



Key Dates- Class of 2019

Monday, February 2	Counselors meet with 8 th grade classes at WCI and distribute course selection and registration information. Online information link becomes active on Las Lomas webpage.
Thursday, February 5	Parents (Only) Orientation meeting Las Lomas Gym, 5:30 PM Las Lomas Open House Classroom Visits 7:00 – 8:30 PM
Monday, February 2 through Monday, February 9	Online course request window Instructions included in Registration Packet
Tuesday, February 10	Registration documents and course selections turned into WCI English classes
Monday April 6 through Friday, May 1	Parent and student appointments with counselors at Las Lomas
August, exact dates and times TBD	Address Verification at Las Lomas
August, exact date and times TBD	TRI-S at Las Lomas
Monday, August 24	First Day of School

LAS LOMAS HIGH SCHOOL

ACALANES UNION HIGH SCHOOL DISTRICT

1460 S. Main Street, Walnut Creek, CA 94596

(925) 280-3920

FAX: (925) 280-3921

MATTHEW CAMPBELL
Principal

JOHN NICKERSON
Superintendent

January, 2015

Dear Students and Parents/Guardians of the Class of 2019,

I would like to be the first to welcome you to Las Lomas High School, “Home of the Knights”. We are looking forward having you become part of our school community as we continue to build on the legacy that Las Lomas has earned since 1951. As Principal, I believe one of the keys to being successful in high school is finding a connection through your academic, athletic, or artistic interests. Las Lomas offers a wide range of activities that fit the interests and desires of a broad range of students. Our staff is dedicated to providing you with the opportunities to be successful and we offer the help and guidance you will need to grow and realize your full potential.

I want you to be involved in your own education, taking advantage of the many opportunities Las Lomas has to offer. I encourage you to utilize the many staff members who are dedicated to helping you succeed. My door is always open to students as well!

I look forward to meeting you during the Spring class registration process and during our Fall TRI-S school registration sessions.

Go Knights!

Matthew Campbell
Principal



*National Blue Ribbon School 2008
California Distinguished School 2003 & 2007*

Las Lomas Counseling Office

Dear Parents of the Class of 2019:

I would like to take this opportunity to extend to you and your daughter or son a warm welcome to Las Lomas High School. The following is our schedule for registering students who will be entering Las Lomas as freshman in the fall of 2015. **(Please note: proof of residency must be provided for every student entering Las Lomas. This process will begin in August.)**

- **Monday, February 2nd:** Counselors visit classes at WCI and distribute registration packets and information on required courses and elective choices. The packet will include: (1) Forms to be filled out and returned the following week to WCI English classes. (2) Information related to course selection to be used for planning the 9th grade. (3) **Instructions for completing the online course request system. Your student should bring this packet home for you to review and take to the evening orientation.**
- **Monday, February 2nd:** Online information link for new students launches on Las Lomas webpage www.acalanes.k12.ca.us/laslomas . Just look for the “New Student Info” button. This link should help you, as an incoming Las Lomas parent, feel like you are already part of our community! There are pages that answer questions about everything from Tri-S to Key Dates for the year to LLHS Bell Schedules. Please read it all and then print out what you need. Further information will be sent to you.
- **Monday, February 2nd – Monday February 9th:** Online course request window. After discussing class selections with your student, you must enter those choices and alternate selections online. Instructions are included in the Registration Folder. Please review the course selection guidelines on the back of this sheet.
- **Thursday, February 5, 5:30pm:** Eighth grade *parent only* orientation meeting at Las Lomas gym. Very important meeting reviewing and addressing questions regarding 9th grade course requirements and elective courses. Please bring with you the registration folder your student brought home on February 2nd. You should leave this meeting with a rough draft of course selections.
- **Thursday, February 5th, 7:00pm:** Las Lomas Open House. Eighth graders and parents are encouraged to attend. Classroom demonstrations, art exhibits, musical entertainment are only a few of the exciting things planned for that evening.
- **Tuesday February 10th:** Registration forms are due in English classes at WCI.
- **Monday, April 6- Friday, May 1:** Individual counselor appointments with student and parents to discuss schedule, transition to high school and the beginnings of a four year plan. **The appointment time and date will be on a sticker on the cover of the folder your student received at WCI on February 2nd.** If you are unable to make your scheduled time, please e-mail bchastain@acalanes.k12.ca.us to request to change your given appointment. **

**Although we are attempting to match student and counselor for our individual appointments, actual assignment of counselors will occur at TRI-S.

We are looking forward to meeting you and your daughter or son. This registration is a very important first step to a successful four year experience at Las Lomas.

Sincerely,

Ms. Kara Bloodgood
Ms. Amelia Whalen

Ms. Marilyn Lewis-Hampton
Ms. Valerie Wright-Smith

Ms. Hanalee Washburn

Grade 9 Course Selection Guidelines

Required Classes

English 1, World History, PE and Math (based on recommendations by 8th grade math teachers)

Academic Electives

World Languages – Spanish, French and Japanese

85% of 9th graders take a world language. Although a vast majority of 9th graders receive their first language choice, a student **must** choose an alternate to maximize the chances of getting a language.

Students should have a “B” in English and a 2.5 or higher overall GPA in 8th grade to predict success in a world language in 9th grade. Students who have not achieved this level often start a world language in the 10th grade.

Students who have taken two years of a world language at WCI will be recommended by their teacher for either level one or level two dependent on the student’s performance.

Science – Biology

Students who are recommended for geometry in the 9th grade may select the sophomore science requirement - Biology, as a 9th grade course choice. Although many of the students who qualify for and select Biology in the 9th grade receive the course, it is **not guaranteed** as sophomores have priority.

Other Electives

Students need to select alternates for each elective first choice. A 6 period day is required. Students may request to take 7 classes, but it is not guaranteed. **Scheduling constraints may result in an unrequested study hall included in your child’s schedule.**

Athletic Physical Education Application

Athletic physical education was implemented to help both freshman athletes and teachers of 7th period classes cope with athletic contests that require a departure time before 3:05 pm. The members of the Las Lomas Physical Education Department are willing to put in the extra time it takes to make this work.

The basic requirements to be considered for Athletic PE are:

- Currently active in interscholastic and/or club sport
- Planning to participate in two or more sports at Las Lomas during their freshman year
- Good Citizenship
- Above a 2.0 GPA
- Recommended from the WCI Physical Education Department

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Volleyball-G	Wrestling	Swimming (Diving)(B-G)
Cross Country(B-G)	Basketball (B-G)	Track (B-G)
Football	Soccer-G	Baseball
Water Polo (B-G)	Soccer-B	Softball
Gymnastics-G		Tennis-B
Tennis-G		Golf-B
Golf-G		Lacrosse (B-G)
Cheer		Volleyball-B

Name _____

GPA _____

PE grade _____

Sports you are interested in playing at Las Lomas:

1. _____ 2. _____ 3. _____

Sports you have played at WCI:

1. _____ 2. _____ 3. _____

Sports you participated in outside of the school

Please list a coach for a reference

_____ Phone # _____

_____ Phone # _____

**RETURN APPLICATIONS TO Mr. Miller AT WCI
BEFORE MAY 5th, 2015**

Las Lomas Bell Schedules

M, T, Th, F Daily Schedule

Period A	7:00 – 7:50
Period 1	8:00 – 8:50
Period 2	8:55 – 9:45
Brunch	9:45 – 9:55
Period 3	10:00 – 10:50
Period 4	10:55 – 11:45
Lunch	11:45 – 12:20
Period 5	12:25 – 1:15
Period 6	1:20 – 2:10
Period 7	2:15 – 3:05

Rally Schedule

Period A	7:00 – 7:50
Period 1	8:00 – 8:46
Period 2	8:51 – 9:37
Brunch	9:37 – 9:47
Period 3	9:52 – 10:38
Period 4	10:43 – 11:29
Rally	11:34 – 11:57
Lunch	11:57 – 12:32
Period 5	12:37 – 1:23
Period 6	1:28 – 2:14
Period 7	2:19 – 3:05

Wednesday Late Start

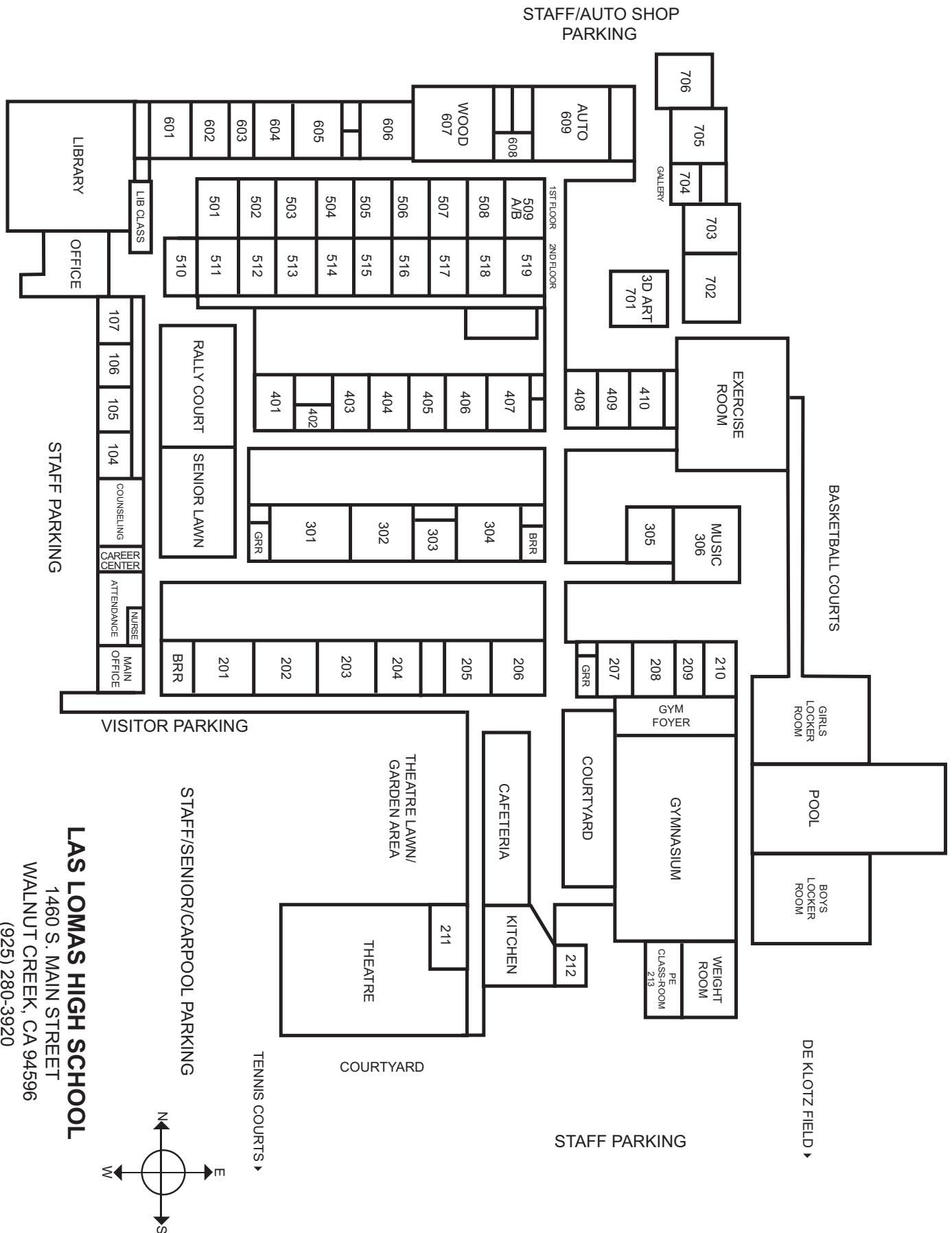
Meeting	7:30 – 8:25
Period A	7:45 – 8:30
Period 1	8:35 – 9:20
Period 2	9:25 – 10:10
Brunch	10:10 – 10:20
Period 3	10:25 – 11:10
Period 4	11:15 – 12:00
Lunch	12:00 – 12:35
Period 5	12:40 – 1:25
Period 6	1:30 – 2:15
Period 7	2:20 – 3:05

Assembly

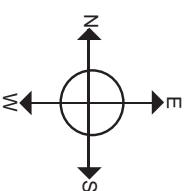
Period A	7:00 – 7:50
Period 1	8:00 – 8:43
Period 2	8:48 – 9:31
Brunch	9:31 – 9:41
Period 3	9:46 – 10:29
Period 4	10:34 – 11:17
Assembly	11:22 – 12:05
Lunch	12:05 – 12:41
Period 5	12:46 – 1:29
Period 6	1:34 – 2:17
Period 7	2:23 – 3:05

Club			
Academic Decathlon			
Auto Club			
Bike Club			
Brazilian Club			
Chameleon Club			
Chinese Yo-Yo Club			
Christian Club			
Creek Kids Care			
CTF Club			
E Club			
ELD Connect			
Environmental Club			
Fantasy Sports Club			
Film Club			
French Club			
Future Business Leaders of America			
Gay-Straight Alliance (GSA)			
Hiking Club			
Homestuck Club			
H.O.P.E.			
Human Rights Club			
Improv Club			
Interact Club			
International Club			
Invisible to Invincible			
Japanese Club			
Keys Club			
Las Lomas Beach Society			
Martial Arts Club			
Mathematics Club			
Pep Band			
Photography Club			
Political Club			
Project Open Hands			
Quidditch Club			
Ride for the Cure			
Science Club			
Skin Care Club			
Spanish Club			

Speech and Debate			
Sports for Kids			
Stock Market Club			
Stretching Club			
Support Your Troops			
The Apple Project (TAP)			
Webcomic Club			
Y.A.Y Club (Youth Always Young)			
Yearbook Club			



LAS LOMAS HIGH SCHOOL
 1460 S. MAIN STREET
 WALNUT CREEK, CA 94596
 (925) 280-3920



SOUTH MAIN STREET

Frequently Asked Questions by Knight Parents

1. Who is the Principal?

Mr. Matthew Campbell is the Principal at Las Lomas High School.

2. What is the Las Lomas High School website?

www.acalanes.k12.ca.us/laslomas/

3. What is the Las Lomas PTSA (Parent/Teacher/Student Association) website?

www.laslomasptsa.com

4. What is “TRI-S”?

TRI-S literally means 3-S’s – Sales, Sign-ups and Schedules. **All** students must go through TRI-S **annually in August** before they can attend school.

5. What is “The Student Daily Bulletin”?

The Daily Bulletin is a bulletin read to the student body during 2nd period. It will let students know what is going on at school, sporting events, tests dates, etc.

6. When is the library open?

The library is open at 7:30 every morning and closes at 5:45 every weekday afternoon.

7. When is the computer lab open?

The computer lab, which is located in room 203, is opened at 7:30 every morning and closes at 4:00 every afternoon. The computer lab supervisor is Michael McEwen.

8. Who is my student’s Guidance Counselor?

Ms. Amelia Whalen (A-Cho), Ms. Hanalee Washburn (Chu-Hoe), Ms. Kara Bloodgood (Hol-Me), Marilyn Lewis-Hampton (Mi-Sc), Ms. Valerie Wright-Smith (Se-Z). These alpha groups are subject to change and will not be finalized until TRI-S in August.

9. Who are the Parent Advisors?

A list of all the parent advisors can be found on www.laslomasptsa.com. The Advisors work with the class officers in planning events for their class.

10. What is the phone number for attendance?

(925) 280-3923 or 280-3920 Ext. 2111 is used to clear absences, tardies, and request permits to leave campus.

11. Who is my student’s Associate Principal?

Shannon Rogers (A-H), Amanda Renno (I-R) and Andrew Briggs (S-Z)

12. What sports teams are at Las Lomas and when are their seasons?

Fall – Football, Boys/Girls: Cross Country and Water Polo, Girls: Golf, Tennis, and Volleyball; Fall season sports start before school starts.

Winter – Wrestling, Boys/Girls: Basketball and Soccer

Spring – Baseball, Softball, Boys/Girls: Lacrosse, Swimming/Diving and Track, Boys: Golf, Tennis, and Volleyball

For athletic clearance/physical information consult the Las Lomas webpage.

You will need a physical signed after July 1st to participate each school year.

Academic eligibility for Fall sports (2.0 or higher) will be based on final semester of 8th grade for the start of your freshman year.

Goto the Athletics page of the Las Lomas web site for further information and forms needed for physicals.

13. How many clubs are there at Las Lomas?

There are many clubs, which change from year to year. For a current list see Ms. Carlson in the Leadership Office.

14. Can you choose your student’s teachers?

No, the schedule determines who your student’s teachers will be.

15. Is there a “late start” day?

Yes, every Wednesday, “A” period starts at 7:45am and first period starts at 8:35am.

16. If your student is struggling who do you go to for help?

First contact the teacher, second the counselor, and third the appropriate Associate Principal. The best way to contact any staff member is by email (1st initial, full last name @acalanes.k12.ca.us for example to contact the principal, Matthew Campbell, you would email mcampbell@acalanes.k12.ca.us).

17. Is attendance and being to class on time important?

Yes, because after a number of tardies, your child will be referred to detention or Saturday School. After 3 cuts your child will be referred to SARB (Student Attendance Review Board).

18. What do all visitors need to do when they come on to campus?

Any visitor, which is defined as someone who is not a student or campus personnel, is required to sign in at the Attendance Office before entering the campus. Las Lomas is a closed campus during school hours and visitors must have prearranged appointments. Please respect this rule for the safety of our students and staff.

19. Where are the Main Office, Attendance Office and Counseling Office?

The Main Office is the door located behind the flag pole as you cross the bridge and enter the school. Both the Attendance and Counseling Offices are located around the corner, down the first hallway to your left. The Nurse's Office is also located in the Attendance Office.

20. Who is the superintendent of the Acalanes Union High School District?

John Nickerson

21. Three Knight Rules To Live By:

1. Do the right thing. 2. Treat others how you want to be treated yourself. 3. Help make LLHS a better place.

[This information is accurate as of November, 2014.](#)

LAS LOMAS HIGH SCHOOL

Peer Tutoring Program

Get Help From Fellow Students In:

- Foreign Language
- Math
- Science
- English
- Social Studies

Students wanting aid in any subject can drop in the College/Career Center and obtain the names and telephone number of qualified volunteer student peer tutors. Individual arrangements can then be made with a peer tutor at a mutually agreeable time. Parents can also contact the College/Career Center for information about peer tutors or adult paid tutors.

Las Lomas High School College/Career Center

Phone: 925-280-3920 Email: esmith@acalanes.k12.ca.us FAX: 925-935-1436

LAS LOMAS eCommunications Sign-up Instructions 2015-16

Why Subscribe to Las Lomas Email Communications?

- Avoid missing important school announcements and information on upcoming events from Las Lomas High School, Acalanes Union High School District (AUHSD), Las Lomas parent groups (PTSA, Athletic Boosters, and Performing Arts Foundation), the Classes (Seniors, Juniors, Sophomores and Freshmen) and WCEF;
- No printed newsletters are sent home – important school information is sent by email and is posted on the websites <http://www.acalanes.k12.ca.us/laslomas> and <http://www.laslomasptsa.com>;
- The email list is used only by groups affiliated with AUHSD – never sold or given to outside groups;
- You may list multiple emails to receive eCommunications at various locations (home, work, etc.);
- You can “un-subscribe” from the list at any time.

How to Subscribe

If you currently receive emails as part of WCI's e-communications and will be enrolling your student at Las Lomas, your email address(es) will automatically be entered into the Las Lomas email list near the end of this school year. If you are currently not receiving Las Lomas or WCI emails or would like to add additional email addresses, please follow the instructions below.

1. Go to the LL PTSA home page <http://www.laslomasptsa.com>.
2. Enter your email address in the "Join the Las Lomas High School Email List" box and click "Go".
3. Follow the *Do-It-Yourself* email instructions and select the areas of interest for which you would like to receive emails from us. Please note, for your convenience we will subscribe you in the General, Daily Bulletin and appropriate Class Specific interest categories at the end of this school year. You have the option to change your interest categories or remove yourself from all email lists at any time.

New Students	Important information regarding school registration, residency verification, new student orientation, fall sports clearance, etc.
General	News of interest to the entire Las Lomas community including emergency alerts, messages from the principal, eBoletin (weekly newsletter containing up-to-date information on important school announcements, upcoming events and pertinent calendar dates), Athletic Boosters announcements, Counseling Department, etc.
Daily Bulletin	Information directed at the students of Las Lomas and read over the PA system during 2nd period each day. This student bulletin is repeated in an email version for parents if they want to stay current with daily student information.
Class Specific	Information pertinent to each class (Seniors, Juniors, Sophomores, Freshmen)

Websites

Las Lomas High School

<http://www.acalanes.k12.ca.us/laslomas>

Las Lomas PTSA

<http://www.laslomasptsa.com>

Acalanes Union High School District

<http://www.acalanes.k12.ca.us>



KNIGHTS

Las Lomas High School

January 2015

Dear Parents and Students:

WHAT'S COOKIN' in the Las Lomas Café?

- Fresh, delicious and nutritious meals served at mid-morning break and lunch.

We also offer healthy beverage and snack choices, along with delicious yogurt and fruit parfaits served with crunchy, wholesome granola.

- What's so special about our bread? Alvarado Street Bakery provides healthy, organic bread, sandwich rolls and hamburger buns which they deliver fresh from their kitchen to ours.
- What's our produce pick? We serve fresh, seasonal and local produce. Delicious Brentwood peaches, nectarines, plums, strawberries, Mandarin oranges, kiwi and melons. Fresh vegetables choices include jicama with lime, cucumber sticks, zucchini, broccoli, corn, garden side salads, cherry tomatoes, winter squash and sweet potatoes.

Nutritious Lunches prepared fresh daily in our kitchen include:

- Warm, homemade pizzas
- Hand-rolled burritos
- South of the Border Nachos with healthy topping choices
- Freshly made salads and sandwiches
- A variety of Asian rice bowls, including Mandarin orange chicken and Edamame Kung Pao chicken with broccoli and rice
- Pasta dishes, including penne pasta with Italian meat sauce, Cheese tortellini with creamy pesto sauce and Rotini with Marinara sauce. All served with a crisp garden salad.

Our meals exceed the USDA nutrition requirements for fruits, vegetables, and whole grains. Daily Specials are advertised in the Daily Bulletin and the menu is posted on the Las Lomas website.

Diane Deshler
Director of Food Services
ddeshler@acalanes.k12.ca.us

Las Lomas Cafeteria Staff
Food Service Manager, Mary Summers
Claudia Reyes
Ed Alvarez
Alice Sorenson
Lucio Garcia
Socorro Martinez

Here's some feedback on our lunches from Las Lomas students:

“I like the pastas. My favorite is the spaghetti. It’s delicious!”

Nick – Sophomore

“I like the fruit cups. The apricot and peaches are really good, but my favorite is the green grape cups.”

Ashton – Junior

“I love the pizza with the olives and tomatoes. It’s really good.”

Sarah – Sophomore

“My favorite thing to order is the popcorn chicken salad. It’s healthy and good.”

Jose – Sophomore

“I like the variety and how they change things up every day. The Chinese orange chicken is my favorite.”

Brendan – Senior

“The sausage and cheese zombies are amazing! I love the spicy chicken patties and the orange chicken too.”

Nicole – Junior

“I truly think the nachos are quality. They fill me up and the cheese melts really good.”

Emil – Junior

Pre-Pay Account Information

Our District offers an on-line pre-payment system where you may deposit money into your child’s food account. Cash is accepted as well.

To set up a pre-payment account, go to: **myschoolbucks.com** and follow the simple process.

All students, whether they have a prepay account or not, will have their own personal meal account based on their Student ID number. Students may either scan their ID card or enter their ID number into a pin pad located at the cafeteria registers.

Monies paid into this account may only be used for purchases in the Cafeteria.

This system allows students to use the funds they have available. It does not allow negative balances.

Applications to receive free or reduced priced meals are available from your school office or the AUHSD website at www.acalanes.k12.ca.us. If your child has qualified for a free or reduced-priced meal, this information is securely contained within the system and the meal will be processed the same. Applications must be completed for each new school year.

To learn more about our delicious, healthy menus, please contact Diane Deshler, Director of Food Services at: ddeshler@acalanes.k12.ca.us or 925-280-3960 x 5907.