



Dolphin

Digest

SOS Helping Our Communities

Volume 8, Issue 2

Winter 2015

Key Articles

- Principal's and PTSA President's Messages
- ASU Director of Communications Message
- Parent and Student Programs
- Student Recognition
- Teen Development
- Legislation
- SAT and ACT

Inside this issue:

Principal's Message	2
PTSA President's Message	2
ASU Message	3
SOCSA	5
Library News	7
Parent Programs	8
Teen Development	11
PTSA Scholarships	13
SAT and ACT	14



Halloween Fest Festivities (above) SOS students carry 100 sand bags down the trails to prevent erosion at the Dana Headlands preserve (below)

The 2015-2016 School Year starts August 25, 2015.

The New Year is Upon Us By Jason Allemann, Ed.D

As we look back at the holidays, I hope that all the members of our Dana Family had a wonderful and restful winter break.

We all know how busy the months of January and February can be. The calendar at Dana Hills boasts concerts, plays, athletic events, and community service to mention a few. Put that on top of our own personal calendars and before you know it we are well into 2015.

Students and teachers will be working hard in classrooms with the close of the 1st semester on the horizon. This year's first semester finals schedule is available

on line.

The SOCSA Dance Concert "DYNAMIX" will kick off the New Year on January 22nd to 24th at 7:00 PM. Please come and support these amazing students that create amazing programs.

Our students, parents and greater school community continue to perpetuate the great reputation of DHHS by working together to make a difference. Our students continue to do amazing volunteer work in our greater community, individually and in groups. Our outstanding SOCSA performers have displayed their talents at a variety of venues and organ-

izations by volunteering their time.

I am truly blessed and thankful to be the principal of an amazing school, in an amazing community, filled with amazing people. Our people, along with the efforts made by our greater school community, certainly lend to making Dana Hills High School a great place to come to work and learn. Thanks to all the students, staff, parents, and community members for your support!

Go Dolphins!
Jason Allemann, Ed.D.
Principal

PTSA President's Message, By Bonnie Small

The world of education is filled with acronyms that baffle the vast majority of parents, so I thought I'd try to demystify a few of current alphabetic tongue twisters.

The 2014-2015 school year is the first year of full implementation of **Common Core Standards (CCS)** in California and nationwide. These new standards for K-12 education were developed to create a nationwide benchmark for education.

Until the implementation of CCS, each state in the US had different K-12 education standards and methods of assessing student progress. So previously an 8th grader taking the New York or Tennessee assessment test might be considered "proficient" based on their state standards, but if that

same student took the California test she might only be considered "basic" because our state standards (expectations) are different. With CCS in place, students in every grade are held to the same standards and assessed in the same way nationwide.

Too coordinate with the new standards, the methods and philosophies of classroom instruction have been modified to help students prepare for the workforce and the global society that awaits them. There is now much less time spent on rote memorization of facts and formulas and more emphasis on problem solving techniques (understanding that there are often multiple ways to get to the answer), more non-fiction reading across subject areas (i.e.

research), and lots of writing in every type of class.

The California **STAR** assessment test that has been administered to 2-11th graders each spring will now be replaced by the **SBAC (Smarter Balance Assessment Consortium)**. In this first phase, CUSD students in grades 3-8 and 11 will take the SBAC (Math & English) for the first time in spring 2015 and the changes to the assessment are as dynamic as the changes to instruction.

No. 2 pencils and sheets of empty bubbles will now be replaced by a **Computer Adaptive Test (CAT)** that will adjust the difficulty of questions based on student performance. When the stu-

Continued Next Page



Our next PTSA meeting will be on **Tuesday, January 20th at 9:30 am** – stop by the staff lounge and join us!

PTSA President’s Message, By Bonnie Small (continued)

dent answers question #3 correctly, their next question will be more challenging; however, if the student answers question #10 incorrectly, the rigor of the next question will be adjusted to help pinpoint the student’s capabilities.

“By adapting to the student as the assessment is taking place, these assessments present an individually tailored set of questions to

each student and can quickly identify which skills students have mastered.” (<http://www.smarterbalanced.org/smarter-balanced-assessments/computer-adaptive-testing/>)

Another benefit of the SBAC is that it is aligned with the UC/CSU assessment test, more in sync with the SAT and ACT, and will also likely eliminate the need for a

separate high school exit exam (CAHSEE) within the next few years. Smarter tests, not *more* tests.

Of course, these are just one mom’s *CliffsNotes* for some very complex topics. There are many more detailed explanations available online and I encourage you to ask questions and continue to educate yourself on the latest education buzz words.

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

ASU never rests! The "Candyland" themed winter pep rally was held on December 12th as expected it proved to be a "sweet success"...did you catch the promo on YouTube?

For the month of December ASU partnered with the City of Laguna Niguel Youth Committee to promote anti-stress tactics. The theme of the month was "Keep It Sim-

ple" with a focus on helping students cope with stress and tension in healthy ways.

With February on our heels ASU has shifted its focus to the Winter Formal, Saturday, February 21, 2015. The theme of this year’s dance is “Wonderland”. We are excited to be back at our favorite venue Camp Pendleton from 7:30 PM to 11:00 PM.

As always ASU is dedicated to promoting school spirit and support. One way we are demonstrating that is by designating a "game of the week" for all sports and coming out to cheer on the particular sport that week.

We want all Dolphins to feel connected and supported!

What is ROP? Sandra Champommier, Career Guidance Specialist

The ROP is state funded education, providing career/technical preparation and guidance to meet identified educational standards and industry needs.

South Coast Regional Occupational Program provides high quality, relevant and engaging career technical education that prepares students for career and academic success. ROP allows students to take a class to gain experience required for immediate employment, participate in internships, offers certificates of comple-

tion or they can experience a career that may assist them in choosing a college major as well as enhance their college admission applications. All high school students who are 16 years or older during the academic semester they wish to enrolled for are eligible to take an ROP class.

The following ROP classes now satisfy the CUSD Fine Arts Graduation Requirement: Digital Media Arts #2972-#2982, Digital Video Production #9802-#9011, Graphic Design Technology

#1923-#1924, #6463-#6464, and Graphics Production #5551-#5550.

For more information and to register for Spring ROP classes, students can see Ms. C in the ROP Career Center, room 501.

Discover the "Wow" in CTE
Check out the "Wow" in Career Technical Education **HERE**.
<https://ctecentral.wordpress.com/2012/05/08/how-to-wow-with-cte/>

ROP CLASSES OFFERED IN SPRING Register Now!

- Audio and Music Production
- Dance
- Graphic Design
- Graphics Production
- Careers in Fashion
- Restaurant and Retail Careers
- Small Business Management
- Dental
- Emergency Medical Responder, EMT
- Medical Assistant
- Medical/Hospital Careers
- Sports Medicine
- Veterinary Technician
- Administration of Justice
- Careers with Children
- Crime Scenes and Investigations
- Fire Technology
- 3D Model Making
- Auto Repair
- Engineering Tech
- PC Hard/Software and Programming/Coding
- And MORE!

Pharmacy Technician and Surgical Technologist will be available again in the spring.

Campus Beautification Committee Goals, Nahid Farahbod

The PTSA campus beautification committee is excited about the projects in the works for this year.

Shedding Some Light! Installation of flood lights located near the path between the science building and the portables (outside the pool deck). This will be especially helpful for students and family members during evening sport events on campus and Back to School Night.

Boosting Campus Pride! Installation of several blue

tarps designed with the new Dana Hills logo and Home of the Dolphins graphics. The tarps will freshen up the rolling gate at Stonehill, the fence along the path between the science building and the portables and provide some camouflage around an equipment bay near the handball courts.

Need volunteer hours for 1st semester? On January 10th between 9:00-12:00 AM, we will have our semi-annual campus clean-up project. This is an excellent opportunity for the students to

acquire some gardening skills and also get volunteer hours for Dolphin Pride, CSF and NHS.

In order to bring balance to the front of the school and to promote California Native plants, we will be plant some Agave in the front of the school, matching the ones planted near the front kiosk. We'll also take care of the planters located in front of the school's main entrance. If we have enough volunteers, we will prune the roses on the same day.



Dolphin Force Supports Dana Hills' Science Program

The Dolphin Force Foundation has been a supporter of the DHHS Science Department for many years, helping to provide supplies for supplemental labs and experiments.

Now that the new common core standards are in place, supplemental labs are even more critical as they represent an important component of the hands-on learning experience. To assist with these needs, Dolphin Force will now be increasing our support of the Science Department, allowing for more labs!

We would be grateful if everyone would continue to support Dolphin Force through a few simple fundraisers.

AMAZON SHOPPERS: Support your school with every purchase you make at Amazon by simply going to www.dolphinforce.com and clicking on the Amazon icon on our website. Amazon will donate directly to Dolphin Force for every purchase made.

DOLPHIN WALK: Continue the Tradition! Consider pur-

chasing a personalized brick for the Dolphin Walk. This is an ideal holiday gift or graduation gift for a graduating senior. This will be the last installation before graduation 2015. Please email Connie Norland at rcnorland@cox.net with questions.

E-WASTE RECYCLING: Dolphin Force Foundation is holding an E-waste recycling event on Saturday March 21, 2015. Tell your friends and neighbors and be sure and bring your electronic waste between 9:00 a.m. and 3:00 p.m.!

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.

September: **Paige Wilson and Sohrob Nayebaziz**

October: **Alecsander Fong and Lindsay Cullen**

November: **Jay Schuyler and Madison May**

December: **David Beau and Kathryn Fulton**

SOCSA Foundation

SOCSA Foundation is excited to announce the *Wish Upon A Star* Campaign to help meet the needs of our SOCSA students and departments. A Wish List has been generated which encompasses supplies and equipment, technology needs, instruments, music and rights.

Examples of items on our *Wish Upon A Star* list:

- Media Cart for Band
- Outfits for Vocal Music
- Speakers for Dance
- Panasonic Toughbook® Laptop for Ceramics/Visual Arts
- Lighting upgrades for Theatrical
- Photo paper and ink cartridges for Photography

Check out the SOCSArts.org website for the complete list and details. Contact SOCSA.Treasurer@gmail.com to pledge your support or for additional information.

We would like to thank all the families who have already supported this campaign. The **Keen, Tilley** and **Wright** families enabled the Porthole Theatre Piano rehabilitation while the **Mehta** family pledged support to integrate professional technology tools into the Porthole Theater.

SOCSA Upcoming Events - 2015

You may check for tickets to performances and links to information at socsarts.org

Jan 10	Opera Night Workshops begin: Saturday from 9m-12pm. Choir Room.
Jan. 22-24	SOCSA Dance Concert - <i>Dynamix</i> - 7pm
Feb 2	Aida Auditions - Porthole Theater - 3pm-7pm
Feb 4	SOCSA Musical Theatre Benefit - 7pm
Feb 6	SOCSA Benefit Junior Recital - 7pm
Feb 20	Oldies Night - 7pm
Feb 24	Area Concert Gym
Feb 25	Freshman Day - 3pm
Feb. 27	Prov Spring Show - 7pm
Mar 12-15	Midsummer Night's Dream - 7pm
Mar 21	Opera Night - Preview Porthole Theatre - 7pm
Mar 22	Opera Night - Gala at SOKA University - 7pm
Mar 24	Opera Night - Casa Romantica - 7pm

Wave Rider Program

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

Ally Meredith
 Brandon Hough
 Joseph Sosa
 Tyler Kuhle
 Jacob Harkey
 Andrew LaSarge



Thanks

Educational Programs

PTSA

Reflections
 Parent Education
 Turn It In.com
 Teen Driving Safety

Taste of Dana, March 27, 2015

Enjoy great food from local restaurants, silent auction, music, raffle and fun – with “Tastes” of food from over 20 local restaurants. Presale tickets are \$15 before 3/26/2015 or \$20.00 at the door. Tickets can be purchased online.

Silent Auction Donations Needed

We are looking for Silent Auction or Raffle items or certificates for Taste of Dana, the primary fundraiser for a "Safe and Sober" Grad Nite for our seniors. All donations are tax deductible and will be acknowledged publicly in a number of ways.

Save Those Baskets and Bows

Taste of Dana would love to recycle any baskets, buckets, or bowls that you may have received over the holidays. You keep the goodies - we'll take the basket.

Volunteers Needed

Visit www.dhgradnite.com to sign up as a volunteer for Taste of Dana. School service hours will be provided for student volunteers.

For more information, contact Linda Fong at lindawbm@hotmail.com or Christy Nichols at christynichols@cox.net.

Dana Hills Grad Nite June 19, 2015

You don't want to miss out on our amazing venue!!!

Grad Nite Tickets:

\$175.00 - Before April 5th

\$200.00 - After April 5th

Get your tickets before prices go up!

Purchase tickets at www.dhgradnite.com

By mail: DH Grad Night, c/o DHHS, 33333 Golden Lantern, Dana Point, CA 92629

Questions? chairman@dhgradnite.com

AVID—Preparing All Students for College

AVID students visited California State University Fullerton on Wednesday, November 19th. Dana Hills' AVID program encourages and supports students through the process of choosing and applying to universities. Through collaborative study groups and standardized test preparation, these dolphins are preparing from freshman year to succeed in the college setting. We are happy to announce that all AVID seniors have submitted applications to 4-year universities!



Substance Abuse Interventions and Advice

Mike Darnold

Available on Campus Daily

Stop in any time, Dana Hills High School Room 300

Providing 24/7 Hot-line Crisis Response and Website Staff Training, Parent Education, Mentoring

Any Day — Any Time

949-395-7275

darnoldmike@gmail.com

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

AVID Mission Statement:

The AVID mission is to close the achievement gap by preparing all students for college readiness and success in a global society.

Thanks

Departmental Support

PTSA

Department Grants
Senior Scholarships
Library Support
Health Office
Support

Library News, Kevin Knoot

The library is excited to let everyone know that we are in the process of ordering new books, courtesy of the PTSA!

This is a major occasion for us, as we do not receive regular budgeted funds for new acquisitions, and instead rely on parent and community donations. And new is the operative word here.

The average publication date for books in our library is 1980. That should give you an idea of how important it is for us to be able to buy new books and upgrade the collection. We just ordered the first 50 books, and are preparing to order close to 100 more after the holiday.

In order to maximize our effort in upgrading the collection we are stretching the

donated money by ordering more paperbacks than would traditionally be the case. Paperbacks require more processing, and we have to strengthen them by using special book covers, but the savings are huge compared to hardbacks.

We are handling the processing in house. This includes cataloging, labeling, and applying book covers and jackets to the new books. Even though we have to purchase additional supplies in order to complete the work, we will still save several dollars per book over what it would cost if it was processed by a vendor.

We are saving money by using Amazon.com whenever they offer the best deal. We made a point to place the first order through the Dolphin Force Foundation's

Amazon.com link, so that a percentage of the PTSA's money will be coming back to Dana to be spent again! You can find the Amazon.com link on the library's web page. Placing any order using this link only takes a few seconds longer and doesn't cost you anything extra, but will result in new, great things here at Dana!

On a different note, we are nearing the end of the first semester. This means that the library will be sending notices regarding overdue and lost books and outstanding fines or debts. We are also using email more often to communicate with parents and students. It is important to address issues as soon as possible in order to limit the impact on your student's ability to check out books for the second semester.



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>

Speaker of the Assembly - Representative's Visit

Rick Simpson, Deputy Chief of Staff for the Speaker of the California Assembly, Toni Atkins, spoke to students in Mr. Wigglesworth's AP Government class in November. Students from other AP Government classes were also invited to attend.

Mr. Simpson, with 36 years experience in and around the State Capitol, primarily in public education, spoke on the legislative process and education policies. He covered a variety of topics to give students a better

understanding of the complexity of how decisions are made in Sacramento.

Students were invited to ask questions. Some topics that interested them were Net Neutrality, Common Core, gerrymandering, Obamacare and teacher testing on subjects taught. Students left with a better understanding as to why someone would choose politics and the roles of state and federal government.



Parent and Student Programs, M. Craig and S. Toole

The 2014-15 school year started off with several well-attended events geared towards students and parents as a part of our Parent Education and Programs planning.

We hosted an evening that featured Andrew Wunderlich of Teen Road to Safety, CHP/Sheriff and DMV speakers as one of the two available forums for all students (required for Juniors) to attend in order to potentially garner a special parking privilege in the "SENIOR" lot raffle! We can NOT do too much to emphasize safety, wise choices and how to possibly prevent the number one cause of death of our teens - auto accidents.

Get College Funding Founders Tom and Lawrence Bot-

torf came to talk to parents and their students about the wisdom of having not only knowledge of what financial forms, financing and funding programs exist but to early on establish a family budget and a focused list of colleges that suit your student's talents, strengths, social desires and potential career field. A great deal of info was put into a short presentation along with a great deal for DHHS families to get a thorough consultation with Tom (and supporting Dana Hills) to lay the groundwork, ensuring that your family can select the best school for your teen and one that doesn't break the bank!

Jennifer Noonan from College Sports Quest expanded that focus of school selection pool and funding with

her informative session about athletes and what the NCAA rules and programs could offer student athletes. Defining Division 1, 2 and 3 schools and selection processes, getting your student athlete in front of the right people, and learning about all the opportunities to play at the college level in the US provided great insight for those on that path!

Look for more great programs coming in 2015:

March 18, 2015

"College Funding: What Parents of Sophomores and Juniors NEED to Know"

April 22, 2015

"Planning Your Summer - A College Check List"

June 3, 2015

"Teen Driving Safety Night" (attendance required for Junior Parking Permits)

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.

The Parent Project

- Do you want to get better at being a mom and dad?
- Need help understanding what it's like to be a kid/teenager in today's society?
- Looking for a life changing experience to parenting?

Come learn the parenting skills that were developed from working with over 500,000 families nationwide involving every situation imaginable.

The "Parenting Manual"

10 Week Course Starts: Thursday, January 29, 2015

Facilitators:

Deputy Mike Woodroof, School Resource Officer
Mike Darnold, Student Interventions and Family Support

"It's the greatest investment you'll make as a parent."

Information and registration forms can be found at:
www.parentproject.com

Questions? Call (949) 283-0039



Congratulations 2014 Reflections Winners

Congratulations Dana Hills 2014 PTSA Reflections Winners!

Literature Kim Thomas
Photography. Madison May
Visual Arts. Xiaoxuan Jia

Each winner receives a Reflections Certificate, a Reflections medal and a \$25.00 Starbucks gift card.

Our three winning entries were forwarded to the district level for judging and were displayed at Capistrano Unified Council Gallery Night on Friday, November 14th, 2014.

Even better - all three of our entries from Dana Hills PTSA were Capistrano Unified Council PTSA winners!!!

AWARD EXCELLENCE- Kim Thomas for Literature
AWARD OF MERIT - Madison May for Photography
AWARD OF MERIT - Xiaoxuan Jia for Visual Arts

The Award of Excellence winner continues on to the State PTA level of judging on February 14, 2015. Congratulations and good luck to Kim Thomas!

Thank you to all who entered!
Cynthia Sloan and Cindy Paul, 2014 PTSA Reflections Co-Chairs



Xiaoxuan Jia

Kim Thomas

Madison May

2014-2015 Recycling Events

Please bring your plastic bottles and aluminum cans to help raise funds for our school. Drop-off curb side near the pool entrance and tennis courts from 9:00 AM to 11:00 AM on the following Saturdays:

- January 10 and 24
- February 7 and 21
- March 7 and 21
- April 4 and 25
- May 16 and 30
- June 6

Thanks

School Improvements

PTSA

Campus Beautification, Emergency Preparedness Supplies

**Be your
children's
Hero...for
life!**

Sheriff's Soapbox, Deputy Woodroof

I heard it once said about parenting when my children were young, and my wife and I were barely surviving the high demands of our children's needs, "The days pass by so slowly and the years so fast." And here it is 2015. I don't know if I got lost in the diapers, the nightly rough housing, the sporting events, the school yard trials/achievements, or the peacefulness on their faces as they slept, but I'm just staring at the computer screen and pondering the growth of my sons and how they have changed over the years.

I've always liked a new start. Most people get excited about their resolutions during the newness of the year, and others successfully complete their resolves immediately by simply choosing not to make any. However, my challenge to you will have more impact on your home's peace than you can imagine. The challenge comes with constant change as you watch your children grow slowly each day and fast through the years.

As I make my way around campus it reminds me of the movie, *Jurassic Park II*. In the movie the species of dinosaurs socialized with their own kind, separated by distance rather than walls, from the other species that roamed the island. Comfort, protection, and a symbiotic relationship existed in their packs away from those that threatened their peace, their comfort, and literally, their existence.

Likewise, as you know from

your school yard days the same principle applies to your children and their school yard. Just like us, they socialize with whom they feel most comfortable, and sometimes, those with whom they wish they could feel more comfortable. Acceptance is so strong of an emotion that Mother Teresa defined it with her humble, yet impactful words:

"Loneliness and the feeling of being unwanted is the most terrible poverty."

I don't see peer pressure as being the culprit for kids backsliding away from the home principles that you worked so hard to download into your children. Rather, it's the influence of simply wanting to be accepted that is the major threat.

My challenge to you is this: ***Know Your Children's Friends!***

Meet them. Have dinner with them. See where they live. Meet their parents. See the inside of their homes. Know everything about them: their activities, hobbies, hopes, dreams, telephone numbers (cell phone/home phone), addresses and one more thing—their values! Your knowledge of your children's friends allows you to accept or reject their influence that will quickly begin to take root in your children. Yes, Moms and Dads, you are your children's gatekeepers to their friends. You have this responsibility, regardless, if they're 7 or 17. Let the wisdom within this proverb speak to you in a different way:

"He who walks with the wise will become wise,

but a companion of fools will suffer harm."

I have seen the good go wayward, and the wayward turn good because of their choice of friends. I've seen academics, athletics, and moral values destroyed by alcohol, marijuana, and prescription drug abuse due to associations with the "wrong crowd". I have seen those I considered "lost and calloused" find hope and values because they found friends that truly cared about them. From my perspective, the most influential variable that produces such change is those "friends" with whom the child associates. These social groups have a massively strong influence on your children's future. I saw this quote the other day that hit my emotions hard:

"A father is a son's first hero and a daughter's first love."

In other words, Moms and Dads, we are the greatest influence on our children, especially in their youth. It is our responsibility to teach them the importance of finding a true friend as well as teaching them how to be a true friend. As your children slowly mature and begin to reach out to the world for acceptance, make sure their "first hero/first love" is guiding, guarding, and governing their way...especially their choices in friends. So, whether you're talking to your 7 year old or your 17 year old, remind them of this:

"To the wrong person, you'll never be good enough. To the right person, you'll mean everything." -

Thanks

Communication

PTSA

PTSA Listserv
PTSA Website
Newsletter

Understanding Teen Development, Rebecca Pianta

As teenagers begin to assert their independence and find their own identity, many experience behavioral changes that can seem bizarre and unpredictable to parents. Your sweet, obedient child who once couldn't bear to be separated from you now won't be seen within 20 yards of you, and greets everything you say with a roll of the eyes or the slam of a door. These, unfortunately, are the actions of a normal teenager.

No, your teen is not an alien being from a distant planet, but he or she *is* wired differently. A teenager's brain is still actively developing, processing information differently than a mature adult's brain. The frontal cortex—the part of the brain used to manage emotions, make decisions, reason, and control inhibitions—is restructured during the teenage years, forming new synapses at an incredible rate, while the whole brain does not reach full maturity until about the mid-20's.

Your teen may be taller than you and seem mature in some respects, but often he or she is simply unable to think things through at an adult level. Hormones produced during the physical changes of adolescence can further complicate things.

Now, these biological differences don't excuse teens' poor behavior or absolve them from accountability for their actions, but they may help explain why teens behave so impulsively or frustrate parents with their poor decisions and rebelliousness. Understanding adolescent development can help you find ways to stay connected with your teen and overcome problems together.

It is important as parents to understand which behaviors are normal during adolescent development, and which can point to more serious problems.

If you identify red flags behaviors in your teen, consult with a doctor, school counselor, therapist, or other mental health professional for help finding appropriate treatment.

Thanks

School Loop

PTSA

PTSA Listserv
PTSA Website
Newsletter

When Typical Teen Behavior Becomes Troubled Teen Behavior

Typical Teen Behavior	Warning Signs of a Troubled Teen
Changing appearance. Keeping up with fashion is important to teens. That may mean wearing provocative or attention-seeking clothing or dyeing hair. Unless your teen wants tattoos, avoid criticizing and save your protests for the bigger issues. Fashions change, and so will your teen.	Changing appearance can be a red flag if it's accompanied by problems at school or other negative changes in behavior, or if there's evidence of cutting and self-harm or extreme weight loss or weight gain.
Increased arguments and rebellious behavior. As teens begin seeking independence, you will frequently butt heads and argue.	Constant escalation of arguments, violence at home, skipping school, getting in fights, and run-ins with the law are all red flag behaviors that go beyond the norm of teenage rebellion.
Mood swings. Hormones and developmental changes often mean that your teen will experience mood swings, irritable behavior, and struggle to manage his or her emotions.	Rapid changes in personality, falling grades, persistent sadness, anxiety, or sleep problems could indicate depression, bullying, or another emotional health issue. Take any talk
More influenced by friends than parents. Friends become extremely important to teens and can have a great influence on their choices. As teens focus more on their peers, that inevitably means they withdraw from you. It may leave you feeling hurt, but it doesn't mean your teen doesn't still need your love.	Red flags include a sudden change in peer group (especially if the new friends encourage negative behavior), refusing to comply with reasonable rules and boundaries, or avoiding the consequences of bad behavior by lying. Your teen spending too much time alone can also indicate problems.



CUCPTSA: Our Government and Our Kids

By Linda Fong

Local: LCAP Advisory Committee, CUSD Recovery Plan

LCAP Parent Advisory Committee

There is an exciting new development on the LCAP front. On November 24th, CUSD announced plans to form a LCAP Parent Advisory Committee. This committee will meet twice a month and parents will have an opportunity to advise CUSD from a parent perspective on how to best improve student outcomes for all CUSD students.

The Local Control Accountability Plan also known as the LCAP, is a key component of California's new school funding model, known as the Local Control Funding Formula (LCFF). Signed into law by Governor Brown in 2012, this new school funding approach requires all California school districts to actively engage with parents and all stakeholders to set goals and intended outcomes for students, as well as determine resources that will be used to reach those outcomes.

Single School Site Plans

At the December 10th school board meeting, Single School Plans for Student Achievement and Budgets (also known as SPSA) were reviewed and approved for all CUSD schools. As required by Senate Bill 374, the purpose of each school's SPSA is to create a cycle of continuous improvement of student performance and to ensure students' success in reaching academic standards set by the State Board of Education and the CUSD Local Control Accountable Plan (LCAP).

The goals contained within each plan are aligned to the CUSD LCAP and follow a similar matrix and multi-page format of the LCAP. Each school plan is developed through the school sites advisory or Leadership committee. Each school's plan is then reviewed and approved by its School Site Council, which is composed of a balanced group representing parents, community

members and staff.

CUSD Recovery Plan

After years of budget cuts, the state's budget and subsequently the CUSD budget is in stabilization mode. At the October 22, 2014 school board meeting, Superintendent Vital outlined the progress made in the current year school budget:

- Restoration of a 180 day school year
- Progress made towards restoration of smaller class sizes
- Elimination of furlough days

In addition, the Superintendent discussed a thoughtful, multi-year recovery based on the reality of State Funding. After careful consideration of the current situation in our schools, Superintendent Vital outlined five recovery themes in the CUSD "Road to Recovery Plan." These five recovery themes will be reflected as priorities in the 2014-15 and subsequent year CUSD budgets.

Thanks

Support

PTSA

School and
Community
Outreach,
Wave Rider
Program,
Testing Snacks

State: Transparency and Accountability

State Board Of Education Achieves Major Milestone For Transparency and Accountability in Schools

The California State Board of Education has approved final spending regulations for the Local Control Funding Formula (LCFF) and a revised template for Local Control and Accountability Plans (LCAP), strengthening parent and community involvement in budget deci-

sions and expanding local accountability measures to improve student achievement. The file vote marks a major milestone in the formal rulemaking process required of the State Board of Education and finalizes numerous revisions and improvements suggested by educators, parents, students, lawmakers, education groups and advocacy organizations since the

LCFF became law in 2013. Thousands of public comments about the regulations and hours of public testimony before the Board led to the development of these final regulations and revised template.

LCFF links transparency and accountability directly to the local goal setting and budg-

Continued next page

State continued: Career Preparation Guidance

eting process by requiring each school district, county office of education and charter school to adopt LCAPs. The Board approved a revised LCAP template that includes requested changes from county offices of education, local districts and education stakeholders.

Guidance Offered on Career Preparation

Ensuring schools are adequately preparing students for careers is just as important as ensuring they prepare students for college, says a new paper that proposes districts add specific career-readiness measures, such as the number of students who complete work-based learning programs, to their accountability plans to the public.

“Developing strong, supportive pathways that incorpo-

rate both college- and career-ready skills is our best bet for ensuring students will find their way to a productive future,” said the paper, released Tuesday by the Stanford Center for Opportunity Policy in Education, or SCOPE.

The report provides three recommendations for career preparation measures that schools should include in their Local Control and Accountability Plans, or LCAPs. The plans, required under the state’s Local Control Funding Formula for school districts, require districts to outline how they will meet eight educational priority areas mandated by the state. One of those areas requires districts to ensure that all students have access to classes preparing them for college and careers.

The future belongs to your child - Common Core in California

We don't know what the jobs of tomorrow will be, but we do know our future depends on a strong workforce - and today's schools must prepare our kids to be part of it.

California State PTA is working to inform and engage parents through a variety of new resources, including the *Parents' Guide to Student Success*. The guide offers parents key information about what their child will be learning at each grade level in Mathematics and English Language Arts with the new standards, and are co-sponsored by the California Department of Education. Download and share great resources - capta.org/commoncore

Federal: Call to Action—Fund Our Schools

Call to Action: Tell Congress to Fund our Schools

Congress will soon be voting on a spending bill for fiscal year 2015 and that means that Members of Congress must hear from constituents NOW about the funding priorities that are important to PTA.

PTA believes that federal investment in quality education is essential to the well-being and future of our children and our nation; however, education funding has been the target of dramatic cuts at the federal level since 2011. It is critical that Congress pass an appropriations bill that provides necessary increases to educa-

tion and funds these programs through the remainder of the fiscal year.

Additionally, some interest groups are asking that Congress use the appropriations process as an opportunity to scale back nutrition in school meals, something PTA has been working to improve for over 70 years. Unfortunately, most of the outcry to Congress is *not* coming from students or their parents - the very people school meals are intended to serve. PTA members have long supported science-based nutrition for school meals and our schools are doing a great job—over 90% report

that they are successfully implementing healthy school meals. PTA is asking members to tell Congress not to turn back the clock on school meals and help ensure that every child has access to healthy foods at school.

Visit the National PTA advocacy webpage and Tell Congress that PTA supports targeted increases to education programs and protected standards for healthy school lunches



LACP Revised Template:

<http://www.cde.ca.gov/be/pn/nr/yr14sberel05.asp>

Winter Guidance News

Testing Information:

PLAN

The PLAN will be offered at Dana Hills High school on Saturday, February 28th. You may pay for the PLAN test at the Activities Office. The cost is \$25.

SAT and ACT

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

SAT—www.collegeboard.org

ACT—www.actstudent.org

Remember, all students applying to a 4 year college need a full year of a fine art.

College Admissions:

The application window for the CSU and UC closed on November 30th.

- 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 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.

Private and Out of State Colleges:

Please see your academic advisor if applying to a private or out of state college.

Common Application: most universities will use Common Application online service to apply to their respective colleges. Teachers and school counselors are invited to complete their sections of the Common Application. You will need your teachers' and counselors' email addresses to invite them to complete the Teacher Recommendation and Secondary School Report (SSR) (for counselors).

Teachers and counselors should be given a two week window to complete their sections of the Common Application. To complete the Secondary School Report (SSR), academic advisors ask students and parents to provide information about the student in order for the academic advisor to write a letter of recommendation. There are three parts to this: Student Self-Evaluation, Resume, and Parent Brag Sheet.

There are some colleges that do not use the Common Application. They have their own online applications. Once again you will need your academic advisors' email addresses to provide to the school if there is a SSR to be completed.

SAT and ACT Practice Test

How would you score on the SAT and ACT? Come and find out!

A practice test is one of the best ways to get ready for the real thing. During this combo practice test you will:

- Learn exactly what to expect on Test Day
- Get a complete analysis of your results
- Learn strategies to improve your score

The SAT/ACT Combo Practice Test date is **Saturday, February 28th** from 9:00 AM to 1:30 PM DHHS 900 Portables. Cost is a \$20 donation benefiting PTSA. Flyers can be downloaded at www.dhhsptsa.com, or picked up in the main or guidance offices. Test results will be

PTSA Scholarships Available

The California State PTA, the Capistrano Council of PTSAs (CUCPTSA), and Dana Hills High School PTSA all offer scholarships to graduating seniors. *All high school seniors who are PTSA members* and have met certain minimum academic requirements are invited to apply (different due dates and requirements apply, see below for specifics).

California State PTA Scholarships

This scholarship recognizes volunteer service in the school and community and does not have a grade point average requirement. An application may be obtained from the California State

PTA office on their website www.capta.org. Applications are due on February 1, 2015 by 5:00pm.

CUCPTSA Scholarships

CUCPTSA maintains a scholarship fund to acknowledge deserving seniors in the areas of academics, community service and personal achievements, with an emphasis on community service. To qualify, applicants must have maintained a 2.0 grade point average. All high school seniors in CUSD who are PTSA members as of February 27, 2015 are eligible. An application may be obtained from the CUCPTSA website at www.cucptsa.com. Applica-

tions must be postmarked no later than March 27, 2015.

DHHS PTSA Scholarships

The Dana Hills High School PTSA 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. Applications will be available after January 5, 2015 from the DHHS PTSA website, www.dhhsptsa.com or in the Guidance Office. Applications are due May 1, 2015.

SAT and ACT Prep Boot Camps

Option 1: A one-day SAT program **Sunday, March 8th** (to prep for the March or May SAT)

Option 2: A one-day ACT program **Sunday, March 29th** (to prepare for the April ACT)

DB Academics will host SAT and ACT prep boot camps 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 make

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

Cost: (*make checks payable to DHHS PTSA*)

English and Math	(9:00 – 4:00pm)	\$135
Math only	(9:00 – 11:00am)	\$50
English only	(11:30am – 4:00pm)	\$99

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.

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**

Phone: (949) 496-6666
Attendance Office: (949) 496-
6935, 24 hour call in: 493-7685

School Hours: Monday through
Friday 7:00 AM to 3:30 PM



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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

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

Vive La Manche Tour!

You're invited!

**England, Belgium,
France**

Ten days; out of LAX to London; through ACIS, the leader in student travel.

Depart: June 29, 2015

Return: July 8, 2015

Cost: \$4,440

For information e-mail to:
mafenstermaker@capousd.org