

Hi, just a reminder that you're receiving this email because you have expressed an interest in Amador Valley High School PTSA. Don't forget to add amadorptsacommunications@gmail.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

Important Information from Amador Valley High School via your PTSA.



amadorptsa.com | 2018-2019 School Year | 11/25/2018

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Important Dates

- Dec 5 Next Generation Science Standards Community Informational Meeting
Dec 15 Boosters Bocce & Bites

Updates from the AV Counseling Office

Nov 30 UC and CSU Applications due online

The AV Counseling Breakdown is as follows:

Alphabet Assignment	Counselor Name	Ext #	Email address
A - CL	Sari Haskell	6113	shaskell@pleasantonusd.net
Cm - Hi	Tara Walker	6111	twalker@pleasantonusd.net
Hj - Li	Sheryl Pacheco	6116	spacheco@pleasantonusd.net
Lj - Pd	Lauren Bell	6119	lauren_bell@pleasantonusd.net
Pe - Sr	Audrey Zarrinkhat	6114	azarrinkhat@pleasantonusd.net
St - Z	Winter Jones	6115	wjones@pleasantonusd.net
Support Counselor	Jennifer Yu	6136	jennifer_yu@pleasantonusd.net
College & Career Counselor	Lara Bays	6157	lbays@pleasantonusd.net

Counselors available for students in the Library Annex (former Career Center) during ACCESS for the month of October.

Next Generation Science Standards Community Informational Meetings

Please join us for an evening of information about the new California Next Generation Science Standards. We will be discussing the shift in instruction and learning.



- Our state has adopted new standards based on the Next Generation Science Standards (NGSS) because we understand that a robust science education in middle school will pave the way for increased opportunities in high school, college, and future careers.
- The California NGSS enable our teachers to offer all students interactive science instruction that promotes analysis and interpretation of data, critical thinking, problem solving, and connections across science disciplines-with a high set of expectations for achievement

9-12 Community Meeting	<ul style="list-style-type: none"> High School~ Amador Valley Library Wednesday, December 5, 2018. 7-8pm
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Questions? Please email Jenifer Perazzo - jperazzo@pleasantonusd.net



AVHS PTSA has plan a number of College Preparatory Workshops throughout the 2018-2019 school year. Events are open to all students, regardless of the event location. For the upcoming events, click of the event name to download the flier with the event details and the application form.

*100% of the proceeds benefit Amador Valley High School.

Next event is: Mock ACT and Results Night

Do you want your ACT score to make you a stand-out candidate to your chosen university? If so, we welcome you to participate at C2 Education sponsored "Mock ACT"!

[Click here to sign up before November 8th, limited seats.](#)

AVHS/FHS College Prep Events 2018-2019				
DATE	TIME	EVENT	LOCATION	CONTACT

Wed, Nov 28, 2018	6:30 pm - 7:30 pm	Mock ACT results night	Foothill B-26	
Tue, Jan 29, 2019	6:30 pm - 8.00 pm	ACT Essay Workshop	Foothill B-26	EEC
Sat, Feb 23, 2019	9:00 am - 1:30 pm	SAT/ACT Combo Test	AVHS Q201/203	Kaplan
Tue, Mar 26, 2019	6:30 pm - 8.00 pm	SAT II Math Review	Foothill B-26	EEC

*For questions or to sign up for an event contact SAT/ACT Team: Betul Delibalta - sat-act1@amadoptsa.com

 Anxiety Isn't Cool - Talking about it is!

ANXIETY DISORDERS are REAL, COMMON and TREATABLE

We all have Anxiety, but how much is too much?

... let's talk about it!

Angst

Film Screening & Panel Discussion

Appropriate for parents to attend with their children ages 10 and up

Monday, December 10th

6:30 p.m. to 8:00 p.m.

CrossWinds Church

1660 Freisman Road, Livermore

FREE EVENT



Limited seating, register at bit.ly/Angst12-10

IndieFlix  INDIEFLIX
FOUNDATION

angstmovie.com/trailer

We are all in this together. No one fights alone.
Angst has been screened in over 1000 locations spanning 20 countries.

You get a common cold, no big deal. Your cold gets worse, you now have pneumonia, what do you do? Of course you go to the doctor. Why do we treat anxiety different? You experience mild anxiety due to an upcoming test, no big deal. Your anxiety gets worse, you are now isolated in your room and withdrawn from your friends, what do you do? Too

often we do nothing and say nothing. We all have anxiety, but how much is too much?

Join us **Monday, December 10th, 2018 from 6:30pm to 8:00pm at CrossWinds Church** in Livermore for a screening of 'Angst' and then, Let's Talk About it. This event is made possible by the Tri-Valley community in memory of Zachary Nimmo. Zachary had a zest for life, was liked by everyone and always put others ahead of his own needs, but Zachary suffered from severe anxiety. What was not know was the severity of Zachary's anxiety. Without an understanding of anxiety, Zachary was referred to as shy, or experiencing teen hormones; It was anxiety. He began to withdraw from his friends; it was anxiety He stopped participating in team sports; It was anxiety. He spent most of his time alone; It was anxiety. He was seeking medical and psychological help, but it was too late.

On December 10th, let's make a commitment. In Zachary's honor, let's start the conversation about anxiety and keep it going. If you feel you are experiencing anxiety, say something; if you see a friend experiencing anxiety, say something, don't let a minor anxiety issue become something dangerous, say something.

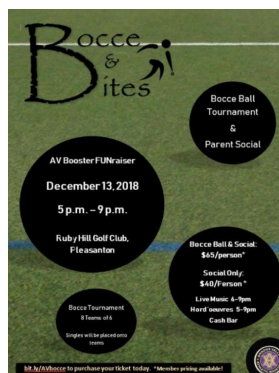
VOTE at PPIE



PLEASANTON
PARTNERSHIPS
in EDUCATION
FOUNDATION

With the national election season over, now it's time to VOTE for what PPIE should fund at your school! With your great support at August School Registration and PPIE's recent, successful Fall Gala, it's time to choose how those funds should be used. VOTING IS OPEN UNTIL DECEMBER 31. Each year, PPIE works with your PTA, school and PUSD leadership to identify key Supplemental Staff (librarians, student intervention specialists, support counselors, onsite IT specialists, etc.) for funding. As parents funded about 75% of the \$644,000 PPIE allocated to schools last year (we leverage business support for the rest), we want your voice! PPIE funds are allocated for STAFF directly to your school, in accordance with your school priorities and to complement your PTA/PFC's funding of STUFF (school materials and IT, activities and parent/teacher development). So please go to www.ppie.org and take our survey to vote! And, to ensure transparency with all our funding, we invite you to view the Funding section on our website about what PPIE funds, how Pleasanton schools are funded, where your tax dollars go and how Pleasanton ranks with other schools. Thanks for your support! Feel free to contact us at mail@ppie.org if you have any questions. VOTING IS OPEN UNTIL DECEMBER 31!

Boosters Bocce & Bites: Tournament and Social



An event just for the FUN of it. Come out and join Boosters for a fun evening of Bocce and socializing.

We have something for everyone:
Feeling a little competitive, enter our Bocce Tournament with a team of 6 or as an individual/small group and meet some fellow AV parents.
Just want to socialize, join us for some good music and Hor d'oeuvres .

December 13, 2018
5 p.m. - 9 p.m.
Ruby Hill Golf Club, Pleasanton

Live Music 6-9pm
Hord 'oeuvres 5-9pm
Cash Bar

Visit bit.ly/AVbocce for ticket information.

See you there!

College Board Opportunity Scholarships

College Board
Opportunity Scholarships

A Clearer Path
to College

College Board has created a new \$5 million annual commitment to provide scholarships to students based not on test scores or grades, but rather on taking the actions that point them towards postsecondary education. At least half of the scholarship dollars will be provided to students who are identified as low-income.

For more information please visit College Board Website at:

<https://opportunity.collegeboard.org>

[College Board Opportunity Scholarships Flyers](#)

IMPORTANT HOLIDAY 2018 MESSAGE FROM STUDENT SERVICES:

Are you planning a family trip for the holidays? As you think about your arrangements, we want to stress the importance of sending your child to school every day possible. Each year, absences spike in the weeks before and after the winter holiday as families squeeze in a few more vacation days. It's time to reconsider that cycle. We know that just a few missed days here and there, even if the absences are excused, can add up to too much lost learning time and put your child behind in school. This is as true in kindergarten as it is in high school. Simply stated, too many absences at any age can affect a student's chances for academic success and eventual graduation.

We recognize that holidays are an important time for reconnecting with families near and far. Keep in mind, however, the impact on your children's education if they miss too much school- and the message you will be sending about the importance of attendance.

Even if students have an Independent Study contract from their teachers, it doesn't make up for the interaction and learning that happens in the classroom. Our teachers will be teaching and our students will be learning right up to the start of the Thanksgiving and Winter breaks and the first day class is back in session when returning from these breaks.

You can help us convey that message. This holiday season, give your children the gift of a complete education including the practice of regular and timely attendance.

We at Student Services wish you and your family a wonderful holiday season!

Kelly Mills and Deborah Tomlin
Child Welfare and Attendance Specialists

Show your spirit! AVHS PTSA has lots of spirit wear items available for purchase year round. We have hoodies, T's, hats and



much more so you can show your Amador pride. [Click here for Catalog.](#)

For more information or to purchase any of the items, please contact Laura Harris at lauraharris@sbcglobal.net

And remember spirit wear makes a great gift for your AV student or incoming 8th grader. Check out our catalog to see what's available.



HELP AVHS STAFF!

Support our Amador Valley staff directly with various classroom needs. Check the [links to the departments](#) and click the staff name you wish to support. Thank you for supporting our Amazing AV Academic Team!

Quicklinks

[AVHS](#) | [AVTV](#) | [Daily Bulletin](#) | [Q Parent](#) | [PUSD](#) | [ACCESS](#)
[AV Athletic Boosters](#) | [AV Band](#) | [AV Senior Parents](#)
[Pleasanton PTA Council](#) | [CA State PTA](#) | [National PTA](#)
[MEMBERSHIP PERKS](#) | [PTSA Scholarship Programs](#) | [Student Device Initiative](#)

STAY CONNECTED:



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Pleasanton, CA 94566

Office #: 925-461-6100
Attendance #: 925-461-6186
Counseling #: 925-461-6120
Principal: Alberto Solorzano

[School Website](#)
[PTSA Website](#)

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This newsletter is produced and paid for by the AVHS PTSA for the benefit of our AVHS community members. Although we make every effort to provide with the most accurate and complete information, please be aware that some mistakes can happen. We combine information from different sources as they may be pertinent to you while they may not have any association with the PTSA organization. Submissions may be sent to the [newsletter staff](#) and are subject to approval. Submissions due by Wednesday 4pm.