

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 | 12/16/2018

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Important Dates

Dec 19-21 Finals

Dec 24 - Jan 4 Winter Break

Jan 7 NO SCHOOL - Teacher Workday

Jan 10 Redefine Success: Presented by PTSA -AV Wellness

Jan 14-31 2019 AP Exam Registration

Jan 21 HOLIDAY - Martin Luther King Jr. - No School

Feb 20 Angst Screening - Film and Panel Discussion

 [First Semester Final Schedule](#)

AMADOR VALLEY HIGH SCHOOL
2018-19 Finals Schedule



Wednesday, December 19th, 2018 and May 29th, 2019	
A [°]	7:00 – 9:00 a.m.
Break	9:00 – 9:10 a.m.
1 [°]	9:10 – 11:10 a.m.
Brunch	11:10 – 11:19 a.m.
2 [°]	11:25 – 1:25 p.m.

Thursday, December 20th, 2018 and May 30th, 2019	
3 [°]	8:00 – 10:00 a.m.
Brunch	10:00 – 10:09 a.m.
4 [°]	10:15 – 12:15 p.m.
B [°]	12:30 – 2:30 p.m.

Friday, December 21st, 2108 and May 31st, 2019	
5 [°]	8:00 – 10:00 a.m.
Brunch	10:00 – 10:09 a.m.
6 [°]	10:15 – 12:15 p.m.

 **Updates from the AV Counseling Office**

Therapy dogs will be coming to school to support students before finals week. Counselors will be running wellness presentations during ACCESS for all students.

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
Support Counselor (Fridays)	Lisa Doherty	6157	ldoherty@pleasantonusd.net
College & Career Counselor (Monday, Wednesday, Thursday)	Lara Bays	6157	lbays@pleasantonusd.net

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

 **2019 AP Exam Registration**

Registration for AP exams will be available online January 14-31, 2019. Additional details to follow soon. Due to space limitations, exams will only be available for AP courses offered at Amador.

 **Sophomore Parking Permits**



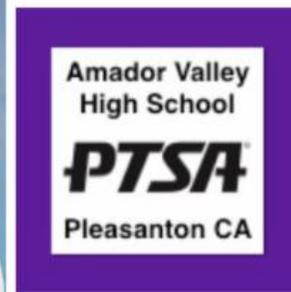
Sophomores currently holding a valid California Driver's License may purchase a parking permit at the Activities Window beginning at **8am on Wednesday, January 9**. Permits for second semester are **\$40** and will only be distributed to Sophomores who bring their **completed contract and valid Driver's License** to the Activities Window on Wednesday, January 9 beginning at 8am. Students may have the opportunity to select either the Del Valle or Santa Rita parking lot, but not a specific parking space. Permits will be sold on a first-come, first-served basis.

Please refer to the Parking Permit web page for all details: [here](#).

Click here to [download and complete the contract](#)

 **Alateen Meeting will be held during ACCESS period beginning 2/2019**

Alateen group meetings will be held during ACCESS period beginning in February. Alateen is a mutual support program for teenagers whose lives have been affected by someone else's drinking. By sharing common experiences, families and friends of alcoholics can bring positive changes to their individual situations. We have found that many students in our district are carrying the stress of how to deal with family members or friends who are abusing drugs. This would be a free and easily accessible way for them to get support. If your student is interested and/or you feel like it can be beneficial for your student, please contact your students' counselor.



AVHS PTSA has planned 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 on the event name to download the flyer with the event details and the application form.

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

AVHS/FHS College Prep Events 2018-2019				
DATE	TIME	EVENT	LOCATION	CONTACT
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@amadortsa.com

Reflections ART

This year's PTA Reflections Theme is... Heroes Around Me. Congratulations to all the participants and winners of the reflections program. We are proud of you!! Please see below the winners by categories



* Dance Choreography:

Award of Excellence :- Heer Nanda

* Literature:

Award of Excellence :- Nikita Jayaprakash

Award of Merit :- Trisha Khattar

Award of Honorable Mention :- Dhruvi Mehta, Meera Swamynathan

* Photography:

Award of Excellence :- Shashwat Srivastav

Award of Merit :- Arvind Swamynathan

Award of Honorable Mention :- Ramini Narayana

* Visual Arts:

Award of Excellence :- Linn Soh

Award of Merit :- Florance Choi

Award of Honorable Mention :- Om Khangaonkar

If you have any questions, please contact Rani Deshmukh: thedeshmukhs@gmail.com

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

Wednesday, February 20th

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

John Paul II Activity Center

4005 Stoneridge Drive, Pleasanton

FREE EVENT



Limited seating, register at bit.ly/Angst2-20

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 **Wednesday, February 20th, 2019 from 6:30pm to 8:00pm** at **John Paul II Activity Center**, Pleasanton 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 February 20th, 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.

Post-film discussion panelists include:

- Steve Nimmo - Zachary's father
- Samantha Nimmo - Zachary's sister
- Scilla Andreen - Producer/Executive Producer of Angst and CEO & Co-Founder of IndieFlix
- Experts TBD

We are all in this together and no one fights alone **LET'S TALK ABOUT IT!**

To register please click [here](#).

PTSA by AV Wellness Presents: Redefine Success



Date: January 10, 2019

Time: 6:30 pm - 8:30 pm

Location: Amador Valley High School

Success has many meanings. Come hear AVSH and FHS alumni speak about their different paths to success.

An event for both students & parents.

PPIE wants your VOTE



PPIE wants your VOTE - through December 31 - to give your recommendations on what PPIE should fund at our school - extra librarian or IT specialist hours, more student intervention specialists to help with student assistance and advancement, support counselors and more.

Please [visit: www.ppie.org](http://www.ppie.org) and click on the 10-minute survey. You can also visit PPIE's Funding pages to see what they fund and How Pleasanton Schools are both Funded and Compare with other districts. And PPIE is running a **Super Match** campaign to match additional parent donations with other community donations through February 3 (Super Bowl Sunday). So, if you have time, please visit PPIE to vote, consider a matching donation and learn more.

Thanks for your support - the extra staff helps us to serve our students!

Visit www.ppie.org/donate to learn how and to spread payments over 10 months! Feel

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](#)

Amador Valley LiftPack - Empowering the next generation!



LiftPack aims to motivate students to continue learning and developing by providing educational resources. As a club organization, we have donated over 100 backpacks filled with learning materials and award winning books!! Help us make a greater impact through donations that directly fund our Bay-Area distributions!

Donate today (URL below), and see how you can make an impact! Your donation is TAX DEDUCTIBLE!

<https://www.upliftpack.com>

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!

GET READY AVHS!
**COMPOST &
RECYCLE BINS**
WILL BE JOINING OUR CAMPUS

SECOND SEMESTER



Presented by the Local Leaders of the 21 Century Club



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](#)

STAY CONNECTED:



Amador Valley High School
1155 Santa Rita Road
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 the [newsletter staff](#) and are subject to approval. Submissions due by Wednesday 4pm.