



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 11

MON 10/26

UCLA rep visit

TUES 10/27

Amy's birthday

Middlebury College rep visit

WED 10/28

Carnegie Mellon rep visit

THURS 10/29

Erika's birthday

FRI 10/30

Travis hosting



This week's student birthdays...

10	Prieto	Michael	10	26	2000
10	Stokes	Ethan	10	26	1999
12	Cuevas	Omar	10	27	1998
12	Guerra	Elizabeth	10	27	1998
12	Lambert	June	10	28	1997
12	Nott	Andrew	10	28	1997
12	Dominguez	Nayeli	10	30	1998
10	Del Cid	Antonio	11	1	2000
12	Levine	Ross	11	1	1997

ON THE HORIZON...

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
Thurs 11/12 Critical Incident Drill
Tues 11/17 CSU Channel Islands rep visit
Wed 11/18 Fall Exhibition Night
Mon 11/23-Fri 11/27 Thanksgiving Break
Mon 11/30 POL prep begins
Fri 12/4 Andrew's birthday
Mon 12/6 Gerard's birthday
Fri 12/11 Deadline to turn in assignments
Mon 12/14 POLs begin
Thurs 12/17 last day of semester 1

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 40 min. classes 55 min. advisory
	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 9:00 – 10:40	P2 9:00 – 10:40	P1 9:00 – 10:30	P2 9:00 – 10:30	P1: 10:00 – 10:40 P2: 10:45 – 11:25 P3: 11:30 – 12:10
	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			Volleyball HOME vs. Ambassador 4:30pm		

Week 11 Advisory Plan: Health & Wellness

Wednesday 10/28	Thursday 10/29
<i>Chiseling at Exercise</i>	<i>Practicing Mindfulness</i>
1) Watch a recent follow-up interview video from Alex (and possibly Rafael) 2) Answer reflection questions and share-out 3) Read short excerpt from article "Regular Exercise Changes the Brain to Improve Memory, Thinking Skills" 4) Students identify reasons why they aren't exercising more 5) Student write a realistic and sustainable 21-day goal for themselves	Materials Needed: Google Powerpoint Optional: Sign up for free Headspace account -What is Mindfulness? What is Meditation? -Misconceptions around Meditation and Mindfulness -Why Meditate? (Focus, Anxiety, Stress) -Benefits and Science behind Mindfulness -What is Headspace? -Practice Meditating as a class (10 min) using Headspace.com

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	
			P7 2:50 – 3:55	P8 2:50 – 3:55	
After School	Volleyball HOME vs. Shalhevet 4:00pm		Volleyball away vs. Pac Lutheran 3:30pm (2:30 dismissal)		

Week 13 – HPD Drill on Thursday	Monday, 11/9 90 min. classes 65 min. seminar	Tuesday, 11/10 90 min. classes 65 min. seminar	Wednesday, 11/11	Thursday, 11/12 - DRILL 80 min. classes 60 min. Exhibition Prep 65 min. advisory	Friday, 11/13 80 min. classes 30 min. Advisory 30 min. debrief
	office hours 8:00 – 8:50	office hours 8:00 – 8:50	Veterans' Day Holiday	office hours 8:00 – 8:50	Drill Debrief A: 10:00 – 10:30 Drill Debrief B: 10:35 – 11:05
	P1 9:00 – 10:30	P2 9:00 – 10:30		P1 9:00 – 10:20	P2 11:10 – 12:30
	P3 10:35 – 12:05	P4 10:35 – 12:05		P3 10:25 – 11:45	
	Lunch 12:05 – 12:35	Lunch 12:05 – 12:35		Lunch 11:45 – 12:15	Lunch 12:30 – 1:00
	Advisory 12:40 – 1:10	Advisory 12:40 – 1:10		Exhibition Prep (email attendance) 12:20 – 1:20	P4 1:05 – 2:25 P6 2:30 – 3:55
	P5 1:15 – 2:45	P6 1:15 – 2:45		P5 1:25 – 2:45	
	P7 2:50 – 3:55	P8 2:50 – 3:55		Advisory 2:50 – 3:55	
After School					Fall Sports Banquet 5:00 - 9:00 @ The Lakes in El Segundo

Note: Thursday of week 13 will be ODD periods, and Friday is an EVEN day with a short advisory at the beginning of the day.