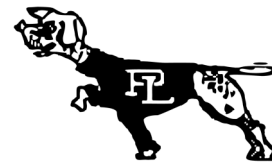


# Parent Pointer



Point Loma High School Pointer Association Newsletter

June 2010 - Volume 50, Issue 4



## PRINCIPAL'S MESSAGE

DEAR POINTER FAMILIES,

Academics, the Arts, Athletics and Leadership opportunities are alive and well at Point Loma. We are focused on preparing our students for the 21<sup>st</sup> Century. The career options for our students may yet to be determined, but what we do know is that they will need to be *innovative, creative, confident, collaborative, independent, digitally savvy and grounded in strong academics*. To that end, Point Loma students and staff are focused and working hard. Here are some 2009-2010 highlights:

### Academics:

- Our Academic Team came in first in our league.
- Over 100 students had career internships .
- Our school newspaper will be partnering with Voices of San Diego and become a new on-line communication tool.
- Teachers are collaborating with the library media teacher and networks systems technician to engage students in learning to use a variety of multimedia experiences.
- Over 1300 Advanced Placement exams were administered this spring.
- At the Innovation in Education Awards (IVIe), our students came away with top honors.
- At the Economic Summit (World Trade Simulation) at the University of Southern California (USC) we placed third overall, with every team making the prestigious "100 point club."
- We are the only high school in San Diego Unified to offer Mandarin Chinese. Next year, we will offer a third year, with the goal to offer Advanced Placement as the program and interest grow.
- Our students received many awards at school, in our community and nationally. Please see the listing from the Underclass Awards Program on-line at: <https://spreadsheets.google.com/ccc?key=0Apg3O4qIcclvdDFKbVNYMDNidUI2Q3ZvRndsRFBsaGc&hl=en>. The Senior Awards night is June 10th. Some of the awards are a surprise so none are announced here.

### Arts:

- Our Band has received superior ratings in Southern California competitions.

(See Principal's Message continued on page 2)

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## Point Loma High School Pointer Association

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San Diego, CA 92106

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[pointers@pointerassociation.org](mailto:pointers@pointerassociation.org)

The Parent Pointer newsletter is published four times annually

Leslie Rose - President  
Bobbie Samilson - Principal  
Sandy Silverman - Editor

## PRINCIPAL'S MESSAGE cont'd.

(Continued from page 1)

- National Comedy Theatre has achieved recognition for its dedication to the theatrical skills of improvisation by winning Second Place in the National Comedy Theatre High School Tournament.
- The Art classes have been commissioned to create a mural for the Pointer Association at Gus's Restaurant to commemorate the story of the La Playa Trail.
- Multimedia literacy is integrated into many core classes. Video Production classes are eager for the new Motion Picture facility (modeled after USC Film School) that will break ground this fall.
- Over 1264 students have participated in our Visual and Performing Arts Programs.
- We offer 55 classes in the Arts that meet the University of California requirements.

### **Athletics:**

- We have over 800 students participating in our Athletics Program.
- The Men's Soccer and Women's Water Polo teams advanced to the CIF Quarterfinals, while the Women's Soccer and Women's Basketball teams also made the CIF playoffs.
- The Men's Tennis team advanced to the CIF Finals.
- Lacrosse has returned to Point Loma HS with Men's and Women's teams in action for the first time in many years.
- The sailing team won the National title.
- Track & Field League came away with \_\_\_ league championships.
- Another successful season for our baseball team.

The seniors are finalizing decisions on colleges and are receiving many scholarships. We are very proud of the Class of 2010. We will announce totals for the class at graduation on June 18<sup>th</sup>.

On behalf of all the staff at PLHS, thank you for partnering with us to create an exciting, engaging, and relevant educational environment for our students.

*Bobbie Samilson, Principal*

**\* \* \* SENIORS \* \* \***

**Senioritis is a disease of second semester seniors! Seniors think that colleges will not see their second semester grades so they stop studying. Please note that if you have been admitted to a college or university, that admission is provisional until you graduate and the school sends your final transcript. If your grades have fallen, the college has the right to revoke your acceptance and/or scholarship.**

**KEEP STUDYING!!!**

### **SUMMER SCHOOL**

**Monday, June 28 - Friday, August 6, 2010  
(Six Weeks)**

This program is only for PLHS students who received a "D" or "F" grade in a previous English, Science, Math or History course. The purpose of this program is to give the students an opportunity to earn a higher grade and/or high school credit.

**Questions?** Contact the Counseling Office.

### **Parent Alert!!!**

**Just a reminder that it is illegal to contribute to the delinquency of a student/minor. According to Penal Code 272 it is illegal for an adult to supply alcohol or drugs to any minor. You will be responsible for their welfare and held accountable for their actions!!!**

## PRESIDENT'S MESSAGE



### IT'S BEEN A LONG AND WINDING ROAD!

It's always bitter sweet seeing the end of another school year. I, like other parents, are ready to relax and let go of the "Did you finish all the homework? What tests do you have this week? Get off of Facebook!" But this year is different for me. I also

hang up my hat with the many schools here in Point Loma – hard to believe, but after 18 years (I'm counting Westminster and Warren-Walker pre-schools!) it's an end of an era for me.

I have to say that working with the new Pointer Association, the incredible group of volunteer parents, teachers and staff has been, for the most part, incredible and rewarding. Many thanks go out to all the PA directors and committee "worker-bees" who have contributed to the successes of the PA activities (Lucy DeVito, Jean Peugh, Susan Blair, Eleanor Snyder, Tania Swain, Chris Pickering, Lisa Laube, Maureen McGrath, Heather Lutz, Elisa Cusato, Pat Baker, intrepid photographer Scott Hopkins, Faculty Representative Ian Law), as well as all the behind the scenes people including our treasurer Darlene Truver, recording secretary Carol Strack, webperson Kim Musgrove, eBlast Queen Kris Spathas, newsletter editor Sandy Silverman, Gifts & Grants team Joan Irvine, Monica Dean, Susan Blair and Linda Pendleton, and executive director Kim Jessop.

The PA is like an orchestra – many players who make beautiful music together. I am honored to have been the maestro. And on that note (no pun intended), I am pleased to announce the PA President for the upcoming year - Kevin O'Beirne. Kevin has been involved with the Cluster Schools for many years and I know that under his leadership, the PA will stay strong and be in good hands.

Kevin will have another great team of people to work with, including Renatte Adler - VP and Strategic Planning, Julie Johnson and Leslie Chinman - Co Secretaries, Barbara Meserve - CFO/Treasurer, Judi McQueen - Auditor, Eleanor Snyder - Athletic Booster Director, Kris Spathas - Communications/PR Director, Andrea Justus - Cluster Relations Director, Ian Law - Faculty Rep Director, Kim Jessop - Alumni Relations Director, Lucy DeVito - Scholarship Administration Director and Jean Peugh - Volunteer Activities Director.  
**Welcome New PA Board!**

**"To laugh often and much; to win the respect of intelligent people and the affection of children ... to leave the world a better place ... to know even one life has breathed easier because you have lived. This is to have succeeded."**

**– Ralph Waldo Emerson**

*Leslie Ann Rose*  
[lrseadi@aim.com](mailto:lrseadi@aim.com)  
PLHSPA President

## GRADUATION!!

**Final report cards are mailed to each Senior's home around the end of June. Final transcripts will be sent to the NCAA Clearinghouse at the very end of June. Final transcripts will be sent to colleges the first week of July if you gave the request to the Registrar and have paid any/all fees. Have a GREAT SUMMER! Email your counselor in the fall to let her know how things are going!**



# Lady Pointers & PL Lax Men Take the Field in 2010



This Spring marked the return of Lacrosse to Point Loma High School. After a 20+ year hiatus, and many requests from the student body, Athletic Director Coach Murphy gave the green light for a lacrosse club. Over 50 ladies and gentlemen signed up to play. Each team was headed up by a volunteer coaching staff of lacrosse enthusiasts from around the county. Collectively

the girls and boys team played 20 games against some of the toughest competition in San Diego County including Del Norte HS, Valhalla HS and Hilltop HS. Both teams made huge strides in their level of play over the course of the season. The PL Lax Men managed a streak of one-goal losses with a big victory over the Grossmont lacrosse team. The Lady Pointers season was full of high scoring evenly matched games. A long road trip to Ramona HS proved to be the winning ticket for the Lady Pointers with a 13-2 triumph.

The Lacrosse Booster, formed days after the announcement of the club, worked diligently all season to fundraise for the teams. Garage Sales, Promo Cards and logo wear were just a few of the productive fundraisers over the course of the season. The Booster continues to find new and creative ways to outfit each player with the gear needed to participate in lacrosse.



The Booster is currently working with a committee to provide a free lacrosse clinic in the fall for all PLHS students interested in trying lax! Stay tuned.

Next season the Men's and Ladies teams will move towards their goal of CIF Status by being included in the existing lacrosse league in the San Diego Unified School District. With many students moving in the PL Lacrosse feeder program from Correia to PLHS, the team's future is bright.

***SENIORS - LET THE COUNSELING OFFICE KNOW  
WHERE YOU PLAN TO ATTEND COLLEGE!!***

# Navy JROTC Builds Leader Citizens at Point Loma High

by

Captain Tom Cunningham, Civil Engineer Corps, United States Navy (Retired)



Navy JROTC is an outstanding, time-tested program taught by certified teachers with at least 20 years Active Duty Service in our Armed Forces. The class promotes patriotism and a high degree of personal honor, self-reliance, and discipline. Completely aligned with the District and School Mission Statements, the entire curriculum is focused toward developing leaders and citizens that contribute to society after graduation. The class fulfills the Physical Education credit and has a great record of improving our student's physical fitness levels.

The Navy JROTC curriculum covers areas of Physical Fitness, Naval History, Nautical Sciences, Standing Inspection and learning Close Order Drill. The program is completely integrated into our school. We support all our school-wide events: Open House, College Night, New Parent Night and Graduation, just to name a few. We also provide our Color Guard for the National Anthem played at our Home Football Games. Our Navy JROTC Color Guard has performed at numerous parades and at both PetCo Park and Qualcomm Stadium.

Navy JROTC also offers extensive opportunities for extracurricular activities to include our Academic Team, Color Guard, Physical Training Team and Armed and Unarmed Drill Teams. These teams compete across Southern California against other High Schools.

While structured, our Navy JROTC is known as a family where the students are a part of a team that has a lot of fun. Some of these events include a SDUSD Brigade PICNIC, a Youth Physical Fitness Day, a Military style Ball, a Holiday Party, Field Trips and Award Ceremonies.

Finally, our Navy JROTC students are leaders in community service to our school and our feeder schools. We also participate in Holiday Parades, a Holiday Food Drive and Feed the Homeless each year.



Participating in Navy JROTC is absolutely free. I strongly recommend it to anyone who wants to have fun while improving their leadership skills.

Please call me at (619)223-3121 (x1182) or email me at [tcunningham@sandi.net](mailto:tcunningham@sandi.net) if you have any questions. You can also call my teaching partner, Chief Petty Officer Jeff Feehley at (x1180) [jfeeley@sandi.net](mailto:jfeeley@sandi.net).



# Volunteer Service Award Winners

VOLUNTEER SERVICE AWARDS:



KIM EURICH  
 DARREN SAMAKOSKY  
 LINDA RUSSELL  
 MADDIE TOLPEN  
 LESLIE ROSE  
 SANDY SILVERMAN  
 KATHY AND PAUL TAPPERO  
 CAITLIN SNELL  
 MAUREEN MCGRATH  
 KIM JESSOP



WRENNIE SPONSEL AWARD:

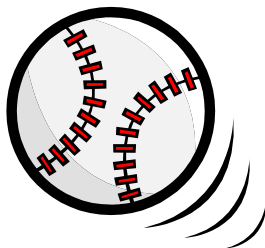
SARAH SINE

**CONGRATULATIONS TO  
 THE PLHS  
 BASEBALL TEAM  
 ON A GREAT SEASON!**

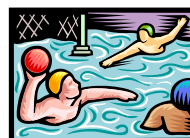
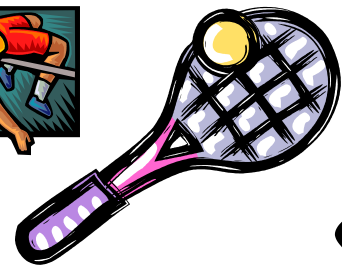
The PLHS Baseball Program enjoyed another successful year in 2010. The varsity team finished 18-13 overall and earned the #5 seed in the Division II CIF Playoffs. After beating West Hills and then upsetting favored Scripps Ranch the Varsity team ended up the year by advancing to the quarterfinals. The Varsity team returns 6 starters and all our starting pitchers for next year.

Additionally, our 9th grade AAU team finished 14-4 on the year and advanced to the championship game in the Freshman Division. There is no doubt that the future for Pointers Baseball is bright.

Coach Posternack would like to thank the boosters and everyone else who has helped to support PL Baseball this past year. Looking forward to seeing each of you at the newly anointed David Wells Field at Dana Middle School for the 2011 season.



**Congrats!!!!  
 PLHS Sailing Team won  
 the NATIONAL CHAMPIONSHIP  
 TEAM RACING!!!!**



**Congratulations to all  
 PLHS Sports Teams for  
 their awesome seasons!!!!**



## ~ SENIOR ACTIVITIES ~ CLASS OF 2010 ~

**June 10, Thursday,**

**Senior Awards Program, 6:30 PM – Big Gym**

**June 11, Friday**

**Distribution of Yearbooks, during lunch**

**June 14 - 16 \***

Monday, June 14

Tuesday, June 15

Wednesday, June 16

**Senior Final Examination Schedule, 7:30 am-2:15 PM**

Math and Science final exams

Social Studies and English final exams

World Language and Electives final exams

**June 16**

**Senior Textbook Return – Keep any books needed for finals!**

**Clearance Slip Pick-Up – All debts must be cleared (books, fundraising, athletics, tickets, etc.). You must have your clearance slip to pick up cap and gown! Show proof of your senior survey on Naviance!!**

**June 16, Wednesday**

**Night at Disneyland, 7:30 PM – 7:30 AM**

**June 17, Thursday \***

**Rehearsal for Commencement, 1– 5 PM**

**Rehearsal Roll Call & Practice, 1:30 PM – Big Gym**

Review expectations for ceremony

Pick up eight Commencement tickets

**Cap & Gown Distribution – following rehearsal**

**June 18, Friday\***

**Commencement Activities, 1:30 PM – Report time – Big Gym**

**Commencement Ceremony, 3 PM – Bennie Edens Field @ Ross Stadium**

Candid Pictures – *California Candid*s sends proof for review.

Gown Return – NJROTC Windows, until 5:00 PM

**June 21, Monday**

**Senior Breakfast**

June 21, Monday 7:30-11:30 PLHS Cafeteria

**\*Senior Breakfast Diploma Distribution**

**Annual signing**

Must be in the Café by 8:30!



**\*Mandatory attendance during times indicated. REMEMER: NO SENIORITIS!!!**



**Hey Mothers and Daughters of Point Loma.  
Would you like to volunteer some time together to help  
the many homeless and foster teen girls in San Diego?  
My Girlfriend's Closet needs your help!  
Check out our website at [www.mygirlfriendscloset.info](http://www.mygirlfriendscloset.info) or  
give us a call at 619-884-0844 for more information.**

## STUDENT AWARDS!

The **Aaron Price Fellows Program** aims to enrich the lives of students by giving them the opportunity to venture outside their “safe-zones” through exercises and workshops that deal with cultural pride, racism, communication and self-discovery. Congratulations to the following 13 freshmen who have been selected for the Aaron Price Fellows Program, Class of 2013: **Tessa Adler, Avery Cramer, Nina Doering, Ivy Greene, Stephanie Hernandez, Cecil Horton, Nathan Jacoby, Brooke Justus, John Lopp, Jason Peugh, Andres Reyes, Trenton Saunders and Samuel Van Roon!**

On Tuesday, May 18, 2010, many students were recognized by the **Submarine Squadron 11** at the **Diversity Initiative Award Assembly** for their **excellence in Math and/or Science** based on the California Standardized Test Scores. Students recognized at this assembly were **Tessa Adler, Javier Anguiano, Elias Antonio, Ian Apostol, Daniel Arias, Marissa Armijo, Mark Avila, Guadalupe Barajas Vasques, Phillip Barbour, Ashley Barcliff, Harshal Bhakta, Joana Brito, Shannon Brown, Justo Caballero, Luzdelia Caballero, Cristal Camacho, Francisco Candido, Matthew Carreon, Abigail Cortez, Steven Counts-Imara, Kevin Dam, Kap Davis, Ayanna Diaz, Jasmine Ellis, Samuel Fregoso, Nicollete Fernandes, Jarrod Finley, John-Lancaster Finley, Karmikael Garcia, Michael Givens, Angelica Gonzales, Jocelyn Gonzalez, James Hauoli, Edgar Hernandez, Blair Holman, Kevin Huynh, Alan Ibarra, Jessica Jasso, Nathaniel Johnson, Zachary Karas, Elizabeth La, Jenna La, Limna Lio, Monica Ly, Humberto Martinez, Mariela Martinez, Debra Miller, Kye Miranda, Brenda Moreno, Miles Murphy, Stephanie Navarro, Jennifer Ortega, Randolph Parris, Cynthia Pham, Kelsey Plummer, Andres Ramirez, Marissa Reyes, Joseph Romano, Erick Ruvalcaba, Jesse Sanchez, Jesus Sanchez, Christina Sardo, Joseph Sardo, Trenton Saunders, Christina Schlesinger, Sarah Silva, Jason Smidt, Caitlin Snell, Lorena Soria, Marina Spacek, April Tou, Ulysses Viramontes, Jane Westfall, Lisa Woon, Daisy Zaragoza and Jasmin Zepeda. Way to go!**

Senior **Blanca Sepulveda** has been selected by the **Michael and Susan Dell Foundation** to be a **Dell Scholar** and will receive \$20,000. **Congrats to Blanca!!**

Former student **Alice Hewitt** was chosen to be a **Congressional Page for the Honorable Susan Davis, U.S. House of Representatives**. Alice left Point Loma and is attending school in the Library of Congress in addition to working full time for the House.

## SPECIAL CONGRATULATIONS TO ALL!



## \*\*\* UNDERCLASS AND SENIOR AWARDS PROGRAMS \*\*\*

On Monday, May 10, 2010, the Underclass Awards Program was held to honor underclass students for their achievements; congratulations to all recognized students! Seniors will receive cash awards, certificates, and honors at the gala **Senior Awards Program** on **Thursday, June 10, 2010 at 6:30 p.m. in Trepanier Gym.**

## AP SUMMER ENRICHMENT PROGRAM

Point Loma High School and The Advanced Placement Incentive Grant Project are excited to offer the second annual AP Summer Enrichment Program. **Students need not be enrolled in an AP courses for the fall of 2010 in order to enroll in this FREE summer enrichment program.** This Pre-AP experience is designed to give participants the following benefits:

- Students will have the opportunity to become familiar with the AP course text materials, the current instructors and get a head start on the class
- Students will have a more structured environment in which to do the summer reading assignment(s)

Students interested in applying for college are able to inform their prospective college of their attendance in a summer enrichment program.

Applications are available in the Library and the Attendance Office. Contact Clayton Ballard by email [cballard@sandi.net](mailto:cballard@sandi.net) or phone 619-223-3121 x1163 for details.

AP Summer Sale Summer

See most of you next fall.

# PLAN AHEAD FOR YOUR COLLEGE FUTURE!

Yes, even underclass students can take action to prepare for college. Here are some tips high school students can take during the next few months, provided by the National Association for College Admission Counseling.

## Senior Students:

**Spring** is a very rewarding time as our students begin receiving their college acceptances. It is very gratifying to hear students joyfully exclaim they were accepted to X, Y or Z College or University. In all the excitement, it is easy for seniors to forget to follow all procedures from the college in regards to securing student housing. Many colleges require students to take English and/or Math placement tests prior to enrollment. It is important to **read all information** sent to them from the colleges so they don't miss out on important deadlines. Seniors will continue to have the opportunity to apply for many scholarships. Notification is given to students on Naviance.

## Junior Students:

If you haven't logged into the Naviance program yet, now is the time to start. Write, telephone or use the internet to request admissions literature and financial aid information from the colleges on your list. There is no charge and no obligation to obtain general information about admission and financial aid. Continue to evaluate your list of colleges and universities. Eliminate colleges from the original list that no longer interest you and add others as appropriate. Look into summer jobs or apply for special summer academic or enrichment programs. Colleges love to see students using their knowledge and developing their skills and interests.

**May:** Get a jump start on summer activities — look on Naviance under “Enrichment Programs” for an academic course at a local college, pursue a summer school program, apply for an internship, work or volunteer. If you work, save part of your earnings for college. Begin visiting colleges. Phone to set up appointments. Interviews are always a good idea. Many colleges will tell you they are optional, but an interview will show interest, enthusiasm and initiative on your part and provide an excellent opportunity to have your questions answered. Do a practice interview with your family, employer or a senior who has had college interviews. Set up interviews as early as possible — interview times become booked quickly! Take the SAT Reasoning Test or the SAT Subject Tests. Go to Naviance for free SAT/ACT prep and summer enrichment programs.

**June:** After school ends, get on the road to visit colleges. Seeing the college firsthand, taking a tour and talking to students can be the greatest help in deciding whether or not a school is right for you. Although it is ideal to visit colleges during the academic year, going in the summer will be valuable. Admission offices employ their students to give tours and answer questions from perspective students and their parents. Take the SAT Reasoning Test, the SAT Subject Tests and/or the ACT.

If you plan to play Division I or II athletics in college, you will need to visit the NCAA Eligibility Center website, [ncaa.org](http://ncaa.org), to fill out the NCAA Clearinghouse form. You must provide **two** stamped envelopes addressed to the NCAA Clearinghouse to Mrs. Hurl. See Laurie Hurl if you have any questions.

**July:** Visit colleges, take tours, have interviews and ask questions. Make college visiting a family event. Involve your parents and siblings in every step of your application process. Choosing the right college is a tough decision; the opinions of those who know you best can provide helpful insight into which college is best for you.

# Current Juniors/Next Year's Seniors

## College Campus Visit Advice:

Juniors should visit during spring and summer months. If you're considering a summer visit, check with the college first. Some campuses are dead in the summer; others have summer program for juniors or summer school. Attend an information session and/or interview, tour campus, visit classes, talk with students and faculty, meet with a coach and eat on campus. Consider staying overnight in the residence halls. Ask questions and learn as much as you can about the university community. Look up US News on-line for more information at <http://colleges.usnews.rankingsandreviews.com/best-colleges>.

Make good use of the summer. Consider taking a course that you can apply toward college. Explore volunteering, internships and job possibilities. Spend time with your family and friends.

**June:** Continue doing community service (forms are available on our school website under "students"). Visit colleges you are interested in attending. If planning to attend any type of college and you haven't started a free scholarship search, do so! Visit Naviance and [www.collegeanswer.com](http://www.collegeanswer.com). Create/update a Scholarship file(s) at home for necessary papers.

**July:** Continue doing community service. Visit any type of college(s) near any vacation sites! Search different career/interests possibilities for the future – use websites, books, talk with people, etc. Update your profiles from the scholarship searches on Naviance. Create/Update a Scholarship file(s) at home for necessary papers.

**August:** Continue doing community service. Arrange all accumulated college info at home into two piles: #1 = keep for further consideration and #2 = do not keep. Later in the month take another look at college info and separate in two piles: #1 = a definite maybe! and #2 = don't keep. View college websites and go on a few more college visits. Narrow college choices to about five. Create a file folder for each of the colleges and an extra file for add-on's. Do a college comparison sheet for these five colleges. If you think there needs to be a change in your schedule due to a change in your future plans, email your counselor. Get and stay organized!

## Sophomore Students

Make your summer productive. Continue reading to increase your vocabulary.

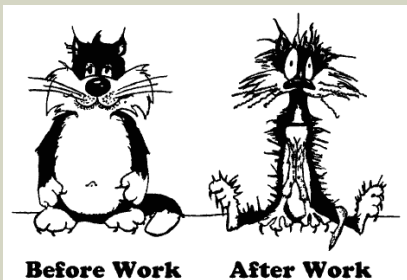
## Freshmen College Planning

- Start strong and post solid grades.
- Get involved in after-school activities - this is your opportunity to try out a few different options. At least one should be social or community service.
- Plan your 10<sup>th</sup> grade schedule - if you have done well in your freshmen classes, consider honors or advanced courses.
- Plan to work, travel or volunteer over the summer



# Work permits

Working minors and their employers are reminded of the state law regarding work permits for youth younger than 18 years of age. The minor is responsible for obtaining the permit and the employer is required to terminate the employment of any minor who does not have an active permit or has not made an application for one. All work permits must be renewed at the beginning of each school year. Please see Mrs. Eurich in Room 303 at lunch, before or after school to pick up a new application. A student that changes jobs at a later date will need to make a new application for a new work permit. Permits are good until the first week of each new school year. During the summer time, work permits will be processed at the Work Permit Office: 6735 Gifford Way, San Diego, CA 92111. Phone: (858) 627-7355



## CRITERIA FOR WORK PERMITS

### 10th - 12th Grade

- 2.0 Grade Point Average (based on Progress Reports and semester grades)
- 2.0 Citizenship
- Point Loma High School ID card required
- Adequate progress towards graduation
- Required number of credits for grade level
- Required courses completed for the previous grade level
- Record of satisfactory attendance. (No truants or excessive tardies/ absences)

### 9th Grade

- No Work Permits will be issued (except for on-campus jobs)

During the summer all students are eligible for work permits.

## COLLEGE INSURANCE COVERAGE

If your kids are heading off to college, especially for the first time, you probably need to fine-tune your insurance coverage. Your auto premiums should drop if your child doesn't take a family car to school, assuming the college is more than 100 miles away. For students with cars on campus, notify your insurer of the new location. If it's out of state, make sure you comply with that state's laws for minimum coverage. If your child has at least a B average, ask for good-student discount.

For a child living in a dorm, your homeowner's policy may cover personal belongings up to 10% of your own content coverage. If you need more, you can purchase a rider. Students in off-campus-housing will need renter's insurance for property and liability. Roommates often can share a policy. Your health insurance covers unmarried children who are full-time students up to age 20 to 25, depending on the insurer. If you're in an HMO, make sure the college is within your service area. When your children reach the age limit, or get married, they qualify for COBRA coverage through your employer.

Info from *Business Week*, Larry Armstrong.

## TESTING

All Freshmen, Sophomores and Juniors have just completed taking the **Standardized Testing and Reporting Program Tests (STAR)** from April 28 – May 5, 2010. Thanks to all students for their hard work and dedication during this stressful time.

The results of the STAR testing program are important to everyone in the Point Loma community. They are used to calculate the Academic Performance Index (API) for Point Loma High School, which is used to rank PLHS against other high schools. The API ranking is published for the public to see, and is a direct reflection on the school and the community.

## TIPS FOR SENIOR PARENTS ON LETTING GO

**The Emotional Roller Coaster:** Recognize your student's conflicting emotions. Your student, like you, is being pulled between past, present and future. One day exclaiming, "Leave me alone; I'm 18 years old, and independent," and the next complaining, "You're never around when I need you!" Your student's ups and downs are a sign of the ambivalence of the transitional time.

**This Summer:** Make a financial plan and discuss expectations with your student. Develop a tentative budget and be clear about who will pay for what. For example, some parents pay for tuition, room/board, books and supplies, while their student is responsible for incidental expenses such as snacks, movies and CD's. Other students are responsible for earning a percentage of their tuition. Teach your student about responsible use of credit and debit cards.

**Communication:** Keeping in touch once they're at college - ask about courses, rather than focusing on grades. Invite your student to share with you the discovery of new ideas, academic interests and intellectual passions.



**The PLHS Pointer Association is still collecting used cell phones and empty inkjet/laser jet cartridges. Just drop them at the following locations:**

**PLHS Campus:** Attendance Office and Media Center

**San Diego County Credit Union:** 1004 Rosecrans Street

**San Diego National Bank:** 1075 Rosecrans Street

**Ocean Beach Main Street Office:** 1868 Bacon Street

**Jungle Java:** 5047 Newport Avenue

**Bone Appetite:** 4845 Newport Avenue

**Proceeds will fund PLHS Pointer Association's Scholarships for graduating Seniors!**

*Need Information?*

Call Pat Baker at 619-223-9363  
or email at [p\\_t\\_baker@hotmail.com](mailto:p_t_baker@hotmail.com)

# \$\$\$\$

Get into the habit of working with a financial budget. Set a spending limit and savings goal based on your monthly income (allowances, after-tax pay, etc.). Put your savings amount away. Then prioritize how you want to use the rest of your money. That way, you can have what you really want and still save money! Look for a summer job or internship to offset the cost of college.

## THE SOCIAL TRANSITION FROM HIGH SCHOOL TO COLLEGE



Teens in high school are drinking more than ever and starting to drink at even younger ages. The incidence of high-risk drinking only increases in college when children find themselves with new freedom away from watchful eyes of parents.

Consider these facts:

- \* Student who chose not to drink during high school will often start during their first year of college. Moderate high school drinkers often become heavy drinkers in college.
- \* Teens who use alcohol before the age of 15 are four times more likely to be alcohol dependent than adults whose first drink is at the legal age of 21.
- \* Each fall, 15 million students enroll in college. Nearly 160,000 of today's first year college students leave school every year for alcohol and other drug related reasons.

Information from: Next Step Magazine