

Lindhurst High School Newsletter

December 2016

Bob Eckardt, Principal
Christine Vahldick, Asst. Principal
Christopher Schmidt, Asst. Principal



Asst. Principal's News

The end of the semester can be a time of increased stress. Grades, finals, and GPAs begin to weigh heavily on students' minds. I have compiled a list of five things that parents and guardians can do to help their students successfully navigate the end of the semester:

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1. Advise your student to get the rest they need before their exams. *Staying up all night studying is unhealthy, and offers little benefit to their results on the exam. Studying all night only to be tired for the test doesn't make much sense.*
2. Encourage your student to take study breaks. *Spending hours on the same subject may overwhelm students and lead to higher levels of frustration. Taking a small break from studying gives them a chance to reboot. Try getting outside and doing something that gets the blood moving; this helps students refocus on their task at hand.*
3. Try to prepare healthy meals and make sure your student takes time to eat. *Food and hydration is an often overlooked part of student success. Students sacrifice eating to cram in more study time, which can lead to sickness.*
4. Remind your student to drink plenty of water. *Encourage them to stay away from high sugar and caffeinated drinks. The crash that follows after these drinks adds more stress to the overall situation.*
5. Offer moral support and encouragement. *Finals can take a toll on a student's self-confidence. If our students doubt their abilities, we can let them know we believe in them and are unfailingly proud of their hard work and dedication. We can also shift the focus from a grade earned in a particular class to the big picture: their long-term goals and all that they are accomplishing in school.*

Christopher Schmidt
Assistant Principal

Upcoming Events

- ◆ Winter Concert
Dec. 8th
- ◆ Olivehurst
Parade Dec. 10th
- ◆ Finals
Dec. 14th - 16th





Class of 2017

Senior Class News

You will have two weeks after returning from vacation to order your senior sweaters, baseball shirts and t shirts.

December 17th - the final day to order your cap/gown units. After this date you will be charged a late fee.

If you are interested in taking Yuba College Dual Enrollment Classes such as Career Development and Web Page Publishing, please see your counselor. Students enrolled in these courses will get 20 high school credits and 6 college units.

Dear parents and guardians, I am happy to let you know that this last "historic" election cycle resulted in the best Political Service essays that I have had the privilege to read in the last 20 years. For whatever the reason, your seniors in general 'rose' to the occasion and submitted impressive essays. I am Proud of them and I recommend that you ask to read their essay so you can be proud of them too.
Thankfully, Robert Ledford

Counseling News

The Counseling Department is making schedule changes for 2nd semester. If you need to change a class to meet graduation requirements or have repeated a class and do not need the course for 2nd semester.

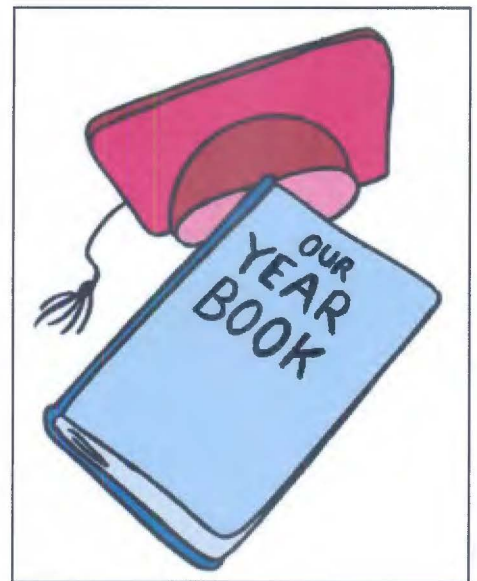
Attention Juniors and Seniors,
If you are interested in taking Yuba College Dual Enrollment Classes such as Beginning Baking and/or Basic Food Prep, please see your counselor. Students enrolled in these courses will get 10/20 high school credits and 3/6 college units.

Attention all students! If you are interested going into a related field career such as engineering, drafting and 3D design, please see your counselor regarding our Architecture Design class.

Yearbook

Parents, Staff, and Seniors:
Graduate ads are the only place to include non-traditional yearbook photos, baby pictures and special congratulations messages for your favorite graduate. The prices start at just \$40, depending on the size of the ad that you purchase. In order to guarantee space in the yearbook, ad orders must be placed before Winter Break. After that, ad prices increase by \$5 each and the space is limited based on availability. Don't miss out on the chance to show LHS how special your grad is! The order forms are available and payments can be made in the student store.

All Students: Yearbook prices increased as of 10/31. The yearbook is \$65 from now until March 10. After that, the price goes up to \$70. You can make payments if you cannot afford the full amount and lock in your prices. This would be a great Christmas or Graduation gift for your student...A lifetime of memories. The order forms are available and payments can be made in the student store.

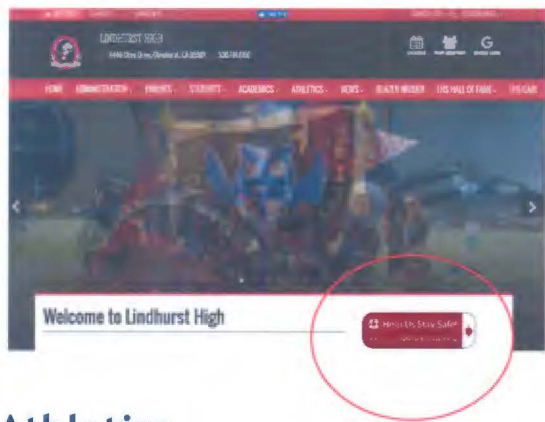


School Website

Attention Parents and Guardians,

Please take the time to familiarize yourself with our school website. You can find many tools that can be used by both students and parents.

Located on the Lindhurst High School website, is our “Anonymous Bullying and Tip Reporting” link. The link allows anonymous reports to be submitted to better our students, school, and community. We highly encourage that if you, or your student, sees or hears about an incident that could possibly harm someone or destroy property, please report it.



Athletics

The fall sports season is over and winter sports have begun. Boys and girls soccer is now played in the winter, as well as wrestling, basketball and cheer.

Congratulations to John Aquino, Manuel Landa, Brian Oliver, and Miles Pennington for making first team all-league for football. Cesar Rodriguez and Roland Vaitautolu made the second team, and Andrew Caballero received an honorable mention.



Band News

Keep a look out; the Blazer Band is 20 strong this year and growing!

The band can be found out in the community performing at parades or entertaining the community at football games.

Spring Show

This year's Spring Show will be Disney's Aladdin: Dual Language.

Auditions for the Spring Show will be held during the week of finals after school in the band room.

Audition packets are available from Ms. Sleight

Upcoming School Holidays

December 19 th -January 6 th	Winter Recess
January 16 th	Martin Luther King Jr. Day
February 13 th	Lincoln's Birthday
February 20 th	Washington's Birthday

FFA NEWS

The Pumpkin Festival

The Pumpkin Festival was a huge hit again this year! 40 FFA members helped out this year as well as 20 South Lindhurst FFA members. We had received many compliments from the Elementary schools that attended our event and we are looking forward to hosting this great event next year.

Floral Design

Lindhurst FFA has a Floral Design class that teaches students how to create a flower arrangement and how to manage money with materials and selling an arrangement. The class also includes the SunShine arrangements which staff from schools all around our district can pay for to receive monthly arrangement.

Donation for arrangements/ Prestige Assisted Living

Our floral design class is proud to announce that they donated 15 floral arrangements to Prestige Assisted Living. There was nothing better than seeing the smiles on the faces of the patients staying there.

Farm Bureau Presentation

Our FFA officers prepared a presentation to present to The Farm Bureau for a request of a monetary donation. We would like to thank The Farm Bureau for their generous donation of \$600 to assist with State Convention expenses.

Opening and Closing

26 Lindhurst FFA members competed against 15 chapters in the Sectional Opening and Closing Ceremonies on the 15th of November. The contest was held at River Valley High School. This gave our students leadership skills as well as prepared them to be professional when speaking. We would like to encourage incoming and ongoing FFA members to continue in competing in this great team building skill activity.

Olivehurst Christmas Parade

The Olivehurst Christmas Parade will be held on the 10th of December this year. The theme is Super Hero Christmas and the Lindhurst FFA is happy to say that we will be participation in it again this year and hope to take first place again.

Canned Food Drive

Thank you to EVERYONE who donated cans for this year's canned food drive. As a school we collected over 1300 cans for the SoYouCan Foundation to dispense to needy families in our community this holiday season. The Social Science department alone brought in more than 1/3 of those cans and their department is the winner of our competition. Mr. Ledford's first period class as the largest donor will receive the coveted GOLDEN CAN TROPHY to recognize their commitment to this year's charity. Again, thank you ALL for all of your generous donations.





January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Winter Recess— No School	3 Wrestling @ Battle of the Buttes	4	5	6 FFA Field Trip to Sacramento	7 Wrestling @ Cordova Tournament
8	9 Boy's Soccer vs Capital Christian @ Yuba College 2:00 / 3:30 Girl's Soccer @ Capital 4:00 / 5:30	10 TLC- Rideout 11:30-1:30 Student Senate C106 @ Lunch Boy's Basketball @ Capital Christian 5:30 / 7:00 Softball Meeting- Cafeteria 6:00	11 Girl's Basketball @ Capital Christian 5:30 / 7:00	12 Boy's Soccer @ Mesa Verde 3:15 Girl's Soccer vs Mesa Verde @ Yuba College 2:00 / 3:30 Wrestling vs Marysville 5:00	13 Boy's Basketball @ Mesa Verde Girl's Basketball vs Mesa Verde JV Wrestling @ Sutter Invitational	14 Varsity Wrestling @ Armijo
15	16 Boy's Soccer vs West Campus 2:00 / 3:30	17 President's Council Boy's Basketball vs Natomas 5:30 / 7:00 Boy's Soccer @ Natomas 5:00 / 7:00 Girl's Soccer vs Natomas 2:00 / 3:00	18 Girl's Basketball vs Natomas 5:30 / 7:00	19 Boy's and Girl's Soccer vs Marysville @ Yuba College 5:00 / 6:30 Wrestling @ West Campus 5:00	20 Boy's and Girl's Basketball @ Dixon	21 Lindhurst's Jason White Wrestling Tournament Winter Ball
22	23 Boy's Soccer vs Dixon 2:00 / 3:00 Girl's Soccer @ Dixon 4:00 / 5:30	24 Boy's Soccer @ Capital Christian 4:00 / 5:30 Girl's Soccer vs 2:00 / 3:30 Wrestling vs Capital Christian 5:00	25	26 Wrestling @ Mesa Verde 5:00	27 Girl's and Boy's Basketball @ West Campus	28
29	30	31 Girl's Basketball @ MHS 5:00 / 7:00 Boy's Soccer vs Mesa Verde 2:00 / 3:30 Girl's Soccer @ Mesa Verde 3:15 Wrestling @ Natomas 5:00				

Lindhurst High School
4446 Olive Avenue, Olivehurst CA 95961
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We're on the Web!
www.mjusd.com

Lindhurst Hail

*From o'er the rugged mountain--
Standing tall,
We hold our Blazer Banner over all.
Our Alma Mater calls--
we dare not fail,
we gladly give our hearts to you.
O Lindhurst Hail - O Lindhurst Hail!*

Minimum Day Dates

LHS students will be dismissed at
1:05pm on the following dates:

December 14-16th, March 31st, May 25th
and June 9th.

Busses will run at the regular time with
the exception of December 16th, March
31st, and June 9th.



MJUSD Parent Portal

MJUSD Parent Portal is easy to use and
gives up-to-date access to student
grades and information. If you would
like access to the information of your
student, please contact Alexandra
Romero at 741-6150 extension 2501, or
aromero@mjusd.net

