

March 2010

Dear Parents:

The Escondido High School counselors will be conducting orientation with the 8th grade students during the week of March 15th at their middle schools. At this time we will be explaining the curricular opportunities and assisting in planning an appropriate and balanced high school schedule with your child.

To provide you with the information you will need to assist your student in planning his/her high school program, we invite you to attend our "Cougar Classic Night." This event is designed to introduce you to Escondido High School. There will be tables and displays providing you with information about our school's curriculum and extra-curricular activities such as the sports programs, clubs and other opportunities that are available to all students at Escondido High School. The counseling staff will provide you with the information needed to assist you and your student in the planning of their 9th grade course selections.

If you are coming from a private school or a middle school we do not visit for an orientation program, you are invited to this special evening. We will provide you with all the needed information and will have a sign-up available for scheduling an appointment for private school course selections.

All the activities for this event begin at 6:00 p.m. on Thursday March 18, 2010.

In the event of rain, we will have an alternative venue

| | | |
|-----------------|--|--------------|
| 6:00 -6:30 p.m. | Department displays, Clubs, Parent Boosters, ASB Activities, | Green Top |
| 6:30.-6:50 p.m. | 8th Grade Parent General Assembly | GYM |
| 7:00- 7:30 p.m. | Counselor Break out Presentation <i>Developing the 9th grade course selections</i> <i>Questions and answers</i> | LocationsTBA |

We look forward to meeting with you on this evening as a great beginning to your student's high school career.

Sincerely,
The Counseling Staff



**Escondido High School
Cougar Classic
8th Grade Parent Night Agenda
March 18, 2010**

- 6:00-6:30 p.m.** **Departmental Displays/Activities, ASB Clubs**
In the event of rain, we will have an alternative venue
- 6:30-6:50 p.m.** **8th Grade Parent General Meeting**
1) Principal's Message -Rich Watkins
2) Introduction of Parent Boosters
- 7:00-7:30 p.m.** **Counselor's Presentation Breakout**
Developing the 9th grade course selections
Questions/answers

Topics to be covered

- **Graduation Requirement**
- **College Admissions**
- **MAP your future**
- **9th Grade course selections**
- **The Three "A"s**
- **"Keeping in Touch"**

8TH Grade Parent's Night
Keeping You Informed"
 Calendar for 2009-2010
First Semester

| | |
|-------------------|-----------------------------------|
| August 10..... | School Begins |
| September 18..... | 1st Six - Week Progress Report |
| October 30..... | 2nd Six - Week Progress Report |
| December 18..... | Final 1st Semester Report Card |

Second Semester

| | |
|------------------|----------------------------------|
| January 5..... | Start 2 nd Semester |
| February 12..... | 1st Six- week Progress Report |
| March 26..... | 2nd Six- Week Progress Report |
| May 27..... | 2nd Semester Report Card |

Progress reports and report cards will be mailed home approximately one week following the end of the grading period. Only Report card grades will be recorded on a student's transcript. Both progress reports and report card grades are used to determine athletic eligibility

"Weekly" or "Friday Report Cards" may be requested at any time. Students can pick up the form in the Counseling Office in order to request their current grade from teachers.

A "Special Academic Report to Parents" may be sent home at any time by your student's teachers.

FAMILY GUIDELINES

How does your family decide on teenage privileges and responsibilities? Have you ever wished for a standard to help make those decisions? The following guidelines are designed just for that purpose. They may be too restrictive for some families and too permissive for others but by using them as a guide, we can establish a sense of agreement in our community.

FAMILY COOPERATION AND COMMUNICATION ARE VITAL

- Know where to reach each other by phone.
- Be awake (or awakened) when young people come home at night.
- Assure your teenagers that they can telephone you to be picked up whenever needed.
- Get to know your teenager's friends and their families.
- Support all school regulations as a family.
- Remember that APPROPRIATE and CONSISTENT discipline indicates concern and love.
- Families with continuing problems need to consult their school counselors and/or seek professional help.

SCHOOL EXPECTATIONS

- Attendance is the single most important factor for student success.
- Students should come prepared each day with school supplies (books, notebook, pen and pencils.)
- You should expect some homework at least 4 times a week.
- School Nights: Balance extra-curricular activities with the required homework.

REASONABLE WEEKEND CURFEW IS NECESSARY FOR SAFETY AND A SENSE OF SECURITY

| | | |
|------------------|------------------------|-------------------|
| Weekends: | 9th grade..... | 10:00 p.m. |
| | 10th grade..... | 11:00 p.m. |
| | 11th grade..... | 11:30 p.m. |
| | 12th grade..... | 12:00 a.m. |

SOCIAL LIFE

Parents are legally responsible for their minor children and their children's actions.

- Be alert to the signs of alcohol or drug use.
- Be aware that driving after drinking or drug use is a criminal offense.

Parties: As a parent of a party-goer, feel free to contact the host parent to:

- Verify the occasion.
- Check on adult supervision.
- Be sure there will be no alcohol or drugs.
- Express concern if the party did not meet the above standards.

As a host parent:

- Encourage small parties.
- Tell anyone with drugs or alcohol to leave.
- Allow no one who leaves the party to return. Be a visible host parent, because unsupervised homes are frequently party sites. Alert your neighbors for house supervision while you are away.

To: Prospective Athletes at Escondido High School
From: Steve Bridges, Athletic Director, EHS
RE: Sports Interest Information

The Administration, staff, and coaches want to welcome you to Escondido High School. As a Cougar, you will participate in a competitive program that will allow you to have many personal successes, while having fun! You will make new friends, develop new skills, and be associated with fine coaches that contribute to the strongest winning tradition in the North County.

At Escondido High School we have individual sports, and we are continually trying to meet the needs of our student/athletes. The opportunity to add to our student/athlete's education, character, emotional and physical development is of vital importance through extra-curricular athletics at Escondido High School.

Cougar student/athletes will be part of an athletic program rich in tradition, and competing in a manner that our school, parents, and self will be proud of.

Sports Seasons

Place an "X" by the sports that may interest you. Please mark neatly

Fall

- Boy's Cross Country
- Girl's Cross Country
- Football
- Girl's Tennis
- Girl's Volleyball
- Boy's Water Polo
- Girl's Field Hockey
- Girl's Golf

Winter

- Boy's Basketball
- Girl's Basketball
- Boy's Soccer
- Girl's Soccer
- Girl's Water Polo
- Wrestling

Spring

- Boy's Baseball
- Boys Golf
- Boy's Swimming
- Girl's Swimming
- Boy's Tennis
- Girls Softball
- Boy's Track and Field
- Girl's Track and Field
- Boy's Volleyball

(A fully equipped weight room is available.)

Participation Requirements:

1. Current medical exam (physical.)
2. Clearance form, including insurance information, parent consent and sport liability.
3. Signed CIF Ethics In Sports form by student/athlete and parents or legal guardian.
4. Signed District Code of Conduct form.

Additional Benefit: Students are encouraged to purchase an ASB card at \$25.00.

ATTENTION PARENTS: Our school district does not provide medical insurance coverage for students who are injured at school. The district does offer information regarding low cost supplemental student medical insurance. This medical insurance information will be available at the beginning of school with other student information. Parents are encouraged to purchase this medical insurance for their uninsured student.

If you have any questions concerning our Athletic Program at Escondido High School, please call me at 760-291-4030. If you have any questions regarding a particular sport, please feel free to contact the Head Coach for the sport.

Print Neatly and Clearly

+Student/Athlete _____

Phone _____

Address _____

Zip _____