



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 18

No office hours this week

MON 1/11

TUES 1/12

Dana Visits 11:55 – 12:25

WED 1/13

THURS 1/14

FRI 1/15

Staff Meeting hosted by Saya



ON THE HORIZON

Mon. 1/11 Ms. Hernandez's birthday

Tues. 1/12 Ms. Cha's birthday

Mon. 1/18 Martin Luther King, Jr. Holiday

Tues. 1/19 First day of seminars

Tues. 1/19 School Site Council Mtg

Sat. 1/23 SAT @ DVS

Mon. 1/25 Ms. Lodhy's birthday

Wed. 1/27 Ms. Flower's birthday

Student birthdays this week...

10	Aguirre	Isabel	1	11	2000
10	Kinzie	Glenn	1	11	2000
12	Rodriguez	Marcus	1	11	1998
10	Foster	Justin	1	12	2000
10	Schuneman	Dalton	1	12	2000
11	Hernandez	Hector	1	12	1999
12	Mejia	Maury	1	12	1998
12	Santos	Anna	1	12	1998
10	Springer	Rachel	1	14	2000
11	Campos	Elena	1	14	1999
12	Cerda	Sienna	1	14	1998
12	Clark	Andrew	1	14	1998
12	Kiefreider	Zoe	1	14	1998
12	Kimura	John	1	14	1998
9	Lyles	Freddie	1	15	2001
11	Castellanos	Isaac	1	15	1999
11	Douma	Rawda	1	15	1999
11	Landaverde	Anthony	1	16	1999
9	Taylor	Timothy	1	17	2001
10	de Waart	Philip	1	17	2000
10	Villa	Angel	1	17	2000
9	Anderberg	Carter	1	18	2001
9	Cerda	Erick	1	18	2001
10	Claverie	Brooke	1	18	2000
11	Shinh	Reema	1	18	1999

Week 18 – No Office Hours & No Seminars	Monday, 1/11 110 min. classes 40 minute advisory	Tuesday, 1/12 110 min. classes 40 minute advisory	Wednesday, 1/13 115 min. classes 20 minute advisory	Thursday, 1/14 115 min. classes 20 minute advisory	Friday, 1/15 40 min. classes 55 min. advisory
	no office hours	no office hours	no office hours	no office hours	P1: 10:00 – 10:40 P2: 10:45 – 11:25 P3: 11:30 – 12:10
	Advisory 9:00 – 9:40	Advisory 9:00 – 9:40	P1 9:00 – 10:55	P2 9:00 – 10:55	
	P1 9:45 – 11:35	P2 9:45 – 11:35	P3 11:00 – 12:00	P4 11:00 – 12:00	
	P3 11:40 – 12:40	P4 11:40 – 12:40			
	Lunch 12:40 – 1:10	Lunch 12:40 – 1:10	Lunch 12:00 – 12:30	Lunch 12:00 – 12:30	Lunch 12:10 – 12:40
	P3 (continued) 1:15 – 2:05	P4 (continued) 1:15 – 2:05	P3 (continued) 12:35 – 1:30	P4 (continued) 12:35 – 1:30	Advisory: 12:45 – 1:40 P4: 1:45 – 2:25 P5: 2:30 – 3:10 P6: 3:15 – 3:55
			P5 1:35 – 3:30	P6 1:35 – 3:30	
P5 2:10 – 3:55	P6 2:10 – 3:55	Advisory 3:35 – 3:55	Advisory 3:35 – 3:55		
After School	JV boys basketball away vs. Shalhevet 5:00	Girls soccer away vs. ECHS 3:00	JV boys basketball home vs. Animo 4:30 Girls soccer home vs. Vistamar 4:30	Varsity boys basketball away vs. Shalhevet 5:00	Girls soccer home vs. Animo 4:30 JV boys basketball Away vs. ECHS 6:30 Boys soccer away vs. Anaheim 3:00

WEEK 18 ADVISORY PLAN: TIME & STRESS MANAGEMENT

Monday, 1/11 (40 min.)	Tuesday, 1/12 (40 min.)	Wednesday, 1/13 (20 min.)	Thursday, 1/14 (20 min.)	Friday, 1/15 (55 min.)
Choose an advisory game from this week! - Holiday Break Candy Wrap - The Body Parts Game - HIYA! - Cheerleader Rock-Paper-Scissors	- Students will review reflection questions about how they de-stress and have a short class discussion. - Play relaxing music and have students choose a coloring page. Coloring pages are taken from therapeutic adult coloring books created to de-stress. Encourage students not to talk and just take time to relax and unwind. Materials Needed: crayons, markers, or colored pencils	Ted Talks & Discussion – Kelly McGonigal: How to Make Stress Your Friend (14:25)	Yoga video led by Jamie Larson.	Fun Friday! 1st 20 minutes – stay in classrooms and review community & school service requirements (pages 6 & 7 of planner) Last 35 minutes – family time <u>or</u> host an advisory for a competition or movie or...

Week 19 – First Week of Seminars	Monday, 1/18	Tuesday, 1/19 <i>100 min. classes 70 min. seminar</i>	Wednesday, 1/20 <i>100 min. classes 70 min. seminar</i>	Thursday, 1/21 <i>80 min. classes 60 min. grade-level time 65 min. seminar</i>	Friday, 1/22 <i>80 min. classes 65 min. seminar</i>
	MLK, Jr. Day – no school	office hours 8:00 – 8:50	office hours 8:00 – 8:50	office hours 8:00 – 8:50	P1 10:00 – 11:20
		P2 9:00 – 10:40	P1 9:00 – 10:40	P2 9:00 – 10:20	P3 11:25 – 12:45
		P4 10:45 – 12:25	P3 10:45 – 12:25	P4 10:25 – 11:45	
		Lunch 12:25 – 12:55	Lunch 12:25 – 12:55	Lunch 11:45 – 12:15	
		P6 1:00 – 2:40	P5 1:00 – 2:40	Grade-Level Time 12:20 – 1:20	P5 1:20 – 2:45
		P8 2:45 – 3:55	P7 2:45 – 3:55	P6 1:25 – 2:45	
				P8 2:50 – 3:55	P7 2:50 – 3:55
After School		School Site Council Mtg.			

Week 20	Monday, 1/25 <i>100 min. classes 70 min. seminar</i>	Tuesday, 1/26 <i>100 min. classes 70 min. seminar</i>	Wednesday, 1/27 <i>90 min. classes 30 min. advisory 65 min. seminar</i>	Thursday, 1/28 <i>90 min. classes 30 min. advisory 65 min. seminar</i>	Friday, 1/29 <i>40 min. classes 55 min. advisory</i>
	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
			P5 1:15 – 2:45	P6 1:15 – 2:45	
	P7 2:45 – 3:55	P8 2:45 – 3:55	P7 2:50 – 3:55	P8 2:50 – 3:55	
After School					