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Talon Talk

Foothill High School Newsletter

John Dwyer, principal

January 15, 2011
Office Phone 461-6600
Attendance Line 461-6686

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Special Friday Forum for Parents

January's Friday Forum will feature a discussion about drug and alcohol abuse among Foothill students. The guest speaker will be Ryan Dawson, the new school resource officer.

Parents at the December forum heard Principal John Dwyer touch on the disturbing trend of teens raiding home medicine cabinets for OxyContin and other prescription drugs. He also talked about hangouts near the school where teens gather to smoke pot and buy drugs.

This month's forum is this [Friday, Jan. 21](#) at 9 a.m. in room C-6.

The [AABC](#) will provide coffee and morning snacks.

Information is power, so don't miss this highly informative discussion.

- * Band Crab Feed
- * Sports Physicals
 - * Food on Facebook/Twitter
- * Gift Card Donations Needed
- * Homework Forums
 - * Senior News
 - * Donate Musical Instruments
- * College Financial Aid Workshops
- * New Vaccine Law Open Enrollment in January
- * Alumni Soccer Games

New "In This Issue" items (above) are marked with asterisks.

Quick Calendar

Jan. 16 -- E-waste recycling for wrestling, 10 a.m. to 4 p.m., front parking lot

Jan. 17 -- **No school.** Martin Luther King, Jr. holiday.

Jan. 19, 20 & 21 -- Finals

Jan. 19 -- Grad Night & senior events meeting, 7 p.m., library

Jan. 20 -- Scheduling workshops: Parents of incoming

2011-12 Scheduling Info Events

Parents and students alike will be thrilled to learn that all high school students will submit class schedule requests online for next school year.

Yes, there's a wee bit of a learning curve for this new online scheduling process, but the nice folks at Foothill will talk us through the new system.

Parents of next year's freshmen will have workshops just for them on [Thursday, Jan. 20](#). Parents of current Foothill students will learn about the new process on [Thursday, Jan. 27](#).

Parents will attend these info sessions based on the first letter of their last names (freshmen) or what grade their students will be in next year (current students). Click [here for the full schedule](#) on the Foothill website.

Students will submit schedule requests online through Zangle, the school district's student information system. Please see info in the next box about Zangle.

Students will have until midnight [Feb. 6](#) to submit schedule requests online.

Get to Know Zangle

It's crucial for students to get to know Zangle so that they can submit their class schedule requests online.

Most parents are familiar with Zangle, but it's only been since the start of this school year that high school students could access Zangle with their own personalized codes.

Zangle is the school district's online system for checking student grades, assignments, attendance and submit class

freshmen, 6-8:15 p.m., small gym & MPR

Jan. 20 -- College info workshop, 6 p.m., library (\$5 per family)

Jan. 21 -- Friday Forum for parents, 9 a.m., C-6

Jan. 21 -- Last day of first semester

Jan. 24 -- **No school.** Teacher work day.

Jan. 27 -- Scheduling preview night for parents, 6-8:15 p.m., MPR

Jan. 28 -- First semester report cards mailed

Quick Links

[Foothill High web site:](#)

[Bulletin Board](#)
[Events Calendar](#)

-
[Bell Schedule](#)

[Foothill Athletics](#)

[Foothill Band](#)

[District Calendar](#)

-
[District Newsletter](#)

[Career Center](#)

[Community Events](#)

[InFlight School Newspaper](#)

student grades, assignments, attendance and submit class schedule requests.

Parents can use the same access codes they were given when their students entered middle school. Those codes will remain valid for the student's entire school career.

Students all have the same format for accessing their school info. Your PIN is your student ID number (5 digits). Your password follows this pattern: mmddf!

- mm = the two-digit month of your birth
- dd = the two-digit date of your birth (add zero before single-digit birthdates)
- f = first letter of your first name
- l = first letter of your last name
- The final character is an exclamation point (!)

Click [here for the links to both the student and parent connections for Zangle](#). Please note that there are different links through which parents and students access Zangle.

Students must have a permission form signed by a parent or guardian on file before the student access codes will work. If your student does not have a signed form on file, [click here for the form to complete and turn in](#) to the front office.

Questions or problems? E-mail zanglehelp@pleasanton.k12.ca.us.

E-Waste Recycling Tomorrow

It's time to recycle all the old and unwanted electronic devices cluttering your home and help Foothill's wrestling program in the process.

Old and unwanted electronic devices may be turned in at the e-waste recycling event on **Sunday, Jan. 16** from 10 a.m. to 4 p.m. in front of the high school.

The Foothill wrestling team will earn a few bucks for every discarded electronic item you turn in. It's free to recycle televisions, monitors, laptops, flat screens and cell phones.

There is a \$5 per item charge to recycle CPUs, telephones, printers, copiers, DVD players, fax machines, VCRs, stereos and video games.

[Sports Physical
Release Form](#)

[Volunteer Clearance
Form](#)

[MyNutriKids Lunch
Program](#)

[Scholarships](#)

[Senior Activities](#)

[SAT Test Dates](#)

[ACT Test Dates](#)

Student Spotlight

Several talented band students have been chosen to perform with state honor bands.

Click [here for the story](#) on the Foothill website.

Foothill's New School Resource Officer

Foothill has a new school resource officer who will serve on campus for four years.

Click [here for a story about Officer Ryan Dawson](#) on the Foothill website.

This is a one-day event that will be held rain or shine. Volunteers will be on hand to help you unload your e-waste for recycling.

Please make checks payable to Foothill High School Wrestling. Donations will also be accepted. All items are recycled by C&T Recycling in accordance with California law.

College Info Workshop

Learn all you need to know about college admission, testing and financial aid at a workshop hosted by the school booster club on [Thursday, Jan. 20](#) from 6 p.m. to 8:30 p.m. in the Foothill library.

The \$5 *per family* admission will be donated to the [AABC](#). There will be a drawing for a free SAT prep course.

The workshop will be put on by Princeton Review, a private test preparation firm. You must register in advance and be present to win the drawing. Please [click here to register online](#).

You'll learn the best practices to boost your chance of getting into the college of your choice, how to increase college entrance exam scores and how to apply for financial aid. The workshop is targeted at sophomores and juniors and their parents who are just starting the college search process.

Second Semester Schedules Online

Students who change classes second semester can find their second semester schedules online through [Zangle](#).

When you access a student's account, click on *Schedule*. Look under *Term* for any class marked with an **S2**. That will list the class, teacher and room number for second semester classes.

Thanks for the Books Bucks

Foothill families once again showed how wonderfully supportive they are by quickly funding a book request made

Cop Corner

The prescription drug OxyContin has become a popular drug for students to abuse.

Click [here for a full article](#) about OxyContin and how to spot the tell-tale signs of abuse.

Budget Cuts & Parcel Tax

Budget cuts and a potential parcel tax are back in the news as the school district grapples with ways to balance the local budget as state funds dwindle.

The school board will discuss a possible parcel tax on Tuesday, Jan. 25 at 7 p.m. at the district office, 4665 Bernal Ave.

Click [here for a letter from the superintendent](#) regarding the budget and parcel tax.

by school librarian Daniel Bradford.

Bradford used the Donors Choose website for donations to buy multiple copies of three [California Young Reader Medal](#) nominees. In no time at all, 19 people donated enough money to reach the \$380 needed to buy the books.

The website allows teachers from all across the country to post specific projects that they would like to have funded. The idea is that several people donating just a few bucks adds up, quickly funding the project.

Thank you to the families who supported this project.

Feeling Crabby? Get Crackin'

If you attend only one crustacean extravaganza this year, the Foothill band's crab feed is the event you simply must choose.

The band's annual Crab Feed will be [Friday, Feb. 4](#) at the Veterans Memorial Building, 301 Main St. in beautiful downtown Pleasanton.

Enjoying delectable fresh crab meat has never been easier. Just shell out a few bucks for your meal, then come enjoy fresh Dungeness crab, cocktails and even pasta at this shellfish jubilee.

A mere \$45 per person or \$85 per couple will get you all-you-can eat crab, pasta, salad and bread. You can also buy a table of 10 for only \$400.

No-host cocktails (bring money for drinks) and the silent auction start at 6 p.m. Dinner is served at 7:15 p.m., followed by the exciting live auction. The evening's entertainment will be provided by Foothill's award-winning jazz band.

This gastronomically gratifying event is one of the band's major fundraisers, not to mention one of the most exciting evenings of the year.

Please [click here for more details and the ticket order form](#). Seating is limited, so get your tickets before they're sold out.

Auction Donations Needed

Auction items large and small are still needed for both the silent and live auctions at the crab feed. If you'd like to donate items or know of a business that would like to donate, please contact Dawn Abbey at dabbey@comcast.net or Irene Meechan at i.meechan@comcast.net.

Auction items donated so far include use of a Tahoe cabin for a week, a guitar signed by the Beach Boys, a T-shirt signed by Mickey Thomas of Starship and weekend use of a cabin at Blue Lake Springs in Arnold.

Discount Sports Physicals

A low-cost sports physicals clinic will be held **Monday, Jan. 24** starting at 6 p.m. at Tri-Valley Orthopedic Specialists, 4626 Willow Road, in Pleasanton.

Physical exams will be given for the special rate of \$40. You may pay with check, cash or credit card (Visa and MasterCard only).

Students must bring their sports packets with them and they must be accompanied by a parent or legal guardian. This is a drop-in clinic limited to the first 100 students, so plan to arrive early.

Students who want to take part in any sport at Foothill must have a complete physical by a licensed physician (not including chiropractors). Click [here for the full sports packet](#) on the Foothill website.

The completed sports packet, including a physical exam, must be turned in before a student can take part in any sport, including tryouts and practice. Get your completed packet turned in well in advance of tryouts since it takes time to process the paperwork.

Follow Food on Facebook and Twitter

Pleasanton's school lunches have risen to the same star status as Ashton Kutcher and other celebrities who tweet or post their every move and thought.

That's right, folks. You can use Facebook or Twitter to get the latest scoop about the schools' cool new sushi dishes or the sinfully delicious deep-dish pizza with all-natural

mozzarella and organic sauce. You'll learn that schools across California are watching the Whole Foods "unacceptable foods" list in developing new menu items.

Tantalizing photos of California rolls or the latest Mediterranean entree will have you wishing you were dining on campus.

Following the latest school food trends is as easy as friending Frank Castro, Pleasanton's child nutrition services director. Click [here for the child nutrition services' Facebook page](#).

You can even follow food trends with tweets from Frank by signing up with Twitter @PUSDCNS.

Stay in the Pleasanton schools food loop with Facebook and Twitter.

Gift Card Donations Needed

If you were inundated with holiday gift cards that you may never get around to using, we have the perfect solution: Donate them to Grad Night.

Gift cards are given as prizes to seniors at the Grad Night safe-and-sober graduation party. Gift cards ranging in value from \$5 to \$25 are greatly appreciated. Popular gift cards for graduating teens include Jamba Juice, Starbucks, Cold Stone Creamery, Bed Bath & Beyond, Target, Regal Cinemas, restaurants and Stoneridge mall. Costco offers some gift cards at a discount.

All donations are tax deductible. You may drop gift cards in the Grad Night box in the front office. Be sure to include your name and address so that you can get a tax receipt.

If you know of any businesses that would like to make a tax-deductible donation to support Grad Night, please contact Ellie Wrenn at k.wrenn@comcast.net.

Homework Forums

Here's a chance to share your opinions about homework at the school district's upcoming homework forums.

The district will host three homework forums, one each for

the different grade levels. A district administrator and teachers will discuss the results of homework surveys taken earlier this school year. The current policy will be discussed, and then parents will get the chance to share their opinions about homework.

Mark your calendars for the upcoming homework forums:

- [Thursday, Jan. 27](#) -- Elementary school forum at 7 p.m. in the Hearst multipurpose room
- [Wednesday, Feb. 2](#) -- Middle school forum at 7 p.m. in the Pleasanton Middle School multipurpose room
- [Wednesday, Feb. 9](#) -- High school forum at 7 p.m. in the Amador multipurpose room

Senior News

There's a lot to keep up with senior year, so parents and students are encouraged to check out the Foothill website regularly for the latest senior news and events. Go to the [Foothill website](#) and click on "Senior Information" to find out what's going on and coming up.

Grad Night & Senior Events Meeting

It's time to get serious about planning all the spectacular events for our graduating seniors. Graduation will be here before we know it.

The first planning meeting of 2011 will be [Wednesday, Jan. 19](#) at 7 p.m. in the library.

Representatives from City Beach will be on hand to tell us all about the Santa Clara venue our seniors will enjoy for Grad Night. They'll talk about food, security and volunteer requirements. There will be plenty of time for questions.

Everyone is invited to attend this meeting to share ideas and help brainstorm creative fundraising events. You don't even have to have a senior to join in the fun. It's always good for non-senior parents to get involved so they can start scheming for their students' senior year.

Donate Musical Instruments

If you have old musical instruments gathering dust in your

attic, sophomore Taylor denBroeder would be tickled pink to take them off your hands.

Taylor is collecting musical instruments to donate to low-income schools in Stockton as part of his Eagle Scout project. Band and orchestra instruments will be gladly accepted. All instruments will be refurbished before being donated, so don't worry if your instruments are not in tip-top shape.

If you have an instrument to donate, please contact Taylor at denbroedertaylor@troop914.org to work out details.

You may also support Taylor with an online donation through the [Troop 941 website](#).

Movie Night Fundraiser

Taylor will host a movie night fundraiser on **Tuesday, Feb. 1** at 7 p.m. at the Vine Theater in Livermore. The movie screened will be *Mr. Holland's Opus*. Tickets are \$5.

College Financial Aid Workshops

Las Positas College will offer financial aid workshops covering the most important topics about financial aid and teaching students and parents how to maximize their opportunities.

Workshop topics include the types of aid available, deadlines, qualifications, application process, scholarship resources, hints for completing the FAFSA form and hints to minimize expected family contribution. There will be time for questions and answers.

Workshops will be offered:

- **Thursday, Jan. 27** at 7 p.m. at Granada High School, 400 Wall St., Livermore
- **Wednesday, Feb. 2** at 6:30 p.m. at Dublin High School, 8151 Village Parkway, Dublin
- **Thursday, Feb. 10** at 7 p.m. at Livermore High School, 600 Maple St., Livermore

There will be a \$1,000 scholarship drawing at each workshop. High school seniors who attend a workshop will qualify for the drawing with winners announced in April.

Questions? Contact the Las Positas financial aid office at lpcfinaid@laspositascollege.edu.

New Vaccine Law

It's time to check your child's immunization records to make sure they have an up-to-date whooping cough (pertussis) vaccine before the start of next school year.

A new California law, due to a statewide increase in the number of whooping cough cases, requires that all students entering 7th-12th grades this fall must show proof of a whooping cough (Tdap) vaccine before students will be allowed to attend school.

Please contact your child's physician now to make sure his/her vaccines meet the new standards.

The requirement may be met if your child has received one Tdap dose on or after his/her 10th birthday.

The rules change a bit with the 2012-13 school year when all incoming 7th-graders must show proof that they've had a recent Tdap booster.

Pertussis is widespread. If your child 10 years and older has not yet received the Tdap booster, please contact your physician. Getting a booster shot now will protect your child against the disease and will meet the new requirement (assembly bill 354). Adults are also advised to get a booster shot.

The Alameda County Public Health Department has issued a letter with info about whooping cough. Click here for the letter in [English](#) or [Spanish](#).

Open Enrollment in January

If you want to mix it up a bit by trying a different school in the district, then January is the month to make that move.

Technically, January is the month to *apply* for that move for the 2011-12 school year. Applications will be accepted starting [Jan. 3](#) through [Jan. 31](#).

You must pick up the open enrollment application form from

Foothill's counseling office or the district office. The form is not available online.

Open enrollment is allowed only if there is space available. Click [here for the full set of rules](#), including which proofs of residency are required and accepted.

Completed forms may be turned in at Foothill or at the district office.

Alumni Soccer Games

Local high school soccer alumni put their somewhat rusty skills to the test on Jan. 8 at the 8th annual Ryan Gordon Foothill-Amador Alumni Soccer Games to benefit the soccer programs at both schools.

The two games featured 70 male and female players from the 1970s through the 2000s. Each game was divided into periods for older players and younger players. The event featured pre-game festivities with entertainment, games, raffles and food.

This year's games brought in nearly \$7,000, the biggest year ever for this event. The money will be donated to the soccer programs at both high schools.

Ryan Gordon was a 2003 Foothill graduate whose life was cut short tragically in a boating accident shortly after graduation. He played soccer at Foothill for four years and planned to continue playing at the college level.

Next year's game will be at Foothill.

Deadlines for Talon Talk article submissions are the 10th and 22nd of each month. Please include all pertinent info -- who, what, where, when, why and, if applicable, how much does it cost.

Talon Talk is a twice monthly online publication brought to you the 1st and 15th of each month by the Foothill Activities & Academics Booster Club in cooperation with school administration.

Go Falcons!

Zoe Francis

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