



THIS IS THE ONLY SCHOOL WE KNOW.
EVERYBODY DOES THIS MANY DRAFTS,
EVERYBODY WORRIES ABOUT QUALITY,
EVERYBODY WORKS HARD.
THIS IS WHAT THIS SCHOOL IS ABOUT.

-RON BERGER, AN ETHIC OF EXCELLENCE

SEASON 7

WEEK 10

MON 10/19

CSUDH rep visit

TUES 10/20

WED 10/21

Carnegie Mellon rep visit

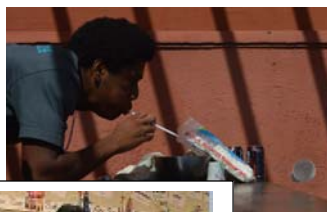
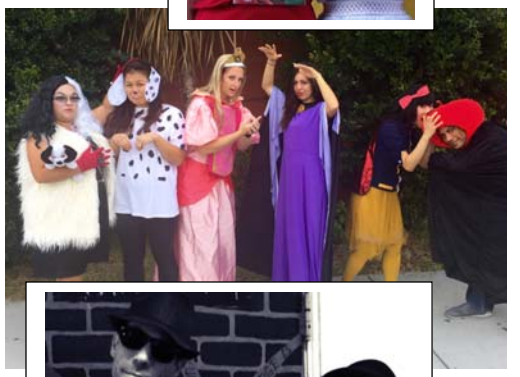
THURS 10/22

Westmont College rep visit

Medieval Times staff outing!

FRI 10/23 PD DAY ☺

Andrew hosting



This week's student birthdays...

11	Espinoza	Jose	10	20	1999
11	Sanchez	Justin	10	20	1999
9	Franco	Roman	10	22	2001
11	Shimokochi	Cody	10	22	1999
10	Patino	Nicholas	10	23	1999
11	Khan	Maira	10	23	1999
9	Lowe	Nicole	10	24	2001
9	Sierra	Veronica	10	24	2000
9	Uehara	Joy	10	25	2001
12	Van Houten	Casey	10	25	1996

ON THE HORIZON...

Sat 10/24 ACT Exam

Mon 10/26 UCLA rep visit

Tues 10/27 Amy's birthday

Tues 10/27 Middlebury College rep visit

Thurs 10/29 Erika's birthday

Sat 11/7 SAT @ DVS

Mon 11/9 Last meeting of P7 seminar

Tues 11/10 Last meeting of P8 seminar

Wed 11/11 Veterans Day Holiday

Thurs 11/12 Frank's birthday

Tues 11/17 CSU Channel Islands rep visit

Wed. 11/18 Fall Exhibition Night

Week 10	Monday, 10/19	Tuesday, 10/20	Wednesday, 10/21	Thursday, 10/22	Friday, 10/23
	100 min. classes 70 min. seminar	100 min. classes 70 min. seminar	90 min. classes 30 min. advisory 65 min. seminar	90 min. classes 30 min. advisory 65 min. seminar	50 min. classes 55 min. exhibition prep
	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	Professional Development Day
	P1 9:00 – 10:40	P2 9:00 – 10:40	P1 9:00 – 10:30	P2 9:00 – 10:30	
	P3 10:45 – 12:25	P4 10:45 – 12:25	P3 10:35 – 12:05	P4 10:35 – 12:05	
	Lunch 12:25 – 12:55	Lunch 12:25 – 12:55	Lunch 12:05 – 12:35	Lunch 12:05 – 12:35	
	P5 1:00 – 2:40	P6 1:00 – 2:40	Advisory 12:40 – 1:10	Advisory 12:40 – 1:10	
	P7 2:45 – 3:55	P8 2:45 – 3:55	P5 1:15 – 2:45	P6 1:15 – 2:45	
After School			P7 2:50 – 3:55	P8 2:50 – 3:55	
			Boys & Girls Basketball tryouts 4:30 - 6:00 PM @ Betty Ainsworth Gym	Boys & Girls Basketball tryouts 5:00 - 7:00PM @ Betty Ainsworth Gym	Girls Volleyball Away Vs. ECHS @ Jane Adams Gym 6:30PM

Week 10 Advisory Plan: Health & Wellness

Wednesday 10/21	Thursday 10/22
<p><i>Have students in mixed grade levels</i></p> <p><u>Quotes:</u> Students will look at seven quotes on motivation. They are to jot down the first thing that comes to mind, then share with a partner. Choose a couple volunteers to share with class.</p> <p><u>Video:</u> Ralph and Alex documentary (about 11 minutes)</p> <p><u>Homework:</u> Students make a t-chart: Food/exercise for the next 24 hours.</p>	<p><i>Have students in mixed grade levels</i></p> <p><u>Supertracker:</u> Go through supertracker to see what foods qualify for the different food groups.</p> <p><u>Myplate.gov:</u> See how your last 24 hours fits into the government recommendations. Share what physical activity you did, answer reflection questions in pairs.</p> <p><u>Motivation revisited:</u> Students to find something that currently motivates or will motivate them to take care of themselves.</p> <p><u>Risks of Childhood Obesity:</u> Read and discuss</p>

Week 11	Monday, 10/26 100 min. classes 70 min. seminar	Tuesday, 10/27 100 min. classes 70 min. seminar	Wednesday, 10/28 90 min. classes 30 min. advisory 65 min. seminar	Thursday, 10/29 90 min. classes 30 min. advisory 65 min. seminar	Friday, 10/30 50 min. classes 55 min. exhibition prep
	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	P1: 10:00 – 10:40 P2: 10:45 – 11:25 P3: 11:30 – 12:10
	P1 9:00 – 10:40	P2 9:00 – 10:40	P1 9:00 – 10:30	P2 9:00 – 10:30	
	P3 10:45 – 12:25	P4 10:45 – 12:25	P3 10:35 – 12:05	P4 10:35 – 12:05	
	Lunch 12:25 – 12:55	Lunch 12:25 – 12:55	Lunch 12:05 – 12:35	Lunch 12:05 – 12:35	Lunch 12:10 – 12:40
	P5 1:00 – 2:40	P6 1:00 – 2:40	Advisory 12:40 – 1:10	Advisory 12:40 – 1:10	Advisory: 12:45 – 1:40 P4: 1:45 – 2:25 P5: 2:30 – 3:10 P6: 3:15 – 3:55
	P7 2:45 – 3:55	P8 2:45 – 3:55	P5 1:15 – 2:45	P6 1:15 – 2:45	
After School			P7 2:50 – 3:55	P8 2:50 – 3:55	
			Volleyball HOME vs. Ambassador 4:30pm		

Week 12	Monday, 11/2 100 min. classes 70 min. seminar	Tuesday, 11/3 100 min. classes 70 min. seminar	Wednesday, 11/4 90 min. classes 30 min. advisory 65 min. seminar	Thursday, 11/5 90 min. classes 30 min. advisory 65 min. seminar	Friday, 11/6 50 min. classes 55 min. exhibition prep
	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	P1: 10:00 – 10:40 P2: 10:45 – 11:25 P3: 11:30 – 12:10
	P1 9:00 – 10:40	P2 9:00 – 10:40	P1 9:00 – 10:30	P2 9:00 – 10:30	
	P3 10:45 – 12:25	P4 10:45 – 12:25	P3 10:35 – 12:05	P4 10:35 – 12:05	
	Lunch 12:25 – 12:55	Lunch 12:25 – 12:55	Lunch 12:05 – 12:35	Lunch 12:05 – 12:35	Lunch 12:10 – 12:40
	P5 1:00 – 2:40	P6 1:00 – 2:40	Advisory 12:40 – 1:10	Advisory 12:40 – 1:10	Advisory: 12:45 – 1:40 P4: 1:45 – 2:25 P5: 2:30 – 3:10 P6: 3:15 – 3:55
	P7 2:45 – 3:55	P8 2:45 – 3:55	P5 1:15 – 2:45	P6 1:15 – 2:45	
After School			P7 2:50 – 3:55	P8 2:50 – 3:55	
	Volleyball HOME vs. Shalhevet 4:00pm		Volleyball away vs. Pac Lutheran 3:30pm (2:30 dismissal)		