

Mental Health Tip:

Keep active: Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health. **(For more information go to Student Services in K-25)**

Titan News:

- The Common App Workshop for seniors is September 22 in the Titan Center during student lunch
- Financial Aid Night is Tuesday, September 26 at 6pm in the PCPA. It's sponsored by UCSD. Parents and students are welcome.
- Friday September 29 is a non-student day for most Poway Unified students.
- Family College & Career Night is October 5 in the PCPA at 6pm. Students in grades 9 through 11 and parents are encouraged to attend.
- **PSAT:** Wednesday, **October 11**, 7:30 AM **Deadline to register is Wednesday, October 4th!!!** All 10th graders are already registered and will take the PSAT at no charge. 9th and 11th graders must register and pay in order to take the test. The cost is **\$18 payable online, or at the Finance Office** during break or lunch. Check (payable to Poway High School), cash or credit card accepted at the Finance Office. If registering online, only credit cards are accepted. Go to PHS website at www.powayusd.com/pusdphs. Click on Titans Payments Webstore at the bottom of the page. **ON TEST DAY** you must have: **photo ID and two #2 pencils; a 4 function calculator is recommended.**
- Student Planners are on sale now for **\$7 in the Finance Office.**
- **NEW ATTENDANCE Email Options:** Parents you can now email us at phsattendance@powayusd.com each day your child is absent or tardy. Please be aware that only your valid PUSD registered email will be accepted to clear any absences or tardies or you may call the absence hotline at 748-7016 and follow the instructions. ****ALL ABSENCES MUST BE CLEARED WITHIN 24 HOURS. OFF CAMPUS PASSES still need to be called into the Off Campus line at 858-748-0245 X5113, 24 HOURS IN ADVANCE.** If requesting an off-campus pass for your student to leave campus the same day, you must come to the attendance window with your ID to check your student out.
- Is there something bothering you? Are you concerned about a friend? If so, please come over to Student Services in K25. Ms. Barker-Ball and Ms. Struck are here to listen! Or, if you would prefer to talk to a peer counselor, we can arrange for that as well. We CARE about you!!
- Students must have permission to leave campus at lunch. Parents must come to Poway High in person with a photo ID to approve an off campus pass for their student.
- Parking Permits are sold on Mondays after school at the Finance window. All students must attend the Start Smart Driving Program sponsored by the San Diego County Sheriff's Department before purchasing a permit. Sessions are listed on the PHS website under the student section. To purchase a permit, bring the vehicle registration, driver's license and \$10 after completing the program.
- Have you lost something? Recovered items are kept in the Administration Office. If you have lost glasses, a jacket, or a backpack, please see Mr. Williams in the Health Office. If you have lost anything else (cell phone, wallet, jewelry, etc.) please see Mrs. Warriner in the Administration Office.

Titan Center:

COLLEGE VISITS	Day/Date	Period	Time
Hobart & William Colleges	Friday, September 22, 2017	4	12:15 pm
University of Michigan	Monday, September 25, 2017	3	10:00 am
University of Toronto	Tuesday, September 26, 2017	1	7:45 am
N.Y.U.	Tuesday, September 26, 2017	4	1:00 pm

Athletics:

EVENTS FOR TODAY	LOCATION	RELEASE	DEPART	EVENT TIME
Football, Var vs Del Norte	Del Norte		5:00 2 Buses	7:00
Football, JV vs Del Norte	Del Norte	2:00	2:15 1 Bus	4:30
Cheer to Football vs Del Norte	Del Norte			4:30
G/Volleyball, F/JV/Var vs Mt. Carmel	Poway			3:30/4:45
B/WaterPolo V in Cor Tourn vs Grossmont	La Jolla Coggan Pool	12:00	12:15 1 Bus	2:00 & 5 or 6:00

"No act of kindness, no matter how small, is ever wasted." ~ Aesop