

Granada High School 2019-2020 HOME OF THE MATADORS

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TABLE OF CONTENTS

1

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5

Mission	. 3
Vision	
Students Learning Outcomes	. 3
Behavioral Absolutes	. 3
Granada Pride	
Academics	. 3
Academic Honors	. 3
Academic Progress and Report Cards	. 3
Transcripts: Your Academic Record	. 4
Withdrawing From a Course	
Cheating	. 4
Academic Honesty Policy	. 4
Attendance	
Tardy Policy	. 5
ID Cards	
Library and Text Books	. 5
Dress Code	. 5
Eligibility for Activities	
Student Activity Agreement	. 5
Granada High School Student Activity Agreement 2019-2020	. 6
Dances and Special Events	
Clubs on Campus	. 6
Eligibility of Athletes	. 7
Closed Campus	. 7
Deliveries	. 7
Parking on Campus	. 7
How to Contact Staff	
Avenues of Communication	. 8
Communicating with Teachers	. 8
Conflict Resolution	. 8
Contacting Students During School Hours	. 8
Student Support Services	
Livermore Valley Joint Unified School District's Tip Reporting Service	. 8
Alma Matar	Λ

Follow us at





MISSION

Granada High School develops caring, knowledgeable, and active lifelong learners ready to contribute and thrive in an interconnected and changing world.

VISION

Granada High School uses a focus on state standards, continuous technological developments, staff development, and a school-wide commitment to excellence and innovation in order to produce students who can problem solve; follow and apply logical processes; interpret and evaluate texts and data; effectively communicate in a global society, using a variety of media; and advocate for personal and community well-being.

STUDENTS LEARNING OUTCOMES

Every Granada student will be able to:

- · Follow and apply logical processes.
- Problem-solve.
- Interpret and evaluate texts and data.
- Inquire and reflect on their learning.
- · Effectively communicate in a global society, using a variety of media.
- Advocate for personal and community wellbeing.

BEHAVIORAL ABSOLUTES

The Granada students show respect for themselves and others by:

- Being in class on time.
- 2. Supporting learning for all students.
- 3. Using language that is not vulgar or hateful.
- Responsibly using technology, materials, and facilities.

GRANADA PRIDE

Granada values the establishment of positive expectations and positive reinforcement. All disciplinary actions, including those that use negative consequences, are intended to modify student behavior in the future.

Pride-I care for myself

Respect-I care for others

Integrity-I adhere to the expectations of others

Diversity-I appreciate including many points of view

Excellence-I am committed to improvement

ACADEMICS

ACADEMIC HONORS

Students achieve Honor Roll status by earning a weighted GPA of 3.0 or above for 3 consecutive trimesters; Principal's Honor Roll for weighted GPA of 3.7 or above for 3 consecutive trimesters; and Top Scholar Award for weighted GPA of 4.0 or above for 3 consecutive trimesters. Principal's Honor Roll students are eligible to receive an Academic Block G after three trimesters on Principal's Honor Roll. Students who earn Principals Honor Roll for 5 consecutive trimesters will earn an Academic Star. Additional stars awarded for 7 & 9 consecutive trimesters on Principals Honor Roll. Valedictorian is an academic honor that is awarded to the most outstanding senior scholar. Granada calculates decile ranking in lieu of a GPA class rank.

ACADEMIC PROGRESS AND REPORT CARDS

Students' grades are available through the online grade book, accessible through the Granada website. Midterm progress report grades will be visible midway through each trimester. Report cards are mailed home three times per year, arriving approximately ten days after the end of each trimester.

TRANSCRIPTS: YOUR ACADEMIC RECORD

The registrar's office maintains an accurate transcript for each Granada student that includes all courses taken, grades earned, and credit earned during the student's four years of high school. All courses taken at Granada are recorded; courses taken elsewhere are recorded only if they count toward the student's graduation progress and are taken at accredited institutions (such as other high schools or summer school programs, or district-approved online institutions). Courses taken more than once remain on the transcript and all grades and credit earned are counted toward graduation progress and computed in the student's cumulative GPA.

WITHDRAWING FROM A COURSE

If a student withdraws from a course during the first five (5) days of the trimester, the course will be dropped from the student's course history. If a student withdraws from a course after 5 days and up to the middle of the trimester, the student's course history will reflect a "W" if the student was passing or a "WF" if the student was failing. No withdraws will occur after the middle of the trimester.

Course Change Requests

Student schedules are created based off requests provided during registration in the spring. We cannot make changes to balance trimesters or move to a preferential period or teacher. If the schedule received by a student during Matador Days has everything needed to earn credits towards fulfilling graduation then course change requests will not be honored.

CHEATING

Cheating undermines the integrity of the educational process. Regardless of the importance or weight of the assignment, cheating is considered a serious offense and is one type of academic dishonesty.

Cheating is the taking of work, ideas, and/or effort of any other person and presenting it as one's own (including work of another student, an author, or from an internet source). Cheating is also defined as providing one's own work to be presented as another's. These definitions do not include directed group work or appropriate sharing/brainstorming in preparing an assignment.

ACADEMIC HONESTY POLICY

The Academic Honesty Policy clearly defines academic honesty and academic dishonesty. Students will be held accountable for academic dishonesty, whether the incident is intentional or unintentional. Cheating is a serious offense, so regardless of the importance or weight of the assignment, the policy will be followed. It is the student's responsibility to understand the full Academic Honesty Policy, which is available on the Granada High School website.

Procedures

Each teacher will make clear to students, in his/her class procedures, how cheating is defined in the course.

Ways to avoid Academic Dishonesty

- Effectively cite all sources, even those that are paraphrased or summarized.
- Avoid conducting research when the assignment is to provide completely original work.
- Assure that all assignments given as independent work are completed individually and without the help or influence of others.

First Occurrence

It is the teacher's discretion whether credit or make-up of assignment will be allowed. Parents are notified. Academic Dishonesty is logged in the student's record. A referral to a vice principal is issued. Academic dishonesty is logged in the student's record.

Subsequent Occurrences, Regardless of Class or Teacher No credit is given for the assignment. Parents and student will have a conference with a vice principal. It is possible grounds for failure of the course. Academic dishonesty is logged in the student's record.

ATTENDANCE

Compulsory daily school attendance is a requirement for all students ages 6-18. The California Education Code defines school absences as either **excused or unexcused**. **Excused absences** are generally unavoidable and include the following: illness, funeral services for immediate family, quarantine, and medical/dental/eye appointments. All other absences are considered unexcused.

Parents/Guardians must send a note and/or phone the school to clear excusable absences within **three school days**. An absence not cleared within three days will count as a cut. Students with excessive absences may be required to submit a doctor's note.

Students who cut class will be assigned one 30-minute detention for each cut class. Excessive cuts will lead to loss of privileges.

The Academic Support and Enrichment (ASE) period must be attended like all other periods. Tardy and attendance policies will be enforced for ASE.

To report absences, please call the attendance recorder at 606-4800 x3555. For attendance issues during school hours, please call 606-4800 x3678.

Students who arrive to school after a medical appointment must check in at the attendance office with a doctor's note, and will be marked accordingly.

If students need to leave school during school hours, they must sign out in the attendance office before leaving. Parental authorization is required.

TARDY POLICY

Tardies are not allowed. It is our expectation that students show up on time to class. The staff at Granada has developed consequences intended to deter students from being late to class. Students will be assigned one 30-minute detention if they accrue 3 tardies in any one class. Teachers will submit a tardy referral for each set of 3 tardies. If a student accrues additional referral (regardless of the class) the number of detentions assigned will multiply. Detention is held daily from 3:15-3:45 on Mondays, Tuesdays, Thursdays and Fridays, as well as at the start of period 5 for students who do not have class at that time. On Wednesdays, detention is from 2:00-3:00.

ID CARDS

ID cards are issued during Matador Days or when students enroll into Granada High School. Students must have their IDs with them <u>AT ALL TIMES</u> during the school day and at school events. Students must show their ID cards when checking out all textbooks. All purchases made at school (dance tickets, parking permits, spirit wear, etc.) must be accompanied by the ID. Lost cards should be replaced immediately; come to Student Services to have your lost card replaced. There is a \$10 charge to replace an ID card.

LIBRARY AND TEXT BOOKS

All students will be issued textbooks and novels for use in courses. Students are expected to maintain the good condition of books and return them at the end of each trimester. Books not returned within a week of the end of the trimester will be considered lost, and students will be charged for the replacement cost of the book. A student's library account must be in good standing or a "hold" will be placed on involvement in activities until the debt is cleared. These activities include but are not limited to: purchasing dance tickets, purchasing parking permits, participating in off-campus lunch privileges (seniors), and receiving yearbooks.

DRESS CODE

The Governing Board of the Livermore School District believes that appropriate dress and grooming contribute to a safe and productive learning environment. The Board expects students to give proper attention to personal cleanliness and wear clothes that are suitable for the school activities in which they participate. Students clothing shall not present a health or safety hazard or a distraction that would interfere with the educational process.

ELIGIBILITY FOR ACTIVITIES

STUDENT ACTIVITY AGREEMENT

All students will abide by the Student Activity Agreement that outlines their responsibilities for maintaining good standing so that they can participate in school activities. This agreement will be distributed the first week of school, and will be posted on the website.

GRANADA HIGH SCHOOL STUDENT ACTIVITY AGREEMENT 2019-2020

Granada High School offers students the opportunity to participate in a variety of activities including dances, sporting events, athletics, clubs and class field trips. The Secondary School Discipline Policy applies to all school-related activities including those that occur outside of the school day. All Granada students are expected to abide by this Student Activity Agreement. These policies apply to students during school and at school-related activities outside of the school day, including those that occur off of our campus.

As a student of Granada High School:

- I will bring my student ID card with me to all school activities and show it upon request.
- · I agree to follow the Secondary School Discipline Policy.
- I will not use, possess, or be under the influence of drugs and/or alcohol at school or school-related
 activities. I understand that I will be subject to screening by an alcohol detection device. If in violation
 of this policy, I will not be admitted to the event, and will be detained until a parent, guardian or
 authorities arrive to take responsibility. The consequences will be:
 - Suspension from school for a minimum of 3 days
 - o Exclusion from extracurricular activities for 30 calendar days
 - o Exclusion from the next school dance
- I recognize that Board Policy 5302 defines additional consequences for athletes, as outlined in the Granada High School Athletic Contract.
- I understand that attendance is very important. If I have 5 or more individual class periods of UNX, CUT, or PUX absences or 12 or more tardies in a trimester, I will not be allowed to participate in school activities for the remainder of the trimester. (UNX = not cleared within 3 days; CUT = cut; PUX= not cleared within 3 days but verified through home contact.)
- I understand that if I participate in an after-school activity, I must attend school that day.
- I understand that if I am suspended for a total of 5 days, I will be excluded from school activities for 30 days and from the next school dance. If my suspension total for the school year exceeds 5 days, I will be excluded from activities and dances for the remainder of the school year.
- I agree to maintain appropriate behavior at all school functions. I will dress appropriately and dance respectively.
- I agree to be responsible for my actions and will represent myself, my family, and my school in a
 positive way.

DANCES AND SPECIAL EVENTS

Granada High School holds several dances throughout the school year. Formal dances (Homecoming, Winter Ball, Junior Prom and Senior Ball) are open to guests. No middle school students or students/guests over the age of 20 are allowed at GHS dances. Student safety is foremost; the law (SB1300) regarding persons ages 12-20 who possess or consume alcohol or drugs is in effect at all GHS dances and events. Students who want to invite a non-Granada student to a dance must complete a Dance Guest Pass Agreement. GHS students must have their current ID card in order to buy their ticket; guests must have a valid picture ID to enter the dance.

CLUBS ON CAMPUS

American Red Cross, Art, At Your Service, Badminton, California Scholastic Federation, Chess, Current Events, Cyber Patriot, Cycling, Debate, Equal Rights Amendment, Fellowship of Christian Athletes, FIDM Fashion, Film, French, Future Medical Professionals, Game, Gardening, GSA Gender and Sexuality Alliance, GHS Rock Stars, Girls who code, Granada Greeks Club, Granada Prayer and Worship, Green Team, Hip Hop, History, Human Rights, Improv, Indian, Interact, Jefferson Award, Latino, Literary Society, Math, Me to We, Mock Trial, Model United Nations, Music, Peer Education, Reach The Community, Research In Biology, Robotics, Science Olympiad, Scientific Advances, Shooting Stars, Spanish, Spikeball, Splatoon, Taste of Granada, Ultimate Frisbee, Wall Street, Young Life, and more. Listen for announcements as to when these clubs meet!

ELIGIBILITY OF ATHLETES

Granada High School considers all levels of athletes, including all men's and women's teams, dance team members, cheerleaders, and other spirit squad members, to be part of the athletic community. All members of our athletic community are representatives of Granada High and will be held to the highest standards of behavior both on and off the field.

Before beginning a season, each athlete must:

- 1. Meet all CIF, EBAL, and Granada High School eligibility requirements.
- Pass a physical given by a medical doctor. Appropriate documentation will be kept on file in the Athletic Director's office.
- Pass at least 15 credits with a GPA of 2.0 or better for the previous trimester. (As a result of recent board policy changes, students who fall below the 2.0 minimum may apply for a one-time probationary waiver.) Students must be enrolled in at least 20 credits during the trimester/season of their sport.
- 4. Turn in an Athletic Contract signed by the athlete and his/her parents.
- 5. Students concurrently enrolled at a community college must maintain a 2.0 GPA at GHS.

Sports Seasons:	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Men's:	Cross Country	Basketball	Baseball, Diving
	Football	Soccer	Golf, Lacrosse
	Water Polo	Wrestling	Swimming, Tennis
			Track, Volleyball
Women's:	Cross Country	Basketball	Diving, Lacrosse,
	Golf, Tennis	Soccer	Softball, Swimming
	Volleyball, Water Polo		Track

CLOSED CAMPUS

Granada High School is a closed campus. Students are not permitted to leave campus during school hours (including break and lunch). Leaving campus without prior approval will result in disciplinary action that can include detention, suspension, and loss of extracurricular privileges. The student parking lot is off limits to all students during class time. Seniors who maintain good attendance and satisfactory progress toward graduation may earn the privilege of leaving campus during lunch. Seniors must show their current ID cards to exit campus at lunch.

DELIVERIES

LVJUSD prohibits outside deliveries during school hours from stores, restaurants, Doordash, Ubereats, etc. When an unknown person comes onto campus with an unknown delivery we are potentially putting our students and staff at risk. Parents and guardians are part of our community and are not considered "outside" and as such may drop off lunches, homework, etc. to the office. Students may pick up delivered items in the office.

PARKING ON CAMPUS

Unfortunately, there are not enough parking spaces on campus to accommodate all students who drive. We have, therefore, created a system whereby students may purchase parking permits at the beginning of each trimester. Students must have a permit to park in the student lot. Seniors have first priority, but must apply for a permit during Matador Days in August. Remaining permits will be made available the first week of school. Permits may be revoked for poor attendance, discipline issues, or unsafe driving. The parking lots on the GHS campus are monitored by Granada staff and citations that are reported to DMV will be issued to cars parked illegally or without the proper permit. Any tampering or duplication of parking permits will be a violation of the school discipline policy.

HOW TO CONTACT STAFF

To email a teacher, use the first letter of his/her first name and the entire last name followed by @lvjusd. org (i.e. for Andrew Smith, contact asmith@lvjusd.org). To reach a teacher via voicemail, please call 606-4800 followed by the teacher's extension. The current staff directory is available on the Granada High School website: www.granadahigh.com.

AVENUES OF COMMUNICATION

COMMUNICATING WITH TEACHERS

Parent—Student—Teacher communication is an integral part of our education system. To this end, all teachers have voicemail and email (see website) which facilitates this communication. Teachers regularly check both and should reply within 48 hours. Should there be a need to contact a teacher with a question, comment or concern, please follow the guidelines listed below. If a problem arises, these guidelines will help expedite a successful resolution:

- High school students are learning to be their own advocates. This is a valuable life skill and a
 powerful tool to develop as a young adult. Parents are welcome to contact teachers and alert them
 of an issue, but students should attempt to resolve the issue directly with the teacher.
- Discussion of the issue should remain between student, parent, and the teacher. Soliciting public opinion without directly addressing the issue with the immediate parties concerned may hinder a successful resolution.
- Remember, there are always two sides to every story. A student's concerns as well as the concerns of the teacher or administrator should be respectfully considered as resolution is reached.
- 4. Being open to discussing a problem/issue is a vital component to resolution.
- If students or parents feel the problem has not been resolved, a vice principal will be available to help ensure resolution.

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CONFLICT RESOLUTION

Any problems that occur in a class should initially be discussed between the student (and parent) and the teacher. If the problem is not resolved to the satisfaction of both parties, the problem should then be discussed with the student's vice principal. If the vice principal, as mediator between the parent and teacher, is unable to resolve the conflict, the principal will be invited to participate in the final steps toward resolution.

CONTACTING STUDENTS DURING SCHOOL HOURS

Parents/guardians, relatives, friends, etc. **may not** call, text, or deliver messages directly to students during school hours, even in the case of an emergency. The nature of all emergencies must be disclosed to an administrator who will facilitate the delivery of the message in a timely manner. Students should have their cell phones turned off during school, so parents should not attempt to contact students on their cell phones. Parents can call the attendance office at 606-4800 ext. 3678 if they need to contact their students during school hours.

STUDENT SUPPORT SERVICES

Academic Counselor for last names A – E	606-4800 x3521
Academic Counselor for last names F – L	606-4800 x3683
Academic Counselor for last names M – Rn	606-4800 x3522
Academic Counselor for last names Ro – Z	606-4800 x3590
Athletic Director	606-4800 x3636
Counseling & Career Center	606-4800 x3520
Library	606-4800 x3523
Student Services	606-4800 x3500
Registrar	606-4800 x3519
Attendance and Child Welfare	606-4800 x3678

LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT'S TIP REPORTING SERVICE

Safety is one of our district's top priorities; therefore we are now using SafeSchools Alert, a tip reporting system that allows students, staff, and parents to submit safety concerns to our administration four different ways:

1. **Phone**: 925-261-5050

2. **Text**: Text your tip to 925-261-8050

Email: <u>1180@alert1.us</u>
 Web: <u>http://1180.alert1.us</u>

Easily report tips on bullying, harassment, drugs, vandalism, intimidation or any other safety issue you're concerned about. You can submit a tip anonymously online or by telephone.

Alma Mater

Granada, Granada, we stand and sing to thee, We carry thy banner to every victory The years here together shall last a lifetime thru, To all thy rules of honor we e'er will be true Too soon we will depart these halls and travel far and wide. But as we make our way through life, Thy name we'll say with pride Granada, Granada, thy honor never fail To thee our Alma Mater, hear us,

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Hail! Hail! Hail!

1st Day of School 4:00 PM - G Golf vs Foothill (Away)		MONDAY 19	TUESDAY 20	WEDNESDAY 21
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1st Day of School 4:00 PM - G Golf vs Foothill (Away)	PERIOD 2			
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1st Day of School 4:00 PM - G Golf vs Foothill (Away)	PERIOD 4			
	PERIOD 5			
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NILY EVEN	DAILY EVENTS	1st Day of School	4:00 PM - G Golf vs Foothill (Away)	



	MONDAY 26	TUESDAY 27	WEDNESDAY 28
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		Foothill (Home)	
		Foothill (Home) 6:00 PM - VAR G Volleyball vs Foothill (Home)	
		Foothill (Home)	



-pond- (weight) - ponderous, ponder, preponderant, pound, imponderable, compound

	MONDAY 2	TUESDAY 3	WEDNESDAY 4
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	Labor Day No School-Labor Day	4:00 PM - G Golf vs Carondelet (Away) 4:00 PM - Frosh G Volleyball vs Monte Vista (Home) 5:00 PM - JV G Volleyball vs Monte Vista (Home) 6:00 PM - VAR G Volleyball vs Monte Vista (Home)	4:00 PM - G Golf vs San Ramon Valley (Home)

histrionic – overly dramatic. The actor's histrionic performance made his character seem foolish.



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		4:00 PM - G Golf vs Amador	
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		Valley (Home)	
		4:00 PM - Frosh G Volleyball vs Carondelet (Home)	
		Valley (Home) 4:00 PM - Frosh G Volleyball vs Carondelet (Home) 5:00 PM - JV G Volleyball vs Carondelet (Home)	
		I 10.00 FIVI - VAR G VOILEVDAII VS	
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culmination – end or final result. His inauguration as president marked the culmination of his campaign days.



dorm- (sleep) - dormitory, dormant, dormer, dormancy

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-		4:00 PM - G Golf vs Foothill	
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IIS		4:00 PM - G Tennis vs California (Home)	
DAILY EVENTS		4:00 PM - Frosh G Volleyball vs	
AIL		Dublin (Home) 5:00 PM - JV G Volleyball vs	
		Dublin (Home) 6:00 PM - VAR G Volleyball vs	
		Dublin (Home)	

hedonism – belief that pleasure is the sole aim in life. Hedonism and asceticism are opposite philosophies of human behavior.



-pater- (father) - paternalistic, patronize, paternity, patriarch, expatriate, paterfamilias

MONDAY 23	TUESDAY 24	WEDNESDAY 25
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First Day of Autumn	4:00 PM - G Golf vs Monte Vista	4:00 PM - G Golf vs California
	(Home) 4:00 PM - G Tennis vs San	(Home)
	Ramon Valley (Away)	
	Livermore (Away)	
	Livermore (Away) 5:00 PM - JV G Volleyball vs Livermore (Away) 6:00 PM - VAR G Volleyball vs	
	6:00 PM - VAR G Volleyball vs Livermore (Away)	
	Livermore (Away)	

opulence – wealth. Visitors from other countries are often amazed at the opulence in the United States.

	THURSDAY 26	FRIDAY 27	SEPTEMBER
PERIOD 1			SEPTEMBER 2019 S M T W T F S M T S M T
PERIOD 2			SATURDAY 28 7:00 PM - 10:00 PM -
PERIOD 3			Homecoming Dance
) 4			SUNDAY 29
PEKIOD 3 PEKIOD			Rosh Hashanah begins at sundown
_			NOTES
DAILY EVENTS	4:00 PM - G Golf vs Carondelet (Home) 4:00 PM - G Tennis vs Dublin (Home) 4:00 PM - Water Polo vs Monte Vista (Away) 4:00 PM - Frosh G Volleyball vs Foothill (Away) 5:00 PM - JV G Volleyball vs Foothill (Away) 6:00 PM - Frosh Football vs Califonia (Away) 6:00 PM - VAR G Volleyball vs Foothill (Away)		

	MONDAY 30	TUESDAY 1	WEDNESDAY 2	
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DAILY EVENIS		Valley (Away) 4:00 PM - Frosh G Volleyball vs Dougherty Valley (Away) 5:00 PM - JV G Volleyball vs		
DAIL		Dougherty Valley (Away) 6:00 PM - VAR G Volleyball vs		
		Dougherty Valley (Away)		H

traverse – go through or across. When you traverse this field, be careful not to step on the wildflowers.



-punct- (point) - punctuate, punctilious, puncture, punctual, acupuncture, contrapuntal

	MONDAY 7	TUESDAY 8	WEDNESDAY 9
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NIS		Yom Kippur begins at sundown 4:00 PM - G Golf vs Amador Valley (Away) 4:00 PM - G Tennis vs Foothill	
DAILY EVENTS		(Away) 4:00 PM - Frosh G Volleyball vs California (Away) 5:00 PM - JV G Volleyball vs California (Away) 6:00 PM - VAR G Volleyball vs	

betroth – become engaged to marry. The announcement that they were betrothed surprised everyone.



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	MONDAY 14	TUESDAY 15	WEDNESDAY 16
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	Columbus Day (Observed)	4:00 PM - G Tennis vs Monte Vista (Away)	
2		4:00 PM - Frosh G Volleyball vs	
DAILI LVLIVIS		San Ramon Valley (Home) 5:00 PM - JV G Volleyball vs San	
1		Ramon Valley (Home) 6:00 PM - VAR G Volleyball vs San Ramon Valley (Home)	
ב ב		San Ramon Valley (Home)	

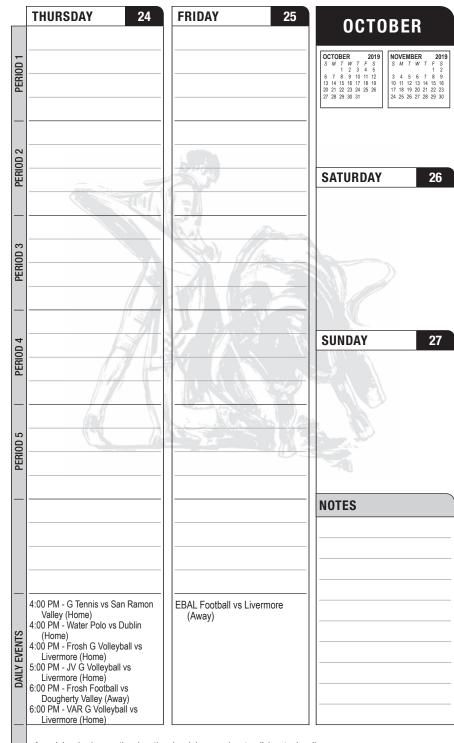
evasive – not frank, not direct. Her evasive answers convinced the judge she was withholding important information.



-tion (act or state) - completion, reaction, devastation, production, creation, transition

ſ	MONDAY 21	TUESDAY 22	WEDNESDAY 23
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		4:00 PM - G Tennis vs Carondelet (Away)	
		4:00 PM - Frosh G Volleyball vs	
		Amador Valley (Home) 5:00 PM - JV G Volleyball vs	
		Amador Valley (Home) 6:00 PM - VAR G Volleyball vs	
		Amador Valley (Home)	

denouement – outcome; final development in a play. The denouement was obvious as early as the middle of the first act.



MONDAY 28	TUESDAY 29	WEDNESDAY 30
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	G Volleyball NCS Les/Schwab Tires Championship 4:00 PM - G Tennis vs Dublin (Away)	G Volleyball NCS Les/Schwab Tires Championship
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impale – pierce. He was impaled by the spear his enemy hurled.

	THURSDAY 31		FRIDAY 1	OCTOBER	
PERIOD 1				OCTOBER 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
PERIOD 2				SATURDAY 2	
PERIOD 3				EBAL Football vs Dougherty Valley (Away) G Volleyball NCS Les/Schwab Tires Championship	
0D 4		10 2 Land		SUNDAY 3	
PERIOD 5 PERIOD				Standard Time returns G Volleyball NCS Les/Schwab Tires Championship	
_				NOTES	
ENTS	Halloween G Volleyball NCS Les/Schwab Tires Championship 4:00 PM - G Tennis vs Amador Valley (Home) 6:00 PM - Frosh Football vs Livermore (Away)		G Volleyball NCS Les/Schwab Tires Championship 4:00 PM - Water Polo vs Livermore (Home)		

-dox- (opinion) – orthodox, heterodox, doxology, indoctrinate, paradox

	MONDAY 4	TUESDAY 5	WEDNESDAY 6
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	G Golf NCS Championship G Volleyball NCS Les/Schwab Tires Championship	Election Day G Volleyhall NCS Les/Schwah	G Volleyball NCS Les/Schwab Tires Championship Water Polo NCS Championship
TS	Tires Championship	Election Day G Volleyball NCS Les/Schwab Tires Championship 4:00 PM - G Tennis vs Livermore	
DAILY EVENTS		(Home)	S
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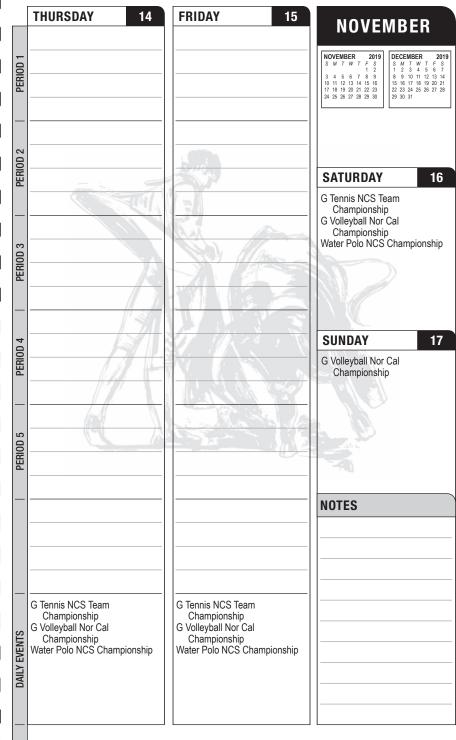
penchant – strong inclination; liking. She had a penchant for fine jewelry.

	THURSDAY 7	FRIDAY 8	NOVEMBER
PERIOD 1			NOVEMBER
PERIOD 2			SATURDAY 9
PERIOD 3			Mawlid al-Nabi begins at sundown G Tennis EBAL Championship G Volleyball NCS Les/Schwab Tires Championship Water Polo NCS Championship
PERIOD 4			SUNDAY 10 G Tennis EBAL Championship Water Polo NCS Championship
PERIOD 5			
_			NOTES
DAILY EVENTS	G Tennis EBAL Championship G Volleyball NCS Les/Schwab Tires Championship Water Polo NCS Championship	End of Trimester 1 G Tennis EBAL Championship G Volleyball NCS Les/Schwab Tires Championship Water Polo NCS Championship	

amphi- (both) – amphibious, amphitheater, amphibian, amphiboles

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	Veterans Day (Observed) No School-Veterans Day	G Tennis EBAL Championship G Tennis NCS Team	G Golf State CIF Championship G Tennis NCS Team
ENIS	No School-Veterans Day G Tennis EBAL Championship Water Polo NCS Championship	Championship G Volleyball Nor Cal Championship	Championship G Volleyball Nor Cal Championship
DAILY EVENTS		Water Polo NCS Championship	Water Polo NCS Championship
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trilogy – group of three works. We read Heir to the Empire, the first book of the Star Wars trilogy.



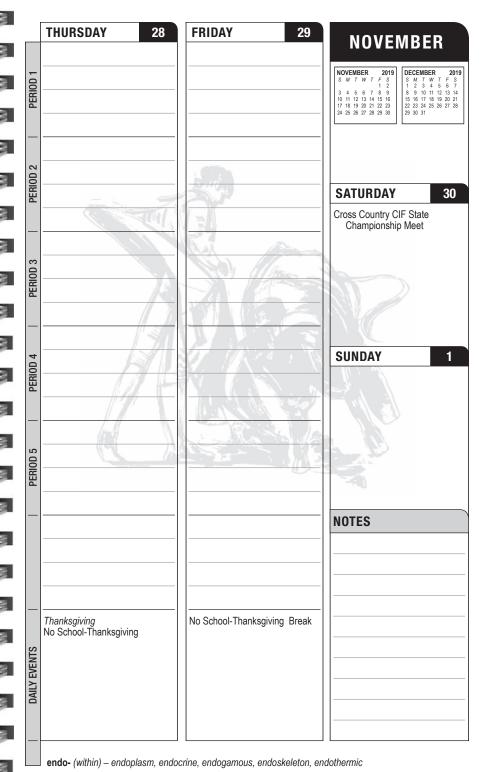
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	G Tennis NCS Singles/Double	G Tennis CIF Nor Cal Team	G Tennis CIF Nor Cal Team
	Championship G Volleyball Nor Cal Championship	Tonnic	Tennis Water Polo Nor Cal
2	Championship	G Tennis NCS Singles/Double Championship G Volleyball Nor Cal Championship Water Polo Nor Cal Championship	Championship
DAILT EVENTS		Championship	
1		Championship	

restitution – payment for damage or loss. He offered to make restitution for the window he broke.



eu- (good) - Eucharist, euphony, eulogy, euphemism, Europe, eugenics

	MONDAY 25	TUESDAY 26	WEDNESDAY 27
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PERIOD 2			
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DAILY EVENTS	No School-Non Student Day	No School-Non Student Day	No School-Thanksgiving Break



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frugality – thrift. We must live with frugality if we are to get ahead financially.



-phobia (fear) – claustrophobia, acrophobia, xenophobia, agoraphobia, hydrophobia

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I	MONDAY 16	TUESDAY 17	WEDNESDAY 18
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		4:00 PM - JV B Soccer vs Dublin (Away) 4:00 PM - JV G Soccer vs Dublin (Home) 6:00 PM - VAR B Soccer vs Dublin (Away) 6:00 PM - VAR G Soccer vs Dublin (Home)	

bogus – counterfeit; not authentic. The police quickly found who was producing the bogus money.

	THURSDAY 19	FRIDAY 20	DECEMBER
PERIOD 1			DECEMBER 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 12 22 32 42 25 26 27 28 29 30 31 5 20 20 20 20 20 20 20 20 20 20 20 20 20
PERIOD 2			SATURDAY 21
PERIOD 3			
0.4			SUNDAY 22
PERIOD 3 PERIOD			First Day of Winter Hanukkah begins at sundown
_			NOTES
	4:00 PM - JV B Soccer vs Foothill (Home) 4:00 PM - JV G Soccer vs Foothill	No School-Non Student Day	
ENT	4:00 PM - JV G Soccer vs Foothill (Away) 6:00 PM - VAR B Soccer vs Foothill (Home) 6:00 PM - VAR G Soccer vs		

	MONDAY 23	TUESDAY 24	WEDNESDAY 25
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	No School-Non Student Day	No School-Winter Break	Christmas
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	No School-Non Student Day	No School-Winter Break	Christmas No School-Christmas

glut – overstock; fill to excess. The market is glutted with athletic shoes.



	MONDAY 30	TUESDAY 31	WEDNESDAY 1
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PERIOD 3			
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PERIOD 4			
PERIOD 5			
	No School-Non Student Day	No School-New Years Eve	New Year's Day No School-New Years
DAILY EVENTS			



matri- (mother) – matricide, matron, matriarch, matrimony, matrilineal

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		4:00 PM - Frosh B Basketball vs	6:00 PM - JV Wrestling vs Foothill
		Dougherty Valley (Home) 4:00 PM - Frosh EBAL G Basketball	(Home) 7:00 PM - VAR Wrestling vs
		vs Dougherty Valley (Away) 5:30 PM - JV B Basketball vs	Foothill (Home)
		Dougherty Valley (Home) 5:30 PM - JV EBAL G Basketball vs	
		Dougherty Valley (Away) 7:00 PM - VAR B Basketball vs	
		Dougherty Valley (Home) 7:00 PM - VAR EBAL G Basketball vs Dougherty Valley (Away)	

goad - urge on. The boy was goaded by his friends until he gave in to their wishes.

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mega- (large) - megalith, megaphone, megalomania, megalopolis, megahertz

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-		4:00 PM - Frosh B Basketball vs Dublin (Away)	
		4:00 PM - Frosh EBAL G Basketball vs Dublin (Home)	
2		4:00 PM - Frosh EBAL G Basketball vs Livermore (Home) 4:00 PM - JV B Soccer vs Livermore (Home)	
LVE		4:00 PM - JV G Soccer vs Livermore (Away) 5:30 PM - JV B Basketball vs Dublin (Away)	
DAILY EVEN IS		5:30 PM - JV EBAL G Basketball vs Diblin (Home) 6:00 PM - VAR B Soccer vs Livermore (Home)	
		6:00 PM - VAR G Soccer vs Livermore (Away) 7:00 PM - VAR B Basketball vs Dublin (Away)	
		7:00 PM - VAR EBAL G Basketball vs Dublin (Home)	

tureen – deep table dish for holding soup. Her great–grandmother had served soup in the antique tureen.



	MONDAY 20	TUESDAY 21	WEDNESDAY 22
PERIOD 1			
PERIOD 2			
PERIOD 3			
PERIOD 4			
PERIOD 5			
DAILY EVENTS	Martin Luther King, Jr. Day (Observed) No School-Martin Luther King Jr. Day	4:00 PM - JV B Soccer vs Monte Vista (Away) 4:00 PM - JV G Soccer vs Monte Vista (Home) 6:00 PM - JV Wrestling vs Amador Valley (Home) 6:00 PM - VAR B Soccer vs Monte Vista (Away) 6:00 PM - VAR G Soccer vs Monte Vista (Home) 7:00 PM - VAR Wrestling vs Amador Valley (Home)	4:00 PM - Frosh B Basketball vs Foothill (Home) 4:00 PM - Frosh EBAL G Basketball vs Foothill (Away) 5:30 PM - JV B Basketball vs Foothill (Home) 5:30 PM - JV EBAL G Basketball vs Foothill (Away) 7:00 PM - VAR B Basketball vs Foothill (Home) 7:00 PM - VAR EBAL G Basketball vs Foothill (Away)

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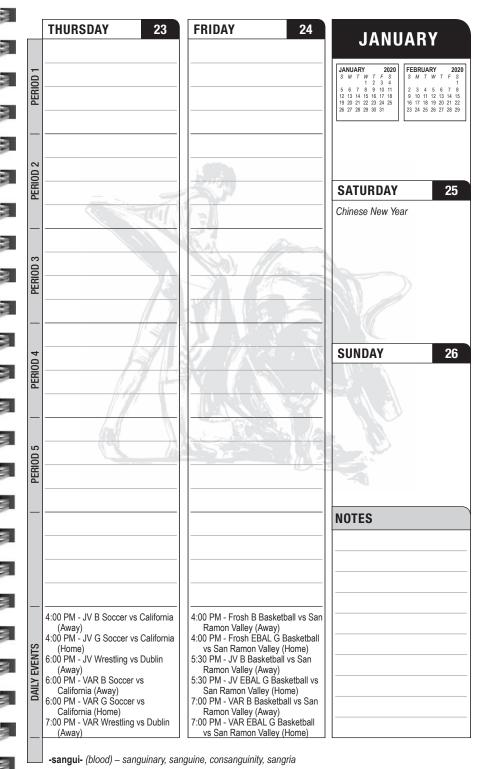
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ornithology – study of birds. John James Audubon was a famous scholar of ornithology.



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		4:00 PM - Frosh B Basketball vs De La Salle (Home)	6:00 PM - JV Wrestling vs Livermore (Away)
		4:00 PM. Frosh EBAL G Basketball vs Carondelet (Away) 4:00 PM. JV B Soccer vs De La Salle (Home) 4:00 PM. JV G Soccer vs Carondelet (Away) 5:30 PM. JV B Basketball vs De La Salle (Home) 5:30 PM. JV EBAL G Basketball vs Carondelet	7:00 PM - VAR Wrestling vs Livermore (Away)
		(Away) 6:00 PM - VAR B Soccer vs De La Salle (Home) 6:00 PM - VAR G Soccer vs Carondelet (Away) 7:00 PM - VAR B Basketball vs De La Salle (Home)	
		7:00 PM - VAR EBAL G Basketball vs Carondelet (Away)	

supple – flexible; pliant. The fisherman found a supple tree limb to use as a fishing rod.

	THURSDAY 30	FRIDAY 31	JANUARY
PERIOD 1			JANUARY 2020 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 9 10 11 12 13 14 19 20 21 22 23 24 25 26 27 26 29 30 31
PERIOD 2			SATURDAY 1
PERIOD 3			
PERIOD 4			SUNDAY 2 Groundhog Day
PERIOD 5			
_			NOTES
DAILY EVENTS	4:00 PM - JV B Soccer vs Dublin (Home) 4:00 PM - JV G Soccer vs Dublin (Away) 6:00 PM - VAR B Soccer vs Dublin (Home) 6:00 PM - VAR G Soccer vs Dublin (Away)	4:00 PM - Frosh B Basketball vs Foothill (Away) 4:00 PM - Frosh EBAL G Basketball vs Foothill (Home) 5:30 PM - JV B Basketball vs Foothill (Away) 7:00 PM - VAR B Basketball vs Foothill (Home) 7:00 PM - VAR EBAL G Basketball vs Foothill (Home)	

-vita- (life) – vitamin, vitality, vital, revitalize, viable, vitalize

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-		4:00 PM - Frosh B Basketball vs Monte Vista		1
		(Away) 4:00 PM - Frosh EBAL G Basketball vs Monte		3
CIN		Vista (Home) 4:00 PM - JV B Soccer vs Foothill (Away) 4:00 PM - JV G Soccer vs Foothill (Home)		
I EVE		5:30 PM - JV B Basketball vs Monte Vista (Away) 5:30 PM - JV EBAL G Basketball vs Monte Vista (Home)		34
DAILT EVENTS		6:00 PM - VAR B Soccer vs Foothill (Away) 6:00 PM - VAR G Soccer vs Foothill (Home) 7:00 PM - VAR B Basketball vs Monte Vista		3
		(Away) 7:00 PM - VAR EBAL G Basketball vs Monte		W 74 W
		Vista (Home)		0

itinerary - plan of a trip. She left her itinerary with us in case we need to contact her.



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		4:00 PM - Frosh B Basketball vs Dublin (Home) 4:00 PM - Frosh EBAL G Basketball vs Dublin (Away)	Lincoln's Birthday
2		4:00 PM - JV B Soccer vs Amador Valley (Away) 4:00 PM - JV G Soccer vs Amador Valley (Home)	
DAILY EVENIS		5:30 PM - JV B Basketball vs Dublin (Home) 5:30 PM - JV EBAL G Basketball vs Dublin	
LYE		(Away) 6:00 PM - VAR B Soccer vs Amador Valley (Away)	
DA		6:00 PM - VAR G Soccer vs Amador Valley (Home)	
		7:00 PM - VAR B Basketball vs Dublin (Home) 7:00 PM - VAR EBAL G Basketball vs Dublin	
		(Away)	

coerce – force. Don't try to coerce me into doing this.

	THURSDAY 13		FRIDAY 14		FEB	R	UARY
PERIOD 1				2 9	BRUARY M T W T F 3 4 5 6 7 10 11 12 13 1. 17 18 19 20 2 24 25 26 27 2	1 8 4 15 1 22	MARCH 2020 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 16 19 20 21 22 23 24 25 26 27 28 29 30 31
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	4:00 PM - Frosh B Basketball vs Livermore (Home) 4:00 PM - Frosh EBAL G Basketball vs Livermore (Away) 4:00 PM - JV B Soccer vs Livermore (Away) 4:00 PM - JV B Soscer vs Livermore (Home) 5:30 PM - JV B Basketball vs Livermore (Home) (Away)		Valentine's Day				
DAILY	6:00 PM - VAR B Soccer vs Livermore (Away) 6:00 PM - VAR G Soccer vs Livermore (Home) 7:00 PM - VAR B Basketball vs Livermore (Home) 7:00 PM - VAR EBAL G Basketball vs Livermore (Away)						

stereo- (solid) – stereoscope, stereophonic, stereotype, stereopticon, stereotropism

MONDAY	17 TUESDAY	18 WEDNESDA	Y 19
Presidents' Day No School-President's D	ay	B Soccer NCS C G Soccer NCS C	hampionship hampionships

dissertation – formal essay. For her degree, she wrote a dissertation on learning disabilities.

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-ism (doctrine) - Marxism, capitalism, Imagism, Cubism, nihilism, pluralism

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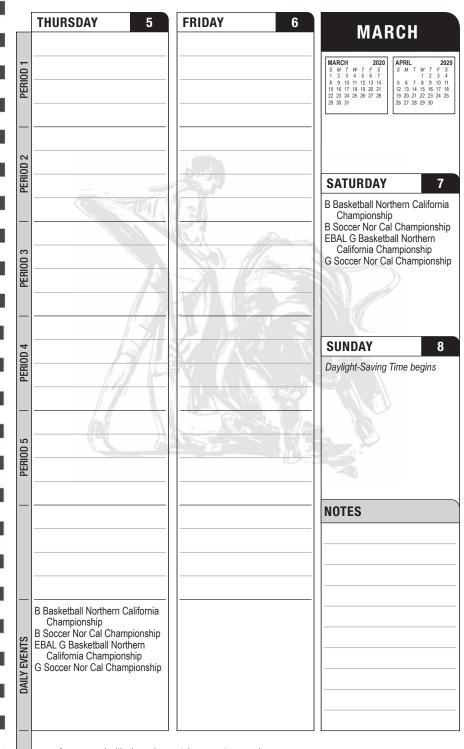
amble – move at an easy pace. He ambled around the town.



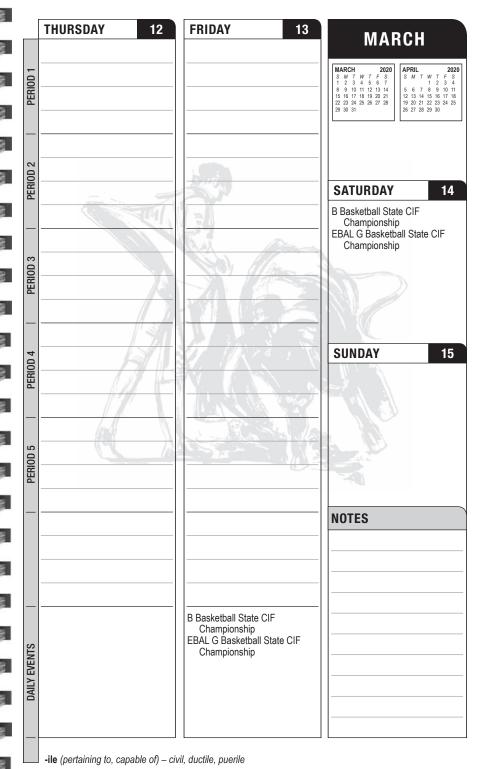
-cognosc-, -cognit- (to learn) - agnostic, incognito, cognition

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epitome – a representative or example of a type. He is the epitome of a male chauvinist.



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		St. Patrick's Day	5:30 PM - 8:00 PM - Granada Expo

ogle - look at with strong interest; stare. It is impolite to ogle at people walking by.



M	ONDAY 23	TUESDAY 24	WEDNESDAY 25



	MONDAY 30	TUESDAY 31	WEDNESDAY 1
-	(10)	Table Control	
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-			April Fools' Day

verdigris – a green coating on copper due to oxidation. The statue became coated with verdigris.



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1	No School-Spring Break	No School-Spring Break	Passover begins at sundown No School-Spring Break

soporific – sleep–producing. Thanksgiving dinner had a soporific effect on all our guests.



No School-Easter Monday	

antipathy – aversion. Dogs are her greatest antipathy.

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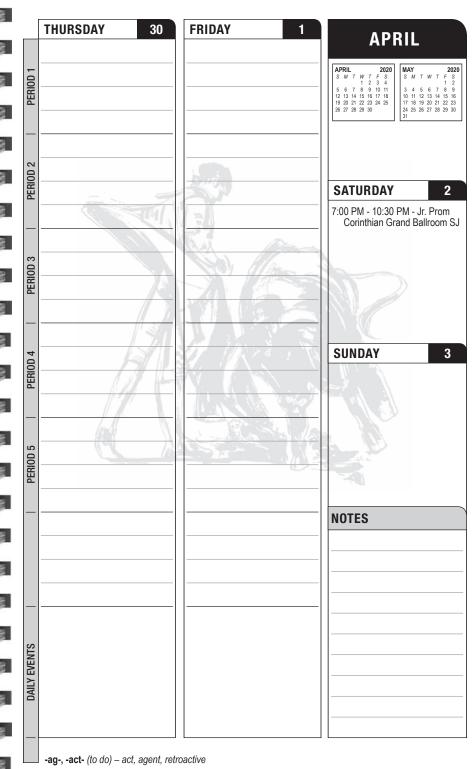
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	Earth Day

ruddy – having a fresh, healthy color. The athlete's ruddy skin was a sign of good health.



acr- (sharp) – acrimonious, acerbity, acidulate

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Cinco de Mayo	
	Cinco de Mayo

vilify – make abusive and slanderous statements. The Nazi propaganda vilified the Jews.

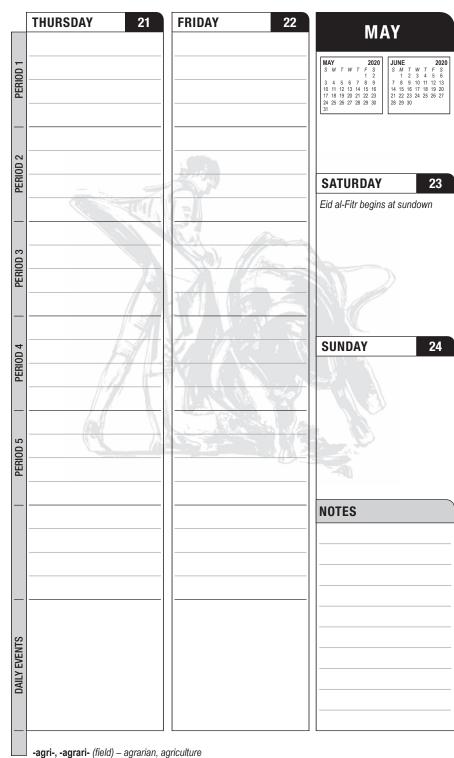


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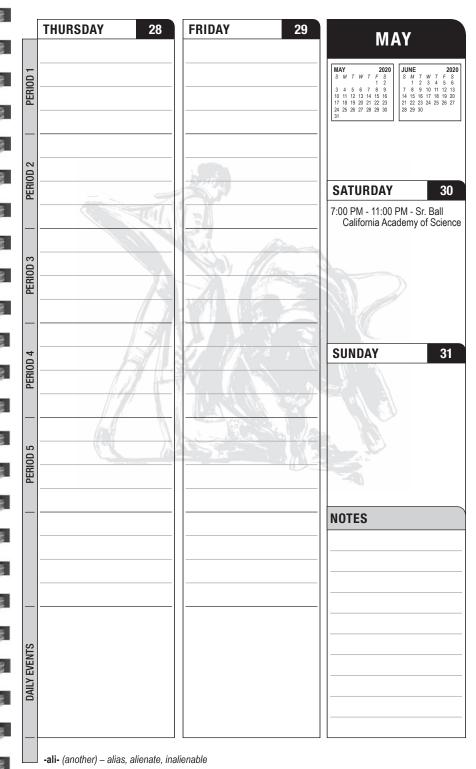
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PERIOD 2				111 111
PERIOD 3				111 111
PERIOD 4				100
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DAILY EVENTS	Memorial Day (Observed) No School-Memorial Day			W W W W
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steadfast – firm; unwavering. The president spoke with steadfast resolve.





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JUNE 2020		— GUALS			
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22	23	24	25		
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FRIDAY	SATURDAY	SUNDAY	NOTES
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19	First Day of Summer 20	Father's Day 21	
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27	28	29	Eid al-Adha begins at sundown 30

FRIDAY	SATURDAY	SUNDAY	NOTES
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17	18	19	
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31	1	2	

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			20	AUGUST 20.
	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
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	13	12	 11	10
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	Muharram begins at sundown 20	19	18	17
	27	26	25	24
				31

FRIDAY	SATURDAY	SUNDAY	NOTES
31	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	

LANGUAGE ARTS the writing process

WRITING VARIABLES

BEFORE BEGINNING ANY ASSIGNMENT, IT WILL HELP YOU TO FOCUS AND REMAIN CONSISTENT IN STYLE IF YOU CONSIDER THE FOLLOWING VARIABLES.



For whom am I writing? A letter written to your ten-year-old sister will be much different in vocabulary, subject, content, format, and sentence complexity than one written to your senator.



About what subject should I write? If possible, choose a subject that interests you. Research your subject well.



Why am I writing? Have a clear purpose in mind before starting your paper. Are you writing to entertain, instruct, inform, or persuade? Keeping your purpose in mind as you write will result in a paper that is focused and consistent.



What point of view or "voice" will I use? Writers sometimes write from the point of view of another person rather than from their own point of view. This can add variety and help you see your subject in a new way. Make sure your "voice" remains consistent.



What form will my writing take? Different forms of writing, such as letters, diaries, reports, essays, research papers, etc., have specific requirements. Decide on the form your writing will take, and then make sure you know the requirements for that form of writing.

PLANNING AND WRITING AN ESSAY OR COMPOSITION

- {1} Select a general subject area that interests you.
- {2} Make a list of your thoughts and ideas about the subject.
- (3) Use your list to help focus on a specific topic within the subject area.
- (4) Decide what you want to say about the topic, and write an introductory statement that reflects this purpose.
- **(5)** Make a list of details to support your statement.
- (6) Arrange the list of details into an outline.
- {7} Do any reading and research necessary to provide additional support for specific areas of your outline. Keep a careful list of all of your sources for your bibliography.
- **{8}** Write a first draft.
- (9) Revise your first draft, making sure that:
 - (a) The introduction includes a clear statement of purpose.
 - **(b)** Each paragraph begins with some link to the preceding paragraph.
 - (c) Every statement is supported or illustrated.
 - (d) The concluding paragraph ties all of the important points together, leaving the reader with a clear understanding of the meaning of the essay or composition.
 - (e) Words are used and spelled correctly.
 - {f} Punctuation is correct.
- {10} Read your revised paper aloud to check how it sounds.
- {11} Proofread your revised paper two times: once for spelling, punctuation, and word usage, and again for meaning and effectiveness.



LANGUAGE ARTS MLA style of documentation

YOUR WORKS-CITED LIST

Your works-cited list should appear at the end of your essay. It provides the information necessary for a reader to locate and retrieve any source you cite in the essay. Each source you cite in the essay must appear in your works-cited list; likewise, each entry in the works-cited list must be cited in the text.

According to the Modern Language Association Handbook for Writers of Research Papers, 8th edition:

- {1} Double-space all entries.
- {2} Begin the first line of an entry flush with the left margin, and indent lines that follow by one-half inch.
- (3) List entries in alphabetical order by the author's last name. If you are listing more than one work by the same author, alphabetize the works according to title. Instead of repeating the author's name, type three hyphens followed by a period, and then give the title.
- (4) Italicize the titles of works published independently. Books, plays, long poems, pamphlets, periodicals, and films are all published independently.
- (5) If the title of a book you are citing includes the title of another book, italicize the main title but not the other title.
- (6) Use quotation marks to indicate titles of short works included in larger works, song titles, and titles of unpublished works.
- **{7}** Separate the author, title, and publication information with a period followed by one space.
- (8) Use lowercase abbreviations to identify parts of a work (for example, vol. for volume), a named translator (trans.), and a named editor (ed.). However, when these designations follow a period, the first letter should be capitalized.
- (9) Use the shortened forms for the publisher's name. When the publisher's name includes the name of a person, cite the last name alone. When the publisher's name includes the name of more than one person, cite only the first of these names.
- {10} Use the phrase, "Accessed 5 Jan. 2019" instead of listing the date or the abbreviation, "n.d."

ANY CITATION (GENERAL GUIDELINES)	Author. Title. Title of container (self contained if book), Other contributors (translators or editors), Version (edition), Number (vol. and/or no.), Publisher, Publication Date, Location (pages, paragraphs, URL, or DOI). 2nd container's title, Other contributors, Version, Number, Publisher, Publication date, Date of Access (if applicable).	
PAGE ON A WEBSITE	"How to Change Your Car's Oil." eHow, 25 Sept. 2018, www.ehow.com/how_2018_how-oil.html. Accessed 5 Jan. 2019.	
ARTICLE IN A JOURNAL FROM A WEBSITE (ALSO IN PRINT)	Doe, Jim. "Laws of the Open Sea." <i>Maritime Law</i> , vol. 3, no. 6, 2018, pp. 595-600, www.maritimelaw.org/article. Accessed 8 Feb. 2019.	
ARTICLE IN A PERIODICAL (GENERAL GUIDELINES)	Author's last name, first name. "Article title." <i>Periodical title</i> , Day Month Year, pages.	
BYLINED ARTICLE FROM A DAILY NEWSPAPER	Barringer, Felicity. "Where Many Elderly Live, Signs of the Future." New York Times, 7 Mar. 2018, p. A12.	
UNBYLINED ARTICLE FROM A DAILY NEWSPAPER	"Infant Mortality Down; Race Disparity Widens." Washington Post, 12 Mar. 2018, p. A12.	
ARTICLE FROM A MONTHLY OR BIMONTHLY MAGAZINE	Willis, Garry. "The Words that Remade America: Lincoln at Gettysburg." Atlantic, June 2019, pp. 57-79.	
ARTICLE FROM A WEEKLY OR BIWEEKLY MAGAZINE	Hughes, Robert. "Futurisms Farthest Frontier." <i>Time</i> , 9 July 2019, pp. 58-59.	
EDITORIAL	"A Question of Medical Sight." Editorial. <i>Plain Dealer</i> , 11 Mar. 2019, p. 6B.	

LANGUAGE ARTS MLA style of documentation

BOOK (GENERAL GUIDELINES)	Author's last name, first name. Book title. Publisher, publication date.	
BOOK BY ONE AUTHOR	Wheelen, Richard. Sherman's March. Crowell, 1978.	
TWO OR MORE BOOKS BY THE SAME AUTHOR	Garreau, Joel. Edge City: Life on the New Frontier. Doubleday, 1991 The Nine Nations of North America. Houghton, 1981.	
BOOK BY TWO OR THREE AUTHORS	Purves, Alan C., and Victoria Rippere. <i>Elements of Writing About a Literary</i> Work. NCTE, 1968.	
BOOK BY FOUR OR MORE AUTHORS	Pratt, Robert A., et al. <i>Masters of British Literature</i> . Houghton, 1956.	
BOOK BY A CORPORATE AUTHOR	The Rockefeller Panel Reports. <i>Prospect for America</i> . Doubleday, 1961.	
BOOK BY AN ANONYMOUS AUTHOR	Literary Market Place: The Dictionary of American Book Publishing. 2003 ed., Bowker, 2002.	
BOOK WITH AN AUTHOR AND AN EDITOR	Toomer, Jean. <i>Cane.</i> Edited by Darwin T. Turner, Norton, 1988.	
A WORK IN AN ANTHOLOGY Morris, William. "The Haystack in the Floods." <i>Nineteenth Century</i> British Minor Poets, edited by Richard Wilbur and W. H. Auden, Dell, Laurel Edition, 1965, pp. 35-52.		
AN EDITION OTHER THAN THE FIRST	Chaucer, Geoffrey. <i>The Riverside Chaucer</i> . Edited by Larry D. Benson. 3rd ed., Houghton, 1987.	
SIGNED ARTICLE IN A REFERENCE BOOK	Wallace, Wilson D. "Superstition." World Book Encyclopedia. 1970 ed., vol. 2, Macmillan, 2019.	

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SCIENCE weights & measures & formulas

WEIGHTS AND MEASURES

ENGLISH

1	square foot (ft²)144 square inches (in²)
	square yard (yd²)9 square feet
1	acre43,560 square feet
	square mile (mi ²) 640 acres

Capacity

1	cup (c) 8 fluid ounces (fl oz)
1	pint (pt)2 cups
1	quart (qt) 2 pints
1	quart 4 cups
1	gallon (gal)4 quarts

Length

1 foot (ft) 12 inches (in)
1 yard (yd) 36 inches
1 yard 3 feet
1 mile (mi) 5,280 feet
1 mile 1,760 yards

Time

Weight

1 pound (lb)	16 ounces (oz)
1 short ton (T)	- 2,000 pounds

FORMULAS

Perimeter of a rectangle $P = 2(l+w)$
Perimeter of a square $P = 4s$
Perimeter of a regular polygon $P = ns$
(n = number of sides)
Area of a rectangle $A = lw$
Area of a square $A = s^2$
Area of a parallelogram $A = bh$
Area of a triangle $A = \frac{1}{2}bh$
Area of a trapezoid $A = \frac{1}{2}h(b_1 + b_2)$
Area of a circle $A = \pi r^2$
Circumference of a circle $C = \pi d$, or $2\pi r$
Volume of a rectangular prism $V = lwh$
Volume of any prism $V = Bh$
Volume of a cylinder $V = \pi r^2 h$
Volume of a pyramid $V = \frac{1}{3}Bh$
Volume of a cone $V = \frac{1}{3}\pi r^2 h$
Surface area of a cylinder $SA = 2\pi r^2 + 2\pi rh$
Pythagorean Theorem $a^2 + b^2 = c^2$
(sides of a right triangle)

Simple interest----- I = prt

D:	1		
Distance	а	=	rt

METRIC

Area

1 sq centimeter (cm ²) 100	0 sq millimeters (mm²)
1 sq meter (m ²)	· 10,000 sq centimeters
1 hectare (ha)	10,000 square meters
1 sq kilometer (km ²)	1,000,000 sq meters

Capacit

u	apacity
1	milliliter (ml)
1	centiliter (cl)01 liter
1	deciliter (dl)1 liter
1	dekaliter (dal)10 liters
1	hectoliter (hl) 100 liters
1	kiloliter (kl)1,000 liters

Lenati

Length
1 millimeter (mm)001 meter (m)
1 centimeter (cm)01 meter
1 decimeter (dm)1 meter
1 dekameter (dam) 10 meters
1 hectometer (hm) 100 meters
1 kilometer (km) 1,000 meters

Mass/Weight

iviass/ vveignt	
1 milligram (mg))
1 centigram (cg)01 gran	1
1 decigram (dg)1 gran	1
1 dekagram (dag) 10 gram	s
1 hectogram (hg) 100 gram	s
1 kilogram (kg)1,000 gram	s
1 metric ton (t) 1,000 kilogram	s

FORMULA KEY

- A are
- b = base, length of any side of a plane figure
- B = area of base
- d = diameter
- h = *height*, perpendicular distance from the furthest point of the figure to the extended base
- 1 = length
- P = perimeter
- r = radius
- s = side
- sa = surface area
- V = volume
- w = width

I = interest, p = principal, r = rate, t = time

d = distance, r = rate, t = time

MATHEMATICS algebra & mathematical symbols

ALGEBRA

Expanding

- $\{1\}\ a(b+c) = ab+ac$
- $\{2\}$ $(a+b)^2 = a^2 + 2ab + b^2$
- ${3}$ $(a-b)^2 = a^2-2ab+b^2$
- $\{4\}\ (a+b)(a+c) = a^2 + ac + ab + bc$
- $\{5\}$ (a+b)(c+d)=ac+ad+bc+bd
- ${6}$ $(a+b)^3 = a^3+3a^2b+3ab^2+b^3$
- ${7}$ $(a-b)^3 = a^3-3a^2b+3ab^2-b^3$ {8} $a^2-b^2 = (a+b)(a-b)$
- {9} $a^3+b^3=(a+b)(a^2-ab+b^2)$
- $\{10\} a^3b-ab = ab(a+1)(a-1)$
- $\{12\} a^3-b^3=(a-b)(a^2+ab+b^2)$
- $\{11\} a^2 2ab + b^2 = (a-b)^2$

Laws of Exponents

- $\{1\}\ a^{r}a^{s}=a^{r}$
- $\{2\}$ $a^{r}/a^{s} = a^{r-s}$
- $\{3\}$ $a^r a^s / a^p = a^{r+s-p}$
- $\{4\}\ (a^r)^s = a^{rs}$
- $\{5\}$ $(ab)^r = a^r b^r$ $\{6\}\ (a/b)^r = a^r/b^r(b\neq 0)$
- $\{7\}$ $a^0=1$ $(a\neq 0)$
- $\{8\}\ a^{-r}=1/a^{r}(a\neq 0)$
- if r and s are positive integers

Logarithms

- {1} Log(xy) = Log x + Log y
- $\{2\}$ Log $x^r = r$ Log x
- {3} $\text{Log } x = n \longrightarrow x = 10^n \text{ (Common log)}$
- {4} $Log_a x = n \longrightarrow x = a^n (Log to the base a)$
- {5} Ln x = n $\leftarrow \rightarrow$ x = e^n (Natural log)
- $\{6\}$ Log (x/y) = Log x-Log y

e=2.71828183

Quadratic Formula

When given a formula in the form of a quadratic equation→

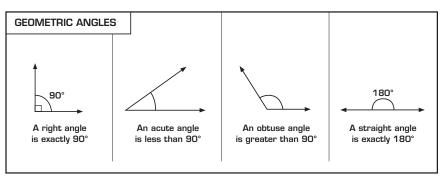


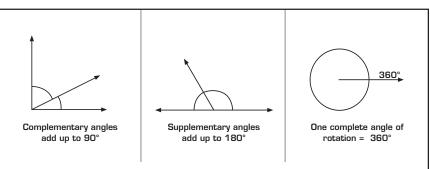
The solution can be derived using the quadratic formula-

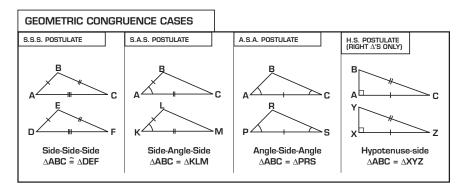
MATHEMATICAL SYMBOLS

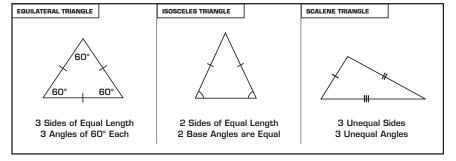
+	plus	>	greater than	0	circle
-	minus	<	less than	\cap	arc of circle
±	plus or minus	≥	greater than or equal to		square
x	multiplied by	≤	less than or equal to		rectangle
÷	divided by	∞	infinity		parallelogram
=	equal to	:	is to (ratio)	Δ	triangle
≠	not equal to	::	as (proportion)	_	angle
≈	nearly equal to	$ \pi $	pi (3.14159)	上	right angle
√X	square root of x	.:.	therefore	ユ	perpendicular
η√X	root of x		because	Ш	parallel
%	percentage	$ \mathbf{x} $	absolute value of x	0	degrees
Σ	sum of		and so on	-	minutes

MATHEMATICS geometric angles & congruence cases









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HEALTHY LIVING hotlines & helplines

GENERAL CRISIS		
	Online listeners	7
7 Cups of Tea		www.7cups.com
Boys Town Hotline (24 hrs.)	800-448-3000	www.boystown.org
Crisis Call Center (National Suicide Prevention Lifeline) (24 hrs.)	800-273-8255	www.crisiscallcenter.org
I'm Alive (Online Crisis Network)	Online chat	www.imalive.org
Lifeline Crisis Chat (National Suicide Prevention Lifeline) (24 hrs.)	Online chat	www.crisischat.org
National Center for Missing and Exploited Children (24 hrs.)	800-THE-LOST	www.missingkids.com
National Hopeline Network (I'm Alive, Suicide Prevention) (24 hrs.)	800-442-4673	www.hopeline.com
National Runaway Safeline (24 hrs.)	800-RUNAWAY	www.1800runaway.org
Teen Line	800-852-8336	www.teenlineonline.org
Youth America Hotline Your Life Counts	877-968-8454	www.yourlifecounts.org
ALCOHOL/SUBSTANCE ABUSE	ı	
Al-Anon/Alateen (For Families and Friends of Problem Drinkers)	888-4AL-ANON	www.al-anon.alateen.org
Alcoholics Anonymous	212-870-3400	www.aa.org
American Council on Alcoholism	800-527-5344	www.recoverymonth.com
Narcotics Anonymous	818-773-9999	www.na.org
National Institute on Alcohol Abuse and Alcoholism	niaaaweb-r@exchange.nih.gov	www.niaaa.nih/gov
ABUSE/HEALTH INFO		
American Heart Association	800-AHA-USA-1	www.heart.org
CDC National HIV/AIDS Contact Center	800-CDC-INFO	www.cdc.gov/hiv
CDC National STD Contact Center	800-CDC-INFO	www.cdc.gov/std
National Cancer Institute	800-4-CANCER	www.cacer.gov
Childhelp National Child Abuse Hotline (24 hrs.)	800-4-CANCER 800-4-A-CHILD	
1		www.childhelp.org
National Organization for Rare Disorders	800-999-6673	www.rarediseases.org
Office on Women's Health	800-994-9662	www.womenshealth.gov
Poison Control Center (24 hrs.)	800-222-1222	www.aapcc.org
Rape, Abuse and Incest National Network (RAINN) (24 hrs.)	800-656-HOPE	www.rainn.org
Youth Violence Prevention	800-CDC-INFO	www.cdc.gov
MENTAL HEALTH		
Depression and Bipolar Support Alliance Helpline	800-273-TALK	www.dbsalliance.org
Mental Health America	800-969-6642	www.mentalhealthamerica.net
National Alliance on Mental Illness Information Helpline	800-950-NAMI	www.nami.org
National Mental Health Consumers' Self-Help Clearinghouse	800-553-4539	www.mhselfhelp.org
National Eating Disorders Association Helpline	800-931-2237	www.nationaleatingdisorders.org
SAFE Alternatives (Self Abuse Finally Ends)	800-DONT-CUT	www.selfinjury.com
SEXUAL ORIENTATION/GENDER I	DENTITY	
Lesbian, Gay, Bisexual and Transgender National Youth Talkline	800-246-PRIDE	www.glnh.org
LYRIC (Center for LGBTQQ Youth)	415-703-6150	www.lyric.org
		, ,
The Trevor Project Lifeline (LGBTQ Ages 13-24) (24 hrs.)	866-488-7386	www.thetrevorproject.org

ASKING FOR HELP IS A SIGN OF STRENGTH, NOT WEAKNESS.



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SUCCESS SKILLS listening & homework skills

LISTENING SKILLS

Listening (unlike hearing, which is a physical process that does not require thinking) gives meaning to the sounds you hear. It helps you understand. Listening is an active process that requires concentration and practice. In learning, the teacher's responsibility is to present information; the student's responsibility is to be "available" for learning. Not listening means you will be unable to learn the material.

To help develop listening skills:

- Approach the classroom ready to learn; leave personal problems outside the classroom.
 Try to avoid distractions.
- → Even if you do not sit close to the teacher, focus your attention directly on him/her.
- → Pay attention to the teacher's style and how the lecture is organized.
- → Participate; ask for clarification when you do not understand.
- → Take notes.
- → Listen for key words, names, events, and dates.
- → Don't make hasty judgments; separate fact from opinion.
- → Connect what you hear with what you already know.

HOMEWORK SKILLS

- → Keep track of your daily assignments in this datebook so you will always know what you have to do.
- → Homework is an essential part of learning. Even though you may not have written work to do, you can always review or reread assignments. The more you review information, the easier it is to remember and the longer you are able to retain it. Not doing your homework because you do not believe in homework is self-defeating behavior.
- → It is your responsibility to find out what you have missed when you are absent. Take the initiative to ask a classmate or teacher what you need to make up. You need to also know when it needs to be turned in. If you are absent for several days, make arrangements to receive assignments while you are out.
- → Have a place to study that works for you one that is free from distractions. Be honest with yourself about using the TV or listening to music during study time. Make sure you have everything you need before you begin to work.
- → Develop a schedule that you can follow. Be rested when you study. It is okay to study in short blocks of time. Marathon study sessions may be self-defeating.
- → Prioritize your homework so that you begin with the most important assignment first: study for a test, then do the daily assignment, etc.
- → Study for 30-40 minutes at a time, then take a 5-10 minute break. Estimate the amount of time it will take to do an assignment and plan your break time accordingly.















SUCCESS SKILLS successful notetaking

SUCCESSFUL NOTETAKING

- Taking notes reinforces what we hear in the classroom and requires active listening. Having accurate information makes your outside study and review time that much easier. Good notetaking requires practice.
- → Be aware of each teacher's lecture style; learning how to adapt to each style takes patience. Take notes as you (attentively) listen to the lecture. Keep notes in an individual notebook for each class or in a loose-leaf binder that has a section for each class. Your teacher may have certain requirements.
- → Date each day's notes, and keep them in chronological order. Some teachers provide outlines that tell you how a series of lectures will be organized; other teachers will deliver their lectures and expect you to write the information in your notes. Most teachers will emphasize important points by stressing them or repeating them a few times. Make a note in the margin or highlight any information the teacher specifically identifies as important.
- → Write notes in short phrases, leaving out unnecessary words. Use abbreviations. Write clearly so you will be able to understand your notes when you review them.
- → If you make a mistake, a single line through the material is less time consuming than trying to erase the whole thing. This will save time and you won't miss any of the lecture. Don't copy your notes over to make them neat; write them neatly in the first place. Don't create opportunities to waste your time.
- → Write notes on the right two-thirds of the notebook page. Keep the left one-third free for your follow-up questions or to highlight the really important points in the discussion.
- → Listen for key ideas. Write them down in your own words. Don't try to write down every word that your teachers say. Some teachers will use the chalkboard, an overhead projector, or a PowerPoint presentation to outline these key ideas. Others will simply stress them in their discussion.
- → Soon after class, while the information is still fresh in your mind, create questions directly related to your notes in the left column of the paper. Place these questions across from the information to which it pertains. Highlight or underline any key points, terms, events or people. Quiz yourself by covering the 2/3 side of your notes and try to answer the questions you developed without referring to your notes. If you need to refresh your memory, simply uncover the note section to find the answers to your questions. Short, quick reviews will help you remember and understand the information as well as prepare for tests.
- Review your notes daily. This reinforces the information and helps you make sure that you understand the material.
- → Make sure your notes summarize, not duplicate, the material.
- → Devise your own use of shorthand.
- → Vary the size of titles and headings.
- → Use a creative approach, not the standard outline form.
- → Keep class lecture notes and study notes together.











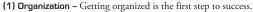




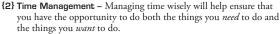
SUCCESS SKILLS plan for success

PLAN FOR SUCCESS

SUCCESSFUL PEDPLE DON'T BECOME SUCCESSFUL BY LUCK. THEIR SUCCESS IS THE RESULT OF SETTING GOALS. IN OVERTHING TO ACHIEVE THOSE GOALS. IN OTHER WORDS, SUCCESSFUL PEOPLE PLAN TO SUCCEED. YOU, TOO, CAN PLAN TO SUCCEED. DON'T PROCRASTINATE. GOOD INTENTIONS WILL NOT HELP YOU SUCCEED. THAT PLANNING FOR SUCCESS TODAY!



- Remember that you are responsible for knowing about and completing your assignments and special projects.
- Use your datebook to write down your homework, extracurricular activities, community activities, and home responsibilities.
- → Make sure you have all the materials you need when you go to class and when you do your homework.



- → Plan a definite time to do your homework.
- → Plan time for extracurricular and social activities, as well as home responsibilities.
- Commit yourself to your time plan, but be flexible. For example, if something happens that makes it impossible for you to do homework during the regularly scheduled time, plan an alternate time to do the homework.

(3) Set Priorities - If you have lots to do, it is important to set priorities.

- → Rank each task in 1, 2, 3 order. Start with #1 the most important task and continue on down the list.
- When doing homework, start with the subject in which you need the most improvement.
- → Check off finished tasks.
- → If you frequently find that you cannot finish all the tasks on your list, you may need to *prioritize your optional activities* and eliminate some that are low on your priority list.
- {4} Set Goals Just wishing to get better grades or to excel in a sport accomplishes nothing. You need a plan of action to achieve your goals. Setting goals will result in better grades and higher self-esteem. Best of all, setting goals will make you feel in control of your life. Some hints for setting goals:
 - → Be specific. List specific goals for each academic subject. Also list goals for other school and home activities.
 - → Set time limits. Your goals can be both short-term (within a month or on the next quiz or test) and long-term (within the semester or within the school year).
 - → Set realistic goals. For example, if math has always been difficult for you, don't aim for an "A" in Algebra at the beginning of the year. If you usually get a "C-" in math, you may want to begin by setting a short-term goal of "C+" or "B-". Reaching that first short-term goal will give you the confidence to raise your goal for the next test or the next grading period.
 - → Draw up a step-by-step plan of action for reaching each goal; then go for it!
 - Write your goals down, and put them in several places (your locker, your datebook, your bulletin board) so you will see them several times a day.
 - → Share your goals with others your parents, teachers, good friends, etc. They can give you encouragement.
 - → Keep at it! Be determined, and keep a positive attitude. Visualize yourself achieving your goals.
 - → Reward yourself when you reach a goal.



SUCCESS SKILLS preparing for college

PREPARING FOR COLLEGE

The College Application Process

- 11 The application process begins in NINTH grade. Your grades and coursework will directly impact your admittance to college.
- (2) Fill your schedule with a variety of subjects and difficulty. Colleges are looking for well-rounded students who are highly motivated. Do your best in each class. Do not let a class slip because it does not interest you. Colleges look for a consistent performance in all subjects.
- {3} Take the SAT or ACT in time to include scores on your college applications.
- [4] Look at as many potential colleges as possible. Do not limit your options.
- (5) Visit as many campuses as possible and talk to students, staff, and the office of admissions while at the college.
- (6) Send applications to prospective colleges beginning in early fall of your senior year. You can obtain applications and information in the guidance office or online at university and college websites.
- **77** Fill out any potential scholarship forms and send them to the appropriate personnel.
- (8) Allow at least two weeks for your counselor to process your applications.
- (9) Many schools will respond to your application within four to six weeks.

Steps for Juniors

- 11 Talk to your counselor about filling your junior-year class schedule with coursework in English, foreign language, social studies, science, and mathematics. It is recommended that students take as many mathematics courses as possible.
- {2} Colleges are looking for well-rounded students in the arts, business, drama, and speech.
- (3) Find out when potential universities are visiting your school or when your school is going on visits to potential colleges.
- [4] It is best to visit campuses when classes are in session. (Not spring break, Christmas or any major holiday.)
- 15 Take a course that prepares you for the SAT or ACT.
- **(6)** At the beginning of your junior year, take the PSAT exam to practice for the SAT.
- 173 Take the SAT or ACT in the spring of your junior year. If you feel the score does not reflet your ability, retake the exam during your senior year.
- (8) Start applying for any scholarships for which you are qualified.
- 19 If you know your intended field of study in college, schedule your senior year with an emphasis in that area.
- {10} Plan to visit as many colleges during the summer as possible.

Steps for Seniors

- {1} Attend as many college fairs as possible in your local area.
- {2} Visit as many institutions and universities as possible. It is best to visit campuses when classes are in session. (Not spring break, Christmas, or any major holiday.)
- (3) When visiting colleges, meet with the admissions office, and financial aid office, as well as speak with professors in your intended field of study.
- (4) Talk to older friends and students about that particular college or university.
- Ensure that your SAT or ACT scores meet the requirments of the colleges and universities that interest you. If necessary, retake the entrance exams.
- (6) Make a list of admission deadlines at the colleges you are interested in attending.
- 47) Submit completed college applications to your guidance counselor, and be sure to include any application fees.
- **{8}** File a financial aid form.
- [9] Inquire about any available scholarships, and be sure to meet the appropriate requirements and deadlines.
- (10) Keep a file of any correspondence from potential colleges for future reference.



PHONE NUMBERS important contacts

NAME	TELEPHONE NO.	E-MAIL ADDRESS
Fire		
Police		
Rescue/Ambulance		
Doctor		
Hospital		

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