



FOUNDATION NEWS

February 17, 2016

[LCCHS Foundation website](#)



★ Calendar Notes ★

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

Sat~Sun, Feb 20~21, Catalyst **SAT 2-day Bootcamp**, LCC Rm. 1306, 9~1pm

Sat~Sun, Mar 19~20, Catalyst **ACT 2-day Bootcamp**, LCC Rm. 1306, 9~1pm

Mon~Fri, **School Directory pick-up** and/or **Spirit Wear Sales**, Foundation Office, 9am~3pm

★ Just \$25 from Every Family would Fully Fund LCC's Academic Needs ★

★ **2nd Semester Appeal to Benefit Your Student at LCC** ★
*Help Us Reach Our Goal of \$90,000, So Our Kids Can Reap the Rewards**

[Donate to the Foundation Today!](#)

**Current school year's donations have raised just over \$40,000 for Art & Academic needs.*

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

★ 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

★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★

★ **SAT and ACT Bootcamps** ★
Sponsored by the LCC Foundation!

CATALYST
The *spark* to an extraordinary score



These students are:

- (A) in the middle of watching the hilarious hit movie *22 Jump Street*.
- (B) preparing to take their seventeenth selfie of the day.
- (C) rejoicing that their state hasn't adopted the Common Core.
- learning how to ace the SAT during a Catalyst weekend Bootcamp.

The SAT and ACT are boring exams, but learning to ace them doesn't have to be. At Catalyst, we take the actual SAT and ACT every time they're given to gain insider knowledge of these exams, and we pass our expertise to students with patience, understanding, and a welcome sprinkling of humor and creativity.

Catalyst's two-day **SAT, ACT, and New SAT Bootcamps** arm students with go-to strategies for every question they'll face on the day of the test so they can march into the test with confidence, momentum, and every key strategy fresh in their mind.

New SAT/PSAT

Saturday, February 20th
9am-1pm

Sunday, February 21st
9am-1pm

Same Old ACT

Saturday, March 19th
9am-1pm

Sunday, March 20th
9am-1pm

Location: La Costa Canyon High School

Tuition is just \$175 per Bootcamp. To enroll, visit www.CatalystPrep.com and click on the Bootcamp Sign-Up tab on the website's menu bar or call us at **800.235.0056**.

Sponsored By The LCC Foundation!

CATALYST

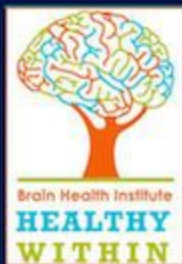
Private Tutoring / Weekend Bootcamps / Small In-Home Classes
800.235.0056 / www.CatalystPrep.com

★ 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

★ SCHOOL DIRECTORY ★ SCHOOL DIRECTORY ★ SCHOOL DIRECTORY ★

★ School Directories @ the Foundation Office ★



☎ Friendly Reminder ☎

For all who ordered school directories, please be sure to come by the Foundation Office to pick up your copy anytime between 9am~3pm, Mon - Fri.

Thank you for supporting your student with this handy-dandy fundraiser.

★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEA

★ 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](#), 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 Sunday @ midnight (eNews typically goes out on Tuesday afternoons). Any contribution should be related to the LCC school and community in order to be approved, and must include your name and best 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 #21

HOME OF THE MAVERICKS



LA COSTA CANYON eNews HIGH SCHOOL

February 17, 2016

Dear Mavericks,

Don't forget to join us **tonight** in the Theatre for LCC Foundation Speaker Series---Raising Resilient Teens in our World, 6:30-8pm

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

Upcoming Events

Tues, 2/16	Registration for the 2016-17 school year begins. Counselors will register current LCC students through their English classes. See Fall Registration for more info.
Wed, 2/17	Foundation Speaker Series , Theatre, 6:30-8pm
Thurs, 2/18	Junior Parent Night - 6:30-8:30pm, Theatre
Fri, 2/19	Campus Tour , 10 am, Adm Office
Sat - Sun, 2/20 - 2/21	Catalyst SAT Bootcamp , Rm 1306, 9-1pm

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

All the Best,

Bryan Marcus
Principal

Thurs, 2/25	Academic Team vs Carlsbad at Carlsbad, 6:30
Thurs - Sat, 2/25 - 2/27	LCC Musical begins, 7pm (also March 2-5)
Sat, 2/27	5th Annual Maverick Mile , LCC Parking Lot & Stadium, 8-11am
Tue - Wed, 3/1 - 3/2	Late Start Days
3/1 - 3/31	California Scholarship Federation CSF info

ACADEMICS ARTS ATHLETICS

THIS WEEK ON CAMPUS

Registration for the 2016-17 school year begins.

Thurs - Graduation speech submission deadline (see *Seniors* below for all deadlines)

Home Games:

See Athletics & Community below...

ACADEMICS

2016-17 Bell Schedule: [Bell Schedule with Q&A](#)

JUNIORS - Your counselors are sending out VITAL information to you via your NAVIANCE account. Sign up today!

AP Exam Information:

AP Exam Dates - **Mon, May 2 - Fri, May 13**

Registration - through **March 18**. Late Registration - **March 19 - March 31**.

Exam price \$110. Late registration will incur a penalty fee. Registration site with more information: [AP Exams](#)

Mar 4 - ACT registration deadline for Apr 9 test. [ACT Test Info](#)

Apr 8 - SAT registration deadline for May 7 test. [SAT Test Info](#)

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.

Mira Costa College Early College Admission and Planning

Placement testing will be held here in the Flex Lab on Tuesday, March 15, from 7:30 am to Noon.

The MiraCosta ECAP Day will be Wednesday, March 23, all day. **Sign up in Counseling.**

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

Blue cards for spring sports are available in the Athletic Office. Any questions, please email Athletic Director at kari.digiulio@sduhsd.net

Varsity Home games this week include:

2/17 Girls and Boys Varsity Basketball v. Vista @ 5:30pm and 7pm

WHITE OUT

2/17 Boys Varsity Soccer v. Vista (Senior recognition Night) @ 5:15pm

JV and Frosh @ 3:30pm

2/18 Boys Varsity Soccer v. Carlsbad @ 5 :15pm

JV and Frosh @ 3:30pm

SENIOR SECTION

Mid-Year Report/Transcript beginning Feb 1 - Seniors can request mid-year/7th semester grades from their counselor, if required by their colleges.

Scholarships

Go to the Counseling Office or check Naviance for current updates and information. Deadlines are fast approaching. Please check out the following scholarships and apply :)

Ford Salute to Education	Coastal Community Foundation	Buick Achievers
Sunflower Scholarship Fund	Calif Retired Teachers Assoc	MAEGA (for Latinos)
Cabrillo Civic Clubs of Calif (for Portuguese)	San Diego County Citizens Scholarship Foundation	Beverly Yip Scholarship (Asian, Pacific Islander)
Executive Women International	Polster Scholarship	HACER (for Latinos)
Miss Teen Carlsbad Scholarship (not a beauty pageant)	Don Diego Scholarship Foundation (for seniors who participate in SD County Fair events)	

IMPORTANT DEADLINES

See Mrs. Sorensen for tryout & order forms, and for more information. 760-436-6136 ext. 6005.

WHAT	BY WHEN	WHERE
Graduation Speeches	Feb 18	In writing, to Mrs. Sorensen
Grad Announcements, Caps, and Gowns	Feb 20	Order through Herf-Jones
Grad Oral Speech Tryouts (invite only)	March 3	Adm Conf Room
Grad Performance Intent Form (incl Nat'l Anthem)	March 4	In writing, to Mrs. Sorensen
Grad Performance Tryouts	March 9	Drama Room
Brag Banner in the Learning Commons (\$25)	April 1	www.mavlifeneews.com
Grad Loaner Cap & Gown	April 15	Order through Herf-Jones

VOLUNTEER OPPORTUNITIES

Oak Crest Reading & Math Interventions - late Mar-May, 3:10-3:40. 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

Rugby - Girls "Try it Out" Night - Thu, Feb 18, 6:30-7:30pm

As the sport of rugby continues to flourish in the Encinitas area, the demand for **girls rugby is growing** along with it! The Coastal Dragons are looking to field a U14, U16 and U18 girl's rugby team this season. Please spread the word! The Coastal Dragons are hosting a "Try it Out" night on Thu, Feb 18 at [Cardiff Sports Park](#) where girls can come and try rugby for free and with no commitment. Many of our inaugural LCC Ruggers girls will be there! Please feel free to bring any friends that are interested in playing, ages 12-18.

Rugby - Boys Varsity - Fri, Feb 19, 7pm

Our Varsity team **SWEPT OUR LEAGUE** and is the **top seed** for the Red Division playoff. We will face a rejuvenated and very determined Torrey Pines team this Friday night (2/19) at LCC under the lights at 7pm. We can expect people (players and coaches) from at least seven different high schools, perhaps college scouts, press, Torrey Pines supporters and our own enthusiastic fans. Please come cheer on our Mavericks in their championship game!

Maverick Mile - Sat, Feb 27, 8am-11am

What's Your Mile time?

No running distance has the history or the "magic" of the Mile. Come test your speed and help support the Maverick Athletic Boosters, Cross Country, and Track & Field teams.

Start times:

- 8:00 - Men 18+
- 8:15 - Women 18+
- 8:30 - HS Boys & Girls
- 8:45 - HS Team Fun Run (costumes encouraged!)
- 9:05 - MS Boys & Girls (6th, 7th & 8th grades)
- 9:25 - K~5th Boys & Girls
- 10:00 - Open Mile on Track (Men & Women 18+)



2016
Fifth Annual
Maverick Mile

Entry Fees:

- \$10 - Students
- \$30 - Adults 18+
- \$20 - LCC Alumni & Parents (*new this year!*)
- \$40 - Race Day Adult 18+ entry
- Free - Kids 5 and under

Click [here](#) for more information and to register.

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

Nutrition Services Menu - Interested in the choices your students have for lunch? Sign up now for the MONTHLY SCHOOL MENU and Nutrition Information: [School Menu](#)

Hoverboard Policy - As stated in the student handbook/discipline policy, skateboarding, including hoverboards, on school grounds is prohibited to ensure the safety of all pedestrians. Therefore, students may not bring hoverboards onto campus.

High School Selection Information:

Selection Window Opened	Monday, February 1, 2016 (8:00 AM)
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

Congratulations to Maverick Wrestler Kai Kramer

with his commitment to continue his career at Drexel University next year.

<http://thecaliforniawrestler.com/kai-kramer-verbally-commits-to-drexel-university/>



The LCC Varsity Wrestling Team competed in the Division III CIF Dual Championship last Saturday, Feb. 13th at Mira Mesa High School. LCC dominated their first two duals against Point Loma (69-6) and Ramona (60-18), but lost to top-seeded Brawley (57-23) in the finals to finish in 2nd place.

LCC Heavyweight Andrew McDonald received the prestigious Sportsmanship Award.

Mavs are back in action next Saturday, Feb. 20th at the CIF Championships at Del Norte HS.

MAV Spotlight

MAVS OF THE WEEK: Colie Martin & Marissa LaChance



Seniors, Colie Martin and Marissa LaChance are the Mav's of the Week. Their vibrant personalities make them role models at LCC. The girls talk about what being a Maverick means to them. "Do you know what Mavericks are? They're individuals. A Maverick in a stampede is one that steps out of the herd, and tries new things. Being a Maverick lets you be an individual." - 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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