



Smoke Signals

April, 2009

Kathy Yamane, Editor

From the Desk of David Vannasdall

Welcome to our last issue of Smoke Signals for this year. We hope this newsletter for our eighth grade families has been useful.

An exciting new world is opening up to your tweens soon to grow to adulthood under your very eyes. The anticipation, the fear, the joie de vivre, the nonchalance; all the different facades our children present to the world will be tested and polished in the next 4 years. Arcadia High School is rich and illustrious in the eyes of the world as we tap into this energy and enthusiasm making us one of the top high schools in the country. I have been a wealthy man a million times over as our students have made me proud to be their principal.



As parents, we oftentimes have more fearful anticipation as we look into the unknown for our children. The transitions to high school are different for every student; even those of the same family who have a history with Arcadia. One of the variables I have found to be true of all students is the benefit of being connected to Arcadia High School outside of the rigors of academia/the classroom. Having a network of friends and peers who share the same interests will build a natural support group that is necessary for your child. I would encourage you to talk with your child about their interests and how they can get involved here at Arcadia High. Take a look at this document together www.ausd.net/ahs/docs/campuslife.pdf to get a good start to a positive experience.

I would also suggest to the parents-that the best way to stay involved **in your child's education is to attend PTSA meetings. They include** information from our counselors, our student body government, our administrators, Student Activities director and parent booster clubs. **Now is not the time to start disengaging from your child's life**-their school. New surveys have shown that this new generation continues

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AHS Web site

including Summer School Info, phone numbers, ISIS, Library, ASB, student bulletins, teacher email, counselor web page, etc.
<http://www.ausd.net/ahs>

Parent Tip:

Attend the PTSA meetings. You will meet the Principal, Assistant Principals, Deans, Counselors. You never know who'll be around to speak! Learn from the administration what is going on around the AHS campus. The first meeting is Thursday evening, September 3rd, 2009 We'll have an informal dinner at 5:30 pm and the meeting will begin at 6:30 pm.

Mr. Vannasdall (cont'd. from pg. 1)

to consider their parents as a major positive influence in their adult lives. They are more likely **to take on their parents' values.**

I look forward to working with you and your child next year and am confident that with the hard work and planning that is happening now, next year will be the best year ever at Arcadia High

Eighth Grade alumni...but no longer a Freshie...

Summer is on its way here, but so is high school. It must seem crazy how fast 8th grade has passed, because it sure is crazy how quickly freshman year has passed. About half a year ago, I had only just become a student at Arcadia High School. However, in these few months time, the idea of high school has changed so much for me; I feel like I belong, I've made so many new friends, and most important of all, I've grown from a middle school student to a high school student.

In the beginning of the school year, most freshmen were still slightly uncomfortable at Arcadia High School. It was a huge change from middle school – far more people, a bigger campus, new teachers, and more homework. There was so much pressure to start high school on the right foot, and it just seemed like there was a lot to keep up with. However, after a while, everyone began to know more people, make more friends, get used to the schoolwork, and start enjoying high school.

Now that high school isn't a big, scary place anymore, it's become a second home. High school holds so much opportunity, even in friendship. There are countless ways to make new friends in high school. The most natural way is meeting someone who's in the same class. Everyone is bound to have classmates that become new friends, especially in classes that require a group effort. Clubs are another great way to meet new people and make new friends. There are over 50 clubs at the high school; everybody fits in somewhere. The great thing about high school is that you find out where you belong, whether it may be in athletics, academic teams, music, student government, or much more. Be yourself, and you *will* make friends!

However, high school isn't just about making friends and having fun; it's also about learning to succeed in the classroom. For some people, high school may be extremely stressful at first because they aren't used to the workload. Honestly speaking, the workload in high school is a decent amount larger than in middle school. But it's not the end of the world. As a freshman, one of the most important things to learn is to prioritize, organize, and use time efficiently. It's definitely possible to still have free time if you use your time wisely and get your work done.

As many of you have noticed on your campuses, construction has begun on Arcadia's public schools. Because of construction, there is a clutter of portable buildings near the parking lots, which is neither attractive nor convenient. Recently, a large portion of Arcadia High school has been fenced off. Unfortunately, this means less space and more crowdedness. A few weeks ago, I made a visit to First Avenue Middle School, and the construction was definitely noticeable – things were more cluttered, cramped, and a tad less pretty. Although construction is a nuisance, it shouldn't be a big deal, for it doesn't affect social or academic aspects of our lives. And best of all, after construction is complete, Arcadia schools will be much more modern and attractive.

Not long from now, you'll become a freshman at Arcadia High School. At first, things will seem unfamiliar and stressful; but you'll learn to overcome obstacles and begin paving your path through high school. After a few months time at the high school, not only will you have matured, but also learned the key ideas to being successful and making the most out of your high school years.

Amy Wang, Freshmen Representative

Counselors' Corner

The Counseling Department would like to welcome the parents and students of the class of 2013! We are entering that exciting time when the 8th grade students are getting ready to wrap up their middle school careers and begin to prepare for life at the high school. For many students it is a mixture of emotions; both of nervousness and excitement. Though adjusting from middle school to the high school takes time, there are things that students can do to help ease this transition. We always encourage students to get connected to the high school. There are many ways students can get involved; students can join sports teams or student clubs. If they have a love of the arts, they can join the theater arts class or one of the many music classes. For some, student government may be an option. Freshman year is a great time for students to explore and expand on different interests. Hopefully all students will find an activity they can be involved with throughout high school and possibly beyond.

This is a wonderful time for both parents and students to get familiar with the courses offered at AHS. The AHS course selection guidebook is a very important resource. In addition to having descriptions of the classes offered at the high school, it has information about Arcadia High School graduation requirements as well as entrance prerequisites for the Cal State and UC colleges. Throughout high school, the students will get the chance to work with the counselors on activities pertaining to college and career exploration.

All of the 8th grade students have worked on their four year plan with their middle school counselors. This is a great tool to help students map out classes that they may want to take during high school. The key for schedules is finding one that fits the individual student that is both challenging and builds on student interests. It is important to find a balance between academics and activities.

Freshman year is a time to let students get adjusted to life at the high school while exploring and building on their skills and interest. Summer is a time when students begin this process and this can come in many forms; some students enroll in summer school, some join sports, others do volunteer work in their community, and some students just need time to relax. These are just a few examples of what students can do during the summer.

After the 8th grade students receive their final course selection sheets at their course selection appointments in April, please remember that these final sheets are due at their respective middle school offices by May 8th. For any parents who are unable to attend the Freshman Orientation Night, a copy of the Power-Point presentation can be found on the Arcadia High School counseling website at <http://www.ausd.net/ahs/Counseling>.

Apache Days

(Student Registration)

Here is the Apache Days schedule for 2009. Please plan ahead now. It is critical for students to attend Apache Days prior to the opening of school on Monday, August 31.

Seniors Tuesday, August 18 8:00 am - 2:45 pm

Juniors Wednesday, August 19 8:00 am - 2:45 pm

Sophomores Thursday, August 20 8:00 am - 2:45 pm

Freshmen: Friday, August 21 8:00 am - 2:45 pm

Makeups Monday, August 24th
Freshmen 11:15 am—12:00 noon

Alphabetical breakdown of times per grade level is not available at this time. You will be able to access the website when you go through the online registration process during the summer months as to what time the student is to report.

New students enrolled after the grade level day register with makeup students during their grade level times on August 24th.

Failure to register on the days above will result in the student not being able to register until the first day of school, Monday, August 31. Please avoid this if at all possible. If you have any questions, please contact the ASB Office at (626)821-1749.

Lunchtime Drill

It seems that the one thing incoming students and parents all worry about is lunch. Will there be enough time for my student to eat? Where will they sit? How can this really work? Well, it does work, and work well. Here are some “tips” to help out during the first couple of weeks. First, bring a lunch to school for the first week. The lines are long initially as everyone learns what food is sold where. If you have your lunch with you, there will not be a time crunch and you’ll be able to observe the “flow.” Secondly, pick a place to meet your friends at the beginning of lunch and make it *specific*. If you plan to meet in the rally court, good luck because there are hundreds of people in the rally court. Plan to meet at a specific table, bench or tree in the rally court and you’ll have a much better experience. This little bit of planning ahead will help make your first days on the AHS campus much more relaxed and enjoyable.



Apache Wear at the Trading Post

Arcadia High School offers an exciting array of clothes called Apache Wear to all students and parents. Clothing is available for purchase during the school year in the Trading Post (the on campus store). It is located at the east end of “B” hall between the snack bar and cafeteria. It is open during school hours for your convenience. Please check in at the office when you arrive on campus. The friendly staff will be happy to show you the line of sweatshirts, short and long sleeve tee shirts, designer tees for girls, sleep pants and more! Catch the Apache spirit, boost your school pride by wearing logo attire. Roxy, Billabong and Hurley have nothing on us! Clothing may also be available at special events such as Apache Days, football games, Fall Preview Day and more. Make sure you stop by the Trading Post on Freshman Orientation Day and/or Apache Days.

Academic Success

The single most important factor for a student's academic success is *parent support*. The outcome is positive for all involved when students know that parents value education and help them to develop study habits that suit their style of learning.

Apache Wear
may be obtained at
the Trading Post by
students and their
families!

GO APACHE!

The following services are available at AHS:

Teacher Conferences – students are strongly encouraged to work with their teachers to improve their grades. Formal student/parent conferences can be scheduled by calling Mrs. Harvey at 821-1754.

Friday Cards – Blank cards can be picked up at the Counselor of the Day desk, on the Counseling website, or on the Attendance Office counter.

Free Peer Tutoring – available every Tuesday, Wednesday and Thursday in the AHS Library from 3:00-4:00 p.m. All subjects are covered. Starting dates to be announced.

After School Study Hall – Arcadia Youth Master Plan provides “The

Zone”, a study hall with certificated teachers available to help students Monday through Thursday in the AHS Library from 3:00-6:00 p.m. All subjects are covered.

Private Student Tutoring – a list of student tutors is available by calling Mrs. Nichols in the Counseling Office at 821-1795.

ISIS – access to grade reports, progress reports, attendance and teacher e-mail through the Internet by registering on-line at www.ausd.net/ahs. For questions, contact Mrs. Harvey at 821-1754.

E-mail – teachers can be accessed via an e-mail address and can be reached via e-mail at www.ausd.net/ahs.

AEF Summer School

By now you should have received the AEF High School Summer School Brochure. Register early for a better chance at getting the class you want and avoiding additional late fees, which are effective April 16th. Please use the envelope enclosed in our brochure to mail your registration form and payment directly to our payment processing center. If you are interested in participating or trying out for a sport next year, it is highly recommended that you sign up for the summer sports program. This is an excellent opportunity **for the coaches to become familiar with the student's athletic abilities and for students to become familiar with the systems used by that team during regular season.** Questions??? Email us at ArcadiaEducation-foundation@gmail.com or call our office (626) 821-6606.

Don't Slack! Finish Strong

You might think that just because your time at middle school is coming to a close that you can coast a little as you enjoy your final middle school days. Guess again. The high school uses many of your academic results from middle school as indicators of your success when you transition to the high school. For example, many of our classes depend upon seeing your California Standards Test (CST) results so that we may properly place you. Also, if you are interested in playing on an athletic team or in an extra-curricular program like band, orchestra or drama, we use the final grades from your 8th grade to determine if you are eligible for these extra opportunities. So in short, finish your 8th grade year strong so you will have everything in place to succeed when you join us in the Fall.

AHS ORIENTATION DAY-AUGUST 17, 2009

Student Tip:

Get to know each of your teachers. If you have any class issues, go to them first!

For all Incoming Freshmen and New Students - Save the Date

- Monday, August 17, 2009
- Meet your Senior Big Sisters & Big Brothers
- Campus Tours
- Question and Answer Sessions
- Group Activities
- For Parents—There will be a Parent Orientation Meeting for the first hour of the orientation . Please come and learn

Music Club-Save the Dates

2009 Incoming Freshmen –Marching Camp June 15-19
12p.m., MB 1

Music Camp– August 23-28, 2009 Idyllwild

Music Camp Visitors' Day– August 26, Meadow @ Idyllwild Pines

***We need parents to help chaperone, etc. For more information, please email lpang5865@yahoo.com

PTSA WEBSITE
Stay
Involved,

Know what
IS HAPPENIN'

[http://
ahspta.com/](http://ahspta.com/)

INTERESTED IN GOING OUT FOR A SPORTS TEAM?

While not required, the summer Arcadia Educational Foundation (AEF) athletic classes are a great way to get introduced to the high school athletic program. If your student is interested in sports, please consider signing him or her up for AEF summer sport program.

Also, summer is the time to take care of the physical exam required for athletic participation. Don't wait until tryouts are announced.

Tryouts for the fall teams begin in August . Most of the winter and spring teams have their tryouts in September and October. Please

check [http://
teachers.ausd.net/
athletics/](http://teachers.ausd.net/athletics/) for the try out schedule.

To try out for a team, a student must be cleared through the athletic office.

Clearance packets can be found at [http://
athletics.ausd.net/](http://athletics.ausd.net/)

LIST SERVE

Want to receive regular e-mail updates of what is happening at AHS? Contact ahspta@ausd.net to be added to the AHS List Serve.

Athletic Seasons



Fall Season – August 23rd– November 7th

Boys/Girls Cross Country: Varsity – Junior Varsity – Frosh/Soph

Football: Varsity – Junior Varsity – Freshmen

Girls Golf: Varsity

Girls Tennis: Varsity – Junior Varsity

Girls Volleyball: Varsity – Junior Varsity – Frosh/Soph

Boys Water Polo: Varsity – JV

Winter Season – November 8th – February 7th

Boys/Girls Basketball: Varsity – Junior Varsity – Frosh/Soph

Boys/Girls Soccer: Varsity – Junior Varsity – Frosh/Soph

Girls Water Polo: Varsity – Junior Varsity

Spring Season – February 8th – May 8th

Boys Baseball: Varsity – Junior Varsity – Frosh/Soph

Boys Golf: Varsity – Junior Varsity

Girls Softball: Varsity – Junior Varsity – Frosh/Soph

Boys/Girls Swimming: Varsity – Junior Varsity

Boys Tennis: Varsity – Junior Varsity

Boys/Girls Track and Field: Varsity – Frosh/Soph

Boys Volleyball: Varsity – Junior Varsity – Frosh/Soph

Preliminary Scholastic Aptitude Test (PSAT)

The PSAT is offered only one time each year during the month of October. Arcadia High School Music Club will host the exam on Saturday, October 17, 2009

The PSAT is a great teaching tool as students get both the answer document and the test booklet back with their scores. In January following the PSAT, AHS provides a seminar for parents and students to receive information on how to interpret and use the results of the test.

This test determines the National Merit Scholarship Semi-Finalists from the tested juniors for their senior year.

The PSAT is a great practice test for freshmen and sophomores because the scores are not sent anywhere but back to the students! In the fall, the student bulletin will advertise the two weeks of sign-ups for the test and will give instructions to students when, where and how to sign up.

Terry Schreiner

Arcadia High School Office Supervisor 626/821-1711

Calendar of Events for Incoming 9th Graders

April 2009

16 Incoming Freshmen Orientation Night - 6:30 p.m. - North gym (New Time) For Details: <http://ahspta.com/DetailsFreshmen>

21 School Board Election

22 College Night 6:00-9:00pm North Gym

23 Public Schools Luncheon at the Arcadia Masonic Lodge 11:30-1:30 (New Date)

29, 30, May 1, 2 Orchesis Spring Show, 7:00 p.m. (plus a 2:00 show on 5/2) Little Theatre \$8.00
Tickets available at lunch or call 626 821-8370 x1214

30 "A Choral Carousel" Concert 7:00 p.m. Arcadia Presbyterian Church For Details: <http://ahspta.com/DetailsChoral>.

May 2009

7 AHS PTSA Meeting, Volunteer Appreciation and Honorary Service

7-8 Advanced Drama: Shakespeare Showcase, 7:00pm Little Theater For Details: <http://ahspta.com/DetailsDrama>

9 Color Guard Spring Show 6-9 p.m.(North Gym)

19 Pops Concert - 7 p.m. (OR1, CB2, OR3)

20 Pops Concert - 7 p.m. (CB1, OR2, CB3)

25 Memorial Day Holiday

27 SCOC Big Brothers/Big Sisters Training - 3:00-4:30 p.m. in the South Gym

27-30 The AHS "Chanteurs" May Show 7:00 p.m. AHS Little Theater For Details: <http://ahspta.com/DetailsChoral>

June 2009

4 AHS PTSA Meeting - 7 p.m. - Arcadia City Council Chambers

12 AHS Graduation - Commencement - 6:00-8:00 p.m. at Santa Anita Park

12/13 Grad Night - 11:00 p.m. to 5:00 a.m.

August 2009

17 Freshman and New Student Orientation

21 Apache Days - Freshmen

23 - 28 Music Camp for Orchestra Band and Color Guard

24 Apache Days - Makeup: 11:15-12 noon Freshmen

31 First Day of School!!!

"Experienced parents agree; when driving to school, get there BEFORE 7:40a.m., and pick up AFTER 3:05p.m. It makes life a lot easier!"

COUNSELLING NOTES:

All of our documents and PowerPoint presentations are on line! Access the information by following these steps:

- **www.ausd.net/ahs**
- **Click on Counseling**
- **Look for Grade specific documents (at left of screen)**
- **Click on the grade level of your student**
- **Click on the document!**