



FOUNDATION NEWS

January 12, 2016

[LCCHS Foundation website](#)



★ Calendar Notes ★

Wed, Jan 13, Dance Team **Restaurant Night** @ Noodles & Company (Encinitas), 4~8pm

Sat, Jan 16~17, **Shredathon** @ LCC Parking Lot, hosted by Green Hat Electronics

Until Jan 27, Support Our San Diego (SOSD) **Farmers Insurance Open PGA TOUR ticket sales** via MAB liaisons or directly at the Foundation Office.

Wed, Jan 27~Sun, Jan 31, **Farmers Insurance Open PGA TOUR** (27th is preview day).

Wed, Feb 17, **Speaker Series: Raising Resilient Teens in our World** by Dr. Divya Kakaiya, LCC Theater, 6:30~8pm

Mon~Fri, 9~3, **Spirit Wear Sales**, Foundation Office

★ ACADEMICS ★ ARTS ★ ACADEMICS ★ ARTS ★ ACADEMICS ★ ARTS ★ ACAD

★ Shredathon 2016 hosted by ★



Green Hat Electronics

Shred Your Papers With Us This Weekend & Support LCC Students!

Bring your shredables & e-waste to the LCC parking lot this Sat or Sun, Jan 16 or 17, from 10am~4pm.

LCC has partnered again with Green Hat Electronics to raise money for our school. One-half (50%) of shredding services sold and 5¢ per pound of eWaste collected will be donated back to LCC to support our wide range of academic and arts enrichment programs. This is a great community giveback program.

Don't miss out!



[click to enlarge](#)

★ For All Your Solar Needs, Milholland Gives Back to LCC ★



The LCC Foundation is proud to partner with LCC alumnus Harry Berman ('04) and Milholland Electric to help support the students of LCC. For every system installed (when mentioning "LCC"), Milholland Electric will donate \$1,000 to the LCC Foundation, which helps to expand learning opportunities in the classroom. Please contact Harry for all your Solar needs.

harry@milhollandelectric.com
1-858-722-6170

★ S.O.S.D. ★ S.O.S.D. ★ S.O.S.D. ★ S.O.S.D. ★ S.O.S.D. ★ S.O.S.D. ★ S.O.S.D. ★



★ **It's time to buy your Farmer's Insurance Open PGA TOUR Tickets** ★

For every \$35 ticket sold, The LCC Foundation receives \$25 to support our students.

And buying through LCC saves you \$15 per ticket.

The Century Club of San Diego hosts an annual event for San Diego local schools and nonprofit organizations called **S.O.S.D. (Support Our San Diego)**. It is a program administered by the Century Club of San Diego and presented by SDG&E. It's main purpose is to host the **Farmers Insurance Open PGA TOUR Golf Tournament**.

It is the Century Club's mission to support the community. We are given the opportunity to sell tickets to the Open at a reduced rate, and keep a portion of the proceeds. For every \$35 ticket sold, the school receives \$25. That's more than a 70% return that will directly impact our students!

The Farmer's Insurance Open has been played every year since 1952, and consistently has one of the best player fields on the PGA TOUR. But this tournament is not just a golfing event. There will be live music at the end of the day, a Fan Village, and kid-friendly activities. Torrey Pines oceanfront scenery is beautiful and makes for a great day outdoors with friends and family.

One-day tickets (valid for any day of the tournament) are sold at a steeply discounted price. Purchase your tickets through your sports team's liaison, or directly at the Foundation Office and save \$15 per ticket compared to buying them from the Farmer's Insurance Open website. Tickets can be purchased until January 27. All forms of payment are accepted at the Foundation Office.

Don't miss this great opportunity to support our students while having fun during one of San Diego's premier events.

The Farmer's Insurance Open PGA Tour Golf Tournament

January 28 - 31, 2016
Torrey Pines Golf Course

Questions? Please feel free to call Alicia Cashman at (760) 415-3151 or email her at cashmanalicia@gmail.com.

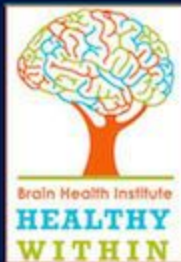


★ FOUNDATION ★ FOUNDATION ★ FOUNDATION ★ FOUNDATION ★ FOUNDAT

The LCC Foundation Speaker Series Presents



Dr. Divya Kakaiya,
Ph.D., M.S.
(Psychopharm), CEDS,
PSY: #14052
Clinical Psychologist,
Neuroscientist
Neurofeedback
Practitioner
PROUD mother of 2!



For more information please visit
healthywithin.com
Phone 858.622.0221
Email DivyaKakaiya@gmail.com

Raising Resilient Teens in our World

Join the interactive discussions led by Dr. Kakaiya on the subjects of:

- digital divide
- impact of social media on the teen brain
- body image
- attachment parenting
- self-esteem
- drug use
- parenting skills and strategies
- how to raise a sustainable digital family!

Dr. Kakaiya is a community leader and has received numerous awards for her community service over the years, including: KGTV 10 News Leadership Award, KPBS Local Hero Award, Top 10 Cool Women of San Diego awarded by Girl Scouts Council, and many more. We are so fortunate to have Dr. Kakaiya come speak. Please don't miss this great event.

Wednesday, February 17
6:30-8:00 pm

La Costa Canyon High School

David H. Thompson
Performing Arts Center

★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR

★ Spirit Wear Sales @ the Foundation Office ★



Come by the Foundation office anytime between 9am-3pm, Mon - Fri, to browse and purchase Spirit Wear! Cash, check, or credit. All welcome!

♥♥ Come on Mavs ~ Wear Your Pride!! ♥♥

★ ALUMNI ★ ALUMNI ★ ALUMNI ★ ALUMNI ★ ALUMNI ★ ALUMNI ★ ALUMNI

★ LCCHS Alumni Association ★



The La Costa Canyon High School Alumni Association was formed in June 2015.

If you are a former LCC grad, or know LCC grads, please 'Like' our [Facebook page](#) and get the latest information about class reunions, networking opportunities, alumni in the news, and more. Please contact the [Foundation](#) if you'd like to be added to our Alumni Directory database, and/or be a Class Representative.

♥♥ Maverick Pride Runs Deep ♥♥

★ Foundation eNews Contributions / Feedback / Suggestions ★

Please contact [Martina Sullivan](#) with the subject heading "For eNews", if you'd like to share information with the LCC community, or promote an upcoming fundraising/booster event in the Foundation portion of the eNews. We also welcome questions, feedback, and suggestions on how to make the Foundation eNews cater better to you. The deadline for the following week's publication is Friday @ midnight. Any contribution should be related to the LCC school and community in order to be approved, and must include your name and contact information. Please include a web link, if applicable, and a photo, image or logo, for visual interest, if available. Approval of external links does not constitute an endorsement or approval of any products, services or opinions contained in the external websites.

Volume #17



HOME OF THE MAVERICKS

LA COSTA CANYON eNews HIGH SCHOOL

January 12, 2016

Dear Mavericks,

PSAT results from the October administration at LCC are now available through studentscores.collegeboard.org. For information about interpreting score reports, check out [this video](#). LCC offered the PSAT to students in grades 9-11 this year.

Beginning in February 2016, the San Dieguito Union High School District will be conducting its' **annual residency verifications** for all continuing SDUHSD students and any new students enrolling for the 2016-17 school year. This process is a legal requirement in California, and it helps our district ensure that all available resources are spent efficiently and effectively to the benefit of SDUHSD families. Moreover, these additional steps will help provide a full and precise accounting of our student population as we review staffing for the coming year. Click [here](#) for more information. All continuing students in grades 7 through 11 must submit residency documentation by **April 1, 2016**. Please fill out one packet per family, and drop off directly at the district office, or to the receptionist office at the school's admin building.

Now is the time to start signing up for AP tests! May will be here before we know it. For all the information needed about signing up for tests, please check out:

Upcoming Events

Wed, 1/13	Dance Mavs Restaurant Night @ Noodles & Co. (La Costa) , 4-8pm
Thurs, 1/14	Financial Aid Night , Theater, 6:30pm
Fri, 1/15	Campus Tour , Adm Building, 10am Theater Class Show , 6pm
Sat - Sun, 1/16 - 1/17	Shredathon , LCC Parking Lot, 10am-4pm
Mon, 1/18	Martin Luther King Jr. Day - No School
Tues, 1/19	2-4-6 Day ISPE Logs, Self-Evaluations, and Coach's Evaluations due to Mr. Medina, via Blackboard
Wed - Fri, 1/20 - 1/22	Finals - Minimum Days Campus Tour , Jan 22, 3:30pm
Thurs, 1/21	Gymnastics Team Info Mtg , Rm 1308, 11:55-1:30pm

<http://www.sduhsdapexams.com/>. March 18th is the last day to sign up for tests without incurring a late sign-up fee!

With the end of first semester quickly approaching on Fri. 1/22. Please take a moment to reference the parent portal for updated student grades. In addition, if your child has low academic grades in any class....we encourage them to take advantage of academic enrichment tutoring (**see below for updated hours**).

Academic Enrichment Tutoring (Revised Hours).

- Mon.-Thurs: 2:45-4:15pm
- Tues. Night: 5:30-7pm (All Subjects)

A certificated teacher as well as student tutors will be available.

All the Best,

Bryan Marcus
Principal

Sat, 1/23	Softball Camp , LCC Softball Field, 9-2
Mon - Tues, 1/25 - 1/26	Teacher In-Service Days - No School
Wed, 1/27	1-3-5 Day
Thur - Sun, 1/28 - 1/31	Pandora's Pizza Calculus Camp 20% Give-Back Day - Thurs (see below) The Farmers Insurance Open PGA TOUR Golf Tournament, Torrey Pines
Mon, 2/1	Smart Start course (see below)
Tues, 2/2	Mornings w/Principal Marcus , Adm Building, 8am
Sat, 2/6	Winter Formal , San Diego Hall of Champions, 8-11pm
Wed, 2/17	Foundation Speaker Series , Theater, 6:30-8pm

ACADEMICS ARTS ATHLETICS

CAMPUS POLICY UPDATE

Hoverboard Policy: As stated in the student handbook/discipline policy, skateboarding on school grounds is prohibited to ensure the safety of all pedestrians. Please note this also applies to hoverboards and any personal motorized vehicle; therefore, students may not bring hoverboards onto campus. Thank you for your support and cooperation.

THIS WEEK ON CAMPUS

Winter Formal Tickets on sale now - [Everything You Need To Know & Required Dance Contract](#)

Thurs, Jan 14 - Financial Aid Night - A financial aid expert will explain the process of filling out the FAFSA (Free Application for Federal Student Aid) for Junior and Senior Parents. It will be held at 6:30 PM, in the Theater.

Fri, Jan 15 - Theater Class Show, 6pm, LCC Theater.

Sat & Sun, Jan 16 & 17 - Shred-a-thon, LCC parking lot, 10-4pm.

Mon, Jan 18 - Martin Luther King Jr Day, school closed.

Home Games:

Tues, Jan 12 - Girls JV & V Basketball vs Fallbrook, 5:30 & 7

Thurs, Jan 14 - Boys F/JV & V Wrestling vs Rancho Buena Vista, 5:30 & 7

Fri, Jan 15 - Boys F/JV & V Soccer vs Fallbrook, 3:30 & 5:15

Fri, Jan 15 - Boys F, JV & V Basketball vs TP, 4, 5:30 & 7

Mon, Jan 18 - Boys V Basketball MLK Classic vs Francis Parker, time tbd

Sat, Jan 16 - Girls JV & V Basketball vs Poway, 5:30 & 7

ISPE Students/Families:

All three of the following items are due by next **Tuesday, January 19**:

1. ISPE Logs
2. Self-Evaluation
3. Coach's Evaluation - If you have not done so, please **contact your coach now** so they have time to complete their evaluation by **Jan 19**. All documents need to be submitted through Blackboard. Please see me in my office or email me if you have questions - AP Medina, reno.medina@sduhsd.net For evaluation guidelines, [CLICK HERE](#).

AP Exam Information:

AP Exam Registration - through March 18, 2016.

Late Registration - March 19 through March 31.

Exam price \$110. Late registration will incur a penalty fee.

Registration site with more information: <http://sduhsdapexams.com>

Jan 12 - Late registration deadline for old SAT for Jan 23 test. [SAT Test Dates](#)

Jan 15 - Late registration deadline for Feb 6 ACT test. [ACT](#)

College Visits in the College and Career Center:

Juniors & Seniors - Go to the Counseling office to sign up and get a pass. Visit Naviance for the full schedule.

Thurs, 1/14 - Baylor

Mon, 2/1 - Johnson & Wales

Academic Enrichment Tutoring in the Learning Commons

Certified teachers and student tutors.

Available to all students.

Mon - Math & Spanish, 2:45-4:15	Wed - Science, 2:45-4:15
Tues - All Subjects, 2:45-4:15 & 5:30-7pm	Thurs - Social Studies, 2:45-4:15

ARTS

Upcycle your Mav wear today! Drop your donations in the office box labeled *O'Neill 902*.

ATHLETICS

SPRING SPORT CLEARANCE: Planning on trying out for a Spring sport? Any student who plans on trying out for a Spring Sport must have a completed sports packet on file in the Athletic Department. If you've already submitted your packet for the 2015-2016 school year, you may want to contact the Athletic Secretary (x6002) to verify that your sports packet is complete. Packets are available at the Athletics Office in the Admin Building. Forms are also on the LCCHS website under Maverick Athletics: Sports Packet 2015. **** Gymnastics and girls softball (ONLY) will be online clearance.** Please see the athletics website for instructions.

All sports packets are due by Monday, February 1st.

Girls Gymnastics:

Want to be a part of one of the best sports programs LCC has to offer? All athletes interested in learning more about the [Maverick Gymnastics Team](#) should attend a team meeting on Thurs, Jan 21, from 11:55am-1:30pm in Room 1308. Gymnasts will receive the team schedule and expectations for the upcoming Spring 2016 season. Please contact Head Coach Jessica Garrett with any questions jessicagarrett760@yahoo.com.

Preseason Workouts:

- ★ **Softball** - Every Wed & Thurs, 3-4:30pm. Meet at the softball field with softball gear and running shoes. Contact Coach Bass with questions - gneebass@hotmail.com
- ★ **Girls Lacrosse** - Runs Jan 11 - Feb 18, every Mon & Thurs, 3:30-5:30pm. Tryouts begin Mon, Feb 22 at 3pm. Contact Coach Rector with questions - casey.rector@sduhsd.net or stop by room 822/ASB.

Softball Clinic for ages 7-14:

Softball Camp with the MAVERICKS

Sat Jan 23, 2016



[Register here](#)

Sat, Jan 23, 9-2pm, LCC Softball Field.

3 Registration Options: hitting/defense, pitching/catching, or the full camp which includes everything. For details and to register by **Jan 21**, click on the eflyer.

All are welcome, whether you are just learning to play or want to get a headstart on the season.

Let's go Mavericks!



PARENTS: A reminder not to wait in the bus turn around for your athlete. Our transportation dept. needs access to this location to drop off and pick up our athletes for games.

SENIOR SECTION

Scholarships!

Go to the Counseling Office or check Naviance for current updates and information.

Brag Banner!

Do you know where your senior is heading after graduation? Buy a Brag Banner from Journalism and let the world know too! Your student's banner will hang in the Learning Commons until graduation, and you can pick it up after the ceremony. Banners are \$25 before April 1. All proceeds directly benefit Student Journalism. See www.mavlifeneews.com.

Graduation Ceremony Tryouts!

Do you want to be part of your own Graduation Ceremony in June? Think about the graduation speech or performance you want to give. Tryouts begin in February. Please see Mrs. Sorensen, in the Assistant Principal's office, next to the Media Center, for details. She will give you the mandatory paperwork to fill out to let us know you're interested.

If you are interested in writing and delivering a speech, **the deadline** to get it in to Mrs. Sorensen is **Thurs, Feb 18**. [Be sure to go to her office to get the form that will give you all the necessary criteria.](#)

Attention Parents of Seniors!

Your student received the graduation order packet (for caps, gowns, tassels, announcements, rings, etc.) in class on Monday or Tuesday of this week. Please make sure you get this packet; there are important deadline dates to be aware of. *Note:* You will need to fill out the order form even if you're requesting a loaner cap, gown and tassel.

If your student "lost it" or "never got it," tell him/her to go to Mrs. Sorensen's office, immediately, to get one.

Important: Please, please, please adhere to the deadlines!

VOLUNTEER OPPORTUNITIES

Oak Crest Reading & Math Interventions - late Jan-March & late March-May, 3:10-3:40. Contact michelle.challishall@sduhsd.net

Student Tutors - All subjects, after-school, Learning Commons. See Mrs. Anderson in Room 512 on 2-4-6 days for info.

COMMUNITY

Campus Tours - For the full schedule, see [Campus Tour Info](#)

LCC Rugby - Girls Sevens:

Our dynamic LCC ladies won 4 of their 6 games this past Saturday at Cathedral Catholic HS vs Mira Mesa, Poway, and Fallbrook! They will play in their 3rd tournament at Poway HS on Thu, Jan 14. Kickoff at 6pm.

LCC Rugby - Boys:

Because Fallbrook did not bring a JV team to play this past Saturday, they forfeited their game against LCC. Our JV boys did get to play a scrimmage match, however, as San Marcos stepped up to play at the last minute. Although Fallbrook brought their best Varsity team, they were unable to best the Mavericks, who overcame them 57 - 17! Come out and support your favorite LCC Rugger, and America's fastest growing sport, this Sat, Jan 16, as we take on St. Augustine HS at home. JV kickoff at 8:50am, and Varsity at 10:00am.

LCC Calculus Camp 20% Give Back Day

Thurs, Jan 28

Pandora's Pizza

828 N. Hwy 101, Leucadia

Ph: 760-230-2323

Just mention "LCC" when ordering all dine-in and carry-out orders!

Reminder from SDUHSD Nutrition Services - Breakfast is offered at NO CHARGE before school each day! If it is raining in the morning, the free breakfast that is typically served at the kiosk will be served from the lower food court.

Smart Start - Mon, Feb 1 - SDUHSD requires that every high school student who obtains an on-campus parking permit must have completed the CHP "[Start Smart](#)" course with a parent or legal guardian. Students must have a parent or guardian present for the entire two hour course. Register at lcstartsmart@gmail.com. For additional information about "Start Smart" go to [CHP website](#) or call Nancy Logan, from San Dieguito Alliance, at 760-310-5310.

High School Selection Information:

Selection Window Opens	Monday, February 1, 2016 (8:00 AM)
LCC Info Night	Wednesday, February 10, 2016
TP Info Night	Wednesday, February 24, 2016
SDA Info Night	Wednesday, February 3, 2016
CCA Info Night	Thursday, January 14, 2016
Selection Window Closes	Monday, February 29, 2016 (4:00 PM)
Lottery (If Necessary)	Thursday, March 10, 2016
Enrollment For Students	Begins Monday, April 11, 2016

KUDOS



Wrestling:

Last Saturday the Varsity team took 4th place out of 30 teams at the Arroyo Classic.

<< Andrew McDonald & Kai Kramer were the Upper & Lower weight MVP'S.

Placers >>

- 1st** Andrew McDonald, Kai Kramer & Mitchell Spencer
- 2nd** Dylan Winston
- 3rd** Aidan Baker, Nolan Durfee
- 7th** Zeke Ramirez



MAV OF THE WEEK: Claire Mater



Fellow eleventh grader, Claire Mater is Mav of the Week. She shares her bright smile with all those who surround her, and her insightful knowledge to those in need. The teacher who nominated Claire admires her for all of these aspiring qualities. Claire says her two favorite things are smiling and chocolate milkshakes from In-n-Out. Thank you Claire for sharing your sweet, bubbly and intelligent personality with those at La Costa Canyon High School. - See more at: <http://mavlifeneews.com>

ENEWS CONTRIBUTIONS

Contact Sara Nuschy-Smith, sara.smith@sduhsd.net with information you would like to see in the eNews. The deadline is Thurs @ 2:30 for the following week's publication. Your contribution should be related to the LCC school and community in order to be approved, and must include your name, phone number, email address, and web address if you have one. Approval of external links does not constitute an endorsement or approval of any products, services or opinions contained in the external websites.

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