

DOLPHIN DIGEST

Principal's Message by Jason Allemann, Ed. D.



Adding Relevancy and Experience to Student Learning

As a staff, we are always exploring ways to create relevancy and purpose across all our learning experiences for students. This focus on our work can be easy in some instances and challenging in others. When I visit classrooms, I always ask students what their teacher wants them to learn or do during the lesson. A common follow up question is, "How would you use that in your world?"

Students are often more engaged in their learning when they know they can apply it to their world. As educators at DHHS, we all can agree that finding the relevancy for students in their learning is a critical step we challenge ourselves to take.

With programs like the Health and Medical Occupations (HMO) academy, students are able to receive direct access to an environment where they can apply what they learn. They have practical, hands-on experiences in various medical facilities around Orange County. Students in HMO learn about many aspects of the health and medical profession. In history classes, students are able to apply events of the past to modern day issues and challenges. In English, students compare classic novels to modern works and share anecdotes of real world experiences related to written words of times past. In the maths and sciences, students can apply formulas and rules to everyday problems.

As we explore various ways to link learning to relevant student experiences, the Dana Hills High School team makes an effort to listen to students and understand their interests. Additionally, we attempt to understand what our business community and institutions of higher education are saying about trends for future employment and the required skill sets that will go along with them.

Being lucky enough to work and learn in beautiful coastal south Orange County, we are afforded a variety of options in Hotel and Hospitality industry. Many of our students hold entry level positions at our local destination resorts. Thankfully, with

efforts from the City of Dana Point, the CUSD Regional Occupation Program, and the St. Regis Resort, we are in the process of mapping out a Hotel and Hospitality Careers program for our students. This program will afford students a variety of options and experiences within the industry.

All aspects of service will be presented to students with opportunities to explore:

- Catering and Event Management
- Culinary and Stewarding
- Facility Management
- Front Desk
- Food and Beverage
- Guest Services
- House Keeping
- Human Resources and Accounting
- Reservations
- Safety and Security
- Spa Services

The initial coursework will be for a select group of 2016/2017 senior students who have an interest in the hotel and tourism industry. Their learning experience will expose them to the history of the industry, customer service, communications skills and a comprehensive breakdown to all positions within a hotel. Most unique about this experience is that all learning will take place on-site at the St. Regis. With the development of this program, Dana Hills High School is hopeful that we will be able to afford yet another learning opportunity for our students that is rich with relevancy and experience.

Learning is ALL about relevancy and experience.

Go Dolphins!

Jason Allemann, Ed.D.
Principal



Dana Hills High School PTSA Newsletter

Phone:
949.496.6666

Attendance:
949.496.6935

24 Hour Call In:
949.493.7685

School Hours:
Monday-Friday
7:00 am - 3:30 pm

Visit the PTSA
website
www.dhhsptsa.com

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PTSA President's Message by Bonnie Small

I hope everyone had a relaxing (or at least productive) spring break!

The DHHS PTSA continues our work behind the scenes as we head into the last two months of the 2015-16 school year. Campus beautification is always on our mind and we've placed an order for the next phase of our windscreen project. In phase two we'll replace an aging windscreen above the visitor bleachers in the football stadium and replace a section in the center of campus that was vandalized earlier this year.

Thank you to everyone who attended our "WEED through the MYTHS" presentation on March 30th in the Porthole Theater. The marijuana landscape is much changed in the past 20 years and being well informed about the effects on our kids is a priority.

There are many reasons that students might experiment with marijuana, alcohol, prescription drugs, or other substances. Beyond the most common reasons such as peer pressure, wanting to fit in, or teen rebellion, it's important to consider that anxiety, depression, and other mental health issues often begin to manifest themselves during the high school years and students may begin to self-medicate. ***The number one warning sign of depression, anxiety and other mental health conditions is severe, long lasting changes in mood or behavior.***

As parents we know that changes in mood and behavior are very common daily occurrences amongst teenagers, so a wacky day here and there is pretty normal, but if it persists you may want to begin a relaxed, open conversation with your child and really listen. If they are struggling with something, your acknowledgement of their concerns and constant acceptance of them will be a critical first step.

You'd never say, "It's just cancer, just get over it." So why would you say that about depression?

In the past, families have often felt embarrassed to seek help with mental health issues. Today we know that they are caused by real physiological changes in the brain and are often very treatable. With each generation we must all make a concerted effort to end the stigma, and offer support for early intervention. At DHHS we are very fortunate to have excellent counselors and psychologists right on campus and they are a wonderful starting point and resource to all families.

FACT:
50% of mental illness begins by age 14 and 75% begins by age 24.¹

Mental health issues include disorders that affect your mood, thinking and behavior. Unfortunately, there can be long delays, sometimes decades, between when symptoms of mental health issues first appear and when people get help. Studies show that early treatment can make a big difference for successful management and recovery. Encourage family members to have open and honest conversations about their emotional health, just as they do about their physical health, from a young age. If you are concerned about your children's behavior consult with your health care provider. Children with untreated mental health symptoms are more likely to try alcohol and other drugs as a way of self-medicating.

FACT:
90% of addictions begin in the teen years.²

A young person's brain is a work in progress. It makes them excellent creative thinkers but not yet fully able to comprehend the consequences of their actions. (It's really not their fault!) In fact, a young person's brain is completing some very important development during adolescence and well into young adulthood. Alcohol, tobacco and other drugs interfere with this development and the same circuitry that makes our kids want to explore new things also makes them much more susceptible to addiction. It also makes it much more difficult for them to recover from substance abuse.

It's important that you stay involved in your teen's life. Get to know their friends, and know that they are appropriately supervised. Teens take their cues from the adults in their life, so it's important to be a good role model when it comes to drinking alcohol, taking medicine and coping with stress. Show them you care about them enough to even let them be mad at you sometimes! Staying consistent shows them that you really care.

Excerpt courtesy of the Laguna Beach Community Coalition and San Clemente Wellness and Prevention Center and reprinted with their permission.

¹"Mental Health Conditions." National Alliance on Mental Illness. Accessed Mar 2016. www.nami.org.

²"The National Center on Addiction and Substance Abuse Annual Report 2012." CASA: The Center on Addiction. Accessed Mar 2016. www.centeronaddiction.org.

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Student Directory

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Executive V.P.
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Registration

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20th Annual Taste of Dana was a Major Fundraising Success!

The 20th Annual Taste of Dana held on Thursday night, March 31st was a rousing success. Proceeds from the ticket sales, silent auction and raffle will benefit the safe and sober Grad Nite celebration for graduating seniors. With a fitting Surf theme, guests were transported to a fun in the sun beach scene and treated to live music from our own Dana Hills student performers. Over two-dozen restaurants offered delicious food tasting while shoppers were delighted at the excellent selection of Silent Auction baskets! Many supporters tried their luck at the Grand Raffle where cash, vacations, Disney tickets, to name a few, were given away.

Class of 2016 Grad Nite!

This year our seniors will graduate on *Thursday, June 9th* and we are working hard to provide them with a wonderful, safe and sober Grad Nite

experience. We spent three weeks selling tickets for Grad Nite at lunch on campus and have sold over 225 tickets already. If you haven't yet bought your ticket for Grad Nite, go to www.dhgradnite.com and purchase your ticket. The price is \$150.00 until April 14, 2016, after that it will increase to \$175.00. You also need to go to the forms section, print out and sign the Grad Nite waiver. There is a folder in the Main Office at DHHS where forms can be turned in. ALL students must have a waiver form on file to attend.

Please take note of the dress code, and other information regarding the evening on the website. We will be giving information about signing up for buses soon! We are looking for chaperones for this fun event too! If you are interested in being a chaperone or helping with the event, please contact Kirsten Stafford at staffordfamily6@cox.net or Kerry Keen at kerrykeen@pacbell.net.



Thank You!

Many thanks to the hundred + staff of volunteers and community partners that made this well-run event one for the history books.

DHHS PTSA Supports the Fight Against Cancer!

Save the Date for this year's Relay for Life of Laguna Niguel and Aliso Viejo on Saturday, August 20th, from 9am to 9pm, at Niguel Hills Middle School in Laguna Niguel.

The Dana Hills Dolphins Relay Team is a founding team of the American Cancer Society's Relay for Life of Laguna Niguel, and we will be back on the track again this year to continue to support the fight against cancer, only this year, the city of Aliso Viejo will be joining us permanently.



Relay for Life is a unique run/walk event that celebrates cancer survivorship and honors those who have lost their battle. Funds raised by this event will be used to provide services for local cancer patients, community education programs and national research projects as we fight to defeat this dreaded disease.

Please join us at this year's Relay. We NEED team members, volunteers and survivors. Student participation is also welcomed and encouraged and this is a great opportunity for students to get a head start earning volunteer hours. Let's show the Aliso Niguel Wolverines our spirit!

Get ready to RELAY! Drop by the Relay for Life Kickoff Party on Tuesday, May 3rd, between 5pm and 7pm, at the City of Laguna Niguel Community Room to learn more about this event, join the Dana Hills Dolphins Team, or start your own team. Join us for food, guest speakers, and raffles

Cancer touches all of our lives and we all have different reasons why we relay. Most of us have either lost a loved one, know someone who is battling the disease, are a survivor, or we just want to find a cure. Whatever your reasons are, come join the Dana Hills Dolphins or volunteer to help at the event. Please visit the website www.relayforlife.org/lagunaniguelca and sign in as a team member or contact Dana Hills Dolphins Team Captain Mara Hornby at mhornby@cox.net for more information.

DOLPHIN PRIDE NEWS

Upcoming opportunities for school service hours:

- **Achievement Awards: May 24, 2016**
- **Senior Awards: June 1, 2016**

HOUR LOG DEADLINES:

Seniors: Must turn their hour logs in no later than Monday, April 25 by 3:00 pm to receive credit for the 2015-2016 school year. Hour logs are to be placed in the PTSA mailbox in the front office. Late applications are not accepted.

Qualifying seniors for gold and silver awards will be posted on the Dolphin Pride webpage by May 20.

Freshmen, Sophomores and Juniors: Must turn in their hour logs no later than Thursday, June 2 by 3:00 pm. Hour logs are to be placed in the PTSA mailbox in the front office. Late applications are not accepted. Qualifying members of first year, bronze and silver levels will be posted on the Dolphin Pride webpage by June 9.

Friends of SOCSA

Spring is in the air and hard to believe another school year is almost over! The Porthole was filled with an array of productions from Vocal choir, Drama, Musical Theater to Dance and Instrumental Music.

SOCSA started off the second semester with dystorshün dance concert; the first ever pop night concert Top 40 Hits concert was debuted followed by an electrifying Oldies Night which showcased pop hits from the past half-century. The drama department showcased the hilarious comedic play “The Bourgeois Gentleman” –credit goes to the talented cast that had the audience in tears from laughing so hard – brava!

Students from Digital Photography, Multimedia Design and AP Studio Art used their whale photographs to design the new logo for the 2017 Festival of Whales. This year, Camden Butterworth’s logo design (seen below) was chosen for the 2016 Festival!



Finally, Vocal Choir presented it annual Opera Night festivities in March with gala event at Soka University followed by an encore performance at the Casa Romantica

in San Clemente. On its 18th year, Opera Night has proved to be a SOCSA tradition that brings talented high school singers from Southern California together for an intensive 11-week program with specific courses designed to inspire greater knowledge of the Operatic Arts. Student vocalists develop their voices by focusing on opera arias, art songs and opera choruses. The event included performances by Vocal Students, Orchestra and Dance Production while showcasing a beautiful art



show featuring student artist from the Visual Arts program.

In support of Opera Night, an Underwriting reception benefit was held at the lovely home of the Takach family. A huge thank you to the Long Beach Opera, The San Diego Opera, and El Niguel Country Club for serving as this year’s corporate sponsors and to the following families for their generation donations for helping to underwrite the event!

As SOCSA heads into the final months of the school year – the results of the hard work, time and effort every single person has made in support of the Friends of SOCSA Booster Club (FOS) and the SOCSA program and shone through. With a goal of raising \$150,000 for the SOCSA Academy – the Friends of SOCSA has raised 69% of their goal! We feel confident with continued support we can exceed our goal and make the SOCSA academy fully funded for future success.

In addition to receiving financial support from our esteemed membership, Friends of SOCSA has been working tirelessly to cultivate new fundraising partners. The FOS team, along with Mr. Woods and Mr. Wade, were in attendance at the January convention of the National Association of Music Merchants in Anaheim (NAMM). We are now thrilled to be the only high school in Orange County that was chosen as a NAMM Foundation partner. We now have a very unique opportunity to connect with potential donors.



Bourgeois Gentleman



Oldies Night



Oldies Night

Booster Club Members:

- Pia Patrick
President
- Sonal Mehta
Secretary/VP of Communications
- Lisa Fry
VP of Dept. Liaisons & Drama/Musical Theater Dept. liaison
- Scott Green
Webmaster
- Carol Taylor
Vocal Music liaison
- Jennifer Golden
Dance liaison
- Trish Rissling
Visual Arts liaison
- Kevin Reeve
Instrumental music
- Susan Hahn
Volunteer Coordinator
- Miriam Guthary
Hospitality
- Amy Betonte
Community fundraising coordinator
- Lisa Wright
Corporate Donation and Grants coordinator
- Kerry Keen
Grand Raffle chair
- Maria Cassareto
Snack Cart

OPERA NIGHT DONORS

- | | |
|---------------------------|----------------------------------|
| The Tusan Family | The McCleary Family |
| The Tilley Family | The Mehta Family |
| The Takach Family | The Zani Family |
| Keeran and Lenny Reidling | Marian Siersbeck |
| The DiCamillo Family | Mr. Alvin and Juanita Brightbill |
| Mary Frome | Mr. Kenneth Perkins |
| Andy Harautuneian | Franco Fieramosca |
| The Keen Family | Christina Nannelli |
| Ginger Silverman | |



Keeran Reidling, Sonal Mehta, Pia Patrick & Lisa Wright, representing SOCSA at the January, 2016 NAMM convention in Anaheim.

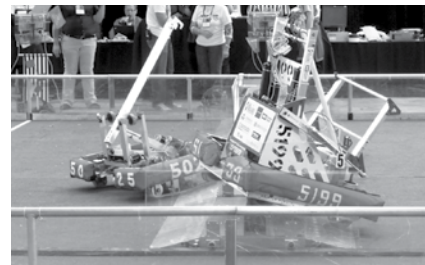
Upcoming SOCSA Performances/Events

- | | |
|-------------|--|
| April 1-3 | ITS Festival (Theater Students) |
| April 6-10 | Choir Trip—Boston |
| April 20-24 | “Gypsy” – Porthole - 7pm (24th show at 2pm) |
| April 29 | Jazz Night – Porthole - 7pm |
| May 12-14 | “The Great Gatsby” - Porthole - 7pm |
| May 18 | Spring Choral Concert - 7pm TBA |
| May 19 | Spring Band/Orch Concert - Porthole - 7pm |
| May 22 | Cappies Gala |
| May 22 | Instrumental Awards – Dana Hills Mall - 11am |
| May 23 | Vocal Awards - SJC Community Center - 6pm |
| May 31 | Fony’s - Porthole - 6pm |
| June 3 | Spring Art Show - Dana Hills Mall - 6-8pm |
| June 4 | Showcase - Capistrano Valley HS |

Our program cannot exist without parent and outside donor support.

STEM At Dana Hills

Next Robotics Team Competition:
Las Vegas | April 1 & 2, 2016



The Robot Dolphins
From Outer Space had a successful competition in Del Mar March 4 & 5, and made it to the semi-finals with their sleek, new robot, built by numerous, hard-working team members with guidance from their skilled mentors.

Summer Robotics Program forming. For more information contact: kevin@cirodesignracing.com or kwatkins887@gmail.com.

Guidance News

Advisement Update:

Parents and Students: Advisement for the fall semester has begun. Students, if you have not signed up for a Student Portal, please see the Guidance Staff for assistance. Beginning March 1 through April 29, students will meet with their academic advisors individually; US History, English I and English II classes will have an appointed day and period to meet with their academic advisor to discuss their course selection for the fall semester. During the advisement period please counsel with your teachers and academic advisor- they are here to help guide you through this process.

Parents will be receiving a letter of their student's course requests for the 2016-17 school year in May. Please review it to be sure it is acceptable to both of you. The form must be signed and returned to Guidance even if there are no course request changes.

College Visits

A representative from Saddleback College will be available on Fridays at lunch to answer questions about enrollment. They will have a table set up directly across from Attendance.

Northern Arizona University
Thursday, April 21, Tutorial - Room 501

Saddleback College Freshmen

Advantage

Seniors planning to attend Saddleback College in the fall need to complete the Freshmen Advantage Program by April 15. Please see your academic advisors for details. In addition, you can pick-up a Saddleback information brochure in the Guidance Office describing the Freshmen Advantage process point by point. Do not delay! Taking advantage of this program will allow you to select your courses for the fall earlier than students that do not enroll before April 15.

2016 Laguna Niguel High School Job & College Fair

The City of Laguna Niguel Youth Committee invites you to attend its annual High School Job & College Fair, Saturday, April 16th from 9am – 12pm. A number of businesses, companies and college representatives will be in attendance to share information regarding their institutes of higher education, job opportunities, career pathways and internships. (Location: City Hall Community Room, 30111 Crown Valley Parkway, Laguna Niguel, CA 92677)

Seal of Biliteracy

Seniors—Applications for the Seal of Biliteracy are now available in Guidance. Please turn in completed forms to Wanda Lewis in Guidance for approval.

Online SAT Tutorials

Get personalized practice recommendations for the new SAT based on your PSAT/NMSQT® or PSAT™ 8/9 results through Khan Academy. Take these steps to link your College Board and Khan Academy accounts. Log-in to or create your Khan Academy account. Agree to link your Khan Academy and College Board accounts. Sign-in to your College Board account and hit "Send" to send your scores.

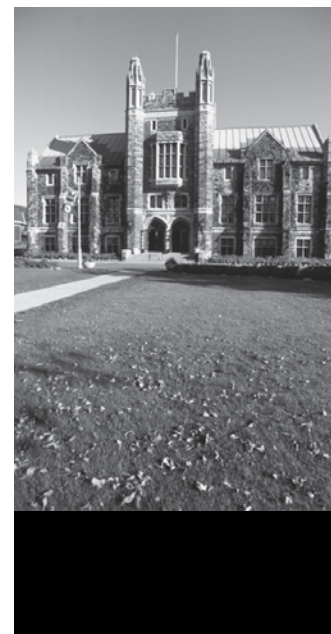
Student Addresses

Please inform the Guidance office immediately if your primary residence has changed or is incorrect in the parent portal. In order to update your address in the portal you must submit a current utility bill with the new address to the attention of Susanna Lomeli in the Guidance office either in person or via email at smlomeli@capousd.org. Please clearly write your student's name and grade on the utility bill before submitting it.

DHHS Guidance Office:

Parents and Students please remember our Guidance team is available to help with any questions you have for your present and future goals. Please be sure to contact your Academic Advisor or any team member in our Guidance office if we can be of assistance.

- Mrs. Kam (student last names A-Coh) - kekam@capousd.org
- Mrs. Casazza (student last names Col-Gou) - amcasazza@capousd.org
- Mrs. Borden (students last names Gra-Lew) - bsborden@capousd.org
- Ms. Lynch (student last names Lic-Ort) - jllynch@capousd.org
- Mrs. Lewis (student last names Os-Sku) - wwlewis@capousd.org
- Mrs. Lee (student last names Sla-Z) - ajlee@capousd.org
- Ms. Lomeli (Registrar) - smlomeli@capousd.org
- Ms. Stevenson (Guidance Secretary II) - castevenson@capousd.org
- Ms. Angie Gutierrez (Guidance Secretary I) - amgutierrez@capousd.org
- Ms. Jones (Guidance Clerk II) - mrjones@capousd.org



Text-A-Tip

Anonymously report harmful situations:
(949) 415-8479

Text-A-Tip is an opportunity for students to anonymously get their peers assistance in harmful situations and report abuse, theft, fights, threats or drug use.

Upcoming Dates to Remember:

- April 4 – 8 SPRING HOLIDAY
- April 11 SCHOOL RESUMES
- June 1 SENIOR AWARDS

Important 2016-17 Calendar Dates

As you are making plans for next year, please remember to check CUSD's 2016-17 calendar on the district's website. Also, please take note of the important DHHS dates below that relate to the 2016-17 school year:

Registration Packet Pick-Up	July 19, 20 and 21 at DHHS
Senior Registration	Monday, July 25
Junior Registration	Tuesday, July 26
Sophomore Registration	Thursday, July 28
Freshman Registration	Friday, July 29
Make-up Registration	Monday, August 8
New Student Orientation	Wednesday, August 10

PLEASE NOTE → **First day of school for the 2016-2017 school year: MONDAY, AUGUST 15TH**

TEACHER OF THE YEAR

Congratulations to 2016 DHHS Teacher of the Year AND CUSD High School Teacher of the Year KRISTINE CLARKE!



Teen Driving Safety Event – MONDAY, MAY 16th

Please join us for an educational program for parents and their teen drivers, dedicated to providing the most up to date driver training information.

Traffic related accidents are the number one cause of death among teenagers today by a margin of two to one and parents should know the facts about teen driver training. We have assembled a team of teen driving professionals that are in the know.

During our ninety minute program, each professional will discuss current issues and new laws and policies that affect our teen drivers and their parents. Don't miss this informative presentation!

Keep in mind, any student wishing to be included in the raffle for a FALL 2016 JUNIOR PARKING PASS must attend this event (or our teen driving event in August/September), be accompanied by their parent, and jointly complete an info sheet and evaluation at the end of the program.

Dana Hills High School Foundation

Stand with us in supporting Dana Hills High School students!



www.dolphinforce.com

Thank you to Dana Hills High School students, families and business community for your generous support. This school year, DHHS Foundation (an independent, parent led non-profit organization also known as Dolphin Force Foundation) has raised funds for the following classroom equipment and supplies:

- Classroom Technology (Chrome Books and Carts, Document Cameras)
- Sports and Weight equipment for use in PE classes
- Science Department supplies for Biology and Chemistry labs
- Math Department supplies
- Library materials

Please support Dana Hills High School Foundation's fundraising campaign. Help DHHS reach our goals:

CLASSROOM TECHNOLOGY



Provide a cart of 40 Chrome Books for every academic department.

STUDENT SEATING

Provide multi-phased installation of student lunchtime seating on campus.



ACADEMIC SUPPLIES AND EQUIPMENT



Provide specialized classroom supplies and materials, such as science lab kits, audio books, and photo paper.

VOLUNTEER

Students - Website and social media, Silent Fundraisers

Parents- Treasurer, Secretary, Membership

SUPPORT "SILENT" FUNDRAISERS

RALPHS COMMUNITY REWARDS
www.ralps.com

A percentage of your purchases will go to Dolphin Force when you shop at Ralphs using your registered Ralphs Club Card. Two easy ways to register. Register your card at www.ralps.com by going to Account (red - center of screen) Sign In, Community Rewards, Enroll, enter 81536 (Dolphin Force), and Enroll again. Be sure to re-register in September.

COMMUNITIES FOR CAUSE
www.communitiesforcause.com

Download "Communities for Cause" App on your Phone, select "Dana Hills HS Dolphin Force Foundation". When you shop or dine at participating merchants, register your purchase subtotal on the App, take a picture of your receipt and your donation to DHHS is processed!

CLASS PHOTO FUND
www.classphotofund.com

Forty years of Dana Hills High School archived alumni photos (class, athletics, clubs) are available to download, raising funds for DHHS.

MICROSOFT MATCH
www.dolphinforce.com

JOIN MICROSOFT "FAMILY MATCH" program at www.dolphinforce.com

BUSINESS SPONSORSHIP PACKAGES

Packages include promotional opportunities for school banners, website placement and electronic/print media exposure.

Thank you for your support!

www.dolphinforce.com
<https://www.facebook.com/dolphin.force>

All parents are welcome to attend **Dolphin Force Foundation** meetings, First Wednesday 4:00 p.m. monthly, in staff lounge at Dana Hills High School.

UPCOMING MEETING DATES:

May 4 &
June 1, 2016

Help Dolphin Force Raise Funds With No Effort! These on-line fundraisers take only a moment to register for, and raise money for Dana Hills High School.

Visit:

www.dolphinforce.com for more information.

SHOP AMAZON.COM using the e-Scrip Online Marketplace at www.escrip.com



Choose Dana Hills HS Dolphin Foundation eScrip Group ID 6649671

Amazon shoppers www.dolphinforce.com- click on amazon.com image

Counselors' Corner

by A.J. Holsambeck and Jessica Wing

Being a school counselor can sometimes feel like being a firefighter, rushing off to help put out the latest crisis. That is why we are so excited whenever we get the opportunity to go into the classroom and teach life skills that can actually help prevent problems. However, at the same time we must be able to balance the valuable instruction time of each classroom. At Dana Hills we are lucky to have a supportive and creative staff that is open to collaboration so we may combine classroom curriculum and Common Core state standards with our counseling outcomes.

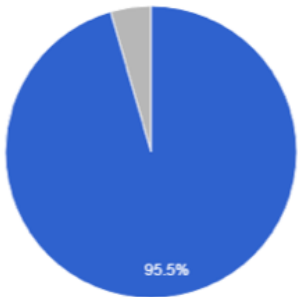
At the beginning of the year the amazing DHHS English teacher Jessica Brucks brought up this idea for curriculum/counseling fusion when discussing *Catcher in the Rye*. The novel's main character, Holden Caulfield, is interesting in a literary sense but he does not have the best communication and conflict resolution skills. We were able to have students identify passive, aggressive, and assertive communication styles in the book and rewrite conflicts from the novel to resolve in a healthier way. This semester we have another English lesson that teaches the basics of healthy relationships by using

the unhealthy example of *Romeo and Juliet*. I expect that some students will be surprised to discover that disowning your family to marry a person you met a day ago is actually not the most romantic nor well thought out idea.

By tying these life lessons into topics that are already being covered in the classroom we are able to address socio-emotional needs and promote healthy development, while not taking away from classroom educational content. We want to develop a school counseling program that is able to support all students, not just the ones who reach out to us for help. With these classroom presentations we are able to give more students some of the skills they will need to grow into healthy, happy, and successful adults. The table below shows the classroom presentations we have completed so far and the number of students they have impacted. Additionally, highlights from the results of our post-test that was given after the *Catcher in the Rye* coping skills, communication, and conflict resolution lesson are included below. If you have any questions our contact information can be found on the Counselor's Corner of the Schoolloop website.

Percentage of students who listed a new healthy coping strategy that they were now going to use

- Listed a healthy coping strategy
- Did not list a healthy coping strategy



Presentation topic	Grade & class	Number of students served
Stress & coping skills	9th grade health class	490
Values & goals	9th grade CCP class	289
<i>Catcher in the Rye</i> & coping skills, communication, and conflict resolution	10th grade English class	108
Study skills	9th grade CCP class	245

Catcher in the Rye - Communication, Conflict Resolution, and Coping Skills Workshop

Data collected from a post-test given after the presentation:

- 92.5% of students accurately identified the issues surrounding mental health stigma
- 95.6 % of students correctly identified conflict resolution strategies
- 97% of students could differentiate between positive and negative coping skills

Other Positive Feedback from Students:

"I learned healthy ways to deal with problems and how to avoid starting arguments"

"It had real life examples"

"It gave me a more clear perspective on how big mental health problems are around the nation"

"I liked learning how to solve problems"

" I liked that we had to find the real life application"

"I learned how to reframe situations"

"The counselors were very nice and taught me how to deal with school stress"

Library News By Kevin Knoot

The end of the school year is right around the corner! We will soon be sending out reports listing all books checked out to students, as well as any outstanding overdue books or lost book fines. Please note that we are now using email for library and textbook notifications for cost savings, so make sure the school has an updated and active email address on file. Seniors will also receive a second notice by mail shortly thereafter.

Please review your student's report for lost or overdue books, and verify that the books they have are actually the ones they originally checked out. We regularly have students return books that belong to their locker partner or a classmate having gotten them switched over the course of a school year. The only way to make sure your student has all the books they checked out this year is to verify the DHHS textbook barcode sticker (usually on the back of the book) with the number listed next to the book's name on the library report. When you received the report, check those numbers against the books your student has, and make the end of the school year go as smoothly as possible!

Students are responsible for the books they checked out.

Seniors, be aware that you must return all books and pay all fines before graduation! Failure to return books and pay for any fines or lost books may impact your participation in graduation related activities. Please return books and address any fines and assessments as soon as possible for a smooth and stress free graduation.

With end of the year deadlines fast approaching, please remember that the library page on DHHS.net is a valuable research tool for students. We have links to access our online catalog, as well as links and passwords to online research databases. You will also find links to MLA formatting and citation standards, information on copyright and plagiarism, help in identifying primary and secondary sources, and other helpful information on writing research papers. Remind your student that they can use <http://www.DHHS.net/library> to work on their research papers anywhere with internet access.



CSF/PTSA Community Recycling Events



Upcoming Saturday community recycling events to collect plastic bottles and aluminum cans will be held on the following Saturdays:

April 2 & 23

May 7 & 28

Through the joint efforts of students and parents collecting and recycling plastic bottles and aluminum cans, the DHHS PTSA Recycling Program helps to reduce waste and provide extra funds which benefit and enhance the education of all DHHS students.

Students provide the man power by collecting and sorting the recyclable items twice a week during lunch time, after school, and twice on month on Saturday mornings. All student volunteers earn school hour credit which they can apply towards three school sponsored programs, California Scholarship Federation (CSF), National Honor Society (NHS) or Dolphin Pride.

Parent volunteers help by supervising the students. The time commitment for parent helpers is just 45 - 60 minutes per shift, and each parent volunteer can choose the days that work best for their schedules (once a week, once every other week, during Monday and Thursday lunchtimes, after school on Tuesdays or Fridays, or on Saturday mornings). If you're interested in volunteering to supervise the student workers, please contact Karen LaBella at karenlabela@att.net - we can schedule a quick training session, or arrange for "on the job training" by tagging along with a current volunteer.

Mark your calendars for our Saturday recycling "Curbside Drop Off" from 9:00 - 11:00 a.m. (see dates in left column) - rain or shine, drop off your plastic bottles and/or aluminum cans in front of the gym. Help us keep the environment waste free and earn funds for programs benefiting all DHHS students!

As a reminder, Dolphin Pride and NHS members may work Saturday recycling events for school hours. Please sign up on the sheets posted outside Mrs. Coghill's classroom (rm 610).

Thank you in advance for volunteering to help us continue the success of this PTSA sponsored program!



Instrumental Music Foundation

By Cindy Spencer, Foundation President



ORCHESTRA! Congratulations to the 2016 CUSD Honor Orchestra for a wonderful and professional *Music of the Masters* performance at Segerstrom Hall in Costa Mesa. Dana Hills' musicians were among those selected to represent the best students in CUSD! A sold-out house applauded the students after an inspiring performance. We're so proud of the Dana Hills musicians!

The Advanced Orchestras attended a **Disney Performing Arts Workshop** at Disneyland. Instrumental students experienced the excitement of a working recording studio. Industry composers, arrangers, conductors, and studio musicians coached sight-reading techniques, performance concepts, and how to lay down music tracks. The students' hard work culminated in a screening of their recorded score, set to the original Disney film footage! Band students are scheduled for a Disney Performing Arts Workshop later in April.

AREA! Dana Hills hosted the **Area Concert**, which featured Dana Hills' orchestras and bands and also those from Niguel Hills Middle School and seven elementary schools. It was a chance for young musicians, who will eventually come to Dana, to see what music at Dana is like.



BANDS! The Marching Band marched their final performance of the year at the **Dana Point Festival of Whales parade**. The Color Guard and Drum Line have continued throughout the second semester, working hard and perfecting their Winter shows. Winter Guard is performing their show "Roads Untraveled", and **Winter Drum Line** is performing "Baker Street". The music is catchy, fun, and recognizable and the shows unforgettable!

The **Jazz Band** performed at a clinic at Saddleback College. The students were critiqued on their performance, attended Master Classes, and had jam sessions with Saddleback College students. Dana students enjoyed a Q&A session with John Fedchock, a world-class trombonist, and then ended the evening with a concert by the Saddleback Big Band.

FOUNDATION! An educational **trip to San Francisco** is planned next month for band and orchestra students. The group will attend the SF Symphony, Youth Orchestra, and Jazz Center, perform in a public venue, and visit local tourist attractions.

The IMF is also planning their annual social and silent auction fundraiser "**Toast to Music**" on April 17th. CUSD provides funding only for our Music Directors – the fundraiser will provide sheet music, coaches, uniforms, and purchase/repair of instruments & equipment. We welcome donations from local businesses! If you would like to support our cause, or know someone who would, please contact Shauna Atchity – atchityoc@yahoo.com.

The **DHHS Instrumental Music Foundation (IMF)** enables Dana's instrumental musical activities by gathering both financial and volunteer support. At www.DHSMUSIC.com, you can get LOADS more information, check the calendar, and see photos of past events. If you have any questions about the program, please contact Mr. Steve Wade (srwade@capousd.org).

Fins Up!

Cindy Spencer

DHHSIMF@gmail.com



Legislative Update

by Linda Fong and Julia Walsh

LOCAL CUSD UPDATE:

9 CUSD Representatives Attend PTA's Sacramento Lobbying Trip

Nine CUCPTSA advocacy representatives took part in Fourth District PTA's annual Sacramento Safari trip on February 22 and 23, 2016 to hear directly from key legislators and agencies on hot topics in the state Capitol that affect California's kids. We were part of a 78-member group representing schools and districts throughout Orange County.

Our slate of excellent speakers included Assemblyman Patrick O'Donnell, chair of the education committee; Alex Padilla, CA Secretary of State (responsible for all things related to voting and voter registration); Senate President Pro Temp Kevin DeLeon; Rick Simpson, chief of staff to Assembly Speaker Toni Atkins; the president of CA State PTA; and the president of the CTA (the California teachers union).

We then meet with our local elected representatives to let them know about three issues that are most important to PTAs throughout Orange County right now: Securing adequate and stable funding for public schools; addressing the coming teacher shortage; and fixing the opportunity gap to close the achievement gap that exists for some students as defined by socio-economic status, race and ethnicity. Half of us met with chief of staff for Assemblyman Bill Brough while others met with the lead staffer on education for state Senator Pat Bates. We were sure to also share our CUCPTSA Advocacy Agenda during both meetings.

STATE UPDATE:

State PTA Supports November School Bond Initiative

CA State PTA has taken a support position on the \$9 billion school construction bond that a coalition of school districts and school developers has placed on the November election ballot. Voters last passed a state-funded construction bond in 2006. The state has run out of money to hand out, with about \$2 billion dollars worth of state-approved district projects waiting for funding.

Under the initiative sponsored by Coalition for Adequate School Housing (CASH), about \$2 billion would be dedicated to community colleges and the rest divided among K-12 districts, charter schools and technical education partnerships (CTE here in CUSD). It would continue the requirement for a local match, with the state paying dollar for dollar for new construction projects and 60 percent of the cost of modernization and renovation projects.



CASH's initiative has strong support; backers include the State Building and Construction Trades Council of California, the California Chamber of Commerce, more than 100 school boards and State Superintendent of Public Instruction Tom Torlakson. In mid-February, Governor announced that he opposes the ballot initiative, as he is not in favor of the state taking on more debt. Voters have approved \$35 billion worth of state-funded bonds since 1998, but all of those measures were placed on the ballot by the Legislature, with governors' support.

State PTA Authors Family Engagement Bill

AB 2680 is a new bill authored by CA State PTA calling for authentic family engagement. PTA is currently meeting with legislators to encourage them to join on as co-sponsors of the bill. PTA believes that the Local Control Accountability Plan (LCAP) model now used to create and assess districts' program planning and budget priorities only truly works with quality family engagement. This bill calls for families and students to be trained to recognize and best pursue effective LCAP, LCFF and site council engagement. PTA recognizes parents as their children's first teachers, and thereby strives to systemize family engagement not only to improve the LCAP and school site process but also to combat such issues as chronic absenteeism.

FEDERAL UPDATE:

National PTA Provides More Details on new Federal Education Law

Title I is the largest program supporting elementary and secondary education in the Every Student Succeeds Act (ESSA)—the new law that reauthorized the Elementary and Secondary Education Act/No Child Left Behind (ESEA/NCLB) which governs the K-12 public school system at the federal level. Public schools receive federal funding from their local education agencies (LEAs) based on the number of low-income students that attend the schools in the district. Title I is Congress' attempt to provide all children with the opportunity to receive a fair, equitable and high-quality education, and to close achievement gaps. The following sections are a

brief description of the federal requirements that states and LEAs must assure in order to receive Title I funding.

Family Engagement

Both state and local education plans under ESSA are required to be developed in consultation with many education stakeholders with an explicit mention of parents in the process. Section 1116 also requires the reservation of at least 1% of an LEA's Title I-A funds—and includes language stating that nothing prohibits an LEA from spending more than 1%—for parent and family engagement activities to be used to support at least one of the following activities:

- Professional development for LEA and school personnel regarding parent and family engagement strategies
- Programs that reach parents and family members at home, in the community, and at school, such as home visiting
- Disseminating information on best practices for family engagement
- Collaborating and providing sub-grants to schools to enable collaboration amongst community-based organizations with a record of success in improving parent and family engagement in schools
- Other activities that LEAs determine to be consistent with their parent and family engagement policy

Challenging Academic Standards

ESSA requires that each state provide assurance in their state plan that they have adopted challenging academic content standards that are aligned with academic achievement standards (collectively referred to as challenging state academic standards). Each state must have challenging state academic standards in mathematics, reading/language arts, science and any other subject determined by the state. The academic achievement standards must also have at least three levels of achievement—determined by the state—and align the challenging state academic standards with entrance requirements for coursework in the state public higher education system and relevant state career and technical education standards.

Academic Assessments

The requirement of annual academic assessments in ESSA remained the same from ESEA/NCLB in which each state shall administer an assessment each year in mathematics and reading/ language arts in grades 3-8 and once in grades 9-12. The state must also administer a science assessment once in grades 3-5, 6-9 and 10-12. However, ESSA allows states to decide if the assessment is administered through a single summative assessment or through multiple interim assessments during the course of the year that result in a summative score. States may also set a limit on the total amount of time schools devote to administering assessments each year.

All assessment results must be disaggregated within each state, LEA and school by:

- Each major racial and ethnic group
- Economically disadvantaged students
- Children with disabilities
- English proficiency status
- Gender
- Migrant status

Statewide Accountability

ESSA eliminated annual measurable objectives (AMOs) and adequate yearly progress (AYP) that were required in ESEA/NCLB accountability systems. Under ESSA, states establish state- designed long-term goals and indicators for measuring the academic achievement of all students and each subgroup separately (economically disadvantaged students, students from major racial and ethnic groups, children with disabilities, and English learners).

Under ESSA, states are to create long-term student achievement goals that include interim progress toward meeting:

- Academic achievement measured by proficiency in annual assessments in mathematics and reading/language arts
- Four-year adjusted cohort graduation rates for high school students (and extended-year adjusted cohort graduation rates at the state's discretion)
- Increases in the percentage of English learners making progress and achieving English language proficiency as defined by the state

Local Education Plans

ESSA eliminated the highly qualified teacher (HQT) provision but kept the parents right-to-know provision which allows parents to request the qualifications of their child's classroom teacher and be notified if their student is being taught by a teacher that does not meet the state certification or licensure at the grade level and subject they are teaching. LEAs are also responsible for making information on each assessment required by the federal government and other assessments required by the state to be publicly available to parents and families.

Report Cards

States and LEAs are required to publicly disseminate a state report card annually that is concise, widely accessible and developed in consultation with parents.

ASU Hard at Work: Dolphin Accomplishments

by Emily Rhodes

As the midway of the second semester draws nearer, it is an appropriate time to look back and reflect upon the 2015-2016 school year so far. From the never ending support, hard work, and dedication of the students, it is clear that this has been a tremendously successful year for Dana Hills.

ASU has worked diligently to produce ideal events that have gained tremendous student attendance and support. The fall carnival, followed by the Homecoming game and dance commenced the year with astounding involvement from the students and the community. With even more participants than in previous years, this year's homecoming halftime show exceeded any standards and expectations. The minor technical difficulty pertaining to the music was quickly fixed and exemplified the quick, strategic minds behind the technology committee.

The immense support and involvement of the students at sport events has brought success to many of the teams. Dana Hills was ranked by OC varsity as one of the best student sections during the girls varsity basketball game. To recognize all of the high-achieving student athletes, the athletics committee has personally made locker posters for all levels of each sport. Also run by athletics, improved tailgates now consist of a variety of mouth-watering foods as well as lively entertainment. Don't forget to support your Dana teams!

Social media, although often a reason for homework procrastination, has contributed greatly to the involvement of the students at events. Across the numerous social media sites run by Dana Hills students, about 75% of the school follows at least one account. The graphics and video production departments appeal to the students through their eye-catching advertisements. This means the majority of students are updated on current events, leading to higher levels of involvement.

Student participation has also been exemplified in the student-run drives and fundraisers. The community service committee kicked off the year with the launching of the book drive, and they collected over 1,000 books. Some members were even fortunate enough to follow the donated books to RH Dana and see how they had impacted the lives of others. The canned food drive collected a total of 3,440 pounds of food to donate to FAM. Community service also held their seasonal gift drive and coat drive that used what was collected to donate to people and children in need.

The first upcoming event for students to be aware of is the Clash of the Classes competition consisting of the Dance or Dye event on April 15th. The spectacular week of fun, competitive games between the classes will be concluded with an exciting competitive pep rally on April 22. Finally, seniors should be aware that Spring Senior Week is May 16-20, composed of events that are most looked-forward to by students. The week begins with the hypnotist show on Monday, Disneyland on Tuesday, and comes to a wonderful ending with the Prom at the Long Beach Aquarium on Friday.

With the continuation of the outstanding student involvement, we can insure that these final months will conclude the remarkably successful year.

Attention Athletes!

DHHS Athletic Dept. will be hosting our **Annual Athletic Physicals on Monday, May 23rd from 6-8 pm in the DHHS gym.**

The cost is \$30 and all proceeds go to help fund Dana Hills Athletics.

2016-17 physical packets will be available at the beginning of April.

All athletes must have a current (within the last calendar year) complete physical packet on file in the athletics office in order to participate in a sport (tryouts included).

Please help support Dana Hills Athletics by getting your physical done here on May 23rd!

Additionally, voluntary heart screenings, conducted by Heartfelt, Inc., will be offered at the same event.

ECHO & EKG SCREENING

The echocardiogram (ECHO) & electrocardiogram (EKG) are the best tools for detection of the risks of sudden cardiac death. These tests typically cost \$1,500 and are usually not covered by insurance.

Heartfelt Cardiac Projects is teaming up with Dana Hills High School to offer cardiac screenings for a donation of \$85 per person, ages 5 and up.

Cardiac Screening

Monday, May 23rd

From 4:00pm-8:00pm

DHHS Wrestling Room (inside next to the gym)

Schedule Screening Appointments online at www.heartfeltcardiacprojects.org (click on "Schedule a Screening")





ACT Prep Boot Camps at Dana Hills High!

A one-day program **Sunday, May 22th** to prep for the ACT on June 11, 2016.

DB Academics will host its ACT prep boot camp as a PTSA fundraiser designed to provide students with the best test-taking strategies, techniques and problem-solving approaches. Students will become more confident test-takers and will learn:

- Test layout and scoring
- Most frequently tested concepts
- How to analyze answer choices to effectively eliminate incorrect answers
- When to guess
- How to identify and approach tricky questions
- How to avoid common mistakes that students

On the math side, students will work on problems that are appropriate for their skill level.

Cost: (Make checks payable to DHHS PTSA)

English/Reading/Essay and Math/Science (9:00 – 4:00pm) \$135

Math/Science only (9:00 – 12:00pm) \$75

English/Reading/Essay only (1:00pm – 4:00pm) \$75

Flyers can be downloaded at www.dhhsptsa.com or can be picked up in the main or guidance offices. You may also register the day of the boot camp, space permitting, however, advance registration is recommended.

DB Academics is a professional test prep company located in Palos Verdes, providing SAT Prep Programs for over 20 years. Questions? Please contact DB Academics at 310-377-4509 or daacad777@yahoo.com or check out their website at www.dbacademics.com.

AP TEST Proctors Needed!



All who are interested in proctoring AP Testing and have forgotten to sign up, please email Stephanie Samia at dhhsaptesting@gmail.com

AP Testing will take place May 2nd to 13th. Remember parents are not allowed to proctor their own child's AP exam.

Congratulations! DHHS Letter of Intent Signees 2016

<u>Student Name</u>	<u>Sport</u>	<u>College/University</u>
Maia Borisoff	Water Polo	Arizona State
David Clawson	Baseball	Brigham Young
Mason Coppi	Cross Country/Track	Furman
Clay Feagler	Golf	Pepperdine
Shane Forker	Swimming	California Berkeley
Jake Freeman	Volleyball	Loyola of Chicago
Matt Fry	Golf	Cal State San Marcos
Hailey Hoklotubbe	Softball	Rutgers
Claire Kao	Track	Cornell
Chris LaBella	Diving	Yale
Spencer Madden	Soccer	San Diego State
Jake Ogden	Cross Country/Track	Furman
Tanner Podres	Golf	Cal Poly San Luis Obispo
Kate Summers	Soccer	Cal Poly San Luis Obispo
Frankie Tago	Softball	Idaho State
Lana Walker	Volleyball	New York University
Bennett Williams	Water Polo	Stanford
Samantha Williams	Softball	Iowa State
Graden Yould	Volleyball	UC Santa Barbara

Capistrano Unified Council PTSA
Dana Hills High School PTSA
PO Box 2183
Mission Viejo, CA 92690-0183

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Dana Hills High School PTSA Newsletter

Home of the Dolphins!



Phone: (949) 496-6666
Attendance Office: (949) 496-6935
24 hour call in: (949) 493-7685
School Hours:
Monday - Friday 7:00AM to 3:30 PM

Visit the PTSA Website at:
www.dhhsptsa.com

The Dolphin Digest is a publication of
Dana Hills High School PTSA, Capistrano Unified
Council, Fourth District PTA

NOT PRODUCED AT CUSD EXPENSE



Rotary Recognition of DHHS Seniors

***Congratulations to the recipients of the
Monarch Beach Rotary Club Students of the Month!***

These standout *senior students* are nominated by teachers and the school leadership team at the beginning of the year. A male and female senior student is chosen each month.

January	February	March
Skylar Clifford	Andrea Loya Castillo	Alyssa Uslander
Stephen Tadena	Drew Bailey	Jack Zhang



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