



# Del Norte High School

## Counseling Newsletter

### February 2019

#### **HAPPY NEW YEAR!**

We have passed our 6-week mark in the second trimester, which means we are half-way through the school year! It's hard to believe! To help your students be successful:

- Review grades with your student on MyPlan on a weekly basis. If you need support accessing MyConnect or MyPlan, we have helpful guidelines and links under the "Parents" tab on our school website. Click on "Technology" home page for information.
- Contact teachers with questions and or concerns regarding your student's progress in a class.
- 6-week progress reports were hand carried home on January 29<sup>th</sup>. Report cards containing final grades will be mailed home at the end of each trimester.
- Check the school & counseling websites for up-to-date information and resources.

**Reminders:**     **February 1: Professional Growth/non-student day**  
                      **February 18 - 22: District Break/no school**  
                      **March 6 - 8: Trimester 2 Final exams**  
                      **March 11: Trimester begins, minimum day schedule**

#### **COURSE REQUEST FORM (CRF) & PACKET**

Counselors are rolling out 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade CRF's and information packets to students during the first two weeks of February. Students are required to enter their course selection online on their MyPlan account and turn in their CRF to their homeroom teacher on March 15<sup>th</sup>.

If your student is uncertain about which class to take next year, we recommend they talk with their current teacher in that subject area. The CRF packet has several resources to help with the selection process. The information is also on the counseling website. If parents have course selection questions for next year, they can attend one of the parent drop-in sessions for a brief discussion with a counselor in the Staff Lounge:

CRF Q & A Parent Drop-in's for current 9<sup>th</sup> – 11<sup>th</sup> grade:

Wednesday, February 27, 2:00 – 4:30 p.m.

Monday, March 4, 2:00 – 4:30 p.m.

#### **CONSIDERING TAKING AN AP CLASS NEXT YEAR?**

There are AP Informational meetings coming up to help students decide if the class is a good fit. All meetings will be held at lunchtime.

- **Wed Feb 13:** AP Computer Science (A101)
- **Thurs Feb 14:** AP Physics C: Mechanics (K105), AP Statistics (G103), AP Studio Art (P107), AP Human Geography (J118)
- **Mon Feb 25:** Honors Humanities (G117), AP English Language (G112), AP English Literature (J114)
- **Tues Feb 26:** AP European History (L115), AP US History (L116), AP Govt/Politics (J113)
- **Wed Feb 27:** AP Biology (E106), AP Environmental Science (E105), AP Physics E&M (K106)
- **Thurs Feb 28:** AP Chemistry (K103), AP Chinese (D116), AP Spanish (D113), AP Psych (J118)
- **Fri March 1:** AP Calculus AB (L102), AP Calculus BC (G104), AP Music Theory (M116)

## **LEARN MORE ABOUT SOME OF OUR ELECTIVE CLASSES OFFERED NEXT YEAR**

An Electives Fair will be held on Wednesday, February 13<sup>th</sup> during lunch in the quad for information on the following elective classes: Choir, Biomedical Science, Human Body, Medical Intervention, AP Studio Art, Drawing & Painting, Chinese, Technical Production for Theatre, Drama, Oral Interpretation, Journalism, Film Studies, Business & Engineering, Vocational Learning Assistant, Color Guard/Tall Flags, Yearbook, and more.

## **AP EXAM REGISTRATION**



AP exam registration opened on January 30, 2019.

Your student was given an informational newsletter provided to us by the College Board regarding AP testing. Please review this information carefully. Regular registration closes on February 27<sup>th</sup> by 11:59 p.m. Late registration, which assesses an additional \$20 fee, closes on March 6<sup>th</sup> by 11:59 p.m.

## **SENIORS:**

- **COLLEGE FINANCIAL AID/FAFSA**



If you will be going to a 2-year college, four-year college/university or technical school next year, the deadline to apply and be eligible for California pell grants is March 2<sup>nd</sup>. Financial aid comes in the form of grants, loans, and scholarships. Some families choose not to file the financial aid documents believing they will not qualify for any aid. While individuals may not be eligible for some federal grants, filing the Free Application for Federal Student Aid (FAFSA) is required if you will be taking out any federal loans, and many colleges and universities that offer scholarships. To begin filing for your FAFSA, [click here](#).

## **8<sup>th</sup> GRADE FAMILY NIGHT**

On Tuesday, March 19<sup>th</sup> from 5:00 – 7:20 p.m. Del Norte will host an information night for incoming Freshman and their parents/guardians. Campus tours and electives fair begin at 5:00 p.m. with the Principal's address at 5:40 p.m. Help us spread the word to any families that might be interested! In addition, DNHS counselors will be visiting D39 8<sup>th</sup> graders on March 5<sup>th</sup> and Oak Valley 8<sup>th</sup> graders on March 6<sup>th</sup>.

## **SAT/ACT**



If you took the SAT in January, scores are now available. Log in to your [college board](#) account for more information. Upcoming tests dates are:

**SAT** (Register at <http://sat.collegeboard.org>)

SAT Test Date	Registration Deadline	Late Registration Deadline
March 9	February 8	February 27
May 4	April 5	April 24
June 2	May 3	May 15

**ACT** (Register at [www.actstudent.org](http://www.actstudent.org))

ACT Test Date	Registration Deadline	Late Registration Deadline
April 13	March 8	March 9-25
June 8	May 3	May 4-20
July 14	June 15	June 16 - 22

### **INTERNSHIP & SUMMER OPPORTUNITIES, ETC.**

Internship, Volunteer, and Summer education opportunities are posted in Naviance. Please have your student log in to their Naviance account to see the entire list.

**San Diego North Educational Foundation** Is offering a complimentary workshop during winter break, “Strategies For Success” on Wednesday, February 20<sup>th</sup> from 9 a.m. – 4 p.m. Lunch is included. Curriculum topics include: volunteerism, leadership, time management, networking/technology, public speaking, entrepreneurship, and personal finance. Click [here](#) for information on how to register.

### **Science Summer Sessions at UC Santa Barbara**

UCSB offers two exciting summer research programs for students in the 9<sup>th</sup>-11<sup>th</sup> grades. These programs provide students with an opportunity to gain university-level research experience as well as earning college credit. The program will challenge students by exposing them to the breadth of interdisciplinary, ground-breaking research currently being conducted at UCSB. One is a research mentorship program; the other is a science & engineering research academy. For more information, check out their website: <https://www.summer.ucsb.edu/pre-college/science-engineering-research-academy/application-and-fees>

**Guardian Angels of San Diego** Their mission is to recruit, train and link adult and minor volunteers with isolated seniors residing in long-term care facilities throughout San Diego County, as well as any resident senior who would benefit from a GA volunteer. Socialization is a vital part of our well - being, whether we are growing up or growing old. The Guardian Angels program provides this essential element by pairing San Diegans with isolated seniors living in residential facilities. Many have outlived their friends and family or currently live far from loved ones. Our volunteers also are eager to connect with an older adult, filling voids in their relationships, their resumes and their weekly schedules. For more information please call 619-543-4700 or <http://guardianangelvolunteers.org/>

### **Helen Woodward Animal Center**

Junior Volunteer Opportunities ages 14 – 18 for upcoming Critter Camps during February and Spring breaks, and Summer Camps. Applications and information may be found on their website: <https://animalcenter.org/get-involved/volunteer>

### **American Red Cross Blood Services Donor Recruitment/Community Outreach**

The American Red Cross has summer opportunities for volunteering. Contact your local chapter for more information. <http://www.redcross.org/local/california/san-diego>

### **SCHOLARSHIPS**

Scholarships are entered into Naviance on a regular basis. Click on the Colleges tab and then click on the Scholarship link. A few scholarships to consider:

Junior Class Scholarship: Questbridge College Prep Scholars Program provides a pathway to top colleges for outstanding low-income high school juniors. Questbridge is seeking high achieving high school juniors who exhibit strong personal character and come from households earning less than \$65,000

annually (family of four). Find out if you are eligible and apply for free at [www.questbridge.org](http://www.questbridge.org) Deadline March 20, 2019.

**SD County Ford Salute to Education** – The senior scholarship recipients of \$1,000 and a car will be selected by local community leaders, educators and the San Diego County Salute to Education Advisory Council. Judges will select the scholarship recipients based on their personal achievements, financial need, personal challenges, academic accomplishments, contributions to their communities and schools, and overall character. Deadline for entries is February 15, 2019.

**Brad Fowler Memorial Scholarship**

The Brad Fowler Memorial Scholarship Fund offers a two-year, \$5,000 scholarship to several high school seniors in San Diego County. The nominee must have demonstrated an ability to overcome personal obstacles associated with drugs or alcohol, a strong commitment to athletics and a desire to continue personal growth and development through higher education. There is no minimum GPA requirement, but academic growth will be considered. One-year scholarship for \$5,000 for the school year September-June and eligible expenses include college tuition, books & on-campus housing. Submission deadline February 15, 2019. Find more information & application documents in Naviance.

**Rancho Bernardo Rotary Club Scholarship** - The RB Rotary club awards scholarships annually to students who show excellence in school and community service in addition to financial need. One student will also be chosen based on counselor nominations of students who have significant disabilities and have shown progress overcoming their challenges. Four \$1,500 scholarships will be awarded. Deadline to turn in applications is March 1<sup>st</sup>. To apply go to <http://rbrotary.org/Page/rancho-bernardo-rotary-foundation>

**San Diego County Citizen's Scholarship Foundation** - This scholarship is awarded to seniors who live in San Diego County and plan on attending college full time. Maximum award is \$1,000. Deadline to apply is March 2<sup>nd</sup>.

**The San Diego Chinese Women's Association** - This is available to graduating high school seniors of Chinese descent to apply for a scholarships of \$1,500. Eligibility information and application forms can be found on the Association website at: <http://sdcwa.net/scholarships/>. Deadline to apply is March 2<sup>nd</sup>.

**Gayle Kennedy Memorial Scholarship** - The Gayle Kennedy Memorial Scholarship is being awarded by the Poway Chapter of the National Charity League in recognition of Gayle Kennedy's devotion to education and to the community. Scholarships will be granted each year to deserving girls from the high schools in the Poway Unified School District. The scholarships will be awarded to students who have demonstrated a financial need, a commitment to pursuing education as a career choice, and a proven track record of volunteering in the community. Applications due February 28<sup>th</sup>.

**Accounting and Financial Women's Alliance Scholarship** - AFWA is a national organization founded in 1938 whose mission is to enable women in all accounting and related fields to achieve their full personal, professional and economic potential and to contribute to the future development of their profession. The local San Diego Chapter has a scholarship opportunity available to graduating high school seniors wishing to pursue accounting, finance or related field. Deadline is February 28<sup>th</sup>.

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived race, color, ancestry, national origin, nationality, immigration status, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental ability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or a group with one or more of these actual or perceived characteristics. For more information, please contact: Title IX/Equity Compliance Officer, James Jimenez, Associate Superintendent, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128, 858-521-2800, extension 2761, [jjimenez@powayusd.com](mailto:jjimenez@powayusd.com)