



TROJAN TRACKS



BIMONTHLY NEWSLETTER

Petaluma High School
201 Fair Street
Petaluma, CA 94952

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Mailing Cost – SSC

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PRINCIPAL'S MESSAGE

BRIAN HOWARD

Dear Parents,

As we enter into our 9th week of school and students are starting to get excited about the upcoming holiday season beginning with Thanksgiving it is a good time to recognize and appreciate the support you give all of us in bringing a sound education to your students. I would also like to thank you for taking the time to read the *Trojan Tracks* bi-monthly newsletter, which is filled with opportunities and suggestions that are designed to help prepare your child for success now and for their future. What follows is some helpful information about the grade reporting cycle, support systems in place and helpful homework routines that are recommended to assist your students with achieving successful results.

Progress Report Grades & Academic Student Support Program: Recently there have been some questions about progress grade reports, when they are sent home, and what they actually mean for students. Progress grade reports are sent out approximately every 6 weeks. For your quick reference a table is listed below:

Grade Reporting Cycle 2009-2010

1 st Progress Grade.....	September 25	
2 nd Progress Grade.....	October 30	
3 rd Progress Grade..	December 18	1st Semester Final Grade.....
4th Progress Grade.....	January 9	December 18
5th Progress Grade.....	April 2	
6 th Progress Grade.....	June 4	2 nd Semester Final Grade.....
		June 4

Progress grade reports are not final grades but indicate how successful your student is doing during the 6 week grading period of study. It is important to note, the third and sixth progress reports are sent home at the same time as the final semester grades. The semester grades include progress grades and are final.

We have many support programs and practices for your student in order to help them improve their grades including:

1. Teacher assistance in class: Students should ask questions when they don't understand concepts covered in class.
2. Daily tutorial in every subject from 10:15-10:45 (Wednesdays 10:00- 10:23). Tutorial is mandatory for students in 9th and 10th grades who receive a "D" or and "F" grade in math, English, science or social science courses.
3. Math tutorial on Tuesdays and Thursdays after school from 3:15-4:30.
4. Aiming High Algebra 1 tutorial (English Language Learners) Tuesdays and Thursdays after school from 3:15-4:15.

5. Parent conferences are available individually or in groups by appointment.
6. Grade checks available upon by teacher contact.
7. Student Assistance Program, team meeting to support students who are in need, recommendation by staff referral.
8. Individual Education Plan meetings for students with disabilities.
9. Project Success, alcohol abuse awareness, anger management referrals, self select or referral by staff.
10. Challenge Days, tolerance building and anti-bullying program: repeat offering 3 times in 2009-10 year on October 27, 2009; December 3, 2009 and March 11, 2010.

Homework Routines and Results: Homework is an integral part of the grade and used in preparation for projects, tests and final grades. Most classes have homework every night and it is important for students to follow routines that lead to successful results. Here are ten steps that can help you support your child with his/her homework:

1. Make an agreement with your child to do homework at the same time every night. Check their planner for homework assignments and check their homework for completion.
2. Provide a quiet workspace with a collegiate dictionary, paper, pencils and necessary school texts at home to do homework. Limit access to distractions such as television, the Internet, and telephone during homework time. Make sure your student is doing homework every night.
3. With your child, review homework for completeness and accuracy after it is completed and before your child turns it in.
4. Make sure your student gets enough sleep and gets to school on time. Talk to your child about using our daily tutorial as a time to meet with teachers to seek additional help rather than using it as a recess. Our tutorial policy requires all freshman and sophomores who receive a "D" or an "F" grade in English, math, science or social science to attend tutorial for those classes.
5. Make sure your student gets to class on time. Our tardy policy requires all students to get to class on time. Those who do not get to class on time receive a detention.
6. Take time to review test questions and answers with your child before tests.
7. Have your child contact his/her teacher with any concerns about his/her progress in the class.
8. Check weekly assignment and test grades your student brings home. Check progress reports and report cards to see how well your child is doing.
9. If you have any concerns about your child's progress, first contact his/her teacher, then a counselor or an administrator.
10. Celebrate success with your student when he/she accomplishes all the above with you regularly.

Petaluma High School Program Showcase:

Who: 6th-8th grade students and their parents

What: Showcase of Petaluma High School's unique academic oriented classes, career-centered clusters, athletics programs and club offerings.

When: December 2, 6:00-8:00 P.M.

Where: Multiuse room, D-Wing and nearby engineering and agricultural classrooms

We will be holding our **Petaluma High School Program Showcase** on **December 2 from 6:00-8:00 P.M.** in our multi-use room, attached D-wing and nearby classrooms. The purpose of this program is to showcase the variety of programs: unique career clusters, core academic programs, athletic programs and clubs that we offer to prospective future students who are currently in 6th-8th grade in and around our community.

We all appreciate you partnering with us to prepare your students for a continued successful experience at Petaluma High School and ultimately their future! Thank you for working with us to support your students.

Sincerely,

Brian J. Howard



Reminder!

Whenever you move or change your telephone number, please call the counseling office (778-4779) to update this information!

SENIOR CLASS NEWS, Class of 2010

Counselors went into Government and Economics classes on September 30 and October 1st, to share important information with seniors. All students were given a Senior Year Calendar. Be sure to consult the calendar for important dates, deadlines and events for this your student's final year at PHS. Thanks to all the parents and students who attended the Senior 4-Year College Application Night on October 6th. If you were unable to attend, please have your student come by and pick up the booklet that was handed out.

College Bound Seniors – November and December have many crucial dates and deadlines to remember:

- Oct. 1 – Nov. 30: CSU application window (www.csumentor.edu)
- Nov. 1-30: UC application window (www.universityofcalifornia.edu/apply)
- Nov. 7: SAT and Subject Tests (www.collegeboard.com)
- Early Dec.: Scholarship Booklet available in the Career Center
- Dec. 5: SAT and Subject Tests
- Dec. 9: Financial Aid Night, 7:00 p.m. @ St. Vincent's High School
- Dec. 12: ACT Test (actstudent.org)
- Jan. 1: FAFSA application period opens (www.fafsa.gov)

BE ADVISED: For some CSU campuses **November testing** is the latest that will be accepted for fall 2010 applications. UC's and many private universities will accept December testing scores.

We are hearing from the U.C.'s and CSU's that students **must** apply directly to each campus they may want to attend. Applicants cannot rely on having their application forwarded to a less "popular" campus. This is also true for Sonoma State: students should apply to Sonoma and do so **before** the November 30th deadline. PLEASE APPLY EARLY to all CSU's and UC's. The CSU's will be strictly adhering to deadlines this year. Please help your student meet all deadlines connected with university applications.

One more reminder: Check your email frequently for communications from colleges and universities. It is your responsibility to reply to these and to send all necessary information and data requested by the university. Failure to supply transcripts or other information by the deadlines may result in not being admitted to the university of your choice.

Santa Rosa Junior College Bound Seniors

There will be a presentation by the SRJC staff on **November 4th at 7:00 p.m. at Casa Grande**. This is an evening for parents and seniors planning to attend SRJC next fall. SRJC admissions, entry level tests, the Counseling 270 class, as well as certificate and transfer programs, will be discussed. It is extremely regrettable that the Doyle Scholarship will again not be accessible to this graduating class. Come get all your questions answered and help smooth your student's transition to community college.

You may also want to attend the Financial Aid Night, **December 9th at 7:00p.m. at St. Vincent's High School**. You will learn all about completing the FAFSA and other aid opportunities for your student.

Remember that in early December the Scholarship Booklet will be available in the Career Center. This booklet lists the many local scholarships available to Petaluma students. There are scholarships for students going to 2 year programs, technical institutes and/or 4 year colleges.

Grades

The second progress report of your child's last year in high school should arrive home on Saturday, November 7. Any grade below a C is considered dangerously low for a graduating senior. Please require from your student weekly progress reports and attendance at tutorial to monitor and improve her/his academic progress. Grades still matter!

Student's last name begins . . .	Counselor	Counselor's email
A–Di	Ms. Selhorst	tselhorst@pet.k12.ca.us
Do–K	Ms. Schmidt	tschmidt@pet.k12.ca.us
L–Ra	Ms. Rietveld-Nolden	frietveld@pet.k12.ca.us
Re–Z	Ms. Walsh	jwalsh@pet.k12.ca.us

JUNIOR CLASS NEWS, Class of 2011

Important Date for Juniors: Nov. 4, 2009 @ 7:00 p.m. in the multi-purpose room. Mark your calendars for the first informational night for parents and students who plan to attend a 4 year college. Counselors will present an agenda that includes college admissions criteria of CSU, UC and private colleges as well as things to think about when making decisions about whether a 4 year college is the best choice. Bring your questions and join us in discussing what it will take to make the road trip to college.

PSAT: The PSAT was given on Oct. 17. The results should arrive some time in December. You can pick them up from your counselor. You can then review test questions and your answers to study for the SAT tests in the spring.

CAHSEE: The California High School Exit Exam will be given for juniors who have not yet taken and passed the exam on Nov. 3rd (English Language Arts) and Nov. 4th (Math). If students do not pass this test, there will be an additional test in the spring.

Grades: The first progress report has come and gone. The second grading period ends on Oct. 30th with progress report cards coming out around November 6th. Students receiving failing or D grades are in danger of failing for the semester, so now is the time to intervene to get grades up before they become permanent. The best way to find out precisely why your student is doing poorly is to **contact the teacher** directly, and e-mail is, most likely, the best way to contact the teacher. The address for all teachers is the first initial of their first name followed by their last name with the @ pet.k12.ca.us ending. Using weekly progress report forms are another way to see how your student is doing. They are available in the counseling center. Students take them to each teacher to get an updated report on how they are doing in all their classes and then bring them home for you to see. You can then monitor what progress they are making weekly.

To contact the counselors: Call the counseling center at 778-4779 or e-mail at addresses listed below.

SOPHOMORE CLASS NEWS, Class of 2012

We've had a busy couple of months kicking off the new 2009-2010 school year. As you know, the counselors visited all the sophomore history classes and talked with students about credits, resources and high school and college requirements. What a great bunch of kids we've got at Petaluma High School! They asked a lot of good questions!

Nearly 150 students came to school on October 17 to take the PSAT test, which is a practice SAT. This number included many sophomores. We will get the results back in December, so have your student listen to the announcements mid December for the arrival of the results and their return to the students.

We passed the first progress reporting period and counselors are meeting with students who are at risk of not passing classes. Please know that the following resources are available for students who need extra support:

1. **Tutorial period:** Every day for 30 minutes after the first period of the day followed by a 10 minute break. Students can return to the classroom of their choice to seek clarification, complete homework assignments, make up tests, or go to the library to study. There are now peer tutors in selected classrooms.
2. Attend **after-school math tutoring** in room C-9 every Tuesday and Thursday from 3:15-4:30. It's free!
3. Utilize the weekly **performance checks** to check student progress. Forms can be picked up in the counseling office. Students usually collect grades from teachers on Thursday and Friday to take home on Friday.

PEER TUTORING by CSF students
Monday, Tuesdays and Thursdays
During Tutorial (10:10-10:45)
See flyers around school for specific rooms

Make sure that your student is provided a quiet workplace in which to study. Make study time the same time every day. Remind your student to use his/her planner. If there are concerns, contact the teacher immediately; email seem to work the best. Students who do a good job with their classroom assignments, complete their homework, test well and who perform at grade level should have no trouble passing the California High School Exit Exam (CAHSEE) that will be given to all sophomores in February 2010. The passage of this test (both parts) is required in order to earn a diploma. More information will be given in a later newsletter.

As always, the counselors are here to help. You may phone the Counseling Office at 778-4779 or email us:

Student's last name begins . . .	Counselor	Counselor's email
A–Di	Ms. Selhorst	cselhorst@pet.k12.ca.us
Do–K	Ms. Schmidt	tschmidt@pet.k12.ca.us
L–Ra	Ms. Rietveld-Nolden	frietveld@pet.k12.ca.us
Re–Z	Ms. Walsh	jwalsh@pet.k12.ca.us

FRESHMEN NEWS, Class of 2013

Petaluma High staff are delighted to see so many 9th grade students getting involved in high school life by participating in or attending the various sporting, business, agricultural, artistic or academic events we have on campus. Counselors have made presentations to all freshmen who participate in 9th grade physical education classes to promote involvement in high school and community events. We encourage volunteer work as a means to learn about careers or to provide an avenue for personal development. Although there is not a community service requirement for graduation, we ask that students bring documentation of their service hours to their counselor for recognition in the latter part of high school. We have also stressed the importance of starting the year in a proactive manner by attending tutorial, getting work from their teacher following an absence, and using their planner to stay organized. **Grades & Progress Reports:** The second grading period will end on October 30th. Progress reports are typically received one week later. Grades lower than a "C" indicate that your student should be making a plan to increase homework and/or classwork completion and take advantage of resources @ PHS:

- 1) **Tutorial:** Every day for 30 minutes after the first period of the day. FREE help from teachers and/or peer tutors.
- 2) **Math Tutoring:** Every Tuesday & Thursday, 3:15 – 4:30 in room C-9. FREE
- 3) **Weekly Progress Reports:** Available in the counseling and attendance offices. Student initiates picking up the report, asking teachers to comment on it, and brings the report home to parent. Rewards and consequences, weekend privileges, based on performance, can be pre-arranged with parent and student.

- 4) Tutorial "Agreements": Arranged between teacher & student to mandate tutorial days
- 5) Private Tutors: Call counseling office @ 778-4779 for resources.

Celebrate your child's successes and support them in their quest to become responsible and active learners. Check teacher's websites for outlines and assignments as a means of opening a conversation with your student. Recognize that while teens are striving to become independent from their parents, they still need to have clear expectations of their "job" of being a student and of their behavior in school and at home. Establishing guidelines and boundaries in a compassionate manner, no matter what the response, will give the message that we want them to be successful. Thanks for your continued support of your student and please contact our office, as needed.

TROY's Student Store

New Sweatshirts Coming
Smoothies \$3.00
Spirit Items . . . School Supplies . . . Snacks . . .
Gift Cards Available
Get Ready for the Holidays!
Open Every Day at Tutorial and Lunch
email: dfitch@pet.k12.ca.us

SCIENCE DEPARTMENT

Victor Brazil, Teacher and Lee Boyes, Chair

Happy Mole-day from the Science Department, Mole-day was celebrated nearly worldwide by chemistry teachers on Oct. 23 at 6:02 am to 6:02 in the evening. On Mole-Day, we celebrate the power of 6.02×10^{23} (a mole), during which our students discover chemistry is fun and the math that goes with the science isn't as scary as other holidays. Physical Science teachers continue to discuss the wonders of Physics and how students actively participate in those physics. The Physics students are now studying Kinematics (the study of motion), which is fitting Oh..., so close to Mole-day, since Newton did so much to move all sciences forward.

From Mr. Troth, biology classes will be learning about the exciting world of cellular respiration and photosynthesis. His anatomy students will be studying the nervous system and related sensory organs. Also, Mr. Troth is taking a group of students (and some parents) to Costa Rica this summer. There may still be room for you, if you contact him soon. From all of us in the Science Dept.--Be safe and enjoy all the up and coming Holidays!

HEALTH NOTES FROM THE NURSE

Stacey Evans, Nurse

Dear Parents of Petaluma High School,

I am Stacey Evans the new school nurse. I am here on Monday and Friday. It is now October and there is much concern about the H1N1 Swine flu. I have seen quite a few students come to school with flu like symptoms. I am asking

parents to keep their children at home if they have a fever, are vomiting, or generally experiencing flu like symptoms. I realize that many parents and students are concerned about missing assignments or getting behind. The pressures of attendance and learning are significant, however the wise choice is to rest at home and help prevent the spread of germs. Please suggest that your child make a buddy in each class who they can call to get homework assignments from, or contact the teacher. Please let them know that school will be here when they are feeling better and it is possible to catch up. It is an important life long habit to know when to rest and take care of the body. Help me teach this to your children.

Our best defense this season is to wash hands frequently, sneeze into our elbow, not share food and stay home and rest when not feeling well. Let's all remind the students of these simple but powerful precautions.

Thank you for your cooperation.

In health,
Stacey Evans
School Nurse

LIBRARY

Connie Williams, Librarian

Parents: check out the parents page at <http://www.phslibrary.org>!

We had the most fun during the week of September 21-25. During this week 11 students participated in the first annual poetry slam. Three grueling days of competition required our students to think quickly, create on-the-fly and present their poems with flare. On day one they brought their own poem which they presented to a panel of judges including Peggy Wiley, Linda Voss from the Petaluma branch of the Sonoma County library, Tom Gaffey from the Phoenix Theater and two student judges. On Day two, students were given a series of words in the morning during tutorial. They had that amount of time to pen a poem using at least 5 for the given words. On Day three, the audience got to create a list of words from which our poets created their poems on the spot – five minutes! The poems are fantastic! You can view them on the library website at: <http://www.phslibrary.org>.

The first place winner was Jake Fahlenkamp, 2nd place was Amanda Fisher and 3rd place was Larissa Goodanetz

New books, new audio books, great website tools.... Encourage your student to drop by the library to see what's new!

Sometimes dropping by the library means that you arrive at 10:30 p.m.well, we're open! The library website has all the tools your student needs to succeed: eBooks, databases, web help and more. Drop by your library today: <http://www.phslibrary.org>.

Wanted: overstuffed chairs for a quiet reading space and meeting room.... Please call Connie Williams at 778-4662.

WRESTLING

Denny Plyler, Coach

Winter Sports practices will begin on Nov. 9, 2009; Monday. Winter Wrestling is a great activity for any student not participating in our boys/girls Freshman, JV, and Varsity basketball programs.

There are several benefits any young person will gain from participation in our tradition rich sport of wrestling here at Petaluma High School. To begin with, every participant will have the full opportunity to develop their athletic abilities in mind, body, and spirit. Wrestling combines the best of key skills and techniques with complete training in strength, flexibility, and cardiovascular fitness. All participants will have the opportunity to get in the best shape of their lives. This makes wrestling one of the best cross-over, cross training sports for any and all athletes. Wrestling provides a great opportunity for athletes wanting to stay in shape in their off-season and to best prepare for their spring sport of choice.

Our Wrestling Program makes no cuts. The coaching staff makes every effort throughout the season to ensure each wrestler, boy or girl, receives as many opportunities to suit up and compete in age level, gender level, and experience level competition. We have meets and tournaments that include freshmen, sophomore, JV, and varsity level competition. Every participant that completes the season will receive no less than a JV block award. Every team member each week has an opportunity to compete and accumulate points that go toward earning their varsity block. It is not unusual to earn their varsity block for many first time freshmen and sophomore participants. The no cut and Varsity/JV award point systems are two reasons alone for encouraging PHS students to participate in wrestling. Students going on to college and looking to add an athletic participation component to their portfolio should seriously consider wrestling as a sport choice.

The coaching staff eagerly awaits the chance to work with all level athletes. No experience required. We all had to start somewhere. Our coaching staff is lead by head coach Denny Plyler. Coach Plyler has been with the PHS Wrestling program since the fall of 1974 and has been head coach since 1975. The assistants bring a wealth of experience, as well. Rich Pedersen was a former league champion here at PHS, a JC state medalist and All-American. Mike Butts has been with the PHS and PJH programs since 1996. Bennett Holley is in his third year as a full time P.E. instructor here at PHS and as a certified personal trainer has done an excellent job as conditioning coach.

If you have any questions about participation in this year's 2009-2010 wrestling program, please contact Coach Plyler at Petaluma High School. You may phone him at 778-4652; extension 1401.

PTSA

Bonnie Koagedal, President

PTSA report: Oct 2009

We elected and re-elected our board at a special meeting held October 5, 2009. Cynthia Machado as Vice President, Theresa Nelson as Treasurer, Co-Treasurer Edie Jackson, Laura Lee as Secretary, Joan Hunsiker as Membership person.

Thanks so much to those who attended to help us vote in our board.

We had 200 families sign-up to be members of PTSA and 90 families who are willing to help with food for the teacher luncheons and fundraising efforts. Still not too late to sign-up. Thank you so much.

We are proposing to move our meetings back to The first Monday of every month so our next meeting will be November 2nd 7pm in the teachers lounge

Please plan to attend our next meeting as we gear up for the Teachers Holiday luncheon. Stay tuned for a way to support PHS PTSA and buy lovely candles at the same time we earn 50% of the cost!

Anyone else with fundraising ideas please send them our way ASAP.

Call Bonnie at 480-6224 or Cynthia Machado at 794-8444 if you can think of other ways to help us.

Much Joy in Giving, Bonnie Koagedal (re-elected president).

PROJECT GRADUATION

Andrea Christensen, President

Thank you to those who attended our first "Dine & Donate" Fundraiser generously sponsored by Brain Freeze.

Project Graduation is planning another fun filled night for the class of 2010 to be held June 5th, 2010. We hold a party every year for the entire class to attend filled with fun entertainment, food, music and a fabulous party atmosphere designed to keep our graduates off the roads on their graduation night.

PLEASE plan now to help us out. We need over 300 volunteers and \$30,000 dollars to hold this event!!! The year your student is a senior is very busy; so help now before they are a senior.

We are still selling Christmas wreaths as a fundraiser. This is the last opportunity to purchase these fragrant, high quality fresh wreaths. If you did not order yours, please contact our chairperson: Diane Proteau chefdi5@comcast.net. They are fresh green wreaths topped with a beautiful bow for only \$20.

How can you help? Buy a wreath, participate in a Dine & Donate event, make a donation and, to find out more,

please attend one of our meetings this year. They are held at 7 p.m. in the staff lounge at PHS on the following dates:

- October 21, 2009
- November 18, 2009
- January 20, 2010
- February 17, 2010
- March 17, 2010
- April 21, 2010
- May 19, 2010
- June 1, 2010
- Party June 5, 2010

or contact me for more information:
andrealynn7@comcast.net
I hope YOU will help us this year!

ATHLETIC BOOSTERS

Ramona Nizibian

The PHS Athletic Booster Club is holding its annual Crab Feed on February 27, 2010.

For ticket information please see the invitation included in this newsletter.

The 2009 Crab Feed raised \$30,000. These funds were used to purchase a pitching machine for Softball; uniforms for Boys Basketball and Boys Tennis; shirts and balls for Boys Golf; home and away uniform pants for Football; volleyballs and a score clock for Volleyball; uniform shorts and rackets for Badminton; basketballs and travel bags for Girls Basketball; bags and balls for Boys Soccer; warm-ups for Cheer; balls, nets and a storage shed for Girls Tennis; first aid supplies; a discus cage and high jump pad for Track and dugouts for Baseball.

The Crab Feed is our major fundraiser. Please join us in supporting athletics at PHS.

LIBRARY BOOSTERS

Susan Rose Pareto, President

Hi Parents! Want to help support your high school library? Join the "Library Boosters"-- Starting up now. Contact Susan Pareto for info at susanl.rose@comcast.net



PHS DIRECTORY

Administration	778-4652
Admin/Students	778-4671
Athletic Director	778-5074
Attendance	778-4670
Bilingual	778-4646
Cafeteria	778-4660
Career Center	778-4857
Counseling	778-4779
Discipline	778-4671
Facilities Manager	778-4938
Fax	778-4767
Information	778-4651
Library	778-4662
Museum	778-4787
Nurses	778-4651
Registration	778-4650
Student Center	778-4651
Transcripts	778-4650
Voice Mail	778-4926

Petaluma High School's Athletic Booster Club
invites you to attend their
Crab Feed/Auction
Saturday, February 27, 2010
6:00 p.m.-11:00 p.m.
Petaluma Veteran's Memorial Building
Dinner, Dancing, Live and Silent Auctions

The Athletic Booster Club raises funds for all
twenty-two sports programs at PHS.

Cost: \$50.00 per person
PHS coaches/staff discount- \$35.00 each

For tickets and/or sponsorship, please complete the bottom portion of
this form and return it to:

PHS Athletic Booster Club, 201 Fair Street, Petaluma, CA 94952

Yes, I'd love to support the PHS Athletic Boosters by sponsoring their Crab Feed:
Gold Medal Sponsor (\$500)_____Silver Medal Sponsor (\$250)_____
Bronze Medal Sponsor (\$100)_____Honorable Mention Sponsor (\$50)____

All sponsors will be listed in the auction programs

Number of tickets needed_____

Total of cash/check enclosed_____

Name_____

Address_____

Telephone_____

Please make checks payable to the PHS Athletic Booster Club.

If you would like to donate a live or silent auction item or have questions, please
call Debbie Raffaelli at 696-5667