

Arcadia High School

# Smoke Signals

## From the Desk of David Vannasdall

### 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 2nd, 2010. We will have an informal dinner at 5:30 pm and the meeting will begin at 6:30 pm.*

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 Tweenagers soon to grow to adulthood under your very eyes. The anticipation, the fear, the joie de vivre, the nonchalance; all the different façades 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 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/](http://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

*(Continued on page 2)*

### Parent Tip:

Stay Involved at the High School Level. Your student definitely still needs your hands-on support!

## Mr. Vannasdall, continued from page 1

generation continues 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.

## Counseling Department

The Counseling Department would like to welcome the parents and students of the class of 2014! We are entering that exciting time when the 8<sup>th</sup> 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 interests. 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

*(Continued on page 3)*

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

We are on the Web!!!  
<http://www.ausd.net/ahs/>

### **AHS Web site**

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

## Counseling (continued)

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 5th**. For any parents who were 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>

---

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

---

## Music Program and Camp News

The Percussion and Color Guard will present their awarding winning competition performance at the Spring Show on Saturday, May 8<sup>th</sup> at 5pm in the North Gym. The Orchestra and Concert Bands will perform the Spring Pops Concert on Tuesday and Wednesday, May 18 and 19 at 7pm in the North Gym.

If you plan on joining Marching Band, New **Marcher's Camp** will be at the High School the week after school lets out for the summer, June 14-18. Color Guard tryouts are in the

Spring. Look for additional information before June. Marching Camp will be held at the High School the week before Music Camp. All marchers and color guard are required to attend as you will be learning the new 2010 Field Show Competition.

Music Camp is one of the highlights of the summer. All music students are strongly encouraged to attend. This year, camp starts on Friday August 20 and ends on Wednesday August 25, as school will start on Thursday August 26.

We will be in the San Jacinto mountain town of Idyllwild, just west of Palm Springs. practice at performing in larger settings. Look for registration information to arrive at your home before the end of the school year. More information can be found on the Music Club web site [www.arcadiamusic.org](http://www.arcadiamusic.org).

We need parents to Chaperone. Please contact Linda Chan at [proflin@earthlink.net](mailto:proflin@earthlink.net)



## 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.

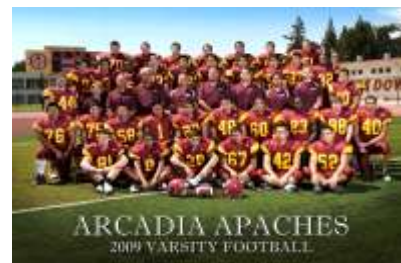
Also, summer is the time to take care of the physical

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://athletics.ausd.net/index.php?option=com\\_content&task=view](http://athletics.ausd.net/index.php?option=com_content&task=view)

[w&id=46&Itemid=53](http://athletics.ausd.net/index.php?option=com_content&task=view&id=46&Itemid=53) 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/>



## A Note from the 2010 Freshman President

Dear Class of 2014,



The countdown has begun for the end of the school year; there are only six weeks of school left. **Everyone is anticipating the summer. I'm** sure you all agree that the school year has passed by so quickly. That means the start of high school is coming closer and closer. 8th grade is filled with memories with the best still to come. Promotion is not an end, but rather a beginning to a new world, more friends, and more memories.

It was only seven months ago when I first stepped onto the Arcadia High campus, and I realized how crowded and busy it was. There was construction, hundreds of new faces to take in, and a new campus to navigate. In addition, the growing pressure to fit in and leave the right impression with your new teachers and friends from different schools hovered over me. Despite the new atmosphere, I, along with the other freshmen, gradually adapted to this fast paced lifestyle. I made new friends and began to embrace the challenges presented by the new school, rather than fear them.

**Now, it's April and Arcadia High School has made me feel as if I've** been here all my life. There are so many opportunities at school and **once you get here, you'll realize they are hard to miss. You may feel** outnumbered by the sea of students, but the vast population of Arcadia High allows you to extend your social network and make a ton of new friends, which only adds to the fun of high school. I recommend you get involved with one of the many student organizations such as clubs, performing arts groups, athletic teams, or our championship level academic teams (we had several state champions this year and one national championship). Clubs are great ways to get started at high school and make new friends at the same time. We have over 50 **clubs, so it'll be easy to find a club you're actually interested in. The** best part of Arcadia High is the ease of finding something to connect to and friends to connect with, whether it is theater, ASB, or one of the many clubs AHS has to offer.

However, you know as well as I do that high school will come with

*(Continued on page 5)*

---

### Parents...

Arcadia High School has various parent boosters clubs all under the umbrella of the PTSA. These meet at various times during the month. Come to a PTSA meeting and find out when!

---



## Tricia Xu (Continued from page 4)

some work. In all honesty, the work load is more than what you're used to in middle school, but you guys are future Apaches, meaning you'll have no problem staying on top of everything. It'll take time and practice, but I have complete faith that it can be done. Keep working hard and **organize your time wisely! It's the key to the next four years!**

**If there's any piece of advice I can give after battling it out for seven months, here it is: don't be afraid. I know that can be hard to believe, but keeping that in mind has really helped me out.** Remember that your friends will be right there with you, and there are hundreds of other soon-to-be-freshmen who probably feel the same way. Before you know it, Arcadia High School will be like a second home to you, and you'll be passing along words of advice to others. Oh and you are going to be the first Class to use the newly completed Student Services Building, Science Building, and Bleachers and Track without having to live through the dust and pain of the construction. See you soon, Class of 2014!

Sincerely,

Tricia Xu, 2010 Freshman Class President

## Athletic Seasons

Fall Season – August 26th– November 5th

*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 7th – February 4th

*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 5th – May 6th

*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*

## 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.



### 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](http://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 <http://ahs.ausd.net/modules/cms/pages.phtml?pageid=154966&sessionid=8b25b90539511fd82d5>



## 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.

## Apache Days

### (Student Registration)

Here is the Apache Days schedule for 2010. Please plan ahead now. It is critical for students to attend Apache Days prior to the opening of school on Monday, August 26.

Seniors Tuesday, August 17 8:00 am - 2:45 pm

Juniors Wednesday, August 18 8:00 am - 2:45 pm

Sophomores Thursday, August 19 8:00 am - 2:45 pm

Freshmen: Friday, August 20 8:00 am - 2:45 pm

Makeup's Monday, August 23rd  
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 23rd.

Failure to register on the days above will result in the student not being able to register until the first day of school, Thursday, August 26. 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.

## AEF Summer School

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 [ArcadiaEducationalFoundation@gmail.com](mailto:ArcadiaEducationalFoundation@gmail.com) or call our office.

## AHS Upcoming Events for Incoming 9th graders

### May

3 - 14 Auditions for 2010-2011 Choral Groups. Information in MB3 or call 821-1785

3-12 AP Testing

8 Spring Show for AHS percussion and Color Guards, doors open at 4:30.

18 Pops Concert, 7:00 pm, (N. Gym)

26-29 Chanteurs May Show in AHS Little Theater. 7:00 p.m.

Call 821-1785 for ticket information)

31 Memorial Day Holiday - No School

### Parents...

Arcadia High School has various parent boosters clubs all under the umbrella of the PTSA. These meet at various times during the month. Come to a PTSA meeting and find out when!

## AHS Orientation Day— August 16, 2010

for all Incoming Freshmen and New Students - Save the Date

- Monday, August 16, 2010
- 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 about your campus.

*“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!”*

## 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.