

# TITAN NEWS

Newsletter  
Vol. 01 Edition 06  
Oct-Nov 2009

## Principal's Message

Now that Antelope High School is a year old, we now have academic achievement data to monitor and adjust our academic programs. For the 2008-2009 school-year, Antelope High School achieved an initial Academic Performance Index (API) score of 779 and met all Annual Yearly Progress (AYP) requirements, including those of our student subgroups. I commend our faculty and students for their achievement as opening a new school and riding the wave of multiple transitions is not an easy task. We now must take this opportunity to continue to refine our program, increase our achievement and get our API score over 800. This is a great beginning to overall achievement for our students. If you wish to see our California Standards Test, API, or AYP scores, you can go to <http://www.cde.ca.gov/index.asp>.

As a follow up to my letter to families on September 4<sup>th</sup>, regarding the two incidents at Antelope Community Park and I would like to update you on some of the actions taken in joint effort by the school, district, Sacramento County Sheriff's Dept, and the Sunrise Park and Recreation Dept. Since the incidents, there has been an increased presence after school at the park by the Sacramento County Sheriff's department. Our school resource officer begins a patrol around the park beginning at 2:00 p.m. Our campus monitor also begins a patrol around the playground of the park as well as the back parking lot around 2:15 p.m. All available administration is positioned around the campus and the backside of the school. As an added measure, Paladin Security will place a patrol unit at the park from 2:00 p.m. to 3:00 p.m. until the

end of the month.

As you may know, Antelope High School is a big campus that backs up to a huge, open park. This presents a problem for us as we cannot supervise or patrol this area every day. We just don't have the personnel or time to do so. We need your help. We need more parents or family members to join our PAWS program. PAWS stands for Parents Assisting with Students. We currently have a handful of parents working with us throughout the day. Parents, either individually or as a group, walk the campus and nearby area for 30 minutes to an hour keeping an eye on our students. This could be one day per week or random throughout the year. Any amount of time is appreciated. The more adults we have on campus or in the park during the school day allows

us to ensure a safe campus for all of our students. If you are interested, please contact Cassandra Paul, assistant principal's secretary, at 726-1400 ext. 6060 for more information.

We are quickly moving into the school year and I just want to compliment our staff, students and parents for a wonderful start to the school year. We have worked hard to cultivate a sense of Titan pride on the campus and in the community and we are beginning to see this work pay-off. Thank you for your support and we look forward to another great year. GO

## Career Center

### SPEAKERS &

### UPCOMING EVENTS!!

#### September Speakers

*If you are interested in hearing any of these presentations come to the College & Career Center to sign-up and pick-up a release slip that needs to be signed by your teacher.*

**September 22<sup>nd</sup> @ 1:30am**  
**Portland State University**

#### September Events

**September 30<sup>th</sup> – 6:00-8:00pm** College Fair  
**Oakmont High School**  
*Representatives from over 75 universities and colleges will be in attendance to meet prospective students and answer questions. All students and parents are welcome to attend.*

#### October Speakers

*If you are interested in hearing any of these presentations come to the College & Career Center to sign-up and pick-up a release slip that needs to be signed by your teacher.*

**October 2<sup>nd</sup> @ 1:00pm**  
**University of Nevada, Reno**  
**October 7<sup>th</sup> @ 10:30am**  
**St. Mary's College of CA**  
**October 8<sup>th</sup> @ 8:15am**  
**Whittier College**  
**October 9<sup>th</sup> @ 8:30am**  
**Seattle University**  
**October 21<sup>st</sup> @ 8:30am**  
**American River College**

#### October Events

**October 28<sup>th</sup> – 6:30pm**  
**Cosmetology Nite – Oakmont (For Juniors Only)**  
*All students and parents are welcome to attend.*

#### November Speakers

**November 4<sup>th</sup> @ 8:30am**

#### **Davis Preview Days**

Join us for a day at Davis. This is a great opportunity to visit the campus and see what UC Davis has to offer. There will be student led campus and housing tours, different representatives from the academic colleges, a Majors and activities fair, financial aid information and workshops for Juniors on admissions and applications.

Don't miss this great opportunity. There will be a small fee of \$8.00 to offset travel expenses. Students will need to bring a lunch or bring money for lunch in the campus cafeteria. The event takes place **Saturday October 17<sup>th</sup> 7:30am-3:30. Space will be limited; the last day for sign ups will be October 2<sup>nd</sup> in the Career office. Don't miss out!!!!**Sierra College



#### **FINALS SCHEDULE**

Oct 5 FINALS Period 1 & 3  
Koolaid & Cram 6-8 pm  
6 FINALS Period 2 & 4  
End of 1<sup>st</sup> Quarter

**School Hours:**  
**7:45 A.M. – 2:35 P.M.**

**School Begins:**  
**AUGUST 10th**

**Office Hours:**  
**7:30a.m. – 4:00p.m.**  
**Phone: 726-1400**  
**Fax:726-0700**

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## Athletic News

Hello Antelope Titans,

Welcome back for year two and the start of Varsity Sport for many of our teams. Last year a few of our teams competed at the Varsity level, but this year, all teams make the move up. Making for, what should be, a very exciting year.

For the **Fall** Season we currently have Cross Country, Girls' Golf, Football, Boys' Soccer, Girls' Volleyball, and Boys'/Girls' Water Polo competing. The **Winter** Season includes: Boys' basketball, Girls' Basketball, and Wrestling.

The **Spring** Season includes: Baseball, Boys' Golf, Boys' Volleyball, Girls' Soccer, Softball, Swimming, Co-Ed Tennis, and Track.

Please remember that in order to try out for any team at Antelope High School, the Student-Athlete must have a cleared Athletic Packet on file. These can be picked up in the front office or the AD's office. NO student-athlete can participate in workouts without being cleared.

### Calendar Events/ Information

**Titans Golf Tournament: Oct 10th 7:00am registration 8:00am tee time Scramble, best ball. \$100 per player, Tri Tip/Chicken Dinner included. Location:Cherry Island**

**Winter Sports Meeting:** October 26, 7:00 in the Main Gym. All parents of Student-Athletes that will be trying out for teams are required to attend.

**Athletic Contribution (Winter):** Due on November 3<sup>rd</sup>.

**Winter Sports Practice:** Starts on November 10. Winter Sports are: Boys and Girls Basketball and Wrestling. Anyone interested in a Winter Sport needs to complete a physical and the athletic packet. These can be picked up in the front office or in the Athletic Directors office.

**CIF Website:** A listing of all of the school and in our section can be found on the CIF website. <http://www.cifsjs.org/> Then select "Schools" from the left side

menu. Directions to schools are included. This link can also be found on the school website.

### Antelope Parent Booster Contact information:

[www.antelopeparentboosters.blogspot.com](http://www.antelopeparentboosters.blogspot.com)

Julie Bevers - VP Memberships - [bevers@surewest.net](mailto:bevers@surewest.net)

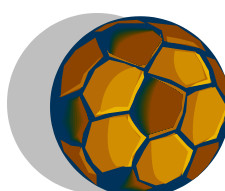
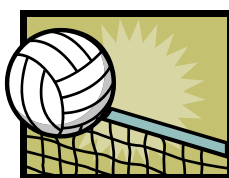
Karen Vasquez - VP Boosters - [dksjj1969@aol.com](mailto:dksjj1969@aol.com)- to establish a booster club. Please join if you have not done so already.

Looking forward to another fantastic year. Come out and see one of our teams compete. Schedules can be found on line and in the Dailey Bulletin. GO TITANS!!!

Thank you for your continued support.  
Mike Triolo  
Athletic Director

## THEATER DEPT. NEWS

Attention all volunteer skilled carpenters. Looking for help to start building the backstage for the theater department. Please contact Richard Winters at 916-726-1400 ext 6301 or email him at [rwinters@rjuhsd.us](mailto:rwinters@rjuhsd.us)



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## NURSE'S OFFICE UPDATE

Dear Parents and Gaurdians,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in our school district. We want to keep the schools open to students and functioning in a normal manner during this flu season, but we need your help to do this.

We are working closely with the Placer County Public Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. For now, we are doing everything we can to keep our school functioning as usual.

Here are a few things that we will be encouraging and that you can do to help .

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. Most classrooms have soap and water, however if they do not, we will be using hand sanitizers as recommended by the Centers for Disease Control and Prevention. Please contact the school if you do not wish for your child to use hand sanitizers in the absence of soap and water.
- Teach your children not to share personal items like drinks, food or unwashed utensils.
- Cover coughs or sneezes with a tissue. If a tissue is not available, we encourage you to have them sneeze into the elbow, arm or sleeve areas. Make sure your children wash their hands after sneezing to remove the germs.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius

or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

- Keep sick children at home for at least 24 hours after they no longer have fever and have stopped taking medication for fever or flu symptoms. This may require students to stay home for at least 3-5 days. Keeping children with a fever at home will reduce the number of people who may get infected.
- Do not send children to school if they are sick. Any children who are sick while at school will be sent home.
- Get your child vaccinated against seasonal and H1N1 influenza. The Centers for Disease Control and Prevention has noted that young people are more susceptible to flu.

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in

our community and what our school district is doing, see [www.rjuhsd.us](http://www.rjuhsd.us). We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

We will also gladly accept your donations of hand sanitizer or boxes of tissue. Our budget cuts have limited our ability to supply these items at the opening of school only. These are very effective tools in our efforts to contain both seasonal flu and H1 N1 on campus. The students are familiar with hand sanitizers and seem very willing to use them, so we would appreciate your support.

Thank you,

Antelope High School Nurses

## Mark Your Calendar

### October

9/28-2 Float construction  
Continues  
1 Choir Broadway review show @ OHS  
2 Royalty Nominee @ lunch  
5 Float Construction ends  
5 FINALS Period 1&3  
Cocoa & Cram 6-8 pm  
6 FINALS Period 2&4  
End of 1<sup>st</sup> Quarter  
7 TIRELESS TEACHER  
LUNCHEON  
Up and Coming voting @ lunch  
8 TITAN SPIRIT DAY  
8 TITAN SPIRIT DAY  
9 Up & Coming Rally, Game & Dance  
TITAN SPIRIT DAY  
10 SAT  
12 Collaboration Day  
Columbus Day  
13 Permanent Grades DUE  
14 NO SCHOOL – 184<sup>TH</sup> DAY  
PSAT @ AnHS  
17 PSAT  
18 SAT

19 Collaboration Day  
Athletic Eligibility  
Declaration Day  
20 Staff Meeting  
26 Collaboration Day  
Winter Sports Meeting  
30 Halloween Door  
Decorating Contest

### November

1 Day-Light Savings Time  
2 Collaboration Day  
2-20 Canned Food Drive  
4 TIRELESS TEACHER  
LUNCHEON  
6 Mid Quarter 2  
7 SAT  
8 SAT  
9 Collaboration Day  
10 Progress Grades due  
Winter Sports practices  
begin  
11 Veterans Day – NO SCHOOL  
12 Fall Dance Show  
14 Fall Dance Show  
16 Collaboration Day  
Athletic Eligibility  
Declaration Day

17 Staff Meeting  
18 Titan Open Microphone  
Night  
19 Fall Play  
20 Canned Food Drive Ends  
21 Fall Play  
21-29 Thanksgiving Break – NO SCHOOL  
30 Collaboration Day