LAS LOMAS HIGH SCHOOL

ACALANES UNION HIGH SCHOOL DISTRICT

1460 S. Main Street, Walnut Creek, CA 94596

(925) 280-3920

FAX: (925) 280-3921 **JOHN NICKERSON**

Superintendent

MATTHEW CAMPBELL

Principal

January, 2016

Dear Students and Parents/Guardians of the Class of 2020

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



Las Lomas Counseling Office

Dear Parents of the Class of 2020:

We 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 2016. (Please note: proof of residency must be provided for every student entering Las Lomas. This process will begin in August.)

- Thursday, January 28: 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.
- Thursday, January 28: 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.
- <u>Thursday, January 28– Monday February 8th</u>: 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 4, 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 January 28. You should leave this meeting with a rough draft of course selections.
- <u>Thursday, February 4th, 7:00pm</u>: 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.
- <u>Tuesday February 9th</u>: Registration forms are due in English classes at WCI.
- Monday, April 11- Friday, May 6: 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 Thursday, January 28. If you are unable to make your scheduled time, please e-mail bchastain@acalanes.kl2.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. Marilyn Lewis-Hampton Ms. Hanalee Washburn Ms. Amelia Whalen Ms. Valerie Wright-Smith

LAS LOMAS ASSISTANCE Where to Find Help?

Las Lomas High School

Phone: (925) 280-3920 FAX: (925) 280-3921

ASSISTANCE WHO TO CONTACT EXT/PHONE

Absence Reporting		280-3923
Appointments with Teachers	Individual teachers	phone / email
Book & Library Fines	Library	2132
Boosters Club	Dave McCandless, President	president@laslomasboosters.com
Calendar (School)	Principal's Secretary, Yvonne Richmond	2103
Career / College Information	College/Career Advisor, Ellen Smith	2117
Computer Passwords	Library, Nelson Bermudez	2131
Counseling Office	Registrar, Beth Chastain	2119
Support Counselor	Claire Arbour	2603
CSF Honor Society	Ellen Smith	2117
Daily Bulletin Announcements	Counseling Office, Mira Brown	2120
Volunteer Driver Insurance Verification	Allison Ridenhour	2116
Email Subscriptions("eNews")	laslomasptsa@yahoo.com	
Guest Passes to Dances	Attendance Office	2111
Health Services	Nurse, Kathi Mooney	2112
Homework Requests	Attendance Office	2111
Independent Study Contract	Attendance Office	2111
Injury Reports (Students)	Nurse, Kathi Mooney	2112
Job Listings (Students)	College/Career Center	2117
Las Lomas Alumni Association	laslomasalumni@yahoo.com	2847
Leadership	Activities Director, Kim Fisher	2811
Library	Librarian, Mary Walfoort	2132
Locker Assignment / Problems	Attendance Office	2111
Lost & Found (Athletic)	PE	2218
Lost & Found (Books)	Library	2132
Lost & Found (Personal)	Attendance Office	2111
Lunch, Federal Assistance	Rita Nozzolillo, AUHSD Service Center	280-3900 x5914
New Student Registration	Registrar, Beth Chastain	2119
Nurse	Kathi Mooney	2112
The Page Subscription	Emelie Gunnison	2825
Parking Permits	Attendance Office	2110
Performing Arts Foundation	Johanne Paulin, President	johanne@yourprojectguru.com
Physicians' Reports	Nurse, Kathi Mooney	2112
Pictures (School & Senior)	Main Office	2101
Principal	Matt Campbell	2103
PTSA	Sue, Frost, President	laslomasptsa@yahoo.com
PTSA Liaison	Matt Campbell, Principal	2103
SAT, ACT, PSAT Information	Testing Coordinator, Allison Ridenour	2116
Sports Clearances	Athletic Director, Tim Kruger	2863
Sports Eligibility - Appeal	Associate Principals	2115
Student Body Cards	Main Office	2136
Student Body Funds	Main Office	2136
Superintendent	John Nickerson, AUHS District Office	280-3900 x6602
Technology	Amanda Renno	2114
Transcripts (Current Students)	Counseling Office, Beth Chastain	2119
Transcripts (LL Graduates)	Counseling Office, Beth Chastain	2119
Transfers, Inter- & Intra-district	AUHSD Office/Stephanie Thompson	280-3900 x6629
WCEF / Las Lomas Site Co-Chairs	Lisa Sun, Mary Joslin, Anne Woods	
Webmaster (School's Website)	Peat Sutherland	2885
Work Permits	College Career Center, Allison Ridenhour	2116
Work Permits (Summer)	Acalanes Union High School District Office	280-3900
Publications (formerly Yearbook)	Ami Zensius	2804



Key Dates- Class of 2020

Thursday, January 28 Counselors meet with 8th grade

classes at WCI and distribute course selection and registration information. Online information link becomes active on Las Lomas webpage.

Thursday, February 4 Parents (Only) Orientation meeting

Las Lomas Gym, 5:30 PM Las Lomas Open House

Classroom Visits 7:00 – 8:30 PM

Thursday, January 28 through Online course request window

Monday, February 8 Instructions included in Registration

Packet

Tuesday, February 9 Registration documents and course

selections turned into WCI English

classes

Monday April 11 through Parent and student appointments with

Friday, May 6 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 22 First Day of School



calanes Union High School District

ACADEMIC CALENDAR

Note: First day of instruction is August 22

Last day of instruction is June 9

2016-2017 SCHOOL YEAR

1st Semester Days Student Days: 2nd Semester Days **Teacher Days: JULY 2016 AUGUST 2016** SEPTEMBER 2016 Mon Tue Wed Thur Fri Sat Mon Tue Wed Thur Fri Sat Tue Wed Thu Sun Sun Mon Fri Sat Sun OCTOBER 2016 **NOVEMBER 2016 DECEMBER 2016** Mon Wed Fri Tue Thur Sat Mon Tue Wed Thur Fri Mon Tue Wed Thu Fri Sat Sat Sun **FEBRUARY 2017 JANUARY 2017 MARCH 2017** Fri Mon Tue Wed Thur Fri Sat Mon Tue Wed Thur Sat Mon Tue Wed Thu Sat SD FE/Q WD Q **APRIL 2017 MAY 2017 JUNE 2017** Mon Tue Wed Thur Fri Sat Mon Tue Wed Thur Fri Sat Sun Mon Tue Wed Thu Fri Sat Sun Sun FE/Q WD 29/30

Calendar Coding:

First and Last Day of School
Non-School Days

Staff Development, Work, or Institute Days

Semester Exams: January 17-20 and June 6-9

End of Quarter

Back to School & Open House

1st Semester Ends: January 20 2nd Semester Ends: June 9

Board Adopted: March 18, 2015

Las Lomas Bell Schedules

M, T, Th, F Daily Schedule		Rally Schedule		
7:00 – 7:50	Period A	7:00 – 7:50		
8:00 - 8:50	Period 1	8:00 - 8:46		
8:55 – 9:45	Period 2	8:51 – 9:37		
9:45 – 9:55	Brunch	9:37 - 9:47		
10:00 - 10:50	Period 3	9:52 - 10:38		
10:55 – 11:45	Period 4	10:43 – 11:29		
11:45 – 12:20	Rally	11:34 – 11:57		
12:25 – 1:15	Lunch	11:57 – 12:32		
1:20 – 2:10	Period 5	12:37 – 1:23		
2:15 - 3:05	Period 6	1:28 - 2:14		
	Period 7	2:19 - 3:05		
	7:00 - 7:50 8:00 - 8:50 8:55 - 9:45 9:45 - 9:55 10:00 - 10:50 10:55 - 11:45 11:45 - 12:20 12:25 - 1:15 1:20 - 2:10	7:00 – 7:50 Period A 8:00 – 8:50 Period 1 8:55 – 9:45 Period 2 9:45 – 9:55 Brunch 10:00 – 10:50 Period 3 10:55 – 11:45 Period 4 11:45 – 12:20 Rally 12:25 – 1:15 Lunch 1:20 – 2:10 Period 5 2:15 – 3:05 Period 6		

<u>Wednesday Late Start</u>		<u>A</u> 9	<u>Assembly</u>		
Meeting	7:30 – 8:25	Period A	7:00 – 7:50		
Period A	7:45 - 8:30	Period 1	8:00 - 8:43		
Period 1	8:35 - 9:20	Period 2	8:48 - 9:31		
Period 2	9:25 - 10:10	Brunch	9:31 – 9:41		
Brunch	10:10 - 10:20	Period 3	9:46 - 10:29		
Period 3	10:25 – 11:10	Period 4	10:34 – 11:17		
Period 4	11:15 – 12:00	Assembly	11:22 – 12:05		
Lunch	12:00 – 12:35	Lunch	12:05 – 12:41		
Period 5	12:40 – 1:25	Period 5	12:46 – 1:29		
Period 6	1:30 – 2:15	Period 6	1:34 – 2:17		
Period 7	2:20 - 3:05	Period 7	2:23 - 3:05		

LAS LOMAS eCommunications Sign-up Instructions 2016-17 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 <u>receive</u> 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

Revised: 11/15/12

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.**

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 a list of contacts for 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



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

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> Volleyball-G	Winter Wrestling	<u>Spring</u> 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 grad	de
Sports you are interested in	playing at Las Lomas:	
1	2	3
Sports you have played at V	VCI:	
1	2	3
Sports you participated in o	utside of the school	
		_
Please list a coach for a refe		
	Phone #	
	I none "	

RETURN APPLICATIONS to WCI BEFORE MAY 6th, 2015

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 Americ	a	
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		

Sheet1

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		

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. TRI-S information will be mailed home in July.

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?

Students will be assigned a counselor by their last name. For the 2015-16 school year, the counseling alpha groups are as follows: Ms. Amelia Whalen (A-Em), Ms. Hanalee Washburn (En-K), Ms. Kara Bloodgood (L-Pi), Marilyn Lewis-Hampton (Pl-U), Ms. Valerie Wright-Smith (V-Z). These alpha groups are subject to change and will not be finalized for the 2016-17 school year until TRI-S in August.

9. Who are the Parent Advisors?

A list of all the parent advisors can be found on <u>www.laslomasptsa.com</u>. 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?

Students will be assigned to an Associate Principal by their last name. For the 2015-16 school year, the alpha groups are as follows: Shannon Rogers (A-E), Amanda Renno (F-N) and Scott Biezad (O-Z). These alpha groups are subject to change and will not be finalized for the 2016-17 school year until after the start of school.

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

<u>Fall</u> – 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

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

For athletic clearance/physical information consult the Athletics page of the Las Lomas web site. 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. Go to 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 look at the "Clubs" tab under "Students" on the Las Lomas web site.

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 down the first hallway off visitors' parking. 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 December, 2015.

