



# FALCON UPDATE



COLFAX HIGH SCHOOL PARENT NEWSLETTER

MAY/JUNE 2009 ISSUE

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**The Falcon Update needs a new Business Supporter Coordinator for next year. Contact the school if you are interested!**

Please send your comments and suggestions regarding the *Falcon Update* to: [CHSFalconNews@gmail.com](mailto:CHSFalconNews@gmail.com).

## PRINCIPAL'S DISPATCH

In February, 236 Colfax High sophomores took the California High School Exit Exam. Ninety-four percent of these sophomores passed the math portion and 94% passed the English portion. We are extremely pleased with these results. In addition, the current senior class is the fourth class who needed to pass the CAHSEE to graduate. We are excited that no senior will be held out of graduation because of this requirement.

Speaking of testing, our staff wants to thank all of you for your support of our STAR testing. We had great participation by our students, and as far as we could tell, they were rested, focused, and tried their best. Your help made the testing as pleasant as possible for our students. Hopefully this will help raise our Academic Performance Index (API) number for next year.

**Ron Pucci**, longtime teacher, counselor, and coach, and **Margaret Vodicka**, assistant principal, are both retiring at the end of the school year. I want to recognize them for their years of service to the students of our community and wish them well as they move into the next phase of their lives.

I want to thank our newsletter editor, parent Tami Collins, for the great job she did this year. We will have a new editor this upcoming year and are in need of a new business support person. If you are willing to take over this important position, please let my secretary Kristen Nave know as soon as possible.

The last month of school will be a busy one as always. **May 27 and 28**

will be **minimum days** for our students for Senior Project Boards, as will **June 3 and 4** for end of semester finals. **Senior Awards** will be on Friday, **May 29 at 8:00 a.m.** in the gym, and **graduation** will be on Saturday, **June 6, at 10:00 a.m.** on Marson Field. Remember that seating is limited for graduation so bringing your own folding chair is an option. On **May 13** our music department will hold its **Spring Concert**.

We received some great news from the National Merit Scholarship Corporation. Colfax High School junior **Kate Bradshaw** has met the requirements to enter the 2010 National Merit Scholarship Program. With a qualifying score on the PSAT, Kate is among the 50,000 highest-scoring participants in the country. Congratulations and good luck to Kate!

As in past years, we plan on mailing grades the third week of June and student class schedules for next school year will be mailed late July/early August. At that time, requests for schedule changes for both terms will be accepted (you will receive more info with the schedule). We are in the early stages of building our class master schedule for next year so counselors may be in contact with your student throughout the rest of the school year and summer to work out conflicts in the schedule. Schedule changes will be even more difficult this next year because of staffing reductions as a result of the state budget. All summer school classes will be held at Placer

High School beginning June 15 and will be for make-up only. Bus transportation will be provided from Colfax High School and selected Park 'n Rides. This year we will be again offering **free sports physicals** on **June 24**, with juniors and seniors starting at 6 p.m. and freshmen and sophomores to follow.

I hope your student(s) had a successful school year at CHS.

It has certainly gone fast for me and I am sure for you as well. I also hope you have a fun-filled summer planned and we look forward to seeing you all again in the fall — except the seniors of course! Good luck to all the seniors in their future endeavors.

— Rick Spears, Principal

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# COUNSELOR'S CORNER

## SENIORS

### Help Your Students Survive the College Wait List

Some of your students may find that they haven't been accepted to the school of their dreams, but they haven't been rejected either. They've been placed on the wait list and are unsure what they should do.

Give these tips to your students to help them survive the wait list:

- Complete and send the postcard to the college to let the college know you want to remain on the waiting list.
- Write a letter to the admissions office and emphasize your desire to attend. Keep the college updated on everything that would add to your application – academic milestones, awards, achievements, etc.
- Schedule a visit and request an interview; an interview will demonstrate your interest to attend and give you a personal contact in the admissions office.
- Reconsider the colleges to which you were accepted, accept an offer from one of them, and send in the deposit. If you're chosen from the wait list, you can always notify your second choice college that you've changed your mind.

Seniors planning to attend UC must satisfy the Entry-Level Writing Requirement. (previously known as the Subject A Requirement). Students could have satisfied the Entry Level Writing Requirement by either scoring:

- 30 or better on the ACT Combined English/Writing test; or
- 680 or better on the College Board SAT-II Writing Test; or
- 680 or better on the College Board SAT Reasoning Test, Writing section; or

- 3, 4, or 5 on either Advanced Placement (AP) Examination in English;

Students should have received an e-mail or letter directing them to Placer High School on May 9<sup>th</sup> to take the University wide analytical Writing Placement Examination if they did not meet one of the above requirements.

**SENIOR AWARDS Ceremony May 29, 2009**, Friday 8:00 a.m. to approximately 10:00 a.m. – in the gym. This is a ceremony to recognize senior students who have received a certificate of honor or scholarships. Seniors this year have come out in record numbers to apply for local scholarships. This will be a difficult process for scholarship committees. The counseling department would also like to know of any scholarships that students will receive from the college or university they plan to attend, as we would like to recognize this achievement also. Have your student bring in a copy of a letter describing the scholarship. If your student is to receive an award or recognition at this event, you will receive a telephone call.

**SCHOLARSHIPS** are still available with various deadlines. Have your student come into the Career Center and check out the file.

## JUNIORS

**From Ms. O'Keefe** – Some *words of encouragement* to the Juniors.

We are almost at the school year's end and I suspect you are growing weary of school work. Although understandable, I encourage you to keep on keeping on. It's so important that you finish your junior year strong, whether that means

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finishing with a higher GPA or passing all of your classes. A worthy goal would be to start your senior year *ahead* and not *behind*. I know you can do it because, after all, you are the *Class of 2010!*

*So... Class of 2010....take care of business.  
You ARE winners!*

### **Reminders – What your Senior-To-Be student can do over the Summer!**

For those students planning to go to a Technical or Vocational School, it would give them a *jumpstart* to do some research over the summer. Here are some helpful websites: [www.rwm.org](http://www.rwm.org) (This site is a national database of schools that specialize in specific training for vocational and technical jobs.); **Wyotech** – [www.wyotech.edu](http://www.wyotech.edu); and **UTI** – [www.uticorp.com](http://www.uticorp.com).

For those students planning to go to a community college or four-year college, they can fly over the hurdles in the race for scholarships if they start researching now or in the summer. They can pick up a *scholarship list* in the Career Center and see what scholarships are available. Although there will be a new list the beginning of their senior year, they can begin their research on the scholarships that may be applicable to them.

For those students planning to go to a four-year college, have they taken the SAT and/or the ACT? If considering attending a UC, have they taken the SAT subject tests and/or the ACT writing component? These tests should be completed before making application to the colleges of their choice. As a reminder, following are the websites and the remaining test dates: **SAT** – [www.collegeboard.com](http://www.collegeboard.com) – Test dates: **June 6** and **October 10** (SAT and Subject tests). **ACT** – [www.actstudent.org](http://www.actstudent.org) – Test dates: **June 13** and **September 12**.

Do you have a son or daughter who is not sure what they want to do after graduation? Are they feeling anxious, concerned, confused about all of the possibilities? Virtual Job Shadow can help you help them find the answers. At [www.virtualjobshadow.com](http://www.virtualjobshadow.com) students can watch entertaining, informative “day in the life” video profiles; go behind the scenes with scores of professionals in different industries; learn the skills and education needed to acquire their dream jobs; and learn a wealth of information about career opportunities.

The summer provides a wonderful opportunity to visit college campuses and explore options for college and/or continuing education.

- UC System – [www.ucop.edu](http://www.ucop.edu)
- CSU System – [www.csumentor.com](http://www.csumentor.com)
- [www.californiacolleges.edu](http://www.californiacolleges.edu) – Information about specific public and private schools in California, career planning and financial aid.

- [www.aicmentor.org](http://www.aicmentor.org) – The Association of Independent California Colleges and Universities. School comparisons and online mentor programs.
- [www.cccco.edu](http://www.cccco.edu) – A comprehensive listing of all the California community colleges with links to the individual college for specific information about that specific campus.
- [www.calapprenticeship.org/programs](http://www.calapprenticeship.org/programs) – This site provides information about training programs for specific jobs. Apprenticeship programs train people in skilled trades. Apprenticeships provide on-the-job training - get paid while you learn. Examples:

*Technological advances and global competition have transformed the nature of work. Tomorrow’s jobs will require more knowledge, better skills, and more flexible workers than ever before. Tomorrow’s workers must be prepared to change jobs and careers several times, continually updating their knowledge and skills. The truth of this is seen in a recent comment from a high school graduate, “After working with industry automotive professionals, I now see a need to attend college...Now I know how important chemistry is in preparing to be an automotive technician.”*

## **FRESHMEN GUIDANCE**

Parents can help to promote a successful high school career by encouraging their son or daughter to be proactive, involved in school, and conscientious about their school work. The counselors look forward to getting to know your son or daughter. Help your freshman begin looking at long-term goals and exploring potential careers they find interesting. Mrs. Klistoff and Mrs. O’Keefe have helped most freshmen complete a 4-year plan (a map of classes to take during the four years of high school). They will visit the last health class later this month. If your son or daughter has questions, please encourage them to visit the counseling and career center. Counselors are available Monday – Friday to answer questions and help students journey successfully through the high school years.

## **SCHEDULING FOR NEXT YEAR’S CLASSES**

Students who have failed one or more semesters of English, U.S. History, or World Studies, and are not going to summer school to make up this required credit, will likely (if classes have room) find these classes in their schedule for next year. This action is necessary because opportunities for making up lost credit via co-enrollment in Placer Adult School and/or Maidu are shrinking. Please contact your son or daughter’s counselor for more information or to discuss make-up options.

## SCHEDULING TIMELINE FOR 2009-10

Students have submitted their course choices for next school year. That information is now being processed so that work can begin on building the teaching schedule for next year. Counselors will be contacting students throughout the rest of this school year, plus during the summer, if complications arise with their schedules. Final schedules will be sent home late July/early August. At that time, requests for schedule changes will be accepted (you will receive more info with the schedule). Keep in mind that such requests should be for Fall and Spring classes. Once **school begins on August 17**, students' schedules will be set for both terms.

## SUMMER SCHOOL

Summer School will be held at Placer High School June 15 – July 10<sup>th</sup>, Monday-Friday each week.

Students who have failed a class in English, World Studies, Algebra, PE, and Health will be able to make up that class through the summer school program. Students can pick up a registration form in the main office beginning April 27<sup>th</sup>. Bussing from Colfax High School to Placer High School will be provided.

## MAIDU HIGH SCHOOL

Did you know that our school district has its own Independent Study Program? Maidu High School is one of the six accredited high schools within the Placer Union High School District. Maidu's fully credentialed faculty offers the courses needed to prepare students for graduation.

Students meet weekly with their advisor and instruction is based on the independent study model which is:

- Student centered
- One-on-one with teacher or in small groups
- Tailored to the student's abilities
- Flexible

There is also the availability of free tutoring in math, reading, and CAHSEE preparation. Small group algebra and geometry classes are also offered as well as a few electives.

Our district also supports the option of "combination enrollment" which allows your child the opportunity to continue to take a class at Colfax while enrolled at Maidu.

If you have questions about Maidu High School please call Jane Wurst, the Admissions Counselor at Maidu, at (530) 885-8410 ext. 165, or talk to your child's high school counselor.

## CAREER FAIRE - OCTOBER 2009

Plans are beginning for this event. Bobbi Jo Forsyth in the Career Center would like to know if there are any parents who would be willing to come to the Faire and share with students about their career. We would like all types of professions and occupations represented. The Career Faire is

set up booth style where students come to the various tables and chat with the individuals. The **tentative date is October 29, 2009** from approximately 7:30 a.m. to 12 noon. This is a very fun and social event that all of our past presenters have really enjoyed. Please call Bobbi Jo at 346-2284 ext. 2126 if you are interested in attending.

## HOW CAN I TELL IF MY CHILD IS USING DRUGS?

CHS counselors are listening with open ears to concerns expressed by some of you about the availability of drugs in the teen culture. In response, here are some websites which offer valuable information and suggestions:

- [www.nida.nih.gov](http://www.nida.nih.gov) (scientific information) or
- [www.theantidrug.com](http://www.theantidrug.com) (signs and symptoms) or
- [www.samhsa.gov](http://www.samhsa.gov) (services) or
- [www.drugdetection.net](http://www.drugdetection.net) (drug testing)

If you are seeking professional help with drugs, alcohol or other issues, please call one of us for local referrals.

Symptoms of drug and alcohol use/abuse are not always clearly recognizable. The following behaviors are used as a guideline:

- Truancy/tardiness
- Cutting class
- Declining grades
- Dropping out of extracurricular activities
- Declining interest in school
- Change in behavior (quiet personality becoming talkative & visa-versa)
- Change in friends
- Lying
- Unusual emotional outbursts
- Unusual hostility
- Mood swings
- Low affect - apathetic
- Sleeping in class
- Figgity behavior – unable to sit still
- Eye Changes – Pupils dilate (stimulants) or pupils contract (depressants)
- Unexplained Weight loss

## CHOOSE TO LIVE WEBSITE

[www.choosetolive.com](http://www.choosetolive.com) website is a great resource for parents and students. Choosetolive is a youth suicide prevention website, specifically for Placer County, though the information is beneficial to all. ♦

Lost your copy of the *Falcon Update*? You can find the current issue on the school's website.

[www.puhsd.k12.ca.us/colfax](http://www.puhsd.k12.ca.us/colfax)

# WHAT'S GOING ON AT CHS

## ORDER YOUR YEARBOOKS NOW!

Yearbooks are being sold for \$70. They are sold on Thursdays during lunch in the student store, or students can find **Isobel Cole** anytime during the day. ♦

## DECORATIONS FOR GRADUATION

The Go Green Club is working with Russ Zapper to purchase some potted plants that could be used as decorations for graduation and then as part of a campus beautification effort and we need donations to make this happen. We are looking to purchase several potted trees, each of which cost around \$50, and possibly some other flowers as our budget allows. Donations can be placed in the Parent Club donation box (in the office) in an envelope marked Plant Donations. Donations can also be given to Carol Davies of the Parent Club. For further information contact Doug Davies, [doug\\_davies@sbcglobal.net](mailto:doug_davies@sbcglobal.net). ♦

## VISA PAYMENTS RETURN TO EZSCHOOLPAY.COM

As of November 2008, you will again be able to pay for school meals with your VISA card on EZSchoolPay.com. We want to encourage your participation in the school meal program. Not only will your child receive a nutritious meal, but by participating in the meal program your school may be eligible for additional funding. Please be sure and send in your application for free or reduced-price meals. ♦

## HOMEWORK CLUB

The Homework Club meets on **Wednesdays and Thursdays from 3-5 p.m.** All students are welcome. Teacher coordinator, **Eileen Kamba**, and student tutors are available to assist students. Eileen Kamba can be reached at **346-2284 ext. 2146**. ♦

## CHS Daily Bulletin:

<http://www.puhsd.k12.ca.us/colfax/Pages/bulletin/bulletin.htm>



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## SPRING CONCERT

The Music Department will hold their annual Spring Concert on Wednesday, May 13<sup>th</sup> at 7:30 p.m. in the Colfax High School Performing Arts Center. The concert features the Varsity Band, Jazz Band, Concert Choir, and Chamber Choir. The cost is \$5.00 per seat and the doors open at 6:45 p.m. Hope to see you there.

## CHAMBER CHOIR NEWS

The Colfax High School Chamber Choir had an incredible time on their tour of New York last month. They had the opportunity to sing at the Riverside Church, which is a Gothic Cathedral, in New York City. The Chamber Choir earned a Gold Rating for their performance, and they won the "Spirit of New York City Award" for representing their school and community the best out of 45 groups. Good job Chamber Choir!

## 2009-2010 CHAMBER CHOIR AUDITIONS

Auditions for the 2009-2010 Chamber Choir will be held on Thursday, **May 21<sup>st</sup>** from 3:00-5:00 in the CHS Music Room. There are 12 openings for next year's group, so if you are serious about singing come audition. Audition materials can be picked up in the music room starting May 14<sup>th</sup> during the school day. ♦

## FOREIGN EXCHANGE HOSTS

Host a foreign exchange student and share your home and enjoy a friendship for life.

ASSE International Student Exchange Program is seeking host families for the 2009-2010 school year.

All students are carefully screened and chosen for their exceptional qualities. All countries are represented.

For more details please contact Diana Adams at 530-878-2945 or via e-mail at [sweetdi46@sbcglobal.net](mailto:sweetdi46@sbcglobal.net). ♦

## SENIOR PROJECT NEWS

When you receive this newsletter, our seniors will only be a few weeks from giving their Senior Project Oral Board Presentations. We welcome the over 200 new and returning judges who have volunteered to help us in late May. If you still would like to volunteer or have not received a call to be a judge, please contact our Community Coordinator, Megan Buell at 878-8666 or 305-4695. The Oral Boards dates are May 27 or 28, with preview dates on May 22 or 26.

Parent Club members will be receiving a phone call soon asking members to donate cookies to be served at the reception following each day of Senior Boards. Last year we had the most incredible and delicious array of cookies for our seniors and community volunteers to enjoy. The receptions provide a very nice conclusion to Senior Project. Thank you Betty Wells and Parent Club members. If you have any questions about Senior Project, please contact Danise Hitchcock, Senior Project Coordinator, 346-2284 ext. 2206 or [dhitchco@puhsd.k12.ca.us](mailto:dhitchco@puhsd.k12.ca.us). ♦



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[www.zumbainthehills.com](http://www.zumbainthehills.com)**

## NEW EDITOR

The *Falcon Update* has a new editor! **Kirstin Dawson** has volunteered to take the reins as the editor of this parent newsletter. A great big "Thank You" Kirstin! You can continue to contact the *Falcon Update* at: [CHSFalconNews@gmail.com](mailto:CHSFalconNews@gmail.com). **The Update still needs a Business Supporter Coordinator.** If you would like to take on this important job that coordinates the supporters of this newsletter, please send an e-mail to the *Update* or to Kristen Nave [knave@puhsd.k12.ca.us](mailto:knave@puhsd.k12.ca.us) at the office.

It has been my pleasure to produce the newsletter this school year and wish its continued success.

— Tami Collins

*Falcon Update Editor*

## \$RECYCLE PROGRAM\$

Bring in your ink cartridges, toner, and cell phones and help CHS today! Items can be placed in the recycling box in the CHS office. ♦

## FALCON FREE PRESS ONLINE

After 32 years in print, the *Falcon Free Press* has a new home on the web.

A new addition to the Journalism class, the website is intended to be a great source of information. Students, parents, and members of the community will have a place to go to hear news from the students' point of view.

Along with articles written by the staff, videos, photos, and audio interviews are expected to be posted on the website.

The website is still in the building stages but should be up and running with daily updates by the middle of February.

You can visit the site at:

<http://www.falconfreepress.net>

— Sara Van Rensselaer  
*FFP Web Editor* ♦

## FALCON FOUNDATION

### E-SCRIP

We could be raising hundreds of dollars a month if every family would take a few minutes and register with eScrip. Here's how:

- 1- Go to [www.escrip.com](http://www.escrip.com)
- 2- Click on "sign-up"
- 3- Use the group name - Falcon Foundation
- 4- Follow instructions to register your cards

It is such a powerful simple money maker that can really benefit Colfax High School! 1-8% of your purchase will come back to the Falcon Foundation.

This is a great opportunity to support CHS academic and athletic programs with no extra effort! Please visit [www.escrip.com](http://www.escrip.com) the next time you're online. Register your cards, and you're on your way!

Here is a sample of stores that participate in eScrip:

Safeway • Petco • Macy's • ebay •  
Round Table • Barnes & Noble •  
Big 5 • Sears.com • Starbucks •  
Nordstrom • Lands End • Dell  
Computers • Walmart.com • Eddie  
Bauer • Home Depot • Old Navy •  
Best Buy • Baja Fresh • Staples •  
Sacramento Bee • American Airlines  
• Linens-n-Things • Expedia • Big O  
Tires • Sports Authority ♦

## FOOTBALL AND BASKETBALL PLAYERS – CLASS OF 2010

Coaches are encouraging you to do your Senior Portraits as early as possible to avoid conflicts with your practices. **Shirley Borba** does all the Colfax Senior Portraits and is **starting in early May** this year to help avoid those conflicts. Book now and receive your Free wallets with package purchases. See facing for more information. ♦

### PREPARE FOR YOUR FUTURE!

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Laurie Balsano, 530-906-4774

Email: [one4laurie@gmail.com](mailto:one4laurie@gmail.com)

## SENIOR PORTRAITS FOR CLASS OF 2010

Now is the time for Juniors to schedule senior portrait sittings for the next year's yearbook. **Shirley Borba** of *Images by Shirley Borba* takes **all the senior portraits** for the CHS yearbook. Yearbook only photos are free of charge. Students then have the option of purchasing full packages of their senior portraits.

Parents of juniors will be receiving information in the mail about scheduling sittings for Senior portraits this summer. There are **early-bird specials** and **free wallets** for senior portraits as incentives for students who schedule sittings in May or early in the summer. Athletes are encouraged to have their portraits done as early as possible to avoid conflicts with athletic practices. Appointments fill up quickly. **Shirley Borba** and team will be at the school during a couple of lunches the first and second week in May. There will be announcements in the school bulletin. You can also call her directly at **823-3686**. For more information and tips for getting the best senior portrait, check her Website at [www.borbaimages.com](http://www.borbaimages.com). **All portraits must be done by September 19** in order to be included in the 2010 yearbook.

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# PARENT CLUB NEWS

By Betty Wells, President

As we wind down the school year, we have much to be thankful for and a few more events to look forward to. The dinner that was hosted by the Parent Club before the freshman orientation evening on March 25<sup>th</sup> was well attended and was a good opportunity for our new families to feel welcome by faculty, parents, students, and alumni. Special thanks are extended to the parent volunteers who helped with serving the dinner and greeting our guests: **Kristin Pujol and family, Renee Hoagland, Gaylene Capachi, Laura Owens, Julie Gauldin, Carol Davies, Leslie Moonshine, Betty Wells, and Megan Buell.**

On the evening of the Illusionist show, which was a wonderful success, we again hosted a dinner and we would like to thank our volunteers that included **Julie Gauldin, Grant and Betty Wells** and the **Leadership student committee**. A very heartfelt thank you is expressed to **Lila McAllister, Judy Lantz and the cafeteria staff** for their fabulous job at putting together the meals, cleaning up, and orchestrating all of the details behind the scene.

We will be looking forward to installing the **new marquee** over the summer break. This promises to be a welcome addition to our campus and will help keep us all up to date on upcoming events. We will also have the opportunity to sell special event messages such as birthday greetings that

will help bring extra funding to our school.

The Parent Club will be hosting the **Alpha Omega program** on **Monday, May 11<sup>th</sup>** and will be selling refreshments at the **Graduation ceremony on Saturday, June 6<sup>th</sup>**. After the **Senior Boards on May 27<sup>th</sup> and May 28<sup>th</sup>**, the Parent Club will be providing **120 dozen cookies** for the seniors and the panel judges. **PLEASE** contact Betty Wells at 388-8048 or [grant1952@aol.com](mailto:grant1952@aol.com) if you can help with providing cookies or help with any of these events.

Please remember to collect and bring in your used printer cartridges and cell phones for the **recycling program**.

In September, we will be hosting the **Kaplan SAT Prep program**. Kaplan will offer trial SAT testing for interested students so that they can see how they will perform on the SAT and ACT tests. Following the testing, the Kaplan program will share results and information about the SAT/ACT and college application process. A fee of \$10 will be charged and all proceeds will go to CHS programs. More details will be in the summer newsletter.

As the faculty prepares for the budget tightening ahead, the Parent Club would like to pursue more fundraising opportunities next year so that we can provide funds for some of the supplies and programs that will potentially be cut. If you would like to share ideas and become involved in supporting our school, please consider attending our next meeting in May (date to be determined). ♦



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# SPORTS BRIEFS



## SUMMER AND FALL SPORTS INFORMATION

With the 2008-09 drawing to a close, the Athletic Department is already focusing on 2009-2010 sports season. We have several summer sport camps that will be held at Colfax High School. Flyers are available through our website: [www.puhsd.k12.ca.us/colfax](http://www.puhsd.k12.ca.us/colfax) then click on Athletics, and then "Summer Camps." They are also available in the main office. You may also register on the first day of camp, but you will need to allow yourself time to complete the paperwork. **A "Parental Consent and Release" form must be filled out and signed by their parent before an athlete can participate.** This form will only be valid through August 14, 2009.

Fall Sports at Colfax High School for 2009-10 officially begin after August 17, 2009. All students must have a physical exam dated on or after **June 1, 2009** to participate in sports during the 2009-10 school year. You must be cleared to be able to participate on our fields, courts, and gyms. Sport Clearance forms will be available on our website: [www.puhsd.k12.ca.us/colfax](http://www.puhsd.k12.ca.us/colfax) then click on Athletics and then "Something New." Forms will also be available on our information wall in the Main Office.

We have scheduled "FREE PHYSICAL NIGHT" for Wednesday, **June 24<sup>th</sup>** at 6:30 p.m. Seniors/Juniors will be first then Sophomores/Freshmen. Please be advised that PARENTS MUST COMPLETE AND SIGN FORMS before their child may receive a sports physical. This is a one-time *FREE* service provided by doctors and nurses who volunteer their time to help our players and parents. This exam is not meant to replace a thorough exam preformed by your child's pediatrician, but is provided as a service to the athletes who may not have practical access to a physician.

For a more individualized exam we recommend that your athlete see their own physician, have a "Sports Physical," and have the physician complete the clearance paper work.

Students can turn their COMPLETED clearance packets to the Athletic Secretary at the following times:

- August 4-13<sup>th</sup> from 8:00 a.m. to 2 p.m.
- On the first day of school, clearances will be processed during student lunches and after school until 3:30 p.m.
- **Do not wait until the last minute to turn your paperwork into the athletic office to get cleared!**
- **September 11, 2009 (Friday)** is the **deadline** for students to be cleared for a **Fall Sport** (Football, Boys Soccer, Volleyball, Cheer, and Cross Country).
- Clearance packets must be complete or they will not be accepted.

## TWO IMPORTANT DATES FOR FALL SPORTS:

- Fall practice begins Monday, August 17<sup>th</sup>
- Fall Sports Night & Back to School Night will be Tuesday, August 25<sup>th</sup>

Fall Sports Night starts at 6:00 p.m. - CHS Theater – Break-Out sessions after

Parents are encouraged to attend Sport Night. After a brief meeting with the Administration and Athletic Director, parents meet with their athlete's coach. Much of the information at this meeting is only available from the coaches and this is the best opportunity to learn about your student's schedule and responsibilities. ♦

*"Leadership is a quality of those who earn the respect of others through the wisdom of the combination of their words and their actions."*

— Walter Grant IV

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## The Simple Truth About ROP

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- TRUE:** ROPs are the primary delivery system in California for career technical education and work-based learning opportunities for high school students.
- TRUE:** ROP students improve their high school grade point averages at high rates than other students.
- TRUE:** ROP students enroll in colleges at equal rates as other students.
- TRUE:** ROP students earn higher wages than other students.
- TRUE:** ROP students obtain promotions and raises more regularly than other students.
- TRUE:** ROP students have an “edge” over other students who do not possess rigorous technical knowledge and skills.

*Don't Be  
"The Other"  
Student!*



# GRAD NIGHT...IT'S COMING SOON!

This school year is racing toward the end and now is the time that preparations for Grad Night start to get up to full speed. We really need you!

We are in the final phases of getting ready for the big event - Grad Night! The theme this year is "Underwater/Overnight." We could use assistance in decorating, working that night, and even donations of snacks and drinks. Grad Night is a community effort, please consider lending a hand. It's also a really fun way to get involved at Colfax High School.

If you can't help out with time, please consider a donation of CASH, BEVERAGES, FOOD ITEMS or PRIZE ITEMS. We could really use all of them, more than ever in this tough economic year.

Grad Night tickets are \$45. For information call Janis Kern @ 637-5114.

Grad Night is a safe & sober event which will be held on Saturday, June 6 for all graduating seniors. To learn more about it, check out our website at <http://sites.google.com/site/chsgradnight/> or call Erika Holm at 320-7126.

Any and all help is greatly appreciated. Please let us know if you can donate time or merchandise.



## CHS GRAD NIGHT 2009 - Volunteer Form

Saturday, June 6, 2009

Grad night is a drug & alcohol-free all night party for graduating seniors.

**VOLUNTEERS MAKE THIS NIGHT POSSIBLE!**

### ***How can you help?***

Name: \_\_\_\_\_

Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Student's name(s) & grade(s): \_\_\_\_\_

\*I can make a monetary donation (personal or business) \_\_\_\_\_  
(make checks payable to CHS Grad Night)

\*I can make a prize donation: \_\_\_\_\_

\*I can make a donation of a food item: \_\_\_\_\_

\*I would like to help at the event: \_\_\_\_\_

Please return form to school or mail to: CHS Grad Night Committee, 11147 Shadow Court,  
Auburn, CA 95602 or call Tracy Critchfield at (530) 878-9068

## PARENT CLUB HOSTS SENIOR ALPHA OMEGA CEREMONY MAY 11<sup>TH</sup>

The Alpha Omega program is a long-standing Colfax High tradition that rewards sophomores, juniors, and seniors for their academic achievements. The GPA requirement is 3.75 (B+) and all qualified students receive a silver or gold certificate provided by the Parent Club. Seniors are especially honored by having a teacher of their choice present their award and give a short tribute to the student during a special award ceremony which will be held on Monday, May 11<sup>th</sup> in the Performing Arts Theatre at the high school. The Parent Club is hosting a light dinner/dessert before the ceremony in the gymnasium for senior students, their guests, and faculty at 6:00 p.m. The ceremony in the theatre begins at 6:30 p.m. Sophomores and juniors will receive their award at an assembly on Thursday, May 7<sup>th</sup> at 12:30 p.m. in the theatre.

Invitations for the May 11<sup>th</sup> senior event have been mailed to the senior students' families. Please return the enclosed card promptly, indicating how many from your family will attend. For further information or to volunteer to help with Alpha Omega, please contact Betty Wells at 388-8048. Your support would be warmly welcome.

Congratulations to the following Alpha Omega students:

### Seniors:

Rachel Acrich  
Amber Akerman  
Kerstin Amezcua  
Kristina Bird  
Bret Brian  
Ryan Campus  
Brett Care  
Caitlin Childs  
Isobel Cole  
Douglas Davies  
Sarah Edwards  
Courtney Evans  
Heidi Graves  
William Hilgenberg  
Angela Ignoffo  
Kelly Keleher  
Kirsten Kelley  
Daniel Kandall  
Robert Littlejohn  
Piper Lofrano  
Claire McCammon  
Eli McNutt  
Elizabeth Metelak  
Hannah Ostertag  
Joshua Parker  
Carly Rich  
Alexa Rooker  
Jacob Saporito  
Cara Spence  
Andrea Starch  
Taelor Tallman

### Juniors:

Kyle Barney  
Jennifer Bozzo  
Kate Bradshaw  
Ashley Broussard  
Emily Colon  
Payge Flemming  
Christopher Holm  
Faith James  
Erin Katsura  
Daniel Kern  
Mark Machholz  
Chelsea McNutt  
Samantha Minton  
Angelee Newman  
Cody Niskern  
Catherine Pedersen  
Erin Peskin  
Shayne Plunkett  
Kirsten Read  
Victor Rice  
Katie Roye  
Leah Schafer  
Aryn Shaw  
Arraine Siefert  
Christian Topper  
Micah Trentman  
Taylor Whitehill  
Justin Witt  
Laura zajac

### Sophomores:

Lauren Achen  
Adam Acrich  
Janna Allgeier  
Drew Anderson  
Maira Argenbright  
William Avalos  
Nicole Bajka  
Tommy Baldoni  
Riley Brian  
Austin Brown  
Benjamin Buell  
Jacklyn Care  
Alex Chaney  
Jacey Crane  
Rylee Dejersey  
Christina Fenech  
Alexandria Ferraro  
Austin Fitzhugh  
Jake Gard  
Ashley Gassaway  
Jessica Glazner  
Daniel Graupensperger  
Grant Gutierrez  
Kassidy Gutierrez  
Amy Hammer  
Diane Hammer  
Spencer Hitchcock  
Aiden Hoopes  
Allison Huckins  
Alexander Hurley  
Kelcey Joyce

Evan Kaiser  
Rebekka Karp  
Dylan Laidlaw  
April Littlejohn  
Andrea Livinghouse  
Alena Loomis  
Sara Loomis  
Laura Metelak  
Brooke Niccoli  
Austin Oberg  
Eric Ochoa  
Jessica Padilla-Sanchez  
Elisha Partin  
David Peatman  
Vance Piscitelli  
Shelby Pujol  
Connor Purviance  
Victoria Schroeder  
Andrew Sindel  
Timothy Smith  
Jeffrey Stein  
Brady Thomas  
Jacklyn Trentman  
Justin Urke  
Sara Van Rensselaer  
Aleczander Vrooman  
Michelle Wells

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# Volunteer Form 2009

## Senior Project Oral Board Judges

Please complete and return this form if you wish to participate as a judge. *All* potential judges, new or returning, need to return a form.

Name \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Occupation \_\_\_\_\_ Hobbies/Special Interests \_\_\_\_\_

Do you have a student(s) at CHS this year? \_\_\_\_\_ His/Her Name(s) and Grade \_\_\_\_\_

**Preferred Day for Boards:** \_\_\_\_\_ Wednesday, May 27 1:00 – 3:00 P.M.

(Please mark one)

**OR**

\_\_\_\_\_ Thursday, May 28 1:00 – 3:00 P.M.

Please indicate your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place choices for the type of board on which you would like to be a judge. Place an “O” next to any boards on which you would definitely **NOT** want to serve.

\_\_\_ Animal/Veterinary

\_\_\_ Health

\_\_\_ Arts/Crafts

\_\_\_ Home/Garden/Landscaping

\_\_\_ Automotive/Mechanical

\_\_\_ Miscellaneous

\_\_\_ Building/Construction

\_\_\_ Music/Performance

\_\_\_ Careers

\_\_\_ Photography/Videography

\_\_\_ Community Service

\_\_\_ Sports/Recreation

\_\_\_ Computers

\_\_\_ Writing/Publishing

Please mail this form to Danise Hitchcock, Colfax High School, 24995 Ben Taylor Rd. Colfax, CA 95713. Fax to 530-346-6476. Or, return to the school office, attention Mrs. Hitchcock. You may also access the form on the Senior Project webpage, fill it out, and submit it online. The link is: <http://danisehitchcock.googlepages.com/seniorproject>. You will be contacted by phone in late March or early April to confirm your participation. Please note that a message may be left on your answering machine or voice mail. You will also receive a confirmation letter in early May.

When you sign up to be a judge you are also committing to previewing portfolios on either May 22 or May 26. This process takes about one hour and is scheduled from 3:15 to 6:30 P.M. **Please do not return this form unless you are available for both previewing and judging.**

### Questions???

Call Danise Hitchcock, Senior Project Coordinator, 346-2284 ext. 2206, or the Community Coordinator, Megan Buell, 878-8666.



*Help your student remember some of the most memorable moments in his or her childhood.*

*\*Tuesday and Thursday mornings in the student store*

*\*Thursdays during lunch at the student store*

*\*Books may be purchased anytime in the office (Mary Weeks)*

**\$70**

*Purchase your 2009 Yearbook now!*

## *Mark Your Calendar!*

- ◇ May 11 - *Alpha Omega Awards*
- ◇ May 13 - *Spring Concert*
- ◇ May 21 - *Chamber Choir Auditions*
- ◇ May 27-28 - *Senior Project Speeches*
- ◇ May 27-28 - *Minimum Days*
- ◇ May 29 - *Senior Awards 8 a.m.*
- ◇ June 3 & 4 - *Minimum Days*
- ◇ June 6 - *CHS Class of 2009 Graduation & Grad Night*
- ◇ June 15 - July 10 - *Summer School*
- ◇ June 24 - *Free Sports Physicals*
- ◇ August 17 - *First day of School*
- ◇ September 19 - *2010 Senior Portraits Deadline*

## **Important Note!**

*There are many important dates to note in the Counselor's Corner, What's Going On, and the SportsBriefs departments in this edition of the Falcon Update! Be sure to check those pages carefully for information pertaining to your student(s).*

***A huge "thank you" to our faithful business supporters!***

If you are a business owner and would like to support the production and mailing of this valuable newsletter, please contact Kristen Nave at the CHS office!

*"If you don't have integrity, you have nothing. You can't buy it. You can have all the money in the world, but if you are not a moral and ethical person, you really have nothing."*

— Henry Kravis, KKR, private equity firm

**Colfax High School**  
24995 Ben Taylor Rd  
Colfax, CA 95713

(530) 346-2284  
Fax: (530) 346-6476

*Congratulations  
Class of 2009!*

To:

