scott
Hatch	Keith
Heredia	Janice
Hessenauer	Sharman
Hitchcock	Tara
Hodge	Elisabeth

Last	First
Howe	Rita
Howit	Susan
Ito	Sheree
Jackman	Charity
James	Mara
Jayanthi	Madhavi
Jelic	Renata
Jones	Amy
Julian	Jenne
Kaemerle	Nicole
Kavanaugh	Kerry
Kaylor	Kathleen
Kersh	Wendy
Kim	Kihwa
Koch	Jana
Kouatli	Kal
Kronquist	Caren
Kuwahara	Mark
Lam	Doris
Lien	JoAnne
Lim	Julie
Logan	Michael
Logan	Alicia
Longordo	Ariane
Martino	Dana
Masline	Shari
Mastropaolo	Arletta
Matranga	Melinda
McAndrews	Maureen
McCormick	Charlotte
McCreadie	Jeanne
McIntosh	Patrick
McNicholas	Martha
Messick	Ken
Milanowski	Darcy
Moeller	Sheila
Morales	Cristine
Moreno	Mary Anne
Morris	Jan
Moslehi	Shani
Mossavi-Talebi	Mahin
Mucci	Linda
Nelson	Maria
Nicklin	David
Nilmeier	Claire
Null	Susan
O'Connor	Sean
Paride	Gayle
Paul	Cindy
Paulsen	Andrea
Pfeil	LeAnn

Last	First
Provost	Todd
Repper	David
Rhodes	Sharon
Rigoni	Cynthia
Riiska	Erik
Rinaldini	Caryn
Rinchik	Sandy
Robelotto	Kristen
Roge	Richard
Roknich	Christe
Ross	Judy
Rothschild	Maria
Rueda	Donna
Salcido	Martha
Sammon	Gary
Samuelian	Sherie
Shapiro	Kathy
Simmons	Carol
Sittler	Diana
Small	Bonnie
Smith	Jeannine
Spener	Kay
Stier	Janet
Stilwell	Susan
Sturgeon	Emily
Takeshita	Robert
Tate	Laura
Thayer	Lisa
Thein	Diana
Trabant	Vickey
Trachtman	Benjamin
Tran	Soan
Valentine	Jill
Varney	Rosemary
Vienneau	Barbara
Vroom	Kris
Waddell	Dr. Jennifer
Wagner	Yvon
Wakefield	Brandon
Weinhardt	Carol
White	Holly
Wilkins	Linda
Williams	Jeannine
Wiltse	Kathleen
Winokur	Sara
Yocca	Laurel
Yu	Florence
Zauner	Timaree
Zimmerman	Tiffany

Counselor's Corner By: Nancy Wilburton, M.S.

Parenting a Child Through Grief

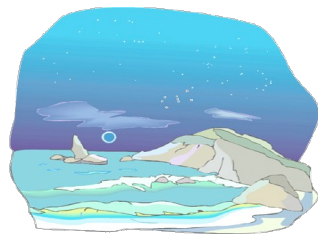
As parents, we want to protect our children from experiencing the pain of grief. Naturally parents have the protective desire to shield their children from adversity and want to fix what causes our children emotional pain. When children experience loss, especially during the adolescent years when the reality of death becomes all too real, parents often have difficulty knowing how to help their child through grief. Since adolescence is already a time of extreme turmoil and a period of self discovery and self doubt, death may become a big crisis in a teen's world. Their perception of immortality is shattered by the death of a family member or a good friend. To make things worse, teens have such a great fear of being perceived as "different" that they often resist grief groups or "counseling". As a parent, you are your child's best support during this time. The following are some guidelines to help you as you walk with your child through experiencing grief:

Clarify questions. Ask something like, "Are you asking what our family believes about what happens to a person after he dies?" The question, "What would you like to know?" helps clarify what your child is asking.

Tell the truth. It is widely thought that children can accept the truth, no matter how painful, much more easily than they can handle being deceived. Always be willing to say, "I don't know but I'll help you find out." Lies never protect but only breed mistrust.

Know that grief is not just emotional. You may notice that your child is temporarily withdrawn or acting out. There still needs to be firm boundaries and the rules still apply, but be aware that this is how some children express the anxiety and anger of grief. He/she may have difficulty concentrating but these behaviors are usually short lived.

Share stories. If the deceased was your child's classmate, ask questions like, "What did you like best about him/her?" or "What do you remember most about him/her?" If you have stories about that person's life, share them.



Model healthy grieving. You cannot shelter your child from death and grief and this wouldn't help them anyway. Your child needs to see a healthy model for how to grieve rather than an attempt to "protect" them. Allow them to see your tears and sadness, encouraging

them to experience grief. Sadness is okay.

...ask questions like, "What did you like best about him/her?" or "What do you remember most about him/her?"

Talk about the funeral in advance. Explain what will happen by explaining how it will feel, what they may see, and how other people may choose to honor that person's life.

Do something. Make a card, select a fruit basket or a plant together and deliver it personally. Prepare a meal and take it to the family. Go have ice cream together and talk about your favorite stories of the person who died.

After the death of a loved one, parents often assume that children need or benefit from professional therapy. This may or may not be the case. There is no hard evidence that therapy following a death of a loved one is a must. However, if your child is presently or has recently been under the care of a therapist due to anxiety, behavioral issues, mood disorder, or other reasons, you should notify the therapist of this new loss in your child's life. Most issues during a period of grief are short lived and will

resolve in a couple of weeks. However, if behaviors are interfering with your child's life or don't subside in a few weeks you may want to speak with your pediatrician for a referral. Never be afraid to ask for help from a professional who has experience with helping children through grief.

The following are some suggested books dealing with grief specific for teens:

[When a Friend Dies: A Book for Teens About Grieving and Healing](#) by Marilyn E. Gootman

[The Grieving Teen: A Guide for Teenagers and Their Friends](#) by Helen Fitzgerald

[Straight Talk About Death for Teenagers](#) by Earl A. Grollman

[Fire in My Heart, Ice in My Veins: A Workbook for Teens in Grief](#) by Enid Samuel Traisman

Suggested reading for Parents:

[The Grieving Child: A Parents Guide](#) by Helen Fitzgerald

[35 Ways to Help a Grieving Child](#) by the staff of the Dougy Center

[Helping Teens Work Through Grief](#) by Mary Kelley Perschy

[Children Grieve, Too](#) by Joy and Marvin Johnson

Nancy Wilburton is available M-F at DHHS at 496-6666 ext. 2886.

*Parenting a Child Through Grief by William Hoy

Dana Hills Legislative Update By: Kim Anderson and Kara Ahmann, Legislative Co-Chairs

LOCAL

CUSD Budget:

The budget deficit for the 2010/2011 school year is approximately \$34 million. \$19.7 million has been saved through the settlement with CUEA which leaves about \$9.5 million to identify before June 15. An additional almost \$6 million has been approved in identified cost savings or revenue opportunities. No settlements have been reached yet with the other units in negotiation and management.

Superintendent Search Process:

After a nationwide search Dr. Joseph Farley was selected as the new Capistrano Unified Superintendent. Dr. Farley is currently serving as Superintendent of the Anaheim Union High School District. He will join CUSD on July 1 and begin the transition with Interim Supt, Bobbi Mahler.

May 11 Board Meeting:

Classified Layoffs – The board approved a resolution to notify classified management employees of a potential reduction of work year and/or salaries and a resolution to notify classified non-management employees of layoffs.

Teacher Layoffs – The board discussed continuing to decrease the number of teachers laid off as updated financial information

becomes available, and staff would capitalize on all available funding sources to rehire teachers. The board voted 5-1 with Trustee Palazzo dissenting to approve the resolution and authorize final layoff notice



impacting 46 employees.

San Juan Hills HS Aquatics Center – Trustees gave staff direction to move forward to get a bid.

STATE

Sacramento trip – May 25 & 26

About 30 of us from our Capistrano Unified Council PTSA (CUCPTSA) Legislative Team spent two days in Sacramento listening to top education experts as well as advocating for the kids of CUSD. Our guest speakers included:

- ◆ State PTA: President, Jo Loss; Dir of Legislation, Debbie Look; Executive Director, Paul Richman
- ◆ California State Treasurer - Bill Lockyer
- ◆ Paul Navarro – Deputy Legislative Secretary to Governor Schwarzenegger
- ◆ Rick Simpson – Deputy Chief of Staff to Speaker John Perez
- ◆ California Dept of Education
- ◆ Legislative Analysts Office
- ◆ Scott Plotkin – Executive Director of the California School Boards Association
- ◆ Assembly Member Mike Feuer – Co-Chair of the Assembly Select Committee on

Improving State Government.

We also met with all six legislators, or their staff, that represent Capistrano Unified: Assembly Members Harkey, DeVore & Miller and Senators Walters, Wyland & Harman.

Hot Topics were:

1. State budget: The Governor's May Revise projects a state deficit for the upcoming fiscal year of \$19.9 billion. For 2010/11, the Governor is still proposing a cut of \$2.5 billion to K-12 Education.

2. Governance Reform: The Chairs of the Assembly Select Committee on Improving State Government, recently announced a major package of reforms based on ideas from the bi-partisan, good government group California Forward. These ideas include a pay as you go system for the majority of legislation; limits how one-time revenues could be expended; lowers the vote threshold for the budget to a majority and forfeits legislator pay, after June 25th, if the Legislature has not passed a budget.

3. Teacher Reforms: SB 955 – Huff. This legislation introduced by Senator Bob Huff would allow districts to lay off and transfer teachers based on effectiveness and subject need. Currently state law requires such employment changes to be made based on seniority. The bill would also allow school districts to notify teachers of layoffs by May 15, two months after the current deadline, allowing them to wait until budgets are finalized before making staffing decisions.

4. Common core standards:

The Governor and the Legislature are in the process of naming a 21-member commission that will make its recommendation on common core to the State Board of Education by July 15. The

Academic Standards Content Commission would compare California's standards with common core and decide which is better. If it basically liked common core, then, in line with federal guidelines, it could alter no more than 15 percent of them. The State Board of Education, once getting the commission's recommendation by July 15, must then vote the package up or down. It cannot make any changes.

FEDERAL

Race To The Top Update: The California Department of Education announced on April 30 that California will apply for up to \$700 million in federal funds during Phase 2 of the Federal Race



to the Top (RTTT) program. For this application, the state has asked six school districts to take the lead in formulating a detailed reform plan for the application.

Proposed Education Stimulus

Fund: In December, the House passed an education stimulus fund to save education jobs. The Senate is currently considering a similar education stimulus bill that would provide \$23 billion dollars in federal stimulus funds to save and restore some 300,000 jobs in K-12 schools. California would receive an estimated \$2.5 to \$3.0 billion if passed.





SOCSA 2010 SHOWCASE & ARTS CELEBRATION

- *DANCE*
- *INSTRUMENTAL*
- *THEATRE*
- *VISUAL*
- *VOICE*

Saturday, June 12th at
5pm at San Juan Hills
High School Theater

Come Join the Party! As

South Orange County School of the Arts celebrates our 15th year of arts education, this year's Showcase 2010 performance and art exhibition features the year-end work of the 400+ SOCSA Academy



students and will be held on June 12, 2010 at San Juan Hills High School Theater in San Juan Capistrano.

This event is SOCSA's year end culmination of student achievement in performance and visual arts that involves all 5 SOCSA departments in one amazing evening. Food will be available during the Celebration. All proceeds benefit the SOCSA program. We will have a silent auction, raffles and more .

Buy your tickets online at socsarts.org

Included in the evening are:

◆ **5pm-7pm**
SOCSA Showcase Art Exhibit, Silent Auction, Art Celebration Party, and Dinner.

◆ **7pm-10pm**
SOCSA Showcase Stage

Performance.

Ticket Prices:

- ◆ Orchestra Center Stage: \$75 for adults, students and senior citizens
 - ◆ Orchestra non center stage: \$50 for adults \$35 for students and senior citizens
 - ◆ Balcony first row \$60
 - ◆ Balcony non first row is \$50 for adults \$35 for students and senior citizens
- Showcase will be held at:
San Juan Hills High School Theatre, 29211 Vista Montana, San Juan Capistrano, CA 92675
- For more information, call 949 240-1994

Mike Darnold, Student Interventions and Advice — Here for you all summer!

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- ◆ Providing 24/7 Hot-Line Crisis Response and Website
- ◆ Staff Training/Parent Education/Mentoring
- ◆ Any Day/ Any Time (949) 395-7275
- ◆ www.earlyinterventionteam.org

News Summary

May 19, 2010

The [American Academy of Pediatricians](#) (AAP) has recommended that doctors screen all of their young patients for alcohol use starting in middle school, the [Wausau Daily Herald](#) reported May 15.

The AAP [Committee on Substance](#)

[Abuse](#) released a revised [policy statement](#) on youth alcohol use on May 1. "A remarkable amount of brain development is still occurring for young people through their 20s," said report lead author Patricia Kokotailo of the University of Wisconsin School of Medicine and Public Health. "This policy statement provides better evidence about how alcohol affects the brains of young people and why it is important to screen children."

Committee chair Janet Williams of the University of Texas Health Science Center at San Antonio said that most doctors don't routinely ask about youth alcohol use, and need to know how to provide prevention



guidance and where to refer young drinkers to treatment.

<http://www.jointogether.org/news/headlines/inthenews/2010/all-kids-should-be-screened.html>

More Information

Orange County has started an affiliation with Drug Free.org called Partnership for Drug Free Orange County.

For more information, go to the following website:

www.drugfree.org

This program funded through the generosity of the City of Dana Point

2010-2011 Registration Information

In an effort to avoid long lines, we are scheduling students by day and time, according to your last name. Please arrange your schedule to be here during your scheduled time.

SENIORS – Monday, August 16

S-Z 7:30 A.M.
M-R 8:30 A.M.
G-L 9:30 A.M.
A-F 10:30 A.M.

M-Z FRESHMEN – Tuesday, August 24

U-Z 7:30 A.M.
S-T 8:30 A.M.
P-R 9:30 A.M.
M-O 10:30 A.M.

JUNIORS – Tuesday, August 17

A-Z 7:30 A.M.
M-R 8:30 A.M.
G-L 9:30 A.M.
A-F 10:30 A.M.

A-L FRESHMEN – Wednesday, August 25

I-L 7:30 A.M.
G-H 8:30 A.M.
D-F 9:30 A.M.
A-C 10:30 A.M.

SOPHOMORES – Monday, August 23

S-Z 7:30 A.M.
M-R 8:30 A.M.
G-L 9:30 A.M.
A-F 10:30 A.M.

MAKE-UP DAY – Monday, August 30

All Students 7:30 – 11:30 A.M.

(If you are interested in volunteering for registration, please contact dhhsregistrationvolunteer@cox.net)

NEW STUDENT REGISTRATION

Monday – Friday 7:00 A.M. – 12:00 P.M., May – June, no appointment necessary

If you are unable to attend registration on your assigned date or the make-up day (August 30), you may return your completed packet on any of the assigned days after yours. If you are unable to do this, you must hand in all information on the first day of school, Wednesday, September 7, at the designated tables. Class schedules will only be released upon receipt of the completed packet. (Make-up days for ID pictures will be announced).

On registration day you will take your ID picture, arrange for a locker (with a partner and your ID), and pay for various items such as yearbook, ASU card, etc. You must have a copy of your locker partner's ID. **Textbooks will not be checked out during registration. Students will be checking out books during the first week of school.**

IMPORTANT DATES:

School Begins Tuesday, September 8th

Deadline to add a new class: 10 days after the beginning of the new semester
Deadline to make a level change: 5 days after receiving the 1st progress report
Deadline to drop an elective course: 5 days after receiving the 2nd progress report

Remember:

Freshmen and sophomores must be enrolled in six classes. Saddleback classes do not count as one of your six required classes.

Junior and seniors must maintain a **minimum** of five classes. If one of your five classes includes an ROP, Saddleback or work experience class, you and your parent must sign a contract stating that you **will not** drop the class. If for any reason you are dropped, you will no longer be enrolled in your five required classes and may be referred to an alternative high school program.

Who YOU Are Makes a Difference

(Continued from page 7)

extra ribbon and pass it on by honoring somebody else? The young boy who gave me the ribbons is doing a project in school and we want to keep this recognition ceremony going and find out how it affects people."

That night the boss came home to his 14-year old son and sat him down. He said, "The most incredible thing happened to me today. I was in my office and one of the junior executives came in and told me he admired me and gave me a blue ribbon for being a creative genius. Imagine. He thinks I'm a creative genius. Then he put this blue ribbon that says "Who I Am Makes A Difference" on my jacket above my heart. He gave me an extra ribbon and asked me to find somebody else to honor. As I was driving home tonight, I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you.

"My days are really hectic and when I come home I don't pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for your bedroom being a mess, but somehow tonight, I just wanted to sit here and, well, just let you know that you do make a difference to me. Besides your mother, you are the most important person in my life. You're a great kid and I love you!"

The startled boy started to sob and sob, and he couldn't stop crying. His whole body shook. He looked up at his father and said through his tears, "I was planning on committing suicide tomorrow, Dad, because I didn't think you loved me. Now I don't need to." -
--- By: Gretchen



Hospitality Chair Needed

The DHHS PTSA has an opening for our Hospitality Chair(s) for the 2010-2011 school year. If you (or you and a friend!) enjoy coordinating events, this is the job for you! You will receive an awesome binder with all of the details--food counts, expenses, invitations, contacts, helpful hints, etc., and a briefing by our former chairs.

Responsibilities:

Breakfast with the Principal on the day of Freshman Link Crew Orientation

Wednesday, September 1, 10:00 a.m.

Coordinate a continental breakfast for approx. 300 parents. Food and drink items are donated by the PTSA Board and Coffee Importers.

Teachers Welcome Back Luncheon

Usually the Friday before school starts.

Luncheon for 125-150 teachers.

Teachers' Winter Holiday Luncheon

The last day of school before winter break

PTSA's involvement usually includes: decorations, paper goods, donated desserts, and possibly beverages.

Teacher Appreciation Week Luncheon

The Friday of Teacher Appreciation Week

Luncheon for all staff and teachers, approx. 150-200. Invitations and a token of appreciation are placed in their mailboxes the week before and the Staff Lounge is decorated for the week.

If you are interested in learning more about this important position, please contact Marilyn Amato, PTSA President, amatos@cox.net, or Gayle Paride, PTSA president-elect at gparide@pacbell.net.



Textbook Collection Needs You!!!



It's hard to believe that this school year is almost over and summer is upon us. Before we can begin our summer vacation Dana Hills High School needs to collect over **15,000 textbooks that need to be put away and stored and that means WE NEED YOU!**

The following are the dates and times that volunteers are needed:

June 17th, 7:30am - 11:00am; 11:00am - 3:00pm

June 18th 7:30am - 11:00am; 11:00am - 3:00pm

June 21st 7:30am - 11:15am; 11:15am - 1:30pm

June 23rd 7:30am - 11:15am; 11:15am - 1:30pm

Please contact Shari Masline sharimasline@cox.net to volunteer or for additional information. **Thank You !!!**

Let us Guide You Through the Year

GUIDANCE NEWS

JUNE 2010

Unbelievably, we are approaching the closing of the 2009-2010 school year. Wasn't it just yesterday we welcomed our ninth graders and greeted our parents at Back to School Night? Now we are preparing to bid farewell to our outstanding seniors and wish them well as they enter the next phase of their lives. The Dana Hills High School Commencement Ceremony will be held on **Wednesday, June 23, 2010 at 4:00 pm** in our stadium. The gates will open at 2:00 pm. Seating will be temporarily halted at 3:50 during the Senior Processional. Please see additional Commencement information in this newsletter. We look forward to sharing this memorable event with you and highly encourage you to arrive as early as possible.



The entire DHHS staff wishes to thank all the 9th, 10th, and 11th graders who did such a commendable job on their **STAR testing**. We appreciate your effort and your genuine concern in doing your best! Results will be available by the end of August. In addition, we extend our sincerest congratulations to our students who participated in AP testing during the month of May. Your exemplary efforts are recognized!

Each year one student is honored as the Dolphin of the Year. Congratulations to the top six students who were this year's nominees; **Saam Alikhani, Jessica Ashton, John Carney, Michael Lindeborg, Lauren Rodgers and Brian Tolles.**

Please remember to pick up your child's registration packet at DHHS this summer. It will include pertinent information in regard to fall adjustment registration, organizations and clubs, school standards, sporting activities, etc.

You may visit our school to **pick up your packet** on the following dates:

August 11 (9 a.m.-1 p.m.)

August 12 (4 p.m.-7 p.m.)

August 13 (9 a.m.-1 p.m.)

REGISTRATION DATES ARE:

Seniors – Monday, August 16

Juniors – Tuesday, August 17

Sophomores – Monday, August 23

Freshmen (M-Z) – Tuesday, August 24

Freshmen (A-L) – Wednesday, August 25

Makeup Day – Monday, August 30

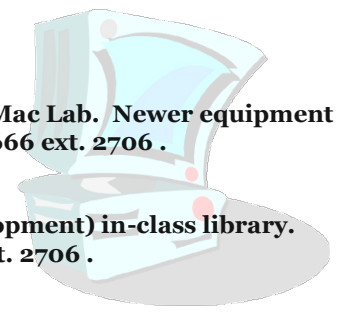
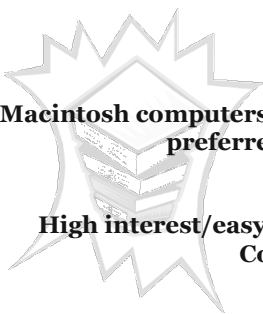
Freshmen Orientation – Wednesday, September 1st (10 a.m. – 2 p.m.)



WANTED

Macintosh computers and peripheral equipment and software wanted for Dana Hills Mac Lab. Newer equipment preferred. Contact Bill Prestridge <bgprestridge@capousd.org> 496-6666 ext. 2706 .

High interest/easy readability teen books wanted for ELD (English Language Development) in-class library. Contact Bill Prestridge <bgprestridge@capousd.org> 496-6666 ext. 2706 .



Library / Media Center News

Is the end of the school year really here? This year went by so fast! Our Library / Media Center, as usual, has



been busy all year long. Students use our computer lab (we have great online resources!) and books from our shelves before school, with their class, at break and lunch, and after school too. It's been a great place for them to meet new friends and visit with old ones. They can be seen working hard on projects, cutting and gluing items to display boards, making notes from books, tutoring each other, playing a game of chess, or just quietly reading.

World Book Online

This year we were able to purchase **World Book Online** and **142 new books** (fiction, non-fiction, & biographies) for our library shelves with a generous gift from our PTSA! The books are beautiful and the students love them! **Thank you PTSA!** Students have been logging on to World Book Online here in our computer lab and at home. World Book Online, along with our eBooks and other great links, are available to our students 24/7 from any computer with internet access. Go to the Dana Hills webpage www.dhhs.net, click on Online Lib on the right of

the screen to access our online resources!

Once again a great big **THANK YOU** to all our **Dolphin Pride Students** who volunteered and helped us this year! They spent many hours sorting forms, cleaning and dusting, checking the shelves and counting our books in the storage rooms for our year-end inventory. Thank you sooooo much, you've been a tremendous help! Way to go Dolphins, we are proud of you!

Textbook Returns & Locker Clean-out

As we get closer to the **end of the school year** please remind your students to begin returning the books they no longer need.

Locker Clean-out is scheduled for **June 15th and 16th** during your student's English class. Please remind your student it is their responsibility to clean out their lockers (don't forget their PE locker too!) and



return their books.....don't leave it up to others and take the chance their books won't be returned and will have to be paid for. Remember: We would rather have the book than the money to replace it.

Lockers are provided as a convenience for students to use while at school and a fee of \$10.00 will be assessed if staff must remove books from lockers at the end of the school year.

The Library staff and our PTSA parents are currently plotting and planning for our annual **year-end textbook return!** There will be several textbook check-in locations in addition to the Den of Knowledge (textbook storage room upstairs across the mall from the Library). Students will drop off their texts at various stations (designated by subject) so please watch the bulletin for the station locations and subjects. Thanks to our volunteers, especially Shari Masline, for helping to organize this monumental task.

Volunteers Needed

Want to help and make some great new friends too? **Volunteer to help with our textbook return!** There are 4 shifts available during the hours of 7:30-11:00 and 11:00-3:00. Our volunteers do everything from checking books for damage, watching the computer monitor as the books get checked in, crowd control to book control (shelving books), from guiding students to the check-in locations to guarding the books as they are returned! And we have fun doing it! Give me a call or email dabett@capousd.org and I'll let our organizers know you want to help!

Don't forget we also need **volunteers for next year**

too! Our volunteers are a great help during registration, textbook check out during the first week of school, and all year long by helping our teachers with their copying needs. Please contact me or the PTSA if you would like to join our wonderful volunteers, my email address is dabett@capousd.org and my phone number is 496-6666 ext. 2234.



Thank you's!

Copy Volunteers: A special Thank You to all of our wonderful Copy Volunteers for their help this year copying for our teachers and staff! Also thank you Donna Rueda, Janet Gates, & Judy Ross, for doing such a great job of keeping everything organized!

Thank you everyone – Dolphin Pride, Friends of the Library & PTSA, Textbook Volunteers, and Copy Volunteers – for your support this year! **(Don't forget to sign up for next year)** We appreciate your dedication in helping make Dana Hills High School the great school that it is!

Go Blue!
Dede Bett, DHHS
Library/Media Center
Technician

**Capistrano Unified Council of
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Vacation!



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www.dhhspta.net

Mark Your Calendar....

- *Jun 12, 5-10pm, SJ Hills Theatre*
- *Jun 15, 10-12:30, PTSA Exec Board Meeting*
- *June 15,16, Locker Cleanout Days*
- *June 17,18,21,23, Textbook Collection (Volunteers also needed)*
- *June 23, Last Day of School*
- *June 23, 4pm, Graduation Ceremony*
- *June 23, Grad Nite*
- *Aug 11, 9am-1pm, Registration Packet Pick-up*
- *Aug 12, 4-7pm, Registration Packet Pick-up*
- *Aug 13, 9am-1pm, Registration Packet Pick-up*
- *Aug 16, Senior Registration*
- *Aug 17, Junior Registration*
- *Aug 23, Sophomore Registration*

- *Aug 24, Freshmen (M-Z) Registration*
- *Aug 25, Freshmen (A-L) Registration*
- *Aug 30, Registration Make-up Day*
- *Sept 1, 10-2, Freshman Orientation*
- *Sept 8, School Begins*

