

# LOWELL HIGH SCHOOL

## WEEKLY STUDENT/PARENT BULLETIN #16

Dec. 7, 2009 - Dec. 11, 2009

DATE		SCHEDULE	ACTIVITY
Monday	Dec. 7	B-code	SSC Mtg@Rm118-3:40pm
Tuesday	Dec. 8	C-code	
Wednesday	Dec. 9	B-code	Financial Aid Night@Auditorium&Rm110-6pm
Thursday	Dec. 10	C-code	Orchestra Concert@CChanningTheatre-7:30pm
Friday	Dec. 11	Neutral	

**Where shall I go for news about the H1N1 (swine) Flu vaccine? Nurse Rainey says go to**

<http://www.sfcdcp.org/flu.html> Breaking news will be found there.

(Rainey)

Lowell Hotline: California Youth Crisis Line, 24/7: 1.800.843-5200 (live person at all times)  
Wellness Center, Monday-Friday, 8:30-4:30pm: 242-2575 (leave message if no answer)

Parents may mail a completed SchoolLoop Parent Access application form to Lowell H.S.(1101 Eucalyptus Dr. 94132) Attn: Ms.Hee, Main Office. Remember you have to re-register. (M.Yi)

**Students, please check your schoolloop email regarding teacher's report of lost or unreturned books. Names of students who have unreturned books are also posted in the textbook room. Exclusion from spring arena (self scheduling) if this matter is not cleared. To return or pay for the book(s) go to the textbook room (RM152).**

(S.Magsanay)

### ATTENDANCE POLICY:

It is expected that Lowell students will attend school regularly. It has been our experience that more than five days of absence for any reason in an eighteen-week semester results in poor grades.

**Re-admit Slip** – if a student is absent, the parent/guardian should call the Attendance Office (Ms. Chu) at 759-2730 ext. 3167. The student's legal name and Registry number should be given. When the student returns to school, s/he must bring a note signed by the parent/guardian in order to obtain a "Re-admit" slip. They are issued daily at the following times and locations:

7:15 to 7:30 – Room 131, Attendance Office

8:00 to 9:20 – Room 131, Attendance

7:35 to 8:00 – Room 104, Ms. Schmidt/Valle

9:40-10:00 – Room 104, Ms. Schmidt/Valle

A student must secure the signatures from all his/her teachers AND return the Re-admit slip to Dean Cordoba (Rm127) within THREE DAYS of the absence.

**Permit-To-Leave (PTL for Appts)**-if a student needs to leave early during the day due to a Dr/DDS appointment/Other(not illness), s/he needs to bring a signed parent note to Rm 104 or Rm 131 in order to request a "Permit-To-Leave (PTL). PTLs for appointments are issued daily between 7:35 and 9:20am. The PTL (white copy) issued to the student must be signed by the parent/guardian and returned to Rm 131 – Attendance Office or Rm 104 – Ms. Schmidt for a Re-admit slip the following morning.

**Permit-To-Leave (PTL for illness)**-if a student becomes ill during the day, s/he should go to see Nurse Rainey (Rm 129), Ms. Schmidt (Rm 104) or the Attendance Office (Rm 131) anytime during the day. The parent/guardian will be notified and a PTL (white copy) will be issued to the student. The student must have the parent sign the PTL and attach a note regarding the illness. The student must obtain a Re-admit Slip in Rm 131 or Rm104 upon returning to school.

**Tardy to School/Cutting Classes:** Any loss of school time has the same effect – a loss of educational opportunity. The Dean will assign penalties. Thank you for your cooperation.

(J. Tse)

**Do you have comments, ideas, questions, or concerns about school food?** E-mail the Student Nutrition Committee at [asalazarmulrooney@gmail.com](mailto:asalazarmulrooney@gmail.com).

(Nurse Rainey)

**CONDOMS** and sexual health information are available from Nurse Rainey on Wednesday afternoons, 1-3pm, in room 129.

Find out about local teen clinics, too. Drop-in visits okay.

(Nurse Rainey)

**2010 YEARBOOK.** Again, the 2010 Lowell yearbook staff would like to thank all those who took advantage of the Early Bird and Halloween sales to pre-order their copies of the yearbook. A limited number of books are still available and can be purchased for \$105 each. Therefore, if you are interested in pre-ordering your copy of the all-color, 2010 yearbook, take \$105 in cash or a check made out to Lowell High School to Ms. Nickels in Room 5. Thanks.

(Nickels)

Spare Our Planet contest results are in! - Congratulations to the 400+ Lowell students who participated in this groundbreaking carbon-footprint contest. Lowell won over Lincoln, the other public school participating in this first year of the contest ..... although, technically, everyone AND THE PLANET won! More details available at

<http://lowellcardinals.org/faculty/wenningm/gogreen/>

(Wenning)

## Juniors and Seniors

**Spring 2010 Science Fiction and Fantasy students – this course is over-enrolled. You must choose another English class if you fall in the last seven wrap groups. These groups are:**

K,N,O                CHEV-CZ  
L, LEE                B,D  
F,G,I,J                C-CHEU  
E, H

**See your counselor or Mr. Arber (he is available in the English office, Room 133A, after 1:00) to choose another English class. The choices are:**

**Advance Composition  
American Lit. 1 or 2**

**Novel  
Shakespeare**

**Film as Lit.  
English/European Lit.**

**See one of them as soon as possible to get your second choice.**

(J.Tse)

**STUDENTS WHO SIGNED UP FOR SCIENCE FICTION AND FANTASY automatically have the option of taking an equally appealing course: ENGLISH AND EUROPEAN LIT 2: Gothic Literature.** This class will focus on novels, poetry, and films of the Gothic tradition. Think ruined castles, thrills and chills, ghosts, vampires, and monsters. Primary texts: Mary Shelley's *Frankenstein*, Bram Stoker's *Dracula* and Robert Louis Stevenson's *Dr. Jekyll and Mr. Hyde*. If you have an early slot in the Arena rotation, you can make the change at the English tables. If you're in the last seven RAPs, see your counselor or Mr. Arber ASAP

(S.Arber)

**Seniors and Senior Parents - Financial Aid Information Night is on Wednesday, December 9, 2009 from 6:00 - 7:30pm.** English and Spanish presentations will be in the auditorium and Chinese presentation will be in room 110. Speakers will be discussing grants, scholarships, loans, and other important information. Please Attend. (J.Tse)

**SUCCESS AT PINOLE VALLEY SPEECH TOURNEY** – Congratulations to Faina Margulis for winning a trophy as a finalist in Dramatic interpretation at the November 21<sup>st</sup> speech tournament at Pinole Valley HS and to EVERYONE who participated.

(T.Abad)

## PTSA

THE PARENTS' COALITION OF BAY AREA HIGH SCHOOLS presents DACHER KELTNER on Monday, December 7, 2009, 7:30 to 9:00 PM at Lick-Wilmerding High School, 755 Ocean Avenue, San Francisco. Based on the scientific study of emotions, Dr. Keltner believes humans are hard-wired for happiness and a meaningful life. He shows that by paying attention to positive emotions like gratitude, mirth, awe and compassion, we can create a better balance between good and bad in our lives. In social well-being, American children rank 20th out of 21 industrialized countries! Dacher Keltner offers clues to:

• Raising well-adapted children • Being good • Cultivating goodness in others • Navigating moral truths

Dr. Keltner, Professor of Psychology at the University of California, Berkeley, and director of its Greater Good Science Center, is the author of more than 100 scientific articles on the emotions, facial expression, morality, and power; two textbooks, and *Born To Be Good: The Science of A Meaningful Life*. He has written for national publications such as the New York Times Magazine, the Utne Reader, and the London Times. WIRED magazine recently rated podcasts of Dr. Keltner's course, *Emotion*, as one of the five best educational downloads in the world. A \$5.00 donation is requested at the door.

## VISUAL & PERFORMING ARTS

**Spring Musical Audition:** This week Dec. 8<sup>th</sup>-11<sup>th</sup>. Sign-up sheet is on choir door (Room 70). Please have one song ready for your audition. (J.Chan)

**Ohlone 2010!!** Calling actors and techies for one of the biggest theatre competitions in the Bay Area. Mandatory information meeting in room 110, the Steve Silver Theatre, on Tuesday, December 8. (T.Bookwalter)

**Choir Winter Concert:** Come enjoy some of your favorite holiday music, share the holiday spirit, and support your peers! Dec. 17<sup>th</sup> (Thursday) @ 7:30pm. (J.Chan)

**Brown Bag Theatre Week!!** Enjoy a week of cutting edge, contemporary monologues from advanced drama during 14,15 this Tuesday, Wednesday and Thursday (Dec. 8-10). (T.Bookwalter)

**Thank you to the faculty, staff, alumni and students** who were responsible for the success of As You Like It. A great time was had by all!

(T.Bookwalter)

**Congratulations** to the winners of "As You Like It" love poem contest. 1<sup>st</sup> place senior Michael Inouye, 2<sup>nd</sup> place Paul Stanier, 3<sup>rd</sup> place Samantha Lew. We would also like to congratulate the other finalists: Margot Pierluissi, Claudia Chang, Justine Creed, Mara Wood-Robinson, Caitriona Smith, Yves-Olivier Mandereau, and Sally Ness. Thank you to everyone who participated. We appreciated the time and effort that went into these poems. (Love poem coordinators-Mara Castro, Johanna Kanes)

## ATHLETICS

**CARDINAL CLASSIC BOYS BASKETBALL TOURNAMENT**- this week starting Thursday the annual basketball tournament will be held on Thursday, Friday, and Saturday. 8 different teams will be competing here at Lowell. Games start at 3:30. Lowell boys will be playing at 8pm on Thursday, Friday and TBA on Saturday. Don't forget to get game day tickets at the Book To Book for 1 dollar or pay more at the door. Also 6th man shirts are still available for \$10 and will get you into all home games for free. Come check out YOUR defending AAA champions in action. (R.Ray)

**BOYS BASKETBALL ANNOUNCER:** for upcoming season and years to come. No experience necessary. Also DJ for home games. Anyone interested please see Mr. Ray in the boys PE office. Thank you, Mr. Ray.

**Boys! Tennis Meeting, Dec. 14<sup>th</sup>.** Bring shoes, rackets, shorts and water, and **physicals**. Important meeting for trying out new and returning players. (J.Rosenheim)

**Badminton Intramurals.** Mods 9-10 only. Everyone is welcome. Teachers, too! (B.Okita)

**Lowell Athletics.** Don't forget to check the website, [lowellathletics.com](http://lowellathletics.com) for all the scores and updates and pictures of your favorite teams! (R.Ray)

## INTERESTED?

**buildOn Christmas Grams** on sale on the catwalk 12/4-12/7! Send your friends, teachers and loved ones candy canes with a personalized message while helping developing countries build schools. Get some before they run out! (Ambrose)

**Holiday Gifts at Book To Book.** Travel mugs, coffee cups, aprons, fleece jackets, knit hats, for those proud parents. Do all your holiday shopping at Book To Book. (M.Martinez)

**COME TO THE YOUTH SPEAKS WORDS AS WEAPONS YOUTH CONFERENCE FRIDAY JANUARY 15TH!!!!!!!!!!!!** Words as Weapons (WAW) is a youth activism and literacy conference that brings together students from across the Bay Area to participate in a day of civic engagement, social justice and arts education. This event will be held at Laney College in Oakland and will be an ALL DAY FIELD TRIP. If you are interested, please pick up a permission slip from the Wellness Center (T-14) or email [manders@sfitness.org](mailto:manders@sfitness.org)

**CSF Drop-In Tutoring.** Would you like help with your Spanish homework? Need extra guidance in composing an English essay? Problems keeping up with math? Sign up for one-on-one CSF Tutor by going to [Lowellcsf.webs.com](http://Lowellcsf.webs.com) and fill out the form under the tab "Tutees". Drop-in tutoring is also available everyday from CSF members who have skills and experience in the courses you are taking. Stop by Mondays-Fridays in T-14B during mods 9/10; Room 217A during mods 19/20; or the library during mods 11/12 or from 3:30-4:10pm. (N.Okada)

**UNLEASH YOUR CREATIVITY** and submit your poetry, prose, or artwork to the literary magazine. We will publish the best of Lowell's writing in the next issue of the Myriad. Submission boxes can be found in the English Office, library, and various English classrooms. You can also join us this Wednesday in room 137...we have FREE snacks! (N.Henares)

**The 2010 National Scholastic Art and Writing Awards are now accepting entries.** Students can register and submit work online @ <http://artandwriting.org>. The deadline for SFUSD students is December 15, 2009 and there is no registration fee! Categories for submission of art work include Architecture, Photography, Ceramics, Digital Art, Design, Drawing, Film, and Painting, among others (see online for more info). Senior can submit portfolios for scholarship consideration. Lowell architecture, photography and art students have earned local and national recognition in this nationally prominent art competition for seven consecutive years. Go for it, and submit your best work (see a visual arts teacher for advice on what to submit)! (J.Pollack)

## CLUBS

**Octagoners!!!** Remember, there will be a meeting today!!! S205 at 3:45pm. Come and have fun!!! (Prothro)

**Chinese Club.** It's time for karaoke! Thursday, Room 212. (X.Chang)

**Korean Club.** Sorry about last week's meeting, guys. This week for sure we are going to play the "Violence Game"! If you like K-pop, make sure to come! (A.Cho)

**Looking for a volunteers club and a soul-feeding experience?** Come to Random Acts of Kindness Club in Rm 70 on Fridays at 3:45pm. Email [randomactsofkindnesslowell@yahoo.com](mailto:randomactsofkindnesslowell@yahoo.com). (J.Chan)

## LOST

Missing cell phone – an AT&T slider phone with an Ox sign on the screen. Reward \$15 to the Dean. (Cordoba)

## LOST & FOUND

Please check with Dean Cordoba for any valuables you may have lost. Other items are located in the barrel or on top of the cabinets across from room 104 .