

The LINK

Lincoln High School
6844 Alexandria Place
Stockton, CA 95207



Volume XLI

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Dear Parents,

Bullying has been getting a lot of attention in the press recently, and it's about time. How students treat each other has long been a concern to parents and educators, but increased access to social networks, such as *Myspace* and *Facebook*, and texting, has caused the problem to explode across our country. The fact that students are bullying one another in cyberspace, i.e. the Internet, email and texting, rather than in person, seems to have exponentially increased the severity and volatility of the words they choose.

The most recent headline, the suicide of the college student at Rutgers University in response to a video being posted to *YouTube*, is a classic example of cyberbullying. Cyberbullying is the 21st century way of harassing, demeaning, and threatening students using cyberspace.

Lincoln High School students are no different than any other high school student in our state and country. They are susceptible to making the same mistakes as an other teenager without supervision and education about the potential risks associated with their choices. To this end Lincoln HS has put in place a number of things to help our students learn the importance of how they treat each other, the power of their words, and the consequences associated with making poor choices.

- *Point Break*: a one-day interactive workshop for sophomores facilitated by professional youth workers and Lincoln High School staff designed to tear down walls of division, racism, hatred and anger. Its purpose is to break the cycle of violence, in all its forms, by helping students to understand its progression from name-calling to bullying to physical violence.
- *Peer Mediators*: Terry Cunningham, our district's coordinator of Safe and Drug Free Schools, trains LHS students as mediators in the skills necessary to help students resolve their disagreements and differences with respect and without the need to resort to violence. Assistant principals refer students in conflict to our peer mediators with the expectation and hope they will resolve their differences in ways that avoid further problems and the need for disciplinary consequences.
- *Peer Mediators as Trainers*: LHS peer mediators lead training in peer mediation for students at our K-6, K-8 and 7-8 schools. Everyone benefits when students learn the skills necessary to resolve conflicts in a respectful and non-violent way at a young age.
- *Annual Sexual Harassment Presentations*: Every year during second quarter, the LHS administrators review the laws, definitions and common examples of sexual harassment violations with every 4th period class. An important component of this presentation defines behaviors that can lead to an intimidating, hostile or offensive environment for students. Information is presented regarding cyberbullying, including sexting, and the process students and staff are to follow when unwelcomed behaviors are experienced or reported.

- *CA Education Code 48900 (r)*: This legislation was passed and made effective in California schools effective January 1, 2009. It gives public schools the authority and responsibility to suspend and/or expel students for acts of “bullying” - which includes sexual harassment - by electronic act, including but not limited to text messages, emails and postings on social networks such as MySpace or Facebook. Students who engage in behavior electronically from the privacy of their own home and/or during hours outside of the school day which causes LHS to be an intimidating, hostile or offensive place for a student, i.e., the student does not feel safe to come to school, have been and will be disciplined according to this provision of the Ed Code.
- *Cyberbullying and Cybersafety*: PTSA Student Representative Adjoa Hackman and our PTSA are working to schedule a presentation for parents and students on cyberbullying and cybersafety given by The California Technology Assistance Project (CTAP), a statewide technical assistance program funded by the California Department of Education. This presentation includes an introduction and examples of cyberbullying, cyber predators, and cybersafety curriculum. The audience will be introduced to cyberbullying, then given a chance to try out some activities that teach appropriate cyber behavior. Be listening for a Parent Connect phone call which will provide the date, time and place for this presentation.

Learning the importance of being respectful to one another in times of conflict is a lesson that benefits not only individual students, but will positively impact our community as these students grow up to become contributing members of society. We must all take this aspect of the education we provide our students seriously. Our students are terrific, but they do and will make mistakes occasionally. When they do, it is my goal that we respond in a way that helps them learn from their mistakes, for these lessons are as important as those they learn in the classroom.

Sincerely,



Debbi Holmerud
Principal

SCHEDULE CHANGE POLICY

(2010-2011 Student Handbook, Page 12)

The schedule change policy is one that should be carefully read by students and parents alike. All students must put serious consideration into their course selection during the spring registration process - remember, classes are intended to be year long. It is important to understand that when you change a class it affects other student's classes and teachers. At the beginning of the school year, counselors are typically building schedules for new students or fixing errors (for example: a student is missing a class period, or a student who is enrolled in a class he/she has already completed). Therefore, the class change policy has been established to help minimize movement once your classes are selected.

1. **Timing of schedule change requests:**

A Schedule Correction Request Form may be submitted during the first 5 school days of first semester. Forms are available in the Student Service Center. **There is no guarantee a student's schedule can be changed.** Changes are dependent upon availability of classes. Students must attend their official schedule until a counselor confirms that a change has been made.

2. **Late requests:**

Requests for schedule changes after the above guidelines are generally not approved. Requests after this timeline will be considered only if there is a hardship.

3. **After five weeks of each semester:**

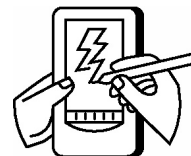
Any student dropping a class after five weeks of any semester will receive an F for that course.

Hours:

Open lunch (11:20 a.m. – 12:05p.m.), closed 5th period (12:05 – 1:00 p.m.) Open 6th, 7th period and after school until 4:00 p.m.

IMPORTANT DATES

ACT Registration deadline – Friday, November 5th for the Dec. 11th Test Date
SAT Registration Deadline – Friday, November 5th for the Dec. 4th Test Date
University of the Pacific – Wednesday, November 8, 2010 @ LHS – Lunch & 5th period
SAT Late Registration Deadline – Friday, November 12th for the Dec. 4th Test Date
ASVAB Test Interpretation – Wednesday, November 17th @ LHS – EPC
ACT Late Registration Deadline – Friday, November 19th – for the December 11th Test Date
CSU & UC College Application Deadline - November 30, 2010
Cal Grant GPA Verification Forms – Available at the EPC on Monday, December 6th
LHS Financial Aid Night - Tuesday, December 7, 2010 – 6:30 p.m. – 8 p.m. @ the Science Lecture Hall, Room 1113. Mr. Lynn Fox, Director of Financial Aid from the University of the Pacific will be the presenter.
FAFSA Financial Aid Forms—January 1st - You may start submitting your FAFSA forms online.
CAL Grant Deadline— March 2nd

**ACADEMIC AWARDS CEREMONY**

Tuesday, May 17, 2011 @ LHS' Alex G. Spanos Stadium – 6:30 p.m.

FINANCIAL AID INFORMATION**LHS Financial Aid Night**

Mr. Lynn Fox, Director of Financial Aid from University of the Pacific will be conducting a Financial Aid Workshop for parents & students of Lincoln High School. The workshop will be held on Tuesday, December 7th, 6:30 p.m. – 8:30 p.m.—room 1113, Science Lecture Hall. If you have any questions, please contact the Educational Planning Center at 953-8949. SENIORS!! Please do not miss this important workshop!

CAL Grant GPA Verification Form

Applying for a Cal Grant Award is a two-step process. You must 1) submit a Cal Grant GPA Verification Form AND 2) complete and submit a FAFSA online. Your 2011-2012 FAFSA and GPA form must be submitted on or before March 2, 2011. CAL Grant/GPA Verification forms maybe picked up at the Educational Planning Center December 6, 2010.

FAFSA PIN Number & FAFSA Worksheet

Applying for the Federal Application for Student Financial Aid (FAFSA) is done online. Both parent AND student must register and obtain a pin number at www.pin.ed.gov. A copy of the FAFSA worksheet can be downloaded at: www.fafsa.ed.gov.

Federal Application for Student Financial Aid (FAFSA)

Priority deadlines are from January 1st through March 2nd. Applications will not be processed prior to January 1st. You may apply online at: www.fafsa.ed.gov.

APPLY EARLY! If you have not filed your income tax by January 1st, please use the “estimate” option and update the information at a later date when you have filed your income tax papers. Grants and Scholarships are awarded on a first come, first serve basis. Don't miss out!

CSS Profile

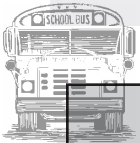
If you are applying to a private university, they might require additional financial aid information and ask for a CSS Profile. Please check with the Financial Aid Office for important deadlines. The website is profileonline.collegeboard.com

SCHOLARSHIPS

There are numerous scholarships available! (Gates Millennium, Elks Lodge, plus many more). If you would like us to send you an e-mail copy of our LHS scholarship database, please e-mail chernandez@lUSD.net. The information in this scholarship database can change without notice. It is your responsibility to check with the original source for updates or contact the Educational Planning Center to get an updated list of the scholarship base. Current scholarships are bolded. You can also download the Student Background Sheet and Local Scholarship Form from the LHS Web page, www.lincolnhigh.org.

Fitnessgram Tutoring/ Conditioning

The Physical Education Department is offering conditioning for students who have failed or who are in danger of failing the Fitnessgram. The test includes a mile run, push ups, curl ups and flexibility. Tutoring/conditioning will take place on Tuesday and Thursday after 6th and 7th periods in the Cardio Room.



New Transportation Waiver Procedures!

The LUSD Board of Trustees has approved new procedures for parents wishing to transport their child to and/or from school events.

Students may now pick up the transportation waiver from either the athletic office or the administration office and *take it home for parents to sign*. Please read carefully and follow the instructions on the back of the waiver form.

Stay up-to-date with LHS sports schedules by visiting

www.highschoolsports.net
www.lhstrojans.com



Winter sports tryouts start 11/8/10.

Anyone interested in playing boys/girls basketball or wrestling should turn in their athletic packet so they may participate in tryouts!

Go Trojans!

Reminder When Attending Football Games



- ~No backpacks or ice chests are allowed in the stadium
- ~Once you enter the game you may not leave and re-enter
- ~Students must present student I.D. card/sticker to receive discount

Grad Night Fundraising Opportunities!

Visit lincolnhigh.org to download coupons. Proceeds will be donated back to LHS Grad Night. Use your S.H.A.R.E. card! (See page 8)

For more information or questions email **Kimi Kegyes** krkegyes48@sbcglobal.net



Cut and keep for a handy reference!



Fall Finals Schedule

Monday, December 13

Normal *Monday* Schedule

Tuesday, December 14

Normal *Tuesday* Schedule

Wednesday, December 15

Final I —Period 1 (7:15-9:15am)

Final II—Period 4 (9:20-11:20am)

Break (11:20-12:00 noon)

Final III—Period 7 (12:05-2:05pm)

Thursday, December 16

Final I—Period 6 (8:20-10:20am)

Break (10:20-10:50 closed campus)

Final II—Period 2 (10:50-12:50pm)

Friday, December 17

Final I—Period 5 (8:20-10:20am)

Break (10:20-10:50 closed campus)

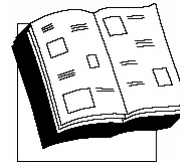
Final II—Period 3 (10:50-12:50am)

HURRY! YEARBOOKS NOW ON SALE!

YEARBOOKS ON SALE!

Purchase your 2010-2011 yearbook for \$80! **Price increases December 1.** Purchase early to take advantage of the lowest possible price! **LAST DAY TO PURCHASE A YEARBOOK IS DECEMBER 15!** Books will NOT be sold after this date! **Room 1112 will be open at lunch every Wednesday for purchases.** Please make checks payable to Lincoln Yearbook. Credit card purchases may be made by visiting www.mymealtime.com. For forms and information, visit www.lincolnhigh.org and click the 'Yearbook' link.

Barbara Seibert, Advisor
(209) 304-3803



YEARBOOK SENIOR ADS DEADLINE!

Honor your senior by placing an ad in the 2010-2011 yearbook! The deadline for senior ad purchases is December 15! For forms and information, visit www.lincolnhigh.org and click the 'Yearbook' link.

Please contact Barbara Seibert, Advisor, at (209) 304-3803 if you have questions regarding the senior ad purchase process.

YEARBOOK BUSINESS ADS

If you own a business and are interested in supporting Lincoln Yearbook by placing a business ad, please visit www.lincolnhigh.org and click the 'Yearbook' link for forms and information. A variety of options are available. Please contact Barbara Seibert, Advisor, at (209) 304-3803.

Parents...Do's and Don'ts

- If you plan to visit your student's classes, please make **prior arrangements** with your alpha assistant principal.
- If you need to transport your student to and/or from an athletic or after-school event, please come to the Athletic Office (gym) or Adm. Office **at least one day prior** to the event to sign the waiver.
- Please call the Student Service Center **only in the case of an emergency**, to get a message to your student.

Has Your Student Missed School?

- If your student is arriving late to school, or needs to leave campus during the school day for an appointment, send a note with the student or call the attendance office **ahead of time**.

A-L 953-8926 or M-Z 953-8927

To leave a message, 3:30pm to 7:30am, dial 953-8928.



- You have **two school days** (48 hours) to clear all-day absences with a phone call to the attendance office, or a note sent with your student.
- Using a **cell phone** to leave messages on the attendance absence phone line (953-8928) can be **unreliable**.
(Too often **cell phone messages** are **garbled**.)

CAREER AND TECHNICAL EDUCATION OPEN HOUSE

January 19, 2011

Save the Date!

Join CTE students and staff for an informative, fun-filled evening on Wednesday, January 19. Save the date. Place and time will be announced later. Tour the CTE classrooms. See student projects and students at work. Enjoy student made desserts.

Participate in a drawing to win fabulous prizes. Best of all, see how CTE classes will prepare your students for careers, college and their future. CTE classes include:

- Computer Applications 1 & 2**
- Computer Programming**
- Computer Maintenance & Repair, ROP**
- Computer Networking, ROP**
- AP Computer Science A**
- Floral Design 1 & 2, ROP**
- Life Management**
- Child Development/Developmental Psychology**
- Careers with Children 1 & 2, ROP**
- Food Science, Nutrition 1 & 2**
- Culinary Arts, ROP**
- Fashion Design 1 – 4**
- NJROTC**

- Retail Sales/Fashion Merchandising, ROP**
- Small Business Management 1 & 2, ROP**
- Introduction to Construction and Engineering-Construction Technology, ROP**
- Drafting 1, Drafting/Visual Communications**
- Drafting 2, Advanced Engineering, Drafting & Technology**
- Advanced Engineering Research & Design**
- Woodwork**
- Architecture 1 & 2**
- AutoCAD 1 & 2**
- Advanced Woodwork 2 & 3**
- Mechanical Construction, ROP**
- Advanced Mechanical Construction, ROP**

For detailed descriptions of the classes, refer to the Course Catalog at www.lincolnhigh.org.

Contact info: Mr. Scott Denero,
Assistant Principal, 953-8934
Mrs. Gail McAuley,
CTE Department Chair, 953-8913



Tickets \$7

Fall Play

Good "N" Plenty, a comedy by Jeffery Hatcher

December 1-3 and 9-11

Doors open at 6:30pm—Curtain at 7:00pm



Students' Powerschool Log-in

Student's ID # *minus* the first digit, i.e., ID #2000100099 — i.e., log in: 000100099

Student's date of birth, i.e., (January 2, 1994) — password, i.e., 121994 (no single digit zeros)

November Events			December Events
Pointbreak	11/2		Winter Formal, 8-Mid
PTSA Meeting	11/3		Financial Aid Night, 6:30pm
Pointbreak	11/9		LUSD Board Mtg, EC, 7pm
Veterans' Day - no school	11/11-12		Winter Band Concert, 7pm
Pointbreak	11/16		Winter Concert, Empire Theater
LUSD Board Mtg, CH, 7pm	11/17		Finals (End of Sem 1)
LHS Band Review	11/20		Winter Break (no school)
Thanksgiving Holiday (no school)	11/22-26		



KEEP YOUR CHILD HEALTHY!

Be sure to:

- √ cover coughs with a tissue or cough in the crook of your elbow
- √ frequently wash your hands
- √ avoid touching your eyes, nose and mouth
- √ vaccinate you and your family against both types of flu; and
- √ stay home in the presence of influenza-like illness.

Whether you or someone you know is diagnosed with H1N1 influenza or seasonal influenza, the signs and symptoms of flu and treatment are the same. Influenza symptoms include fever (100° F or greater), cough, sore throat, runny/stuffy nose, headaches, tiredness/fatigue, body aches, diarrhea, chills, vomiting or nausea. **The CDC recommends that individuals with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [or greater], or signs of a fever, without the use of fever-reducing medications.** This may mean you or your child may be absent for 3 to 5 or more days. **Ill children or staff who come to school with influenza-like symptoms will be sent home.**

Individuals who are high risk, meaning you or your child has asthma, diabetes, are immunocompromised, or pregnant, are encouraged to contact their healthcare provider when they get influenza-like illnesses and follow their healthcare provider's directions.

Lincoln High School Music Boosters “Where Music is a Tradition”



The Lincoln High School Band Program will host the 34th Annual Lincoln Band Review on Saturday, November 20, 2010. With more than 60 bands and 6,000 students attending, the LHS Band Review is one of the largest and most prestigious band competitions in Northern California. Bands will compete in various events such as parade, concert band, jazz band and a spectacular field show.

Please join us for the free parade at 9:00 a.m. on Benjamin Holt Drive near Presentation Church. Plan to enjoy a delightful day of entertainment as each school presents its finest performance in the competitions. We also invite you to attend all the festivities at LHS including the awesome performances of the field show competition at 4:00pm in the A.G. Spanos stadium at LHS. The entrance fee for the field show is \$10.00 for adults, \$5.00 for students/seniors, and children under six are admitted free.

Updates and schedule may be found at www.lincolnmusic.net.

www.lincolnmusic.net

Auxiliary • Band • Choir • Orchestra

Congratulations Marching Band!

Led by seniors *Megan Canepa, Alex Coburn, Aaron Fonzi, Bridget Hawley, David Jara, Edward Klunk,* and *David Montalvo*, the Marching Band won **First Place** at a field show competition in Roseville!

School Rules

- Wear ID every day
- Swenson Park is off limits during the school day
- No cell phones to be seen or used 1st-7th period
- No flowers or balloon deliveries

Need Math Tutoring?

Mu Alpha Theta Math Club provides student tutors each lunch period. Drop by room 1510 to receive help in math.

TROJAN FLORAL SHOP

November Specials

Thanksgiving Centerpiece with Candle (*pre-orders only*)

December Specials

Holiday Centerpiece with Candles (*pre-orders only*)

Holiday Wreaths

Christmas Tree Centerpiece

The flower shop is open at lunch for orders and pick-up. You may pre-order by visiting room 1124, call 953-9595, or email jgallolucero@lusd.net.

Julie Gallo-Lucero
Instructor



Student Activities Dates to Remember



November 3
November 1-17

Club President Meeting at lunch
M-W-F during lunch & after school 2-3:30pm, accepting Disneyland deposit (\$50) in activities. Check payable to USAST-Lincoln.

November 17

Disneyland \$50 deposit & paperwork due in activities by 3:30pm. In order to save a seat, you **MUST** make a deposit by November 17.

December 1
December 8

Club President Meeting at lunch
Link Crew Cookies & Cram, 5:30pm—7:30pm in the End Zone

December 11

Winter Formal, 8pm---Midnight at UOP
Bids sold: November 15, 16, 17, 29, 30, December 1 & 2 at the Stadium Box Office during lunch

Couples \$45 with ASB & \$50 without ASB
Singles \$25 with ASB & \$30 without ASB

If you purchase your bid *by November 30* a discount coupon will be available in the activities office or at the Stadium Box Office for \$5 off your bid price.

LHS HELP CENTER

After School Tutoring

2010-2011

Where: LHS Library

When: Tuesdays, Wednesdays, Thursdays
2:00 – 4:00 pm

What: Tutoring offered in

Math, English, Science, Social Science

Students will sign in and out.

Students may earn 1 unit of elective credit for attending 15 hours of tutoring.

Students will be given a log sheet to document their hours.

A student assigned to after-school detention may serve his/her detention by going to tutoring.

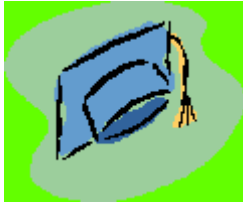
Receive School Information via Email!

If you have an email address and are not yet receiving attendance information or special messages via email you can add your email address very easily. Follow these simple steps:

1. Log on to Powerschool (visit www.lincolnhigh.org)
2. From the home page click on the "Email Notification" icon
3. Type your email address in the box

We would love to have the opportunity to notify you in this manner. It only takes a minute, so please give it a try.

GRAD NIGHT



Shop to Raise Funds for Grad Night!

S.H.A.R.E.S. cards are available! Lincoln Grad Night 2011 has registered cards available. You shop and Grad Night earns 3% back at the following stores; **Save Mart, Smart Foods, Food Maxx, and Lucky.**

Do you shop at Marina Market? Marina Market is giving back 5%! You **MUST** take one of their coupons with you when you shop. The coupons are available online on Lincoln's website, www.lincolnhigh.org. If you're interested in either, email Kimi Keyges krkeyges48@sbcglobal.net.



Please hop online to www.lincolnhigh.org and take the Lincoln USD Parent Survey (upper right-hand corner). This survey asks for your opinions on issues regarding school culture, safety and communications, and will take less than five minutes to complete. Your opinions will help us as we develop our school plans and reassess our efforts to develop the best school climate possible for our children. Show us what we need to become the very best district we can be!

Graduation Information for Seniors and Parents!

Seniors should have received a cap and gown and graduation product ordering packet at the senior assembly on October 27th. If not, they need to pick one up in the Student Service Center A-L side from Mrs. Krenecki. The Josten's representative will return on November 2nd to take cap and gown and graduation product orders. Seniors will be released from their government/econ class to due so. Parents that need ordering information, help filling out the form, or would like to submit the order themselves can attend a Josten's parent night on November 2nd in the End Zone from 5:00-7:00 p.m. The cost of the cap and gown is \$25.00. Please submit your order prior to the deadline of December 1st. The price of the cap and gown after the deadline will increase to approximately \$50.00.

If you missed the senior parent night, we missed you. Below is some important information that was covered:



Graduation date: Thursday, May 26, 2011

Time: 7:00 p.m. (gates open at 5:00 p.m.)

Place: Lincoln HS Alex G. Spanos Stadium

Graduation practices: Tues., May 24th; Wed., May 25th, Thurs., May 26th (time to be announced at a later date)

Tickets: 10 tickets per graduation – distribution begins on May 2nd

Graduation coordinator: Suzanne Krenecki, 953-8932
(skrenecki@lUSD.net)

Jostens representative: Patrick Cummings, (866) 746-4728
(pat.cummings@jostens.com)

School Site Council

LHS Site Council meetings are held the first Monday of every month, 4:30 to 6:30pm, in the administration conference room.

Parents are welcome!

Thoughts to Ponder...



"Treat people as if they were what they ought to be and you help them to become what they are capable of being."

~Johann Wolfgang Von Goethe (1749-1832)
German Playwright

Counselors Visit Classrooms and Offer College Information

Seniors

Counselors visited classes in October. Seniors were encouraged to pick up resource booklets created especially for them. One booklet reviews applications to 4-year colleges/universities, one for community college applications, and one for financial aid and scholarships. These booklets are available to seniors in the Educational Planning Center.

Counselors will mail "senior letters" in mid November. Each letter will let parents know the graduation status of their son/daughter.

Seniors and their parents should go online to get a pin number in preparation for filing the FAFSA (Free Application for Student Financial Aid). Go to www.pin.ed.gov. After January 1, file the FAFSA at www.fafsa.ed.gov. Qualified students may receive a federal Pell Grant. The FAFSA analysis is also used when qualifying students for loans.

In December, seniors should pick up the GPA Verification Form in the Educational Planning Center. The student fills out a section, drops it off in the Student Service Center, and returns at the end of the following day to pick it up. A counselor will fill out the school section of the GPA Verification Form. The student mails the form. Filing the FAFSA online and submitting the GPA Verification Form is necessary for State Cal Grants. The deadline for submitting the GPA Verification Form is March 2.

Seniors who are planning to attend an educational institution after high school (technical school, community college, 4-college or university), should start visiting the Educational Planning Center weekly. Scholarship information is housed in the EPC and will arrive throughout senior year.

Important Dates for Seniors

Application period for CSU:
October 1 – November 30

Application period for UC:
November 1 – November 30

(Seniors should apply early and not wait until the last few days of November!)

Beginning of application period for FAFSA and GPA Verification: January 1

Deadline for GPA Verification: March 2

Recommendation Letters and Official Transcripts

If seniors need official transcripts, see the registrar, Mrs. Dunne. Allow two school days for her to process this request. Mrs. Dunne will prepare the official transcript so that it is ready for the student to mail.

Many private colleges and universities request School Reports and/or letters of recommendation. If students need written reports or letters of recommendation from teachers or counselors, they must allow a minimum of three weeks. Many staff members have numerous letters to write for students and are not able to write recommendations just before a deadline. Encourage your seniors to request recommendations early.

We are asking students to supply addressed and stamped envelopes for their recommendations. Teacher recommendations need one stamp; however, counselor recommendations need three stamps (counselors include an official transcript, school profile, SAT/ACT test scores, completed School Report, and letter).

Test Anxiety? Suggestions for Students

Some tension before a test improves concentration, but excessive worrying (sometimes called test anxiety) can cause the opposite reaction (concentration is blocked). Here are some tips to help with test anxiety:

1. Keep up with school work on a daily basis so that studying for a test really means reviewing material the student already knows.
2. Anticipate what will be on the test. Practice taking the test (either by yourself or with a friend who is also going to be tested).

3. The night before, close your eyes and imagine yourself taking the test and doing well.

4. Get a good night's sleep (don't stay up late and cram).

5. Walk into the testing room with confidence. Take a couple of deep breaths and slowly release the air. Imagine that you will do well. Think about being in a place where you feel relaxed and calm (your bedroom; the beach?).

5. Start out slowly and read the test questions or prompts. You know you can do it!

Setting Priorities

It may be useful if parents help students to see the relationship between various priorities in their lives. A simple exercise asking students to "rate" what is important to them may help them to understand that certain things in their lives are more important than others. For example, on a scale of 1 – 10, with 10 being the most important, rate:

Going to a movie this weekend	1	_____	10
Hanging out with friends	1	_____	10
Getting a high school diploma	1	_____	10
Getting a new computer game	1	_____	10
Having a boyfriend/girlfriend	1	_____	10
Getting a job	1	_____	10
Going to college	1	_____	10

The list should reflect your child's needs/wishes. The point is that sometimes we have to give up something we want (such as hanging out with friends) to accomplish something that is more important (finishing homework because graduating or going to college are more important). Hopefully your child gives "getting a high school diploma" a 10!



Lincoln High School PTSA Board Meeting, 5:30 P.M., Staff Lounge, October 6, 2010

Present: Jackie Addi, Susan Bartman, Kristi Farrell, Lisa Galindo, Adjoa Hackman, Debbi Holmerud, Jenna Johnson, Kellie Johnson, Lynne Kamaiopili, Patti McBride, Ally Nakaue, Laura Pinkerton, Karen Ravetti, Donna Sinnock, Marcy Wong
The meeting was called to order at 5:45pm by President Lynne Kamaiopili. Minutes from the 9/01/10 meeting were approved as corrected. Treasurer: (Susan Bartman) The Treasurer's report was approved with a balance of \$3530.15. Membership: (Kristi Farrell): Membership stands at 324.

Principal's Report: (Debbi Holmerud): There have been some changes with the Lincoln High School band this year. Up until this year if student musicians wanted to be in jazz band the student had to participate in marching band. This is not the case anymore. As a result, interested students are working on a field show to be presented on the football field. It is a more sophisticated presentation/performance than the traditional "marching band" so bandleaders split marching band up into two groups. One group does the field show at a football game or competitions; the other group performs as the standard marching band which consists of playing at football games and marching at competitions. The band ordered new uniforms this year that look sharp.

Student Council: (Adjoa Hackman): Spirit Week: Spirit Week is October 18th-22nd. On Friday October 22nd the carnival will be held to top off the week. Debbi encouraged the students to participate in the car show and in Lincoln Idol. The student council has considered canceling the car show due to a lack of participants. There will be prizes for Best Sound System, most "antiqued" cars, free car wash vouchers, etc.
Red Ribbon Week: Red Ribbon week is the following week, Oct. 25-29th. Adjoa suggested an after school meeting for students can learn about what to do about drug abuse on campus. Teachers can encourage attendance and maybe give extra credit to attend meetings. Information will be shared about the drug hotline, and how to report issues or student abuse, the fact that it's anonymous, and in general how the process is handled. There will also be a policeman in attendance and a drug counselor. The council is searching for a physician to participate. As an FYI-the last drug awareness meeting was 9/16/2010. Future Meetings: Student council received feedback that there is interest in another drug awareness meeting; however student council was considering a meeting on internet bullying instead. PTSA meeting attendees suggested internet bullying for this year (since drug awareness was presented last year).

Window on your Future: (Donna Sinnock) There will be two workshops. This is a change from the previous format. One workshop will be on interviewing skills, and the other on social networking, manners and how to dress.

Reflections: There will be an announcement that if students are interested in participating forms will be available at Vicky Trent's office.

The next PTSA Business Meeting of the 2010-2011 School Year will be on Wednesday, November 3, 2010 at 6:00pm in the Staff Lounge. Adjournment was at 6:25p.m. Submitted by Kellie Johnson and Laura Pinkerton, Recording Secretaries

Window on Your Future Returns!

The 15th Annual Window On Your Future Career Education Month, sponsored by the LHS PTSA, will be held during the month of February 2011.

This event offers juniors and seniors a glimpse into their future by teaching them to write a resume and cover letter, complete a job application, provides an opportunity to listen to a variety of career speakers and allows them to participate in a mock job interview.

We are looking for parents and friends of LHS students to participate in this event. We need volunteers to help on our planning committee to contact/recruit potential speakers/interviewers, as well as community members, who would like to participate by speaking to our students about their career or to conduct mock interviews.

If you are interested in helping, please call **Karen Lynch at 209-471-4760** or email her at **spuds@deltabluegrass.com**.

We thank you in advance for your participation and support of this worthwhile event.



LHS PTSA Thanks You!

Many thanks to everyone who recently joined PTSA!

Congratulations to **Tami Miller**, who won box seats for the October 22 Homecoming game! Thanks to LHS Athletic Boosters for furnishing food and beverages!



Lincoln High Athletic Booster Club Membership Card

Paid

\$25 Member—Enables you to discounts for ALL Trojan Athletic Home Games!

Name _____
Last Name Father/Husband Mother/Wife

Address _____

Telephone _____ E-Mail _____

Student Name/Sport/Yr in School _____ / _____ / _____

Student Name/Sport/Yr in School _____ / _____ / _____

Student Name/Sport/Yr in School _____ / _____ / _____

How You Can Help Support Lincoln Athletes

<input type="checkbox"/> Sports Fundraisers	<input type="checkbox"/> Fall or Spring Sports Programs
<input type="checkbox"/> Fundraiser Dinner	<input type="checkbox"/> Football Snack Bar
<input type="checkbox"/> Special Events	<input type="checkbox"/> Athletic Awards
<input type="checkbox"/> Wine Tasting	<input type="checkbox"/> Bar-B-Que
<input type="checkbox"/> Phone / Email	

Snack Bar
 I prefer to work the

<input type="checkbox"/> Freshman
<input type="checkbox"/> JV
<input type="checkbox"/> Varsity Games

Please mail your check payable to:
LHS Athletic Boosters, 6844 Alexandria Place, Stockton, CA 95207
 Athletic Office (209) 953-8924 (10:00am to 1:00pm, M-F)

THANK YOU FOR BEING INVOLVED! YOU WILL HELP MAKE A DIFFERENCE!

**LINCOLN HIGH SCHOOL
 PTSA MEMBERSHIP APPLICATION
 Parent-Teacher-Student Association**

JOIN IN PERSON AT A PTSA MEETING OR SEND THIS FORM TO THE HIGH SCHOOL.

Membership dues help support PTSA sponsored programs.
 PARENTS \$10.00 ea. STUDENTS \$10.00 ea STAFF \$10.00 ea.

STUDENT—PARENT VOLUNTEER FORM

~Any LHS senior interested in applying for a PTA or PTSA scholarship must be a member of PTSA

PARENTS AND STUDENTS, CAN YOU HELP?

- | | |
|--|--|
| <input type="checkbox"/> Chaperone dances | <input type="checkbox"/> Window on Your Future Program |
| <input type="checkbox"/> Call me as needed | <input type="checkbox"/> Help with Reflections Program |

PTSA business meetings are held the first Wednesday of each month at 6:30 p.m. in the LHS staff lounge. All parents, students and staff are invited to attend.

Thank you for your interest and support.

NAME _____

PHONE (home) _____ (work) _____

STUDENT'S NAME AND GRADE _____

Mail this form to:
 Lincoln High School PTSA
 6844 Alexandria Place
 Stockton, CA 95207

SAT or ACT?

Both the SAT Reasoning and ACT can be used for college entrance (for 4-year colleges and universities). More students in the Stockton area choose the SAT, but the ACT is accepted by virtually all institutions. Take one or both tests!

	SAT Reasoning	ACT
What's on it and how is it scored?	Critical reading, math, and composition are each reported on a 200-800 scale. An "average" score is 500 on each part (1500 total). The maximum score is 2400.	English, math, reading, and science are reported on a 1-36 scale. An arithmetic average or "composite" score is also given. Maximum composite score is 36.
When it is given?	Seven times a year (Saturdays), between October and June. You can take the test more than once, but all scores are sent to the colleges.	Six times a year, between October and June (not on the same Saturdays as the SAT's). You can take the test more than once and choose which scores are sent to the universities.
When should I take it?	When you have completed enough high school coursework so you will score well, which usually means you are in your third year of college-prep math. Try to complete all entrance exams by the end of junior year.	When you have completed enough high school coursework so you will score well, which usually means you are in your third year of college-prep math. Try to complete all entrance exams by the end of junior year.
How can I improve my chances for scoring high?	Do well in your high school classes. You are learning the skills and knowledge that are on the test. Go online and take a practice test, get a study guide, or enroll in a test-prep class.	Do well in your high school classes. You are learning the skills and knowledge that are on the test. Go online and take a practice test, get a study guide, or enroll in a test-prep class.
Penalty for guessing?	Yes.	No.
Website?	collegeboard.com	act.org

TEXTBOOK ADOPTION

Parents of LHS students and community members of LUSD who are interested in participating on a committee to review and adopt a new world history textbook, please contact Stephanie Clendenin at: sclendenin@lUSD.net by November 5, 2010.

Individual Student Incentive

STAR Card



A STAR card was issued to each student who scored a 4 or a 5 on at least one of the four STAR tests (English, math, science, social science), or who improved at least one band from last year on at least one of the four STAR tests.

Each card is printed with at least one star. The number of stars printed on the card is determined by the number of tests on which the student either scored a 4 or 5, or improved by at least one band from last year. A student could earn as many as four stars.

STAR Cards may be redeemed for:

- ◆ Detention waiver
- ◆ Entrance to a football or basketball game
- ◆ 1-hour early release from Saturday School
- ◆ \$5.00 price reduction on winter formal, senior ball or prom bids
- ◆ \$2.00 credit at the student store or a 20% discount on any one item
- ◆ Classroom incentives identified by teachers and/or departments

Each time the STAR Card is used, one of the stars will be punched or clipped off.

BLACK & WHITE BALL
WINTER FORMAL
DISCOUNT COUPON
December 11, 2010
Grace-Covell, UOP
8pm - Midnight
\$5 OFF*
\$5 OFF*

Bids will be sold on these dates: 11/15, 16, 17, 29, 30 and 12/1, 2
Couples \$45 w/ASB — \$50 w/o ASB
Singles \$25 w/ASB — \$30 w/o ASB

*Only one coupon per bid—expires on November 30.
Must purchase bid by November 30
in order to use this coupon.

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in order to use this coupon.



LINCOLN HIGH SCHOOL
GRAD TRIP CELEBRATION
FOR THE CLASS OF 2011

YOUR SENIOR CLASS TRIP INCLUDES:

- ♥ Deluxe motor coach transportation to and from your school
- ♥ Dinner at **Pirates Dinner Adventure & Show**
- ♥ Admission to **Disney's California Adventure®** and the *Blast-off party*
- ♥ Dinner meal voucher for use at Disneyland's California Adventure
- ♥ Admission to **Disneyland®** and the *All-Nite Grad party* (unlimited rides, dancing, bands)
- ♥ On site USA Student Travel Staff (24-Hour Trip Care) and consumer protection plan
- ♥ \$2 Million Liability Insurance



Departs: Thursday, May 12, 2011 **Returns:** Friday, May 13, 2011

PRICE PER PERSON: \$245.00

<p style="text-align: center;"><u>May 12, 2011</u></p> <p>Morning departure to Anaheim, CA Dinner at Pirate's Dinner Adventure California Adventure Blast Off with meal All-Night Disneyland Grad Nite</p>	<p style="text-align: center;"><u>May 13, 2011</u></p> <p>Depart for home!</p>
--	--

TO REGISTER

Please turn in a completed registration form on back with a \$50 non-refundable deposit to:

USA Student Travel
5080 Robert J Mathews Parkway
El Dorado Hills CA 95762

\$50.00 DEPOSIT DUE BY: NOV. 17th

Please make checks payable to
"USAST-Lincoln"

PAYMENT POLICY

Your trip can be paid in payments or paid in full anytime. Payments will be accepted in the form of a check, cashier's check or money order on a first-come first-served basis. Price is based on a minimum of 40 paid participants per motor coach.

Payment due dates are as follows:

Nov 19, 2010	\$50 (non-refundable deposit)
Feb 4, 2011	\$100
April 1, 2011	\$95 Balance Due/Final Payment

TOTAL COST: \$245.00

Third quarter grades eligibility will be checked and if ineligible, you WILL NOT receive your \$50.00 non-refundable deposit.

CANCELLATION POLICY

Your deposit is used to secure your space on the trip with our travel suppliers including transportation and attractions. Cancellations will be subject to the fees based on the following schedule:

Prior to April 1, 2011	\$50 fee
April 1, 2011 – 30 days prior to departure	\$150 fee
May 1 to departure – May 12, 2011	NO REFUND

CANCELLATION INSURANCE

To protect yourself against unforeseen circumstances, USA is offering a low-cost optional cancellation insurance policy for \$30 to protect your trip investment. The insurance will be automatically billed to your account. You must decline the insurance to remove it from your account, or in the event your account is not paid in full by the final payment date, the premium charge will automatically be removed. If purchased, a brochure outlining the coverage's and limitations will be sent to you.



Please post on your fridge for a handy reference!

November 2010

PHONE NUMBERS YOU MAY NEED (or use email, <first initial, last name> i.e., *tsmith@lUSD.net*)

Please use the following numbers to contact teachers at Lincoln High School.

ADMINISTRATION

953-8921 Debbi Holmerud Principal
 953-8921 Vicky Trent Office Supervisor
 953-8924 Josef Schallberger Athletic Director
 953-8916 Maria Costa Staff Secty/CST
 953-8920 TBA Acct Clerk/Staff Secty
 953-8915 Debra Dunne Registrar

STUDENT SERVICE CENTER

A-E

953-8933 **Kelly Flanagan** Asst. Principal
 Randee Quilantang Staff Secretary

F-L

953-8932 **Joseph Hancock** Vice Principal
 Suzanne Krenecki Staff Secretary

M-R

953-8934 **Scott Denero** Asst. Principal
 Cathy Tirapelle Staff Secretary

S-Z

953-8935 **Katherine Bender** Asst. Principal
 Carol Della Maggiora Staff Secretary

COUNSELORS

A-Cg Sabrina Eshaghi Counselor
Ch-Dri Carrie Hake Counselor
Drj-Hern Kelly Jensen Counselor
Hero-Martin Iris Bouchard Counselor
Martina-Phom Jane Burhoe Counselor
Phon-Sol Teresa Garcia Counselor
Som-Z Vanessa Shuping Counselor

ACADEMIC SUCCESS CENTER

Lanisha Redic Counselor
 Jamie Ward Teacher
 Jared Hungerford Teacher
 Tony White Outreach Worker

MULTILINGUAL CENTER

953-8942 Diane Fuhrman Outreach
 953-8947 Antonia Rosas Outreach

INDEPENDENT LEARNING CENTER

Julian Girouard, Teacher 953-8774
 Ingrid Soluaga, Clerk 953-8432

ATTENDANCE OFFICE

953-8926—A-L **953-8927—M-Z**
953-8928 (After hours message phone) **A-Z**

DEPARTMENTS

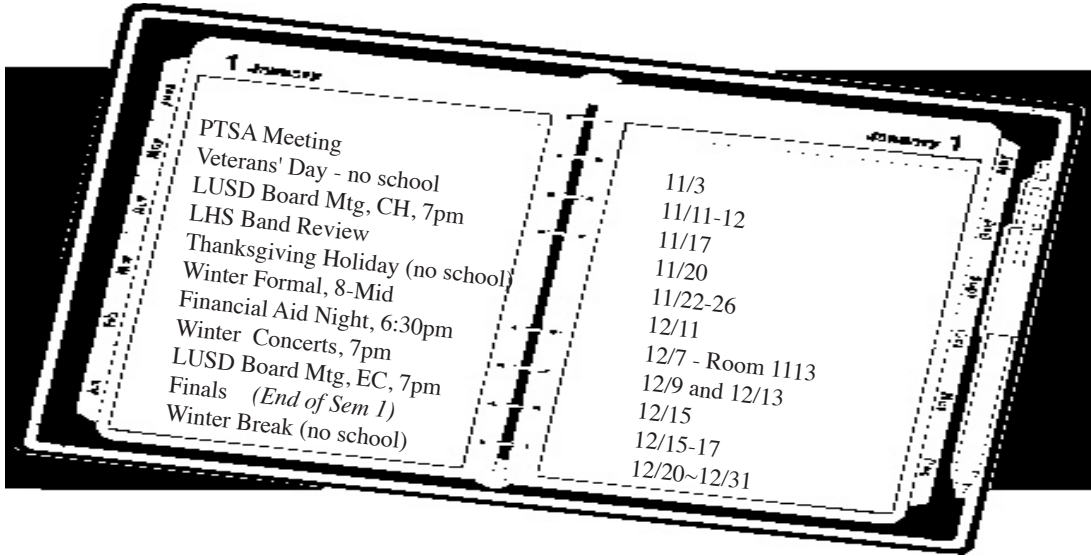
953-8931 Activities Office
 953-8924 Athletics Office (www.highschoolsports.net)
 953-8940 Child Care
 953-8955 Drafting
 953-8949 Educational Planning Center
 953-8432 Independent Learning Center
 953-8948 Journalism (Newspaper)
 953-8984 Library
 953-8983 Library Media Center
 953-8942 Multilingual Center
 953-8919 Music
 953-8970 Physical Ed - Women
 953-8971 Physical Ed - Men
 953-8915 Registrar (Records/Transcripts)
 953-8978 Retail Sales
 953-8978 ROP Retail Sales
 953-8954 ROTC
 953-8939 SDFS (Safe & Drug Free Schools)
 953-9613 Small Business Management
 953-8988 Speech Therapist
 953-8961 Strategies Dept.
 953-3301 Student Store
 953-8973 Swimming Pool
 953-8957 Theater Box Office
 953-9595 Trojan Floral Shop
 953-8956 Wood Lab
 953-9513 Yearbook
952-4646 FAX Administration
953-8929 FAX Student Service Center
476-0235 FAX Athletic Office



You may leave a message for any teacher by calling **953-8508**. Please leave a **brief, non-confidential** message, as student assistants will be logging all calls. Email any LHS staff member by using their first initial, last name @ lUSD.net; i.e., *dholmerud@lUSD.net*. Visit www.lincolnhigh.org to read the daily bulletin, and much more!

November 2010

Mark Your Calendar!



The LINK

Lincoln High School
Parent Newsletter

Visit LHS' Website to read the daily bulletin, school calendar, get updated Career Center news, with links to UC and CSU application sites, and lots more. Check it frequently for additional links.

www.lincolnhigh.org

www.highschoolsports.net (for sports schedules)

www.lincolnhigh.org

No cell phone use between 7:20am and 3:00pm regardless of the student's schedule. No exceptions. Students with a 1-6 period schedule may walk off campus to use phones once their school day has ended.

Svenson Park is off limits during school hours.

Students must wear their ID badge every day.

to the parents of:

The LINK

Parent Newsletter



Lincoln High School
A Drug Free Zone
6844 Alexandria Place
Stockton, CA 95207