



# Dolphin

# Digest

## SOS Helping Our Communities

Volume 8, Issue 3

Spring 2015

### Key Articles

- Principal's and PTSA President's Messages
- ASU Director of Communications Message
- Counselor's Corner
- Student Recognition
- Guidance News
- Legislation
- Being There for the Kids

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The SOS Club spent a recent Saturday cleaning up trash at Doheny State Beach and the creek.

**Congratulations to Ray Woods DHHS 2015 Teacher of the Year!**



S.O.S stands for **Save our Students**. It is an organization founded, by teens for teens, embracing and enjoying life, the drug and alcohol-free way.

The mission of S.O.S is to promote and celebrate a drug and alcohol free lifestyle. S.O.S provides opportunities to “party” and “hang out” without the pressure to use drugs and alcohol.



## Coping with Stress By Jason Allemann, Ed.D

### PARENTS AND STUDENTS MANAGING STRESS

Parents and students, it's that time of year - AP testing on the horizon, college acceptance lingering in the air. During this time, there is one thing that we all have in common - STRESS - in the work place, our personal lives, or in the classroom. I have made a decision to take a different approach to this quarter's newsletter article with the hopes of providing a good perspective on and some strategies in dealing with stress.

### WHAT IS STRESS?

Stress can be different things to different people - parents, teachers, and students included. It is the anxiety we experience as we adjust to our continually changing environment. Stress is the "wear and tear" our bodies experience. It causes intellectual, physical, emotional and behavioral effects and can create positive or negative thoughts, feelings and reactions. It is important to note that it isn't so much the events that determine whether we're stressed or not, it is our reactions to them.

Stress can help or hinder us depending on how we react to it. In a positive way stress can compel us to action (*can I get an "amen" from our parents?... especially parents of SENIORS!*). It can result in a new awareness and an exciting new perspective on a particular event or situation. From a negative standpoint, stress can result in feelings of distrust, rejection, anger, and depression. These feel-

ings can lead to a number of health problems such as headaches, upset stomach, rashes, and insomnia to name only a few. What is important here is that we use our experiences with stress as an opportunity to learn.

### WHAT CAUSES YOU TO EXPERIENCE STRESS SYMPTOMS?

Take some time to think about the things that cause you stress. There may be a variety of situations that cause you to experience stress symptoms. Your stress may be linked to external and internal factors such as: the state of the world, the country, or any community to which you belong, unpredictable events, the environment in which you live or work, work itself, family and relationships. Stress can also come from your own irresponsible behavior, negative attitudes and feelings, unrealistic expectations and perfectionism. In my interactions with students, stress reportedly comes from coursework load, testing, time management and...parents.

### WHAT ARE THE SIGNS AND SYMPTOMS OF STRESS?

The signs and symptoms of stress can affect you in many ways. From an intellectual standpoint you may experience problems with memory, have difficulty making decisions and generalized confusion. You may experience a misunderstanding of what others tell you because of the inability to concentrate and a loss of objectivity. Other physical symptoms caused by stress can include headaches and

digestive issues as mentioned above, as well as, increased perspiration, sleep disturbances, fatigue, and weight gain or loss. Stress can make you feel, moody, uneasy, frustrated and angry and these are only a sample of emotional symptoms. As you can see there are numerous symptoms that can surface as a result of stress. It can be a contributor to very serious physical and psychological conditions and that is why it is extremely important to learn how to manage your stress.

### HEALTHY WAYS TO MANAGE STRESS

Just as there are many sources of stress, there are many possibilities for its management. Here are some helpful tips on how to manage stress:

1. *Become aware of what your stressors are and your emotional and physical reaction to those stressors. Don't ignore them. Don't minimize your problems.*
2. *Recognize what you can change. Can you change your stressors by avoiding or eliminating them completely? Can you reduce their intensity by managing them over a period of time instead of on a daily or weekly basis?*
3. *Reduce the intensity of your emotional reactions to stress. The stress reaction is triggered by your perception of physical and emotional danger. Are you viewing your stressor in an exaggerated way? Work at*

**Continued Page 14**

## PTSA President's Message, By Bonnie Small

**It's NOW the Law! New laws affecting our students...**

Many new laws affecting students' physical, emotional, and behavioral well-being will change how schools operate this year. We have gathered information on some of the new laws, many of them supported by California State PTA, which may be of interest to our parents.

**Schools stock emergency epinephrine.**

Emergency preparedness at schools now includes stocking at least one dose of epinephrine, also known as adrenaline, to be used in the event of a severe allergic reaction. **Senate Bill 1266** also requires that a school employee be trained annually to administer the drug.

**Full-contact football practices restricted**

Football and concussions

are increasingly mentioned in the same breath. To address concerns about the health ramifications of head injuries, a new law requires that full-contact football practices at high schools and middle schools be no longer than 90 minutes, no more than twice a week, and only held during the football season. **Assembly Bill 2127** also restricts concussed students from play for at least seven days. During that time, students are to complete a graduated "return-to-play" protocol of at least seven days that slowly increases activity levels.

**Mandatory training to recognize child abuse**

To help protect children, a new law requires all school employees to be trained annually in how to recognize

and report suspected child abuse and neglect. Employees must be trained in the first six weeks of the school year or within six weeks of employment.

School employees are "mandated reporters" of possible abuse and neglect. But until the enactment of **Assembly Bill 1432**, schools were not required to train employees on how to spot the signs of possible abuse and neglect. The lack of training was of particular concern in cases where other school employees are suspected of abusing students. A 2014 federal report found that nationwide, K-12 schools are doing a poor job of preventing and reporting educator sexual abuse of students.

Excerpted from *Orange Leaves*, February 2015, Fourth District PTA



Our next PTSA meeting will be on **Tuesday, April 21 at 9:30 AM**. Stop by the staff lounge and join us!  
All are Welcome

## ASU Hard at Work, By Jared Cohen, ASU Director of Communications

As always your ASU has been working around the clock to ensure a memorable second semester!

We kicked off second semester with "What If Week," a week of reflection and contemplation, as we, as a student body, explored and considered some of the important issues that face all students of the 21<sup>st</sup> century. The week culminated with a powerful speaker, Tyler Durman, who offered students perspective, encouragement and ways to take lead of our own positive future.

In April ASU organized another engaging week, "Clash

of the Classes." Throughout this week students came together as their classes competed in friendly events, played class competition games and created class music videos. Again, the week culminated in a rousing pep rally, music video screening and the winning class was announced.

ASU inaugurated a new activity this spring: "Dance for Dye." After being instructed to wear white t-shirts, students gathered in the science quad and were literally dyed their class color. Just another example how ASU is reaching out and trying to encourage every student to

get involved, have fun and make a difference.

Culture Faire took place on April 3<sup>rd</sup>. This event culminated a week of activities and surprises for all students.

In typical fashion, ASU was on hand to assist incoming 8<sup>th</sup> grade students and their parents during the first ever 8<sup>th</sup> grade parent night/Open House. The school was bursting with activity while parents and students observed the myriad of activities/clubs/sports/academies/parent involve-

**Continued Page 14**

## Counselor's Corner by Rebecca Pianta

### Connect With Your Teen

It may seem hard to believe—given the times when your child's angry or indifferent towards you—but teens still crave love, approval, and acceptance from their parents. That means you probably have a lot more influence over your teen than you think.

To open the lines of communication:

- Be aware of your own stress levels. If you're angry or upset, now is not the time to try to communicate with your teen. Wait until you're calm and energized before starting a conversation. You're likely to need all the patience and positive energy you can muster.
- Be there for your teen. An offer to chat with your teen over coffee will probably be greeted with a sarcastic put-down or dismissive gesture, but it's important to show you're available. Insist on sitting down for mealtimes together with no TV or other distractions, and attempt to talk to your teen then. Don't get frustrated if your efforts are greeted by nothing more than monosyllabic grunts or shrugs; you may have to eat a lot of dinners in silence, but when your teen does want to open up, he or she will have the opportunity to do so.
- Find common ground. Trying to discuss your teen's appearance or clothes may be a sure-fire way to trigger a heated argument, but you can still find some areas of common ground. Fathers and sons often connect over sports, mothers and daughters over gossip or movies. The objective is not to be your teen's best friend, but to find common interests that you can discuss peacefully. Once you're talking, your teen may feel more comfortable opening up to you about other things.
- Listen without judging or giving advice. When your teen does talk to you, it's important that you listen without judging, mocking, interrupting, criticizing, or offering advice. Your teen wants to feel understood and be valued by you, so maintain eye contact and keep your focus on your child, even when he or she is not looking at you. If you're checking your email or reading the newspaper, your teen will feel that he or she is not important to you.
- Expect rejection. Your attempts to connect with your teen may often be met with anger, irritation, or other negative reactions. Stay relaxed and allow your teen space to cool off. Try again later when you're both calm. Successfully connecting to your teen will take time and effort. Don't be put off; persevere and the breakthrough will come.

Thanks

### Communication

PTSA

PTSA Listserv  
PTSA Website  
Newsletter

## 2015 PTSA Senior Scholarship Available

The Dana Hills High School PTSA Senior Scholarship program recognizes the achievements of graduating DHHS seniors for volunteer service in the school and/or community. The minimum award will be \$500. Eligible students must be a member of the DHHS PTSA by April 1, 2015 and have a minimum overall GPA of 2.0. An application may be obtained from the DHHS PTSA website, [www.dhhsptsa.com](http://www.dhhsptsa.com) or in the Guidance Office. Applications are due May 1, 2015.

## AP Test Proctor Needed

All who are interested in proctoring AP Testing and have forgotten to sign up, please email Maryam Yazdi at [dhhsaptesting@gmail.com](mailto:dhhsaptesting@gmail.com)

**AP Testing will take place May 4<sup>th</sup> to 15<sup>th</sup>. Remember parents are not allowed to proctor their own child's AP exam.**

## Library News By Kevin Koot

It's time to start thinking about the end of the year! We will be sending out reports listing books checked out to students, as well as outstanding overdue books or lost book fines. The library does not charge late fees for overdue books, but after a book has been overdue for several months, it will be marked 'Lost' and the replacement cost will be assessed.

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 see students get their textbooks mixed up with each

other 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!

Our library catalog is now online! We have worked very hard this year to make the library page on dhhs.net a valuable research tool for students. The link to access

the online catalog is the icon on the right of the webpage, while in the center you will find links and passwords to online research databases. Make sure you scroll all the way to the bottom of the page to find links to MLA format and citation standards, information on copyright and plagiarism, 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.



Check out the Library's website! We will be regularly updating it with library news, textbook information, and important online resources and links: <http://www.dhhs.net/Library>

## Volunteer Opportunity!

Please join in to support our final Campus Beautification event of the year on **Saturday, May 30<sup>th</sup>** and RAKE IN some volunteer hours for CSF or Dolphin Pride!

## Rotary Recognition of DHHS Seniors

Congratulations to the recipients of the Monarch Beach Rotary Club Student 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*

**Spencer Wetzel**  
**Sarah Abumeria**

*February*

**Heerali Patel**  
**Andrew Mouacdie**

*March*

**Michelle Krogius**  
**Saumi Shokraee**

## Wave Rider Program

December - February: The following students have been recognized for their random acts of kindness, outstanding good character, or hard work:

Emma Bunim  
Jassime Medrano  
Danielle Sotello  
Jack Hormuth  
Andres Hosek  
Joey Tosti  
Miranda Wolford

Hiromi Lee  
Paul Tucker  
Paul Escamilla  
Nico Taguchi  
Mikayla LoBasso  
Nicki Wallace  
Nicole Munson

Cassidy Fry  
Bridget Koper  
Emma Dorsey  
Catherine Takata  
Simon Lines  
Luke Meyer

Thanks

**Educational Programs**

PTSA

Reflections  
Parent Education  
Turn It In.com  
Teen Driving Safety



**“Stand with us in supporting our children”**

**Upcoming Dolphin Force Foundation meeting dates:**

May 7, 2015  
4:00 PM  
June 4, 2015  
4:00 PM

## Dolphin Force Foundation

**Thanks to the generous support of our donors,** Dolphin Force Foundation (an independent, parent led non-profit organization) has supported the following Dana Hills projects in the 2014-2015 school year.

Classroom technology- document scanners and projectors (\$20,000)  
Security cameras (\$17,500)  
Weight equipment for use in PE classes (\$10,000)  
Science lab supplies (\$4,000)  
Library study carrels and conference table (\$2,000)

Additional projects underway this year include purchasing benches for student lunchtime seating, continued upgrade of computers and tech related equipment, and further support of science labs and equipment.

**The Dolphin Brick Walk is expanding-** be sure and look for the latest installation of bricks following Spring Break.

**Consider supporting Dolphin Force Foundation’s ongoing fundraising projects-** for more information visit [www.dolphinforce.com](http://www.dolphinforce.com) and click on the following links:

Amazon shoppers [www.dolphinforce.com](http://www.dolphinforce.com) click on amazon.com image  
Communities for Causes [www.communitiesforcause.com](http://www.communitiesforcause.com)  
Ralph’s [www.ralphs.com](http://www.ralphs.com)- follow the instructions and type in Dolphin Force  
EScrip [www.escrip.com](http://www.escrip.com)  
Class Photo Fund [www.classphotofund.com](http://www.classphotofund.com)

### Dolphin Force Foundation is seeking volunteers for the 2015-2016 School Year

All parents are invited to help Dolphin Force Foundation support our children and are welcome to attend our monthly meetings. Whether you are interested in attending a meeting, have an hour of time to give, or would like to become more involved, your interest and support is appreciated. Recruitment for 2015-2016 school year Board members is underway. Volunteers with all types of interests (i.e. communications, events, bookkeeping, alumni contacts) are encouraged to contact Lynne Conger [lynneconger@gmail.com](mailto:lynneconger@gmail.com) or visit [www.dolphinforce.com](http://www.dolphinforce.com) for more information.

In January, 2015, Dolphin Force Foundation surveyed faculty and support staff regarding classroom supply needs. While the CUSD and DHHS school site budgets cover many educational equipment and supply expenses, Dolphin Force Foundation recognizes that budgets are limited and additional classroom supplies are needed. Five key areas of need were identified, including:

- 54% - **Disposable supplies**, including tissues, paper towels, hand sanitizer and wipes; cleaning supplies, Costco professional style photo paper, Epson stylus Photo R3000 printer ink, CD’s, poster paper, pens, whiteboard markers;
- 43% - **Equipment**, including technology (computers, speakers, projectors) furniture, sports equipment, specialized light bulbs for the Porthole theater (Cal Stage and Lighting), science lab experiment supplies (Flinn Scientific);
- 43% - **Publications**, including printed texts, audio files in English and other languages (support for English Learners);
- 24% - **Classroom incentives**;
- 24% - **Assistance with educational field trip** transportation costs

An Amazon gift card, purchased through Dolphin Force Foundation website [dolphinforce.com](http://dolphinforce.com) (click on the Amazon.com link) is a thoughtful way to say thank you to Dana Hills High School’s dedicated teaching staff. [www.Donorschoose.org](http://www.Donorschoose.org) is another great way to learn about and help fund classroom supply needs.

Thanks

**Departmental Support**

PTSA

Department Grants  
Senior Scholarships  
Library Support  
Health Office  
Support

## Spring Guidance News

### Awards Programs

Achievement Awards – May 20, 2015, starts at 6 PM in the gymnasium.

Senior Awards – June 1, 2015, starts at 6 PM in the gymnasium.

### California High School Exit Examination (CAHSEE)

Dana Hills High School will administer the CAHSEE to all sophomore students who missed testing in March. In addition, students in grades 11 and 12 who have not taken the CAHSEE or have not passed one or both of the sections will also have an opportunity to take the test. The English/Language Arts component will be given on Tuesday, May 12<sup>th</sup> and the Mathematics component will be given on Wednesday, May 13<sup>th</sup>.

#### Study guides are available online to help you prepare for the exam:

English-Language Arts Study Guide -<http://www.cde.ca.gov/ta/tg/hs/documents/studyela08guide.pdf>

Mathematics Study Guide - <http://www.cde.ca.gov/ta/tg/hs/documents/mathstudyguide08.pdf>

### Testing Information

All students interested in taking the SAT or ACT should register for the tests online. You cannot sign up through DHHS.

ACT – [www.actstudent.org](http://www.actstudent.org)

SAT – [www.collegeboard.org](http://www.collegeboard.org)

### WebGrants 4 Students

*WebGrants 4 Students* (WGS) provides students with their Cal Grant information and allows them to manage their Cal Grant account online. Students can see if the Commission has received their GPA and FAFSA or CA Dream Application and can identify missing information. Students offered a Cal Grant can update their information, including school changes to transfer their award to their school of choice. Set up an account at [www.webgrants4students.org](http://www.webgrants4students.org).

Students with questions should contact WGS at [www.webgrants4students.org](http://www.webgrants4students.org) or the Commission's Student Support Services at (888) 224-7268 or at [studentsupport@csac.ca.gov](mailto:studentsupport@csac.ca.gov).

### College Admissions and Transcripts

Remember to check your email frequently for any college correspondence. Follow any instructions that your colleges send you (such as the need to send official test scores or transcripts)

Take note of all deadlines

If you need to send an official transcript, go to [www.dhhs.net](http://www.dhhs.net) and click on 'Order Transcripts' located under the Quick Links to the right of the home page. This will take you to the Parchment website where you can request to have your official transcript sent electronically or by US Mail.

## Congratulations Letters of Intent Signees 2015

Student	Sport	College/University
Marco Asic	Water Polo	Pepperdine University
Corey Eisner	Track & Field	Emory University
Andrew Falk	Football	University of Chicago
Madison Killebrew	Softball	Boston University
Alexie Marietti	Soccer	Cal Poly San Luis Obispo
Connor Murphy	Soccer	Dominican University
Nash Parker	Track & Field	CSU Long Beach
Evelyn Roberts	Track & Field	Yale University
Meghan Shaver	Soccer	Georgetown
Lucas Williams	Baseball	Cal Poly San Luis Obispo
Zachary Wolf	Baseball	University of Seattle



## SOCSA Foundation, Denise Erkeneff, Foundation President

### Winter/Spring Update

The Foundation hosted our annual Opera Night Underwriting Dinner in February, netting \$2,450 – three times as much as last year's event!

Opera singers in training performed for local elected officials including our 5th District Supervisor Lisa Bartlett, Dana Point Councilman and SOCSA Advisory Board Chair Scott Schoeffel, SOCSA Advisory Board Member and past CUSD Trustee Anna Bryson, South Coast Water District Directors Bill Green, Rick Erkeneff and Wayne Rayfield along with proud parents and several community leaders. The event was filled to capacity and hosted by Savannah Chop House.

In April, we will be launching SOCSA's 25th Anniversary Grand Raffle and the grand prize is a trip to New York City for two persons, including air, hotel, a Broadway show, tickets to MOMA and other excursions! (*Value: \$6,300*) Other prizes include Disney Park-hopper Passes (*Value \$600*) and 2 VIP Warner Brothers Studio Tours with Los Angeles hotel overnight (*Value \$500*). There will be a cap on number of raffle tickets sold, so your chances of winning are good!

SOCSA Foundation has a new brand identity that we'll be unveiling with new spirit wear merchandise and other limited edition items for sale. Coming Soon!

### Thank you to our generous Underwriters Dinner donors!

Mike and Kerry Keen - \$300 for Sheet Music/Opera Scores

John and Mary DiCamillo - \$400 for Stage Make-up

Aneta Dorhout - \$200 for piano tuning

Mary Brodie - \$400 for cast meals

Wayne & Cubby Rayfield - \$200 for Stage set

## Upcoming SOCSA Events

Aida	Wednesday, April 22 <sup>nd</sup> – Saturday, April 25 <sup>th</sup> . 7pm Saturday, April 25 <sup>th</sup> - 2pm in the Porthole Theater
SOCSA Chamber Music Recital	Tuesday, April 28 <sup>th</sup> - 7pm in the Porthole Theater
SOCSA Show Choir Concert	Friday, May 1 <sup>st</sup> - 7pm in the Porthole Theater
Freshman One Acts	Tuesday, May 5 <sup>th</sup> - 7pm in the Porthole Theater
Sophomore One Acts	Wednesday, May 6 <sup>th</sup> - 7pm in the Porthole Theater
Jazz Night	Thursday, May 14 <sup>th</sup> - 7pm in the Porthole Theater
Thief Lord	Wed, May 20 <sup>th</sup> – Fri, May 22 <sup>nd</sup> - 7pm Porthole Theater
Spring Band Concert	Tuesday, June 2 <sup>nd</sup> - 7pm in the Porthole Theater
Spring Choir Concert	Wednesday, June 3 <sup>rd</sup> - TBA
Spring Orchestra Concert	Thursday, June 4 <sup>th</sup> - 7pm in the Porthole Theater
Spring Art Show	Friday, June 12 <sup>th</sup> - Dana Hills High School
SOCSA Showcase	Saturday, June 13 <sup>th</sup> - 2pm & 7pm at San Juan Hills HS

**Tickets for most SOCSA events can be found online at [socsarts.org](http://socsarts.org)**

*Interested in auditioning for SOCSA for the 15-16 school year?*

*Look online for audition information ([socsarts.org](http://socsarts.org)), or contact the SOCSA office (949)-240-1994*

### 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.

## Attention Athletes

DHHS Athletic Department will be hosting the **Annual Athletic Physicals on Thursday, May 28<sup>th</sup> from 6-8 pm in the DHHS gym.**

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

2015-16 physical packets will be available at the beginning of April. 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 (including tryouts). Please help support Dana Hills Athletics by getting your physical done here on May 28<sup>th</sup>!

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

### **ECHO and EKG SCREENING**

The echocardiogram (ECHO) and 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

**Thursday, May 28th**

From 4:00pm-8:00pm

DHHS Wrestling Room (inside next to the gym)

Schedule Screening Appointments online at [www.heartfeltcardiacprojects.org](http://www.heartfeltcardiacprojects.org) (click on "Schedule a Screening")

## Teen Driving Safety Event

Please join us on **June 3, 2015** 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 2015 JUNIOR PARKING PASS must attend this event (or our teen driving event in September), be accompanied by their parent, and sign in at the start and sign out at the end of the program.*

## 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 25**

**May 16 and 30**

**June 6**

**9:00 – 11:00 AM** Curbside drop off near the pool – rain or shine!

Proceeds help fund school programs for all 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 (Room 610).*



Thanks

**School  
Improvements**

PTSA

Campus  
Beautification,  
Emergency  
Preparedness  
Supplies

## Being There for the Kids by Deputy Woodroof

*"I've been married since I was nineteen years old, and I went to work every single day. No one ever told me I drank too much."*

**Mike Darnold**

If you have a son or daughter who attends DHHS, you might recognize Mike Darnold from one of the many leadership camps in which he is involved. If you have participated in community service in Dana Point over the last ten years, you might have met Mike serving seniors their holiday dinners or picking up trash off Doheny Beach. If you have ever attended Alcoholics Anonymous, Narcotics Anonymous, or Al-Anon (support group for family and friends of a problem drinker) in the Dana Point, my guess is you know him.

I met Mike about a year and a half ago when my career as the School Resource Officer began. He reminded me of a caring grandfather with a keen interest in current trends, especially alcohol and drug usage. His phone would ring, and the next thing I knew he was going to pick up some teenagers to take them to an AA meeting. So, before I tell you more about what Mike does, let me tell you about how he became who he is today.

Mike was raised in a loving home here in Southern California in the 1940's. His father was a government contractor, and his family hosted many social gatherings that included alcohol. During such a party, Mike had his first alcoholic drink at the age of nine, in secret, fearing he would be punished if caught. In describing it, Mike said, "It was euphoric and magic. I liked the way it made me feel because it felt familiar. It felt like the way I was supposed to feel."

From that moment on, Mike would farm alcohol from his parents' liquor cabinet on a weekly basis. He would hide it in his boots and drink it while at the horse stables. Mike would wait for his parents to start drinking their own alcoholic beverages after work before approaching them. He said, "I knew they couldn't smell my alcohol once they started drinking theirs." Mike drank about two to three times a week between the ages of nine and twelve. It was at the age of twelve he discovered that he was an alcoholic.

The summer before his 7<sup>th</sup> grade year, Mike drank almost a pint of alcohol a day. He found a case of home brewed brandy in an orange grove and nursed it throughout the summer. On his first day of 7<sup>th</sup> grade, Mike was excited. He said, "I was like every other boy. I was excited to meet my teachers, excited to see which friends were going to be in my classes, and I was excited to meet the cute girls. The last thing on my mind was drinking."

Mike had been with his parents a couple days prior to school starting so he hadn't been drinking at all. After 72 hours without a drink, while at school, Mike began to sweat, shake, and feel nauseous in class. Seeing him in distress, his teacher excused him to the nurse's office. Instead he ran to a local liquor store. Once inside, Mike immediately noticed the employee was busy stocking shelves and not watching. Aware of his opportunity, he stole ½ pint

of vodka from the rack and quickly exited. He made his way down an alleyway where he hid behind a pungent, grimy dumpster. Not knowing why the alcohol was the solution to his sickness, but feeling called to it, Mike downed the entire bottle. It was at this moment he knew he was truly an alcoholic.

His conscience told him it was wrong, but his passion for the way it felt was too strong. He waited for the shakes to disappear, the sweating to stop, and the nausea to clear. Although he felt like throwing up the vodka at first because of how fast he drank it, he fought his body's resistance believing it would make him normal again. It did, and Mike returned to school feeling normal.

Mike had always believed that alcoholics were middle aged or older people who were divorced, fired from their jobs, deadbeat parents, or just losers in the game of life. He couldn't believe he was an alcoholic at the age of twelve, but he knew he had to hide his "terrible secret" from his parents, priest, and friends.

Mike told me the hardest part of his childhood was having to lie, cheat, and steal to maintain his "terrible secret." Because of this, he never was able to get close to those he loved the most. The regret, shame, guilt, and loneliness that accompanied the "terrible secret" was emotionally devastating. Mike realized he had to go to school drunk, not because



**Mike Darnold**  
**949-395-7275**  
**Anytime**

## Sheriff's Soapbox, Continued

he wanted to, but because he had to in order to be normal versus sick.

He describes his twenty-five years as an alcoholic as "Slavery." From twelve to thirty-seven, he could not last longer than seventy-two hours without a drink. Regardless of his attempts at sobriety, even after locking himself in a cabin where he convulsed so hard from detoxing that he bit threw his tongue, his secret remained. His alcoholism led him to abusing pharmaceutical drugs and pain medications. He never did anything sober and always had to have alcohol, or other substances to function.

Regardless, his family suffered, his career suffered, and his perspective on life was dim until, at the age of thirty-seven, a blessing in disguise occurred.

One night while under the influence, Mike had a tragic fall, which broke his hip and femur, dislocated his knee, and placed him in a comatose state for over a week. When the doctors prepped him for surgery, they realized his body was too toxic to tolerate the procedures and the surgery was postponed. Mike awoke to see three prominent community figures, friends, and old drinking buddies standing at the edge of his bed who told him they knew his secret. They told Mike he was not alone. They had been saving a chair for him (reference to AA meetings), and they knew how he felt. They also told him that he didn't have to live this way any longer. There were options to his

recovery. Mike knew about their recovery stories, and he felt relieved. He battled through his detoxing stage while in the hospital, and has never taken a drink of alcohol or abused drugs again since the night of his fall, July 4, 1980.

Since his recovery, Mike has dedicated his life to helping children recover from alcohol and substance abuse. He started mentoring kids at YMCAs and Boys' and Girls' Clubs, showing them that life could be fun without alcohol and drugs. At Charter Hospital he mentored hundreds of children who suffered from alcohol or substance abuse. He was known as the "Pied Piper" because he created events centered on fun and dialogue that ultimately influenced the sober lifestyle.

Mike served as a CUSD School Board Trustee for nine years and was passionate about spreading the truth about the alcohol and drug free lifestyle. One night in 2008, at a DHHS football game, Mike was approached by Doug Chotkevys, the Dana Point City Manager, and Lisa Bartlett, the former Mayor. Doug simply said to Mike, "I want you to work for us. I want you to be there for the kids." Doug hired Mike as a life coach on sobriety to be present on the DHHS campus.

For seven years now, Mike has found his home at Dana Hills High School helping teens find the sober way of life. He sees about 300 students individually per year who seek out his wisdom, understanding, and guid-

ance to break free from their own slavery to substance abuse. He speaks to all incoming 9<sup>th</sup> graders in their health classes regarding alcohol, substance abuse, and the sober lifestyle. He started the SOS club (Saving Our Students), which promotes the sober lifestyle and kindness in the community by volunteering over 1,600 hours of community service each year. From alcohol free concerts to sober beach parties, Mike leads the sober way by offering alternate activities to counteract alcohol and pill driven parties.

Mike answers his phone regardless if it's 2:00am or 2:00pm on any given day. He is available 24-7-365. If you call him, he will talk. If you need a meeting (AA, NA, Al-Anon), he will take you. If you need a friend, he is willing. If you need help with your teen, he will be there. Mike wants the students and adults to know there is hope, options, and a way to break free from the slavery. Mike will tell you that he doesn't have all the answers; however, he knows where to get them, and he's more than willing to share his wisdom.

I have seen Mike make the difference in the lives of students and their parents. I have referred students to him who are suffering from alcohol/drug abuse. I have also referred parents to him who were slaves to alcohol themselves. I've never seen him turn one soul away. Know he's here. Know he's available. Know he cares. If you need help or want help, call him.

*"Life is easier, simpler. I'm free to love my wife and family, walk my dog, go to the office, pay bills...you name it. No more secrets."*

*Mike Darnold*

*My goal, as long as I live and am able, is to provide support to kids and families in need."*

*Mike Darnold*



# CUCPTSA: Our Government and Our Kids

By Linda Fong

## Local: School of Choice, ROP, School Calendar

### New School of Choice Policy

On Wednesday, February 25, 2015, the CUSD Board of Trustees approved a new School of Choice Policy. The vote followed discussion and public comments from parents, Board of Trustees, teachers and administrators at both the February 11<sup>th</sup> and February 25<sup>th</sup> board meeting.

Since the School of Choice Program began 18 years ago, more than 90 percent of students attend the local school serving their attendance area. However, for a variety of personal or educational reasons, almost 10% of CUSD parents prefer to have their child attend another school within CUSD. The School of Choice program provides parents and students with this option on a space-available basis. School of Choice policy language has been amended over the years. CUSD staff and Board of Trustees recognized the need to update language so that policy aligns with current law and addresses facility, specialized program and enroll-

ment considerations.

The revised policy includes streamlined criteria for placement, consideration towards siblings for the 2015-16 school year and a prioritization of students from a Community Facilities District (CFD) that contributes Mello-Roos funds to a specific school.

Complete details and information on the School of Choice Policy can be found on the CUSD website.

### Changes Coming to ROP

Plans are moving forward to amend the Regional Occupation Program Joint Powers Agreement with Laguna Beach and move the ROP program "in-house" under the direction of CUSD. These changes will address the current duplicative infrastructure of ROP and expand CTE (Career Technical Education) pathways and programs for more CUSD high school students. In addition, the savings gained by restructuring this program will allow CUSD to address an ongoing need for additional counselors in all CUSD schools. Currently,

there is a plan in development that includes placing of up to 30 new counselors in CUSD by the 2015-16 school year.

### School Calendar changing in 2016-17

On Wednesday March 11<sup>th</sup>, the CUSD Board of Trustees and staff will discuss changes to the 2016-17 calendar. As reported earlier, the 2015-16 calendar was approved by the Board of Trustees on June 25, 2014 and has been changed to reflect an earlier school start date of August 25, 2015 and a school ending date of June 10, 2016.

In order to maximize instructional time prior to high stakes testing and align with the majority of Orange County school districts, the calendar committee is recommending a start date of August 15, 2016 and the last student day of June 1, 2017. Included in the proposed Calendar for 2016-17, is the shift to completing the first Semester, including final exams, prior to the Winter Recess.

Thanks

Support

PTSA

School and Community Outreach, Wave Rider Program, Testing Snacks

## State: CAHSEE

### SB 172 Would put CAHSEE on hold

The California High School Exit Exam (CAHSEE) would be put on hold under a bill introduced in February by Senator Carol Liu, chair of the Senate Education Committee.

SB 172 would suspend the

exam and eliminate it as a graduation requirement for the next three school years. It would also require the State Superintendent of Public Instruction to convene an advisory panel to study whether to continue the exit exam and, if not, what should replace it.

Since 2006, all California high school students have been required to pass the exit exam, which tests knowledge in English and math, in order to graduate. However, Liu says that with the advent of Common Core State Standards, the CAHSEE is no longer rele-

Continued next page

## State continued: Reserve Cap, Common Core Funds

vant, since it is tied to the old state standards.

### California State PTA supports repeal of cap on school district reserves

California State PTA supports repealing language in the state budget trailer bill of 2014, now Education Code Section 42127.01, which limits local school district reserves.

The recent legislation, which was passed without first being heard in a policy committee, includes a provision capping school districts' General Reserves if, during the previous year, the State of California makes a deposit into the state school reserve recently established by Proposition 2 (approved by voters in November). The caps vary according to district size.

In order for schools to best serve students, school district budgets must be managed prudently. Among the reasons districts may decide to establish reserves are to save over time for large projects or purchases (such as technology or instructional materials), to manage cash flow, to miti-

gate volatility in funding or expenditures, to be prepared for unexpected costs, or to achieve a better credit rating.

During fiscal hard times such as California recently experienced, the ability to set and manage reserves locally helped protect school districts against fiscal insolvency. A lack of sufficient reserves may put a district at risk. California State PTA believes in adherence to fiscal responsibility in school finance, and the caps prevent districts from budgeting responsibly. In addition, the state-imposed caps are not consistent with the principles of local control, which are foundational to the new Local Control Funding Formula.

### Bill would steer extra funding to Common Core implementation

A bill introduced last week asks legislators to make implementing the Common Core and other new academic standards the top priority in spending a chunk of the extra \$2 billion that the Legislative Analyst's Office says could come K-12

schools' way next year.

Assembly Bill 631, introduced by Assemblywoman Susan Bonilla, D-Concord, would allot \$900 million of the anticipated additional money to districts to spend on technology, materials, and teacher training on the Common Core.

### Districts seeking reimbursement for Common Core test costs

The state could be liable for as much as \$1 billion per year in costs if a group of school districts succeeds in winning reimbursement for expenses associated with the implementation of computer-based tests in the Common Core and other new state standards.

Four unified districts – Santa Ana, Vallejo, Plumas and Porterville – and the Plumas County Office of Education filed a claim to classify the new tests as state mandates. If the Commission on State Mandates agrees, the state will be required to reimburse all districts statewide seeking to recover costs.

## Federal: IDEA Funding Bill

The Individuals with Disabilities Education Act (IDEA) ensures that students with disabilities receive free, appropriate public education and the related services and support they need to achieve.

When it was first enacted in 1975 as the Education for All Handicapped Children Act, lawmakers said the federal government would ultimately pay 40 percent of

the average per pupil expenditure for special education students. The actual amount of the federal contribution varies from year to year but has never exceeded 18.5 percent. The current \$11.5 billion federal contribution to special education counts for about 16 percent of the total cost of educating students with disabilities nationwide.

In January, Senator David

Vitter (R-LA) introduced the IDEA Full Funding Act in the Senate. A bipartisan group of Congressmen introduced a similar bill in the House. "Full funding" means the federal government would pay for 40 percent of the "excess costs" of students with disabilities. Excess costs are the additional expenses beyond what is spent for every student.

Thanks

**School Loop**

PTSA

PTSA Listserv  
PTSA Website  
Newsletter

## Principal's Message continued from Page 2

adopting more moderate views and try to see the stress as something you can cope with rather than something that overpowers you. Put the situation in perspective.

4. Learn to moderate your physical reaction to stress and build your physical reserves. Brisk exercise is an amazing way of lowering your stress symptoms. Getting enough sleep on a consistent basis will also help reduce your overreaction to stressful situations. Relaxation techniques can reduce muscle tension, for exam-

ple, slow, deep breathing will help to bring your heart rate down and respiration back to normal.

5. Plan something rewarding for the end of your stressful day. It doesn't have to be big; it could be a relaxing bath or half an hour with a good book. Put aside work, housekeeping or family concerns for a brief period before bedtime and allow yourself to fully relax. Don't spend this time planning tomorrow's schedule or doing chores you didn't get around to during the day. Remember that you need

time to recharge and energize yourself. You'll be much better prepared to face another stressful day.

So when you find yourself feeling overwhelmed, tense and about to explode, STOP, take a few slow, deep breaths, slow down, and practice some of these positive ways to manage stress. Remember, stress affects all of us. In today's world it is nearly impossible to avoid it in our personal, academic, and professional lives; the difference is in how we manage it.

## ASU Hard at Work, continued from Page 3

ment opportunities Dana has to offer.

The highlight of spring at Dana Hills is the Prom, this year it is scheduled for May 3<sup>rd</sup> at The Yost. The theme of this year's Prom is "Old Hollywood." Your ASU is

making sure this year's prom is the best one yet!

Another Dolphin tradition began mid-Spring...Senior Activities. This much anticipated time of the school year kicks off with a senior breakfast and hypnotist

show followed by the much anticipated Disneyland trip, Senior Awards, senior countdown, and of course our graduation ceremony, which will take place June 19<sup>th</sup> at 4:00 PM.

## AVID Alert by Katrina Streza, AVID Advisor

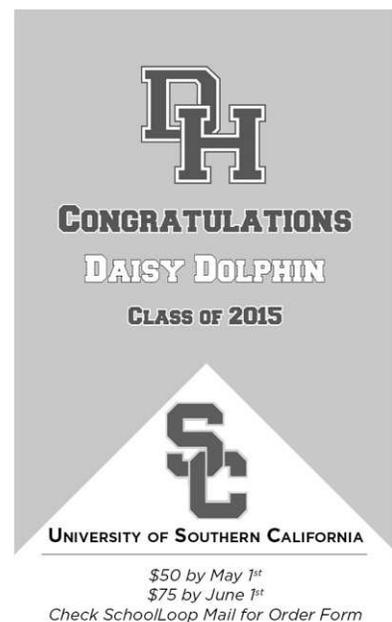
If you wander around campus, you'll see AVID's fingerprints everywhere you look! The AVID Team made every sophomore a personalized four-leaf clover and scattered them around the mall to prepare for the CAHSEE.

AVID also took the lead on the March Madness Book Bracket—a competition to decide Dana's favorite book. The competition has been fierce as all members of the Dana family get the chance to vote on the deep questions of life. (*Harry Potter* vs. *Lord of the Rings* led to some heated hallway

discussions)

Finally, AVID has created sample banners to promote graduation banners for the Class of 2015. As college acceptance letters roll in, our seniors are getting excited about the future.

**Personalize a banner for your child's achievement.**



2nd Annual

# arts festival

**CAP**

**April  
25th  
FROM  
1-4**

Celebrating student works in visual arts, dance, drama and music from across Capistrano Unified School District

**PTA**  
every child, one voice®

**Create • Celebrate • Appreciate**

sponsored by Capistrano Council of PTSA

**Who is invited to participate?**

All schools from the Capistrano Unified School District

**Where will this take place?**

At Aliso Niguel High School, 28000 Wolverine Way,  
Aliso Viejo

**What can you expect?**

*See...* Artwork from elementary, middle and high schools

*Watch...* as young artists create original sidewalk chalk drawings onsite

*Listen...* to live music performances

*Experience...* dance and drama groups showcase their talents

*Create...* with hands on arts projects for everyone

*Appreciate...* learn why the arts are so important to every students education

**Food and Drinks available for purchase**

Please join us and *Create, Celebrate, and Appreciate* our talented kids

For information on how to get your child involved we have registration forms online at: [www.cucptsa.com](http://www.cucptsa.com) or check with your school site PTA

Questions? Contact Courtney Fielder at [capoarts@cucptsa.com](mailto:capoarts@cucptsa.com)

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Dana Hills High School PTSA  
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**Dana Hills High School PTSA  
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School Hours: Monday through  
Friday 7:00 AM to 3:30 PM



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**Visit the PTSA Website At:**  
[www.dhhsptsa.com](http://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**

**Flock Your Friends!!**

DHHS Instrumental Music Foundation is putting the "FUN" into fundraising with their flocks of flamingos. The Flamingo funds raised help support concert band, orchestra, marching band, wind ensemble, drum line, color guard, and jazz band.

For a small donation a flurry of flamingos cheerfully and anonymously migrate to a residence in the Dana Point, Laguna Niguel, DHHS community for any occasion!

**Small Flock \$25.00**

(8-12 flamingos)

**Large Flock \$45.00**

(15 - 25 flamingos)

Info: [flamingopatrol@gmail.com](mailto:flamingopatrol@gmail.com)

**DHHS Class of 2015**

**GRADNITE**

**June 19, 2015**

Students - you don't want to miss out on this amazing venue!!!

Grad Nite Tickets:

**\$200.00**

*\*This event is not included in the "Senior Package"*

Purchase tickets at  
[www.dhgradnite.com](http://www.dhgradnite.com)

or print the form and mail it

with your check to:

DH Grad Night

c/o DHHS 33333 Golden Lantern  
Dana Point, CA 92629

*(forms available in the front office)*

Questions? chair-

man@dhgradnite.com