

The Hillparent Bulletin

VOLUME 112

ISSUE 7

APRIL 2013

SPECIAL POINTS OF INTEREST:

- **FOPHS Board Meeting Apr 3, 630pm**
- **Grad Night Meeting Apr 9, 630pm**

INSIDE THIS ISSUE:

FOPHS Board	2
Grad Night	2
Golf Tournament	3
Counseling News	4
AP, SAT/ACT Test Dates	5
Placer School for Adults	6-7
April Calendar	8

Message from the Principal

Greetings Hillmen,

I hope this letter finds you rested after Spring Break ready to tackle the second half of the Spring Term. By now you should have received your child's second progress report for the Spring Term. Students received their progress report during their 2nd period class on Thursday, March 21. Our next grading period ends May 3. As always, if you have any questions or concerns, please contact your child's teacher and/or counselor. Thank you to all sophomores who participated in the CAHSEE test which took place in March. The staff and I appreciate the effort that was shown by all students. Now we all get to gear up for the STAR test which will be administered April 24, 25 and May 1 and 2. As with CAHSEE, the STAR (CST Test, California Standards Test) scores are an extremely important part of our school API, and it is our hope that with the hard work shown by students and staff, Placer will continue to raise academic standards and raise our current API score of 805.

Placer Spring sports have been enjoying a productive and busy preseason, with Baseball, Boys Golf, Boys Volleyball, Girls Soccer, Softball, Swimming, Tennis and Track all off and running. Multi-sport athlete Kirsten Schauble has been selected to receive the CIF-SJS Dale Lacky Scholar Athlete Award which comes with a \$1,000 scholarship. And senior Isaac Brahce was selected to receive a PVL Scholar Athletic Scholarship. In Winter Sports, Placer girls basketball senior Kerry McCullough was voted 2013 Pioneer Valley League basketball MVP by the league's coaches. And on top of this, girls basketball coach and Placer High teacher Tony Camillucci was chosen as Coach of the Year for the league. For all sports schedules, please refer to the school website puhsd.k12.ca.us/placer and look under the Athletics link for team schedules.

Lastly, please note some important dates in April. Junior Prom will take place Saturday, April 13, from 7:30 pm to 11 pm at the Ridge in Auburn. As a reminder, we will be hosting the 75th running of the LeFebvre relays on April 5, beginning at 1:00 pm., starting with a BBQ. Alumni from the class of 1961 and 1962 Bob Haydon and Richard Lawrence are spearheading the fundraising effort for the renovation of the track and field at Placer High School. It is our hope to put in a new track along with a synthetic field. If you wish to donate to the project, please contact Mr. Efstathiou at the school, or the District Office.

Sincerely,

Peter Efstathiou
Placer High Principal

Go Hillmen!

Message from the FOPHS Board..

Spring is here and we have 2 events coming up..

The Hillmen Golf Tournament is Saturday, April 27th at 2:00pm at Black Oak Golf Course located at Dry Creek Rd . The tournament costs \$50.00 per golfer and includes bucket of balls, late lunch / early dinner and 1 raffle ticket. Prizes will be awarded for longest drive, closest to the pin for both men and women. There will also be raffle and mulligan tickets for \$1.00 each that can be purchased when you check in the day of the tournament. You can register to play now by going to the Friends of Placer High School website (www.fophs.org) and click on the link to print the form to send in with your payment or you can contact me at 916-952-1019.

Senior Grad Night for the Class of 2013 is June 8th from 10pm to ?? . If you would like to help decorate or set up for this event on the Friday June 7th or Saturday June 8th contact Janeen Steinheimer at 823-1679.

We have 2 meetings left ... April 3rd and May 1st. We are always excited to see new faces. We will have some board positions open if you know of anyone interested in being a part of FOPHS. They can contact us at fophsnp@puhsd.k12.ca.us.
Sincerely, Kim Lightfoot

Grad Night News.....

We need your help with Grad Night!

There are several opportunities to support this worthwhile event. Come support and shop at the Rummage Sale on Saturday, April 6th 8-3 in the PHS cafeteria. Drop off your donations on Friday, April 5th 3-7.

Also, the Grad Night event is Saturday, June 8th. We still have several volunteer opportunities available: Friday - decorations, food donations, set up, transportation
Saturday - decorations, check in and checkout, black jack dealers, security, prizes and casino raffle area, food

Sunday- it is tradition that Senior parents clean up after the event; we will need a minimum of 30 parents, the committee will be contacting Senior parents to sign up or to volunteer contact me

Please remember, the more volunteers we have the more successful event for this year and years to come.

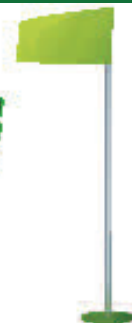
Senior Parents - This month you will receive a letter in the mail detailing the Grad Night event. Please read this information carefully to take advantage of the possibility for your child to get free admittance to the event. There is also an opportunity for your child to be entered into a drawing for an iPad and for you, family or friends to be entered into a drawing for \$500.

If you would like to volunteer to help, please contact Janeen at 823-1679.





THE "HILLMEN" GOLF CLASSIC



SPONSORED BY THE FRIENDS OF PLACER HIGH SCHOOL
PARENT ORGANIZATION TO BENEFIT PLACER HIGH SCHOOL

SATURDAY, APRIL 27, 2013
2:00_{PM} AT BLACK OAK GOLF COURSE

\$50.00 PER PLAYER INCLUDES

9 HOLES OF GOLF PLUS CART
RANGE BALLS
LUNCH AND 1 DRINK TICKET

RAFFLE PRIZES, LONGEST DRIVE AND CLOSEST TO THE HOLE
FOR MEN AND WOMEN AND MUCH MORE...

FOR MORE DETAILS CONTACT
KIM LIGHTFOOT AT 916-952-1019 OR
GO TO WWW.FOPHS.ORG



Counseling News...

College Acceptance Now is the time when seniors receive college acceptance letters. As you are notified of acceptance be sure to let us know by filling out a college acceptance form at the counseling desk. With this information, students can be added to our College Board in the counseling office. With this display we can all share in the pride of having our students go on to attend some of the best colleges and universities in the country!

Sierra College Seniors who plan on attending Sierra College next fall should have already applied, completed the online orientation, taken their assessment tests and met with a Sierra counselor. If you have not applied, go to the Placer High website, click on "Counseling" and then click on "Applying to Sierra College" (on the left-hand side under Navigation). The first day of online class selection for new students is May 8, but all of the above mentioned steps must be completed first! Assessment times and counseling appointments are filling up so don't wait! The high demand classes fill up very quickly! Take care of the all the necessary procedures well ahead of this May 8 date to ensure class choices.

9 week progress reports will be handed out to students on Friday, April 5. Students should take these home for parents to see. If these are lost or misplaced, parents can check grades on the Parent Portal.

University Bound Juniors Now is the time to take the SAT or ACT tests for juniors who are planning to attend a 4-year college upon graduation from PHS. There are only a few test dates left for this spring. There is a May 4th SAT test (deadline is April 5) and a June 1st SAT test (deadline is May 2). Register online at collegeboard.com. There is also an ACT testing date on June 8th (regular deadline is May 3). Register online at act.org. By taking the tests now, students will have the option of re-testing in early fall to improve scores.

Senior Scholarship Award Night will be held on Wednesday, May 29th at 6:30 pm in the auditorium. This event celebrates seniors who have received school, community, and college scholarships. To assist us in recognizing these accomplishments, we ask that seniors bring copies of their scholarship letters to the counseling office, so we can include them in the event's program. This includes any college specific awards that students have received. STAR Testing for all current 9th, 10th and 11th grade students will take place April 24-25 and May 1-2. The schedule will be posted soon.

AP Testing late registration will continue until April 18. Cost is \$89 plus a late fee of \$50 (Total \$139) per test to be paid at the counseling office in cash or check made out to Placer High School. See testing schedule on page 5.



Counseling News continued....

2013 AP Exam Schedule

Week 1

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon
Monday, May 6	Environmental Science	Psychology
Wednesday, May 8	Calculus AB Calculus BC	
Thursday, May 9	English Literature and Composition	
Friday, May 10	U.S. History	

Week 2

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon
Tuesday, May 14	United States Government and Politics	
Wednesday, May 15	English Language and Composition	
Thursday, May 16	Macroeconomics	

2012-2012 SAT Test Dates

Date	Test	Registration Dead- line	Late Registration Dead- line
May-4	SAT & Subject Tests	April-5	April-19
June-1	SAT & Subject Tests	May-2	May-17

2012-2013 ACT Test Dates

Test Date	Registration Deadline	(Late Fee Required)
June 8, 2013	May 3, 2013	May 4 – 17, 2013

Placer School for Adults

Grand re-Opening

The Placer School for Adults (PSA) in Auburn, California is pleased to introduce five new experienced fitness instructors who are now on board.



On Mondays and Wednesdays, **Geri Teixeira** leads the Chair Stretch & Strengthen, Step Fitness & Stretch Training and Dance Aerobics while **Arnold Chung** is teaching two Tai Chi classes, intermediate and beginning. On Tuesdays and Thursdays, **Laura Linsteadt** leads the Wake Up Stretch & Strengthen and Nia Dance Aerobics classes; **Jolene Ford** teaches the Weight Training class, and **Susi Thomas** leads the Clogging classes.

Chair Stretch & Strengthen is offered Mondays and Wednesdays at 8:00 a.m. until 9:00 a.m. and is a gentle introduction to balance, strength and flexibility. Step Fitness and Stretch Training is offered Mondays and Wednesdays at 9:00 a.m. to 10:00 a.m., it emphasizes cardiovascular training and low impact movements. Dance Aerobics is offered Monday and Wednesdays at 10:00 a.m. to 11:00 a.m. which integrates dance steps and aerobic moves. Both the Step and Dance classes require you to bring your own mat.

Intermediate Tai Chi is offered on Mondays and Wednesdays at 11:00 a.m. to 12:00 a.m. and beginning Tai Chi at 12:00 a.m. to 1:00 p.m.. Tai Chi uses slow fluid movements to develop stronger muscles as well as better balance control. Tai Chi is an ancient Chinese martial art that was developed to encourage health and longevity.

In addition to these classes, there are Tuesday/Thursday classes including Wake Up Stretch & Strengthen, at 8:00 a.m. to 9:00 a.m.. This class incorporates Pilates and yoga with a variety of core strength and stretching exercises. Nia Dance Aerobics, 9:00 a.m. to 10:00 a.m., incorporates low impact movements and dance with aerobic moves. Weight Training at 10:00 a.m. to 11:00 a.m. is a more strenuous approach to muscle building, core training using weights and fitness tools.

Beginner/Easy-Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Tuesdays and Easy-Intermediate/Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Thursdays. This fun form of Appalachian tap dancing gets the heart rate up as you learn the foundations of clogging.



Placer School for Adults continued....

Exercise cards are offered by PSA at a cost of \$36 and are good for any 12 classes which are all held at the Dewitt Center exercise classroom at 11578 E. Avenue East in Auburn. For more detailed information about class times and content please visit www.placeronline.org. We have new experienced fitness instructors who are now on board.

On Mondays and Wednesdays, Geri Teixeira leads the Chair Stretch & Strengthen, Step Fitness & Stretch Training and Dance Aerobics while Arnold Chung is teaching two Tai Chi classes, intermediate and beginning. On Tuesdays and Thursdays, Laura Linsteadt leads the Wake Up Stretch & Strengthen and Nia Dance Aerobics classes; Jolene Ford teaches the Weight Training class, and Susi Thomas leads the Clogging classes.

Chair Stretch & Strengthen is offered Mondays and Wednesdays at 8:00 a.m. until 9:00 a.m. and is a gentle introduction to balance, strength and flexibility. Step Fitness and Stretch Training is offered Mondays and Wednesdays at 9:00 a.m. to 10:00 a.m., it emphasizes cardiovascular training and low impact movements. Dance Aerobics is offered Monday and Wednesdays at 10:00 a.m. to 11:00 a.m. which integrates dance steps and aerobic moves. Both the Step and Dance classes require you to bring your own mat.

Intermediate Tai Chi is offered on Mondays and Wednesdays at 11:00 a.m. to 12:00 a.m. and beginning Tai Chi at 12:00 a.m. to 1:00 p.m.. Tai Chi uses slow fluid movements to develop stronger muscles as well as better balance control. Tai Chi is an ancient Chinese martial art that was developed to encourage health and longevity.

In addition to these classes, there are Tuesday/Thursday classes including Wake Up Stretch & Strengthen, at 8:00 a.m. to 9:00 a.m.. This class incorporates Pilates and yoga with a variety of core strength and stretching exercises. Nia Dance Aerobics, 9:00 a.m. to 10:00 a.m., incorporates low impact movements and dance with aerobic moves. Weight Training at 10:00 a.m. to 11:00 a.m. is a more strenuous approach to muscle building, core training using weights and fitness tools.

Beginner/Easy-Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Tuesdays and Easy-Intermediate/Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Thursdays. This fun form of Appalachian tap dancing gets the heart rate up as you learn the foundations of clogging.

Exercise cards are offered by PSA at a cost of \$36 and are good for any 12 classes which are all held at the **Dewitt Center** exercise classroom at **11578 E. Avenue East in Auburn**. For more detailed information about class times and content please visit www.placeronline.org.

April 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Spring Break Soccer vs Foothill 4/5:30	SAM Meeting 7:30am Detention 3:00-5:00 VB @ Bear River 5/6:00 Tennis @ Bear River 3:30 Golf @ Lincoln 3:00	Grades due by 3:00pm Site Council Mtg. 3:10 FOPHS Mtg. 6:30pm BB @ Foothill 4:00 Track @ Foothill 3:30 Soccer vs Center 4/5:30	Leadership Team 3:10 VB vs Whitney 5/6:00 SB vs Center 4:00 Golf vs Foothill 3:00	<i>LeFebvre Relays 1:00</i> <i>Min. Day 12:05 Dismissal</i> BB vs Center 4:00 SB vs St. Mary's TBA	Tennis Marathon TBA
1	2	3	4	5	6
WASC Visitation PLC-Min Day Soccer @ Colfax 4/5:30 Golf #1 Dia. Oaks 12:30	WASC Visitation Detention 3:00-5:00 Department Mtg. VB @ Antelope 5/6:00 SB @ Colfax 4:00 Tennis vs Foothill 3:30	WASC Visitation BB @ Center 4:00 Track vs Center 3:30 Faculty Mtg. 2:45 Library	VB vs Rio Americano 5/6:00 SB @ Bear River 4:00 Soccer vs Bear River 5:30/7:15 Tennis @ Center 3:30 Golf @ Center 3:30	BB @ Colfax 4:00 Swim @ Bear River 4:00	Jr. Prom @ The Ridge 7:30-11:00pm Swim @ Rio Linda 9:00
8	9	10	11	12	13
PLC-Min Day Soccer @ Lincoln 5/7:00	Detention 3:00-5:00 VB vs El Camino (V) 6:00 VB vs Granite Bay (JV) 5:00 SB @ Lincoln 4:00 Tennis vs Colfax 3:30 Golf vs Colfax 3:00	BB vs Colfax 4:00 Track @ Colfax 3:30 Soccer @ Foothill 5/7:00	VB vs Bear River 5/6:00 SB vs Foothill 4:00 Tennis vs Bear River 3:30 Golf vs Bear River 3:00	<i>Extended Lunch</i> BB @ Bear River 4:00 Track @ Del Oro 12:30 Swim @ Foothill 4:00	
15	16	17	18	19	20
PLC-Min Day Soccer @ Center 5/7:00 Tennis vs Lincoln 3:30	Detention 3:00-5:00 VB @ Whitney 5/6:00 SB @ Center 4:00 Tennis @ Foothill 3:30 Golf vs Lincoln 3:00 BB vs Brad. Christian JV 4:00	STAR Testing BB vs Bear River 4:00 Track vs Lincoln 3:30	STAR Testing VB vs Antelope 5/6:00 FOPHS New sletter Deadline SB @ Colfax 4:00 Soccer vs Colfax 5:30/7:15 Golf @ Foothill 3:30	BB @ Lincoln 4:00 Track @ Hughes Stad. TBA Tennis Singles TBA Swim Trials @ Bear River TBA	Track @ Hughes Stad. TBA Tennis Doubles TBA Swim Finals Bear River TBA
22	23	24	25	26	27
PLC-Min Day Soccer @ Bear River 4/5:30 Golf #2 Timber Creek 12:30	Detention 3:00-5:00 VB @ Rio Americano 5/6:00 SB vs Bear River 4:00				
29	30				

Friends of Placer High School is a non profit organization whose primary objective is to promote student welfare in the home, school, and community through the cooperative effort of parents, students, teachers and members of the community. We do this by supporting programs that strengthen communication, provide volunteer support, and through financial assistance that enhances, enriches and supplements district approved activities.

Some of our more significant programs include the Teacher Wish List, Monthly Newsletter, Grad Night, Library Volunteers and Staff Appreciation Day. Our meetings are held the first Wednesday of every month. **Everyone is welcome to attend!** Come see what we are all about and support PHS students on **Wednesday, April 3, 6:30pm. In the Staff Lounge.**

Hope to see you there!

FOPHS Board

Friends of Placer High School

275 Orange St.
Auburn, CA 95603

fophsnp@puhsd.k12.ca.us



FOPHS 2012/2013 Officers

Name	Position
Kim Lightfoot	President
Julie Lardner	Secretary
Emilia Lawson	Treasurer
Patty Tomashefsky	Membership
Sylvia Fisk	Website/Web Newsletter
Janeen Steinheimer	Grad Night Liaison
Shelley Wright	Hospitality
Lisa Voss	Ways and Means (Scrip)
Tyann Elkins	Library Volunteer Coordinator
Peter Efstathiou	Principal