

# FOOTHILL HIGH SCHOOL HOME OF THE COUGARS!!



Issue #2  
January 2010

## FROM THE DESK OF MR. BARTOW

*I hope everyone had a nice, restful break and are excited about a new year. I would like to begin by congratulating all of students and teachers on a job well done in regards to the recognition that Foothill High School received over the winter break by the US News and World Report magazine. The Record Searchlight ran an article highlighting the US News story on December 24, 2009 for those that would like to read it. US News breaks down its award winners in three categories, gold, silver, and bronze and Foothill received the bronze status. The awards are based on how students performed on state mandated testing, how low-income students performed on the same tests, and how well our advanced placement students performed on the AP tests. We were the only large comprehensive high school in the area to be recognized.*

*Once again, nice job to everyone connected with educating our Foothill students.*

*In an effort to collect money that students owe to our school because of library fines, cafeteria bills, athletic fees, class fees, etc. we have, in the past and will continue to do so, withhold report cards and with seniors, not allow them to walk at graduation or receive transcripts for college until their fees/fines are paid. We are going to add to the list attending dances and purchasing parking permits (Shasta High School currently does this). We are beginning this immediately with parking permits and with the Prom in May.*

*Finally, I want to thank those who contributed to our annual Food Drive during the holiday season, which*



*provided a lot of food to needy families in the Palo Cedro community and especially to Nancy Johnson, who coordinated the activity.*

~ Jim Bartow



### Upcoming Events

- Club Cougar Feb 11-13 & 17-20. Call 245-2707 for more info
- "CAHSEE Test Dates for Sophomores:  
English: February 2nd  
Math: February 3rd
- The Show" .....March 12th



- The U.S. News & World Report magazine recently ranked the best high schools in the nation. Foothill was recognized with a bronze award. We were the only comprehensive high school in our area awarded.....
- Great job Cougars!!!

## ANSTINE'S ANTICS

2010".....Wow, I remember reading a science fiction book in the 70's titled "2010" and how we would all be living the STAR WARS life style. Well, here we all are living the Palo Cedro Foothill High School life style. Life flies by.

Here are a few new things going on in the testing and academic world.

A few months ago representatives from each department, Matt Fowler, Sean Ferguson, Sharon Fernandes, Susan McGrath, John Waters and I started meeting to develop an academic letter for Foothill. The letter has been developed and is in production. Now the committee is working to establish what criteria will be

required to earn an academic letter and pin. Our goal is to recognize our current senior and junior students for their academic achievements throughout their high school careers.

**CAHSEE** - All sophomores will be taking the CAHSEE February 2 & 3. **All** students are required to pass this test in order to receive a high school



# Sports Shorts -

from Kevin Greene

Our 2009 sports season has come to an end and a big thanks goes out to the athletes and parents for their hard work and dedication in making the Fall 2009 athletic season fantastic! Furthermore, I'd like to express my gratitude and appreciation to the coaches for the countless hours and commitment they put forth in making their individual sports successful.

We had a large number of all-league athletes honored this year in football, soccer, tennis, swimming, and volleyball. In addition, we had two runners qualify for state in cross country. We also won a section title in volleyball for the second time under the leadership of Coach Tom Lowe... great job!!! Our tennis courts were finished last winter so our girls enjoyed their first full season on their home courts. Thank you to maintenance for their hard work in completing the varsity softball bleachers. Also, if you haven't seen it, JV softball has a new outfield fence.

I'd also like to thank our Sports Boosters for their hard work and dedi-

cation in supporting Foothill athletics. Under the guidance of our new board, Ed Boontjer-president, Corkey Harmon and Debbie Boontjer-vice presidents, Mary Kepon-treasurer, and Mary Dotson-secretary, they've taken on new and exciting fundraisers that have and will benefit Foothill athletics for many years to come. Sports Boosters took on the challenge of raffling off a 2010 Kia Soul which turned out to be a great fundraiser. Once again, thank you to Redding Kia and Subway for their generous contributions to FHS athletics.

Also, for the first time, our football team and cheerleaders traveled out of the area to Washington to participate in the Nike CBA Football Classic. What a great experience; one we hope to be able to do again some day. Thank you to Roxanne Cordova for all her hard work in organizing, checking, scheduling, etc. all of which made traveling with over 60 student/athletes possible. Also, thank you to Rocky and Peggy Colwell for driving all the football equipment to Washington,

which made traveling more convenient for the athletes and coaches.

Winter sports are well into their season and I wish them the best of luck! I look forward to spending many hours watching all of the athletes pursue victory with honor!

~ Kevin Greene

**"It's nice to be the best, but not when being the best brings out the worst in you."**

**- Rodney Dangerfield**

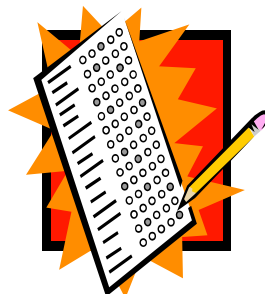
The California State Athletic Directors Association has chosen **TROY WELLINGTON** as the 2009-2010 Northern Section Athletic Director of the Year **WAY TO GO TROY!!!!!!**

## ANSTINE'S ANTICS.....continued

diploma. We will be offering ten days of intensive English and math tutoring prior to the administration of the test. Please encourage your sophomores eat a good dinner and breakfast and get plenty of sleep.

**ASVAB Test** – The ASVAB is a test that is offered to juniors and seniors who are considering serving in the military or are interested in determining their strengths and weakness in science, math, communication, mechanics & electronics. The test shows how you rank with other students throughout the United States. This test is voluntary and free. We provide this test two times a year.....once in the fall and once again in the spring. Our last testing was offered November 4<sup>th</sup> and our next offering will be March 31, at 8:30 in the FHS library. Contact Mrs. Johnson at 547.1700 ext. 13516 to

register your student for the test. **Explore Test** – The Explore test is given to all eight graders who will be attending FHS as freshman. This test assists our counseling department in determining the ability of students so that each student can be appropriately placed in classes. This last month we gave the test to 375 eight graders. We will be offering the Explore test a final time on January 26th at 3:30 at FHS.



Please contact [Mrs. Johnson at 547.1700 ext. 13516](#) to register your student for the test.

**2010 CAHSEE Test Dates for Sophomores:**  
English: February 2nd  
Math: February 3rd

Finally, I would like to remind all parents that they can monitor their students class work, grades and attendance from work, home or anywhere you have access to the internet. All a parent needs is your student's I.D. number and verification code, which can be obtained from Jamie Chavez from 8:30 to 3:15 daily at 547.1700 ext. 13548.

# COUNSELING CORNER

### Cash for College:

February 3, 2010 from 6 – 8 pm at FHS...Help with the FAFSA and a chance to win \$!!! Sign up in the counseling office.

### Shasta College:

Freshman Fast Track and Orientation information @ [www.shastacollege.edu](http://www.shastacollege.edu) or [www.foothillcougars.com](http://www.foothillcougars.com), click on counseling, then Shasta College.

### College Connection:

Parent/Student information night February 11, 2010 at 6pm in the FHS Library.



"We've decided to support you for the rest of your life. It's cheaper than sending you to college."

*"To those of you who received honors, awards and distinctions, I say well done. And to the C students, I say you too may one day be president of the United States." ~ George W. Bush*

## F.A.F.S.A.

(Free Application for Federal Student Aid)

Don't forget – FAFSA deadline is March 2, 2010!!!

Visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

for more information

## SCHOLARSHIPS

Students & parents may view available local scholarships in the bulletin, on the web at [www.foothillcougars.com](http://www.foothillcougars.com) (click the Counseling Center link) or in the counseling office.

## A WORD (OR TWO) FROM ATTENDANCE (Ryan Johnson...a.k.a. The Intern)

(CONTINUED ON PAGE 4)


As we move into the second half of the school year, I look forward to working on a few new projects. One of the first goals for our office was to keep our overall attendance rate solid, especially through a challenging time with the new H1N1 flu bug that has been plaguing quite a few of our students. I had some concerns regarding the effect of this epidemic on our students' attendance, however, I am happy to say that our "preliminary" overall

attendance rate for the first semester is 95.97%, which is a very solid number. I want to personally thank all of our staff members for doing an excellent job in coordinating and collaborating with our Short Term Independent Study (STIS) and Home and Hospital teachers to provide the best possible service for these students while they are out ill or due to other circumstances. Additionally, referrals sent to my office from staff

members may help me identify a student who has an attendance issue before I catch them on school-wide reports. Undoubtedly, the ADA captured by your efforts on these programs, as well as your high expectations of our students, have led to such a solid attendance number. This is a welcome sign given the state's current budget predicament. Recently, I have been analyzing some of the school's attendance data in regard to tardies

**CURRICULUM FAIRE....THURSDAY, MARCH 4 AT 6:30 PM.**

THIS IS A GREAT NIGHT FOR PROSPECTIVE 9<sup>TH</sup> GRADERS AND THEIR PARENTS TO COME AND VISIT AND GET TO KNOW OUR TEACHERS, COUNSELORS, ADMINISTRATORS, AND TO GET A SNEAK PEAK AT THE CURRICULUM OFFERED HERE AT FOOTHILL HIGH SCHOOL. IT IS ALSO A GOOD NIGHT FOR OTHER PARENTS TO SEE WHAT THEIR CURRENT STUDENTS ARE GOING TO BE DOING IN THE COMING YEARS. MAKE SURE TO MARK YOUR CALENDARS.....COACHES FAIR IN THE LIBRARY FOR INFORMATION ON ATHLETICS TOO!



**FOOTHILL HIGH SCHOOL  
HOME OF THE COUGARS!!**

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Palo Cedro,, CA 96073

Phone: (530) 547-1700  
Fax: (530) 245-2700

Website: [www.foothillcougars.com](http://www.foothillcougars.com)  
Colors: Red/Silver/Black  
Mascot: Cougars

**Jim Bartow, Principal**

*Shawn Anstine, Assistant Principal*

*Kevin Greene, Assistant Principal*

*Ryan Johnson, Administrative Intern/Attendance*

*"Where Tomorrow's Leaders Prepare Today."*

On the web at  
[www.foothillcougars.com](http://www.foothillcougars.com)

**CAN YOU DO THE MATH?  
1 OUTSIDE WORK EXPERIENCE CLASS  
45 MINUTES A WEEK =**

- ✓ 5-10 high school elective credits per semester
- ✓ 3-6 Shasta College elective credits per semester (Dual Enrollment)
- ✓ 2 more allowable working hours each weekday
- ✓ 12 more allowable working hours a week

Relevant curriculum that will last a lifetime,  
for example:

- ◆ How to ask for a raise
- ◆ How to interact with supervisors
- ◆ Conflict resolution on the job
- ◆ Customer service skills
- ◆ How to exit a job
- ◆ Job portfolio (resumes, references, letters of recommendation, etc.)

**DON'T ROB YOURSELF OF GETTING A COMPETITIVE  
ADVANTAGE ON THE HERD.**

**SIGN UP NOW WITH YOUR COUNSELOR OR  
MR. KREWSON @ [dkrewson@suhsd.net](mailto:dkrewson@suhsd.net)**

FOOTHILL HIGH SCHOOL 2010-2011  
ZERO, FOURTH OR FIFTH PERIOD

**ATTENDANCE NEWS.....(continued from page 3)**

and I want to make that a particular focus of mine for second semester. Overall, tardies have increased slightly during the second quarter in comparison to last year and it is interesting to contemplate the reason for this. Obviously, the welcoming of Dutch Brothers into Palo Cedro has had some short-term impact, but regardless of the reason, we intend to act swiftly starting the first day back to ensure we keep our students' focus on getting to where they need to be ON TIME. Please continue to send me a quick Email on any students who are habitually late and I will continue to identify as many of them I can as well through school-wide Aeries reports.

And now for "The Show"...I am greatly looking forward to coordinating the staff talent show effort this year and once again plan to make the production memorable and fun. Let's just say that I learned A LOT from last year. I have finalized a lot of the details and will plan on giving out the "requests for participation" via Email in the coming weeks. The Show date is Friday, March 12, so please plan accordingly. Thank you. Please have your agent contact me and let me know as soon as possible whether or not you are "in".

All in the name of our great school culture!

I greatly enjoy working with all of you and your professionalism makes me proud to work here. Thank you for all you do for our students on a daily basis.

**Ryan Johnson**

