

TITAN NEWS

Newsletter
Vol. 01 Edition 07
Jan-Feb 2010

Principal's Message

Dear Titan Families and Students:

It is amazing to think we have already begun the spring 2010 semester. As the year has progressed, our students have had many opportunities to demonstrate their hard work and knowledge academically, artistically, and athletically. It is also a great time to reflect on all that is going well at Antelope High School. This success is due in a large part to you. Your active participation in your student's school life keeps your student moving forward during challenging times, instead of giving up. As our accomplishments continue to grow, so does the faculty and staff's commitment to make Antelope High School a high-quality educational experience.

With the coming spring, we begin

to prepare for testing as mandated by the State. In February, our sophomores will be taking the California High School Exit Exam (CAHSEE) as a part of their graduation requirements. Later in April, all 9th, 10th, and 11th grade students will be taking the California Standards Test (CST) in Math, Language Arts, Science and Social Science. Student participation in testing is extremely important. I encourage each parent/guardian to support their student's performance by sending the students to school well-rested, with a nutritious meal and most importantly, motivated to perform to the best of their ability.

CAHSEE February 2nd and 3rd
ALL 10th GRADE STUDENTS

CST April 19th-30th
ALL 9th, 10th, and 11th GRADE
STUDENTS

AP TEST May 4-14
ONLY STUDENTS TAKING AP
COURSES

The New Year is a time to reflect on all that we have accomplished and plan for the future. As Antelope High School plans to enter 2010, our commitment to our students and community will be our top priority. Our goal is to assist each child achieve preparation for either college or career options. Our faculty and staff are committed to this goal, and we know that with assistance of our parents and community, we can make dreams come true.

In closing, I want to thank all the parents who have helped in such incredible ways this fall. Your presence in our school truly makes us a community. I continue to be so impressed by the support, trust, and energy that parents contribute to Antelope's academics and activities.

On behalf of the entire Antelope High School staff, I wish you and your family wonderful a new year of peace and happiness.

Yours in Education,

John Becker



Counselor Corner

In an effort to better understand the results of your child's PSAT our counselors would like to offer an information hour before Back To School Nite on Monday January 11th at 6:00pm in the cafeteria. **In addition the counselors will be discussing the up coming SAT and ACT testing window for juniors.** This meeting will be directed towards our juniors but all other students will benefit from the explanation of your results.

PSAT tests and booklets will be available at the attendance window during both lunches on Friday January 8th and Monday January the 11th. Please make sure you have your test and booklet before the information meeting.

ELAC Advisory Mtg.

ELAC meetings are designed to support households where English is a second language. These meetings allow families the opportunity to speak with the Principals and discuss leadership and the overall direction of the school. We discuss academic issues, extracurricular activities, specialized programs, and numerous other topics that require parent input. We would like for all of our families to have an opportunity to give their input in building a tradition and atmosphere that is all inclusive.

Please join us for these evening meetings scheduled for the second Tuesday of each month to find out more about the school. Our next meeting will be Tuesday January the 12th at 6:30pm in the school Library. We will be taking a tour of the College & Career Center and hear what it has to offer our students along with several additional academic topics of interest.. If you have any questions, please contact Mr. Hasty (Asst. Principal) at 916-726-1400. Go Titans!!

New Campus Policy & Procedure

Please note that tardies WILL NO LONGER RESET next term. That means that from January 6th all the way through the last day of school, May 27th, your tardies will accumulate. They will no longer be turned back to 0 in March and October.

The consequences for being tardy remain the same:

Tardies Per Class

3 Tardies=1 Day Work Service
6 Tardies=5 Days Work Service and call home
9 Tardies=1 Day On Campus Suspension
10+=Continued suspensions and referral to Student Attendance Mediation (SAM) at the

Skateboard Procedure

Students--Please note that beginning January 6th NO SKATEBOARDS OR LONGBOARDS will be permitted on campus. The boards must be locked in the racks provided outside the administration building. Please remember to purchase a lock and come back from Winter Break

prepared for this new policy. There will be disciplinary consequences for students who carry their boards around after this date.

Back To School Night
Monday January
11th
7:00pm
Counselor Forum
6:00pm in Cafeteria

School Hours:
7:45 A.M. – 2:35 P.M.

School Begins:
AUGUST 10th

Office Hours:
7:30a.m. – 4:00p.m.
Phone: 726-1400
Fax:726-0700

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In House/Current Student Registration

Dear Antelope High School Parent/Guardian:

Can you believe it's already time to start **Online Course Selection for the 2010-2011 school year?** This letter will provide you with information to assist with academic planning and course scheduling for your student. Below are the **steps** for registration and the **dates** counselors will meet with students to provide necessary information and review registration paperwork.

I. HomeLink Account Needed

- **Course selections will be completed by students**

and/or families online.

- **You will need a student or parent HomeLink account before January 20th.**
- If you need to create an account please call our registrar (Mrs. Scuka) at (916) 726-1400, ext. 6020.
- Students and families can access campus computers to create or access HomeLink Accounts during the following times:
 - **Students:** Everyday in the Library before and after school.
 - **Parents/Guardians:** AnHS Career Center,

Tuesdays and Thursdays from 2:30 – 4pm, each week in January (please check in with the front office staff).

II. Registration Paperwork and Online Course Selections

- **All current AnHS students will receive registration information and paperwork from their 2nd period teacher on Thursday, January 21th.** Students/families will have seven days to review registration materials

and complete necessary paperwork.

- **The Antelope High School Program Planning Guide** and Registration Instructions will be available soon at the school Web site <http://antelopehigh.org>.
- Students/families will go online and input course selections through their HomeLink Accounts during this time. Online course selections must be completed by **Thursday, January 28th.**

III. Registration Paperwork Review and Collection

- **Friday, January 29th all students will be turning in completed registration paperwork in their 2nd period class.**
- Counselors will visit 2nd period classes **February 1st through the 26th** to review registration paperwork with students.

8th Grade Registration Update

Dear Parents:

In just a few weeks we will be registering students at Antelope High School (AnHS) for the **2010-2011** school year. The process involves several steps, outlined below.

1. **ELECTIVE SHOWCASE** will be held **February 24th at 6pm**. This is an opportunity for both students and parents to

come and visit various elective classrooms to observe first hand what these courses cover in their curriculum.

2. **8TH GRADE PARENT ORIENTATION NIGHT** will be held in the Antelope High School cafeteria Wednesday, **February 24th at 7:00 p.m.** Administrators and counselors will give an overview of the school's mission, explain school programs, graduation requirements, registration procedures, and will also be available for questions following this meeting. Please remember we have limited seating.

3. **REGISTRATION INFORMATION PACKETS** will be distributed at Creek View Ranch on **February 25th** and at Antelope Crossing Middle

School on **February 26th**. Packets include all forms and information required for registration. Please make sure that you collect all materials from your student, and carefully fill out each form, as registration will not be processed without **all forms fully completed**.

4. **8TH GRADE COUNSELOR FORUM** will be a question and answer session with a counselor on **Monday, March 1st, from 7– 8:30 p.m.** in the Library (for students last names A-Le), the Cafeteria (for students last name Li-Z), and the Career Center for our Special Education students. This forum is for **PARENTS only**. Please no students or siblings.

5. **REGISTRATION EVENINGS** are scheduled for **Wednesday and Thursday March 3rd and 4th in the AnHS cafeteria (From 5-8pm)**. Families should attend according to the following schedule. **Please note: There will be no processing of your paperwork prior to your scheduled time.**

March 3rd		March 4th	
5:00pm	A-D	5:00pm	N-R
6:00pm	E-H	6:00pm	S-V
7:00pm	I-M	7:00pm	W-Z

The Registration Night will take approximately **60 minutes**. Please dress for weather conditions (a portion

of time will be spent outside). **A parent or guardian must be present to register.** In order to expedite the process, **all paperwork distributed in the packet must be signed and completed prior to checking in for registration.** Your registration time is not a prioritized number; it is alphabetical in order to decrease waiting time only.

ATTENTION GUARDIANS: At the time of registration you **must** bring a copy of legal guardianship papers. These may be in the form of a **court order**, a **foster home placement letter**, or a **Caregiver's Authorization Affidavit**, which is available at the Roseville Joint Union High School District Office.

If you have questions relating to high school attendance areas, please call Amanda Scuka at 726-1400ext. 6020, between 7:30 a.m. and 3:30 p.m., Monday through Friday.

Antelope High School
Guidance Department

The Antelope High School Leadership Team seeks to have **all "in-house" registration activities completed before March 1st**. Please help us ensure that your student is appropriately placed in classes for the coming school year by encouraging positive attendance and follow-through on the aforementioned dates.

Please direct any registration-related questions to the Counseling Department at (916) 726-1400, ext. 6020.

Sincerely yours,
AnHS Counseling

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Athletic News

Happy New Year!!!

January 2010

We have moved well into our first Varsity Winter Season of sport with Wrestling, and Girls and Boys basketball, starting League this month. All of our teams have completed their pre-seasons and have headed into league. If you have not been to a game or match it is well worth the time, as the energy and excitement is pure High School Athletics. In February we transition from the winter season of Sport into the Spring Season of sport. Spring sports include: baseball, boys golf, boys volleyball, girls soccer, softball, swimming, co-ed tennis, and track. Many of these programs have started conditioning for the upcoming season. Please remember that in order to try out for any team at Antelope High School, the Student-Athlete must have an Athletic Clearance Packet on file. Included in the Athletic Packet is the Athletic Handbook, which the student-Athlete keeps and the physical form, which must be signed and stamped by the doctor completing the physical, form regarding Steroids, consent to treat form, the emergency information card, and the District Athletic Contribution. The forms and the contribution must be turned in before your Student-Athlete can try out. The Athletic Clearance packet can be picked up in the front office or from the Athletic Director's office.

Athletic Contribution Information

The amount needed in school year 2009-10 for the Athletic Contribution per Athlete, per season in order to sustain the athletic programs at each site throughout the District includes the following:

First Sport = \$125
Second Sport = \$100
Third Sport = \$75

Four (4) sport athletes or athletes who participate in two (2) sports during the same season will only be asked to make one (1) Athletic Contribution for participation in two (2) sports during the same season.

The Athletic Contribution information was taken from our District Website and can be found on the link below:

http://rjuhsd.us/news/20092010_athlcntrbutn.pdf

Some Dates to remember:

January 25: Spring Parent Meeting @ 7:00 in the Gym. Mandatory meeting for parents of Student-Athletes that will be trying out for Spring Sports teams. Athletic Contribution payments can be made at this meeting.

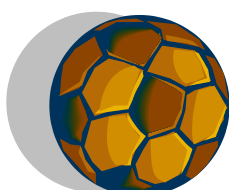
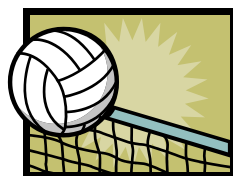
February 10: Start of spring tryouts/practice.

As always, thank you for your continued support.

Go Titans!!

Mike Triolo

Mike Triolo
Athletic Director



Career Center

ASVAB Testing

Looking for career ideas? Not sure what you want to do in the future? Get some answers With the ASVAB.

The Armed Services Vocational Aptitude Battery (ASVAB) Career Exploration Program is a test to help you determine which occupations best match your personality characteristics. It includes both civilian and military career opportunities. Sign up in the College & Career Center to take the test on **Tuesday, March 9th at 7:45 a.m.** in the Career Center. For more Info Contact Pattie Lee.

PSAT INFO AND TEST/BOOKLET PICKUP

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OUR SCHOOL NEWSPAPER GETS NOMINATED FOR NATIONAL AWARD

Morning Titans!!! Welcome back. Hope you all had a great vacation and got lots of rest. The second half of this year has started off with a huge positive opportunity for our newspaper and yearbook programs. We are one of 8 schools to be nominated for the national Gold Crown award in both newspaper and yearbook. Nice job Pete and students.

BIOMED CLUB

Are you interested in donating blood? Antelope High School is having their first Blood Drive on Thursday, February 18 from 9 am-1 pm. If interested, schedule your appointment by contacting the BioMed Club or Mrs. Clegg (aclegg@rjuhsd.us) ASAP.

*Please note that this is for those 16 and over

*16 and 17 year olds must bring a signed parent consent form

*Eat and drink plenty of fluids before donating

*Must be at least 110 pounds

*Please bring a photo ID

Remember! Give blood. Save a life.

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Mark Your Calendar

January

- 5 **Teacher Work Day – NO SCHOOL**
- 6 **2nd Term Begins**
- 11 **Back To School Night – Minimum Day**
- 13 **TIRELESS TEACHER LUNCHEON**
- 15 Winter Ball guest passes due!
- 18 Martin Luther King, Jr. Day
- 19 Collaboration Day
Winter Ball tix go on sale
- 23 SAT Test
- 24 SAT Test
- 25 Collaboration Day
Spring Sports Meeting
- 25-29 **TITAN SPIRIT WEEK**
- 29 Winter Rally
Winter Ball – Semi Formal
7:30-10pm

February

- 1 Collaboration Day
CAHSEE Testing
- 2 CAHSEE Testing
- 3 **TIRELESS TEACHER LUNCHEON**
- 5 Mid Quarter 3
- 8 **Lincoln's Birthday – NO SCHOOL**
- 9 Collaboration Day
In-House Registration Day
- 10 Progress Grades Due
1st Day of Spring Sports practices
- 12 **Lincoln's Birthday**
- 13 SAT
- 14 Valentine's Day
- SAT Test
- 15 **President's Day – NO SCHOOL**
- 18 **"TITAN IDOL" Lip Sync contest**
- 22 Collaboration Day

- 24 Elective Showcase &
8th Grade Orientation Night

March

- 1-5 **Principal Appreciation Week**
- 1 AAG Practice starts
Collaboration Day
- 3 **TIRELESS TEACHER LUNCHEON**
- 8th Grade Registration
- 4 8th Grade Registration
- 8 Collaboration Day
- 11 AAG Competition
- 13 SAT
- 14 SAT
Day Light Savings
- 15 Collaboration Day
- 16 St. Patti's Day Door
Decorating Contest
Staff Meeting
- 17 St. Patrick's Day
Kool-Aid & Cram 6-8 pm
- 18 Finals Period 1&3
Kool-Aid & Cram 1-3 pm
- 19 Finals Period 2&4
End Quarter 3
- 22 Collaboration Day
ASB Packets Available
- 23 Progress Grades Due
- 24 ASB Meeting @ lunch
- 25 VAPA Night
- 27-4/5 **SPRING BREAK – NO SCHOOL**
- 29 Athletic Eligibility
Declaration Day
- ### April
- 6 Collaboration
Counselor Appreciation Week
- 6-9 ASB Campaign Week
- 12 Collaboration Day
- 14-16 ASB Voting @ lunch
- 17 Junior Prom
- 19 Collaboration Day
Sadie's Hawkins Guest
passes available

School Support Staff Appreciation week

- 19-30 Star Testing
- 22-24 Spring Play
- 26 Collaboration
Sadie's guest
passes due & tix on sale
- 27 Progress Grades Due
Appointed
packets due
- 29-5/1 Spring Play

May

- 1 SAT
Spring Play
- 2 SAT
- 3 Collaboration Day
Athletic eligibility
Declaration Day
AP Testing
- 3-7 **Teacher Appreciation Week**
- 4-14 AP Test Weeks
- 4 Freshmen Packets Due
- 7 End of Year Rally &
Sadies Quad Dance
- 10 Collaboration Day
- 17 Collaboration Day
- 18 Staff Meeting
- 21 **DAY OF THE TITANS PLAY DAY**
Spring Dance Show
- 26 Finals Period 2&4
- 27 Finals Period 1&3
LAST DAY OF SCHOOL – HAPPY SUMMER!!
- 28 Teacher Post
School Workday –
NO SCHOOL
- 31 **Memorial Day**