

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 | 12/9/2018

In This Issue:

- School Announcements: - [Updates From the Counseling Office](#)
- [First Semester Final Schedule](#)
- [Stress-Less Workshop Before Finals](#)
- [2019 AP Exam Registration](#)
- [Alateen Meetings](#)
- [Student Services: Important Holiday 2018 Message](#)
- PTSA Announcements: - [College Just Ahead](#)
- [Angst Film Screening - Anxiety isn't Cool](#)
- [PTSA by AV Wellness Presents: Redefine Success](#)
- [VOTE at PPIE](#)
- [Boosters Bocce & Bites: Tournament and Social](#)
- [College Board Opportunity Scholarships](#)
- Quick Links - [AV Smiles](#)
- [QuickLinks](#)

Important Dates

Dec 10	Angst Screening - Film and Panel Discussion
Dec 12-13	Stress-Less Workshop Before Finals during ACCESS
Dec 15	Boosters Bocce & Bites
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

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.**

 **Stress-Less Workshop Before Finals**

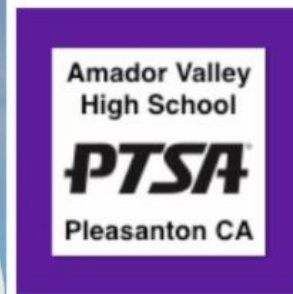
Counselors will be hosting a stress-less workshop where students can learn skills to de-stress before finals. This workshop will be held during ACCESS on December 12th, and 13th in the annex and is open to all students.

 **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.

 **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

 **Anxiety Isn't Cool - Talking about it is! - February 20th, 2019**

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



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

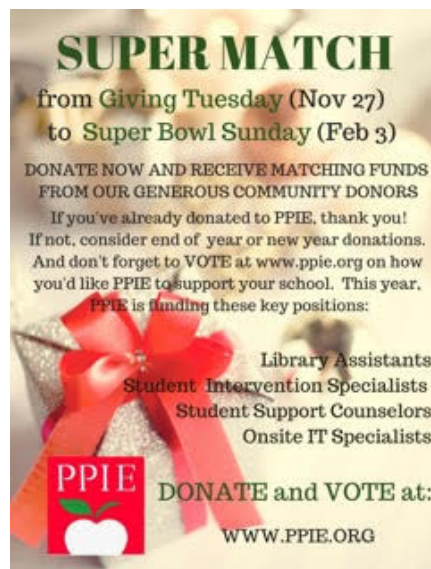
Time: 6:30 pm - 8:30 pm

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.

VOTE for How Your Donations are Used



Please VOTE for what PPIE should fund at your school! With your great support at August School Registration and PPIE's successful Fall Gala, it's time to choose how those funds should be used. VOTING IS OPEN UNTIL DECEMBER 31 at www.ppie.org. Each year, PPIE works with your PTA/PFC, school and PUSD leadership to identify key Supplemental Staff (librarians, student intervention specialists, support counselors, onsite IT specialists, etc.) for funding - so tell us what you want. ALSO, our annual **Super Match** campaign runs until February 3 (Super Bowl Sunday). For those who have donated to PPIE, thank you! For those who want an end of year or new year opportunity, your donations will be MATCHED with generous funds from the broader community. And now, we can accept securities/stocks allocations as

well. Visit www.ppie.org/donate to learn how and to spread payments over 10 months! 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 Hord 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](#)

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.

 **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

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](#)
[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:



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](#)

Copyright © 2018. All Rights Reserved. Amador Valley High School PTSA

Disclaimer

Pleasanton Unified does not necessarily endorse or sponsor the content of any written or electronic material displayed or provided. This information is provided for your convenience. Parents / guardians are responsible for determining the potential merits of such providers.

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.