**Welcome to Poway High School**

**IMPORTANT DATES**

- **Sept 21** Homecoming Dance 7-10PM
- **Sept 30** Professional Growth Day—non-student day
- **Oct 5** Saturday School
- **Oct 16** PSAT Test Day
- **Oct 11** 6 wk Progress Grades
- **Oct 28** Professional Growth Day—non-student day
- **Nov 2** Saturday School
- **Nov 11** Veterans’ Day—no school
- **Nov 13-15** Trimester 1 Finals
- **Nov 15** End of Trimester 1
- **Nov 25-29** Thanksgiving Break
- **Dec 23-Jan 3** Winter Break
- **Jan 6** Return from Winter Break
- **Jan 20** Martin Luther King Jr. Day—no school
- **Jan 21** 6 wk Progress Grades
- **Jan 31** Professional Growth Day—non-student day
- **Feb 17-21** February Break
- **Mar 4-6** Trimester 2 Finals
- **Mar 6** End of Trimester 2
- **Mar 27** Most Spirited Titans
- **Apr 13-17** Spring Break
- **May 1** 6 wk Progress Grades
- **May 4-15** AP Testing
- **May 30** Prom
- **May 25** Memorial Day—no school
- **June 9-11** Trimester 3 Finals
- **June 11** Graduation & Last Day of School

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**The PHS PTSA** is excited for this school year. Our goal is to increase our membership and help families build a great connection between school and home. Becoming a member of the PHS PTSA not only helps provide funding for school wide programs, grants and scholarships to PHS students, it also helps provide activities for staff members and helps provide innovative and engaging Parent Education programs. Adult membership is only $12 and Staff/Student membership is only $8. You can join online just click on this link: [http://powayptsa.org/page-2/](http://powayptsa.org/page-2/)

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**MONDAYS ARE EARLY RELEASE AT 1:35 PM**

**UPCOMING EVENTS**

*Homecoming, Sept. 21, 7PM-10PM @ Birch Aquarium*

Homecoming Tickets on sale now:
- Sept. 3-6: $35
- Sept. 9-18: $40
- Sept. 19-20: $45

No tickets sold at the door. Student ID required to enter.

**PSAT:** Wednesday, October 16, 7:30 AM **Deadline to register is Wednesday, September 18!!** All 10th graders are already registered and will take the PSAT at no charge. The PSAT is optional for 9th and 11th graders but they must register and pay in order to take the test. The cost is **$19 payable online, or at the Finance Office** during break or lunch. Check (payable to Poway High School), cash or credit card accepted at the Finance Office. If registering online, only credit cards accepted. Go to PHS website at [www.powayusd.com/pusdphs](http://www.powayusd.com/pusdphs). Click on Titans Payments Webstore at the bottom of the page. **ON TEST DAY you must have:** photo ID and two #2 pencils; a 4 function calculator is recommended.

**Seniors, have you scheduled your portrait?** Time is running out to book your in-studio portrait. If you have not already done so, call to schedule by the end of September. Only portraits taken by our official photographer, Visual Photography will be included in the yearbook. Visual offers a comprehensive selection of sessions from which to choose --from nominally-priced, more creative sessions to a basic courtesy headshot on campus. You may visit their website [http://www.visualphotography.com/](http://www.visualphotography.com/)

**MINDFUL MOMENT**

During the 2018-19 school-wide Thoughtexchange survey, people offered many ideas on how to best support our students. One of the concerns raised was our students’ ongoing social-emotional learning and mental health wellness. Many of you pointed out the need to help students reduce their stress and anxiety, and to help students deal with academic and social pressures.

One way we are doing this is by implementing a “Mindful Moment” each day at all PUSD schools, starting this school year.

The purpose of a “Mindful Moment” is to provide an opportunity for students to calm themselves and have a quiet moment to prepare for learning. Teachers will not tell students what to think about or reflect upon during this time, but merely provide 60 seconds of quiet time before instruction begins. Our current culture is filled with stimuli and input for the mind, from the time we wake up to the time we go to bed. A “Mindful Moment” allows our students a chance to pause and reflect upon the day ahead. We are asking for your help in discussing the “Mindful Moment” with your children at home as well as possible topics or thoughts for them to focus on.

Educators are not always aware of the struggles children face at home or in their personal lives. Research has shown that by participating in a quiet moment each day, students feel less anxious, less stressed, calmer, and more able to focus. This, in turn, improves learning as well as behavior at home and school.
The Student Services Office is here to support students and parents! We offer personal/social/crisis support in addition to support groups (tobacco cessation, drug/alcohol cessation, general groups). The office is sponsored through donations from the PTSA, the PHS Foundation, a tobacco grant, and community donations. For further information, Sharon Struck at sstruck@powayusd.com (ext. 5393) or go to their webpage, Poway High Student Services (on the PHS website).

Some upcoming community service opportunities can be found on the Student Services website at Student Services – Community Service

The Partnership for Drug Free Kids provides support and guidance to families struggling with their child’s substance use. Below are links to some of the resources available on their site.

https://drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/

You can also contact Sharon Struck, Student Services Specialist, at Poway High, at sstruck@powayusd.com or 858-748-0245 x5394, for a confidential conversation.

COUNSELING NEWS Counseling Quarterly Newsletter
For more PHS Counseling information, please visit PHS Counseling

COUNSELORS
A - Dom: Christy Brown  Don - Kon: Jerrah Smith
Koo - Ramj: Blanca Arreguin  Ramk - Z: Jerilyn Padua-Reyes
CTE/Intervention Counselor: Karly Wardwell
Career Guidance Tech: Jaime Brown  Counseling Assistant: Jodie Hughes

IMPORTANT ANNOUNCEMENTS and UPCOMING EVENTS:

THE TITAN CENTER IS NOW OPEN!!!
The Titan Center has been revamped. We now have a Career Guidance Tech, Jaime Brown available to help Titans with career and college searches. Jaime’s contact information is: jbrown@powayusd.com or (858) 748-0245 ext. 5135. Encourage your students to stop by and check it out.

Gain free access to Khan Academy – a personalized SAT study plan and BigFuture – a comprehensive college and career planning tool at www.collegeboard.com.

Transcript Policy: Visit the PHS Registrar to have an official transcript sent via U.S. mail, or order through parchment.com to be electronically submitted with the ability to track your submission for a fee.

COLLEGE BOUND JUNIORS: Remember it is recommended to take the SAT or ACT in the Spring of your junior year. SAT/ACT Testing:

• Most 4 year colleges accept SAT/ACT test scores through the December test date in your senior year. Some colleges have earlier deadlines so verify your college deadlines.
• All colleges will utilize your highest score, whether that is from the SAT or the ACT.
• The UC system will utilize your highest test score from a single test date, while the CSU system will “super score,” taking your highest sections scores even if they come from multiple testing dates to create an overall highest score.
• It is recommended to try BOTH the SAT and the ACT as the tests vary.
• Most juniors consider taking the SAT and/or ACT for the first time during the spring of junior year

SAT Test Dates  You can register for the SAT at the College Board website here.

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<th>Latest Mail</th>
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<td>late registration online by Oct 22</td>
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<td>May</td>
<td>register by Apr 3</td>
<td>late registration by mail Apr 14</td>
<td>late registration online by Apr 21</td>
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<td>Jun</td>
<td>register by May 8</td>
<td>late registration by mail May 19</td>
<td>late registration online by May 27</td>
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ACT Test Date  You can register for the ACT at the ACT website here.

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<td>Dec</td>
<td>register by Nov 8</td>
<td>late registration Nov 9-22</td>
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<td>Apr</td>
<td>register by Feb 28</td>
<td>late registration Feb 29- Mar 13</td>
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<tr>
<td>Jun</td>
<td>register by May 8</td>
<td>late registration May 9-22</td>
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GENERAL INFORMATION

Off-Campus Pass during the school day Policy

Parking Lot Access: Poway High parking lots are considered transition areas. Students should only be accessing them to transition to and from campus. Students are not allowed to go to their cars throughout the day to get books, school supplies, jackets, etc. Additionally, during break and lunch students are not allowed to go to their cars to hang out, listen to music or loiter in any way. These areas are considered off limits during the school day and students who are found to be accessing these areas inappropriately may be subjected to disciplinary action.

Off-Campus Lunch Pass: Students with an Off-Campus Lunch Pass may leave campus during our lunch period. Students may obtain an Off-Campus Lunch Pass by having a parent visit our front office with a photo ID and fill out an Off-Campus Lunch Pass Application. There is no cost for an Off-Campus Lunch Pass.

Off-Roll: Students who have an off-roll on their schedule are not assigned to a class during that period. A student who has an off-roll class should have the corresponding off-roll sticker (this can be obtained at no cost in the main office) on their student ID and carry that with them at all times.

Students who have a 1st period off-roll may arrive at school for the start of 2nd period, or they may arrive during 1st period and utilize the library or study at one of our picnic tables.

Students who have a 5th period off-roll may leave campus for the day at the end of 4th period.

A midday off-roll does not allow a student the ability to leave campus during that part of the day.

Students who have an off-roll during 2nd period may access the library or any of our sitting areas in our quads or covered lunch areas. Students who have a 2nd period off-roll CANNOT leave campus during this period without a parent checking them out of school through our attendance office.

Students who have an off-roll during 3rd or 4th periods may also access the library or any of our sitting areas in our quads or covered lunch area. However, students who have a 3rd or 4th period off-roll AND have an off-campus lunch pass may leave campus for lunch, in addition to their off-roll period. Students who do not have an off-campus lunch pass in addition to a 3rd or 4th period off-roll sticker may not leave campus.

As always, thank you for your support with these efforts.

- Student Parking Permits are issued on Mondays after school at the Finance Window. All students must attend a Start Smart Driving class with their parent before obtaining a permit. Vehicle registration and driver’s license are verified. Permits are provided free of charge. Parking rules and requirements are available at Mrs. Warriner’s desk.

- FRONT DESK POLICY: Due to the liability, volume and the value of various personal effects, we no longer accept items to be picked up by or delivered to students. Items include lunches, beverages, phones, money, birthday items, homework, clothing, Grubhub, DoorDash or pizza deliveries. We appreciate your understanding and cooperation.

- Campus Security will issue street lockers during break and lunch. Please see Coach Morris. Students must have a lock before a lock is issued. Locks may be purchased at the Finance window.

- ATTENDANCE: Parents you can now email us at phsattendance@powayusd.com each day your child is absent or tardy. Please be aware that only your valid PUSD registered email will be accepted to clear any absences or tardies or you may call the Attendance hotline at 858-748-7016 and follow the instructions. **ALL ABSENCES MUST BE CLEARED WITHIN 24 HOURS. OFF CAMPUS PASSES still need to be called into the Off-Campus Pass Line at 858-748-0245 X5113, 24 HOURS IN ADVANCE. If requesting an off-campus pass for your student to leave campus the same day, you must come to the attendance window with your ID to check your student out. Please allow ample time for the pass to be delivered to the class. Any absence which occurs as a result of leaving campus without a pass cannot be excused by a parent. Students must check back in with the attendance office when they return to school. Once your child has received a detention for an unexcused absence, it will not be rescinded. *If your child is absent due to medical reasons or appointment, please provide a medical note. PLEASE NOTE: Emergency Contacts – those are for a school’s emergency only. Emergency contacts listed for your student do not have permission to check a student out unless parent approves or a true emergency.

PTSA NEEDS YOU! Please join the PTSA and support our students at Poway High! Anyone can join – parents, neighbors, grandparents, aunts, uncles, community members, etc. ! Support the needs of our students and staff. It’s quick and easy and will help PHS tremendously! JOIN PHS PTSA . Adult membership is $12 and Staff/Student membership is $8. You can join online just click on this link:

http://powayptsa.org/page-2/

** Catch the Tide, Titan Pride! **

Titan Weekly is informational only. Submissions may be submitted to nschiffer@powayusd.com and are subject to approval by school administration.

* TRUSTWORTHINESS ** RESPECT ** RESPONSIBILITY ** FAIRNESS *
* CARING ** CITIZENSHIP *