



**HEMET UNIFIED SCHOOL DISTRICT**

**HAMILTON HIGH SCHOOL**

**57430 Mitchell Rd**

**Anza, Ca 92539**

**Phone 951-763-1865 Fax 951-763-5420**

## From the Desk of the Principal...

### *High Stakes Testing Season is here”...*

On February 7<sup>th</sup> and 8<sup>th</sup>, all 10<sup>th</sup> grade students in California public schools will take the *California High School Exit Examination* (CAHSEE) for the first time. This is a big day in the lives of many of us who attend, or work at, Hamilton High School. Although students will have a number of subsequent opportunities to pass the exam, the first attempt holds significance beyond the individual scores or eventual pass rates. The federal measure of each high school’s *Adequate Yearly Progress* (AYP) is almost entirely based on the results of the 10<sup>th</sup> grade performance on the February exam. Given this fact, most schools, including Hamilton, have placed a strong emphasis on preparing our Sophomores for the upcoming assessment. Since the beginning of the school year, teachers in all areas have included CAHSEE preparation activities into their lesson plans in hopes of identifying and providing needed support for each student in their charge. The “passing” score on the test is 350 in each section, English Language Arts and Mathematics, while a score of 380 is considered a “proficient” level score. Why is this important? Schools must continue to reach a predetermined “proficient” percentage in order to avoid the classification of “Program Improvement” under the current guidelines of the No Child Left Behind (NCLB) law. Schools that are identified as “Program Improvement” are mandated to provide additional services to students who qualify for the support. It is our contention that the resources can better be utilized to support all students in their quest to prepare for their post-secondary endeavors. Given the impor-

tance of the upcoming tests, we have offered incentives to students to perform at the proficient or advanced levels on the CAHSEE. Some are designed to benefit the entire 10<sup>th</sup> grade class while others are individual in nature. Regardless of the motivation, we are encouraging every student who takes the CAHSEE in February to put their best foot forward and strive to perform to the best of their ability. Preparation for the CAHSEE has actually been ongoing for approximately eleven years so far and the most effective and proven way to perform well on any assessment is to

- **Get a good night’s sleep prior to test day**
- **Eat a nutritious breakfast**
- **Don’t try to “cram” the night before but rather rely on learned information**
- **Follow the test taking strategies presented by your teachers**
- **Should you have questions relevant to the CAHSEE or the testing protocol please contact Hamilton High School at 763-1865 ext. 201**

*Jim Allured, Principal*

Hamilton High School

951-763-1865 Ext 201

[jallured@hemetusd.k12.ca.us](mailto:jallured@hemetusd.k12.ca.us)

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# From the desk of the Assistant Principal

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## Academic Support through various Interventions

Now that we have completed the first semester those high stakes STAR tests are drawing ever near. As students let out a sigh of relief achieving one milestone, they must not lose their focus on continual academic progress. For this reason we have implemented several interventions to better prepare students for future success in classes and on the upcoming Standardized State Exams.

## A Little Incentive

One of our interventions is a school wide effort where all teachers and students are participating in a daily CAHSEE preparation contest. Students are given one English and Math question during second period. The first two students to complete either question correctly earn a ticket that will be entered into a drawing. A student from each grade level will have a chance to win one of several prizes.

## Technology

Our Math and English departments are utilizing the computer intervention programs Odyssey and ST Math. Both departments are taking our sophomore students to the computer lab once a week to engage in these research proven technol-

ogy resources. Both programs have learning paths that are created from a diagnostic exam that identifies areas students need to strengthen for increased success on the CAHSEE. The computer lab is available during Saturday School allowing students to make the most of their time engaging in these technologies.

The MAP (Measure of Academic Progress) assessment has been proven to be a good indicator of students' success rate on the CAHSEE. I have identified students to participate in extra intervention based on results from the MAP assessment. Each Friday these students come to the computer lab during one of their elective classes and work on Odyssey and ST Math.

## Additional Resources

Each of our teachers are committed to preparing our students for success in and outside of the classroom through rigorous instructional strategies. Though high stakes testing is not always an indicator of a students' capabilities and intelligence, we still value the results and aim to prepare students to perform their best on these standardized exams. Standards Plus and Measuring Up are two examples of tools our teachers use that target students understanding of specific standards

which show up on state tests each year. Our teachers also use practice tests and Released Test Questions from previous state tests so students are familiar with the format and expectations of upcoming exams.

## Tutoring

Also available to all students is the after-school tutoring that takes place in the Library and in our math classrooms. This is an opportunity for students to receive assistance on their homework and additional help with concepts that may require more attention than others. The best part about this is that it's FREE!

Please help us in this effort to increase academic success by all students by emphasizing the importance of education and the opportunities that result!

*Daniel Betts, Assistant Principal*

Hamilton High School

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# Good Food = Good Grades

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Getting good grades and performing well on tests seems to come easier for some students than others. Is there a secret, a magic formula? In a sense there is, it is called good nutrition. Studies have shown that student's that begin their day with a well balanced breakfast tend to do better academically and socially. They have better concentration, have less mood swings and have more energy throughout the day.

Coming to school hungry can make you irritable and easily distracted. Not having a balanced diet makes it harder to listen in class, focus and retain the lessons.

Your body is like a machine, with out the right components it does not run properly or efficiently. Food is the fuel that makes your body run. Proteins provide the body with sustained fuel. Eating moderately improves mental alertness. Eating too much can make you feel sluggish and tired (think Thanksgiving dinner). Too

many simple carbohydrates (cookies, potato chips, soda, energy drinks etc.) can make you feel energized quickly but your body burns those calories quickly causing you to feel tired sooner and needing another quick boost. Also, foods high in sugar and caffeine can make you jittery and cause headaches. Complex carbohydrates (fruits, vegetables, nuts and whole grains) give you sustained energy over longer periods of time preventing those peaks and valleys in energy levels.

Eating regular well balanced meals and snacks can help to maximize your potential for learning. Start your day after a good nights sleep with a well balanced breakfast. Follow up with a mid morning snack if you feel your energy level dropping. Eat a nutritious lunch and dinner. If you are studying in the evening having a night time snack will help keep your brain functioning at its best.

Practice good nutrition regularly and you will be well on your way to academic success

*Mary Schofield, Health Tech*

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# Counselor's Corner

This section is intended to keep you informed of upcoming counseling related activities and events. We had a very successful Financial Aid Information Night and FAFSA Workshop recently, however if any students or parents missed it or would like more information they can contact me at their convenience. Please note that I am always available to meet with students and parents to discuss graduation requirements and college/career planning. If you are interested to set up an appointment please contact me at 763-1865 extension 209 or email: [jsonnier@hemetusd.k12.ca.us](mailto:jsonnier@hemetusd.k12.ca.us).

## Second Semester: A Fresh Start

First semester has come to a close and you should have received final grades by this time. Now, as the Spring semester is upon us, students have a fresh start and opportunity to build on past accomplishments or to remedy past troubles. Seniors will be planning their life after graduation, and underclassmen will be fine-tuning their educational/career goals.

Students need to take this opportunity to start strong this semester. Seek assistance and tutoring *before* problems arise. Do not wait until you are in a hole that is too deep to climb out of. Success comes with being consistent – coming to school every day and being prepared for class, working diligently and meeting deadlines. Track your grades weekly on Aeries or with your teacher, and always know where you stand. Set small reachable goals in each class and challenge yourself to exceed those aspirations.

Parents are encouraged to communicate with teachers and administration often in an effort to give your students the most timely and appropriate support. Contact the office for assistance in obtaining an Aeries account to monitor student grades online.

**CA High School Exit Exam** for *all* 10<sup>th</sup> graders – February 7<sup>th</sup> and 8<sup>th</sup>

**ASVAB Testing** – February 14<sup>th</sup> The ASVAB is a career interest inventory that

is given to 11<sup>th</sup> and 12<sup>th</sup> graders interested in finding out how their strengths relate to certain career fields. Also any students considering joining the military should take this exam as a practice as it is required for entrance. Sign up with Mr. Sonnier.

**Parent Conferences** – March 22<sup>nd</sup> in the gymnasium.

**The Parent Project** – Dates to be determined. If parents or guardians are interested in *free* parenting workshops offered up here on the hill, please contact the office staff to sign up. Parents will learn prevention and intervention strategies for destructive behaviors including: truancy, alcohol, violence and more.

## BEWARE OF SENIORITIS!

Seniors be sure to monitor your grades carefully, and work hard throughout the year. Also, students applying to the CSU and UC Systems must monitor their grades, because these campuses will all review your final transcript at the end of senior year. Do not be fooled into thinking that you are “in the clear”. When you get your provisional acceptance letters from campuses in the spring, these are all conditional offers, and offers of admission are contingent on the maintenance of strong G.P.A.’s throughout the entire senior year. In the event your grades drop to a lower GPA than what you applied with, or in the case where you receive a “D” or “F” in a course, colleges can, and will, rescind their offers of admission. Don’t get caught in that situation, and keep all of your grades “C” or above, and as close to the GPA that you applied with.

## FREE MONEY...GRANTS, LOANS, AND SCHOLARSHIPS



## FAFSA APPLICATION IS OPEN!

The Free Application for Federal Student Aid, also known as the FAFSA, opens the door to scholarships, grants, and loans for college. **January 1-March 2** is the application filing period, but the sooner you apply, the better. **The site is:** [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The FAFSA application makes it possible for students to receive money towards college that they didn’t even know they were eligible for. Also, students sometimes change their plans during the senior year, and thought they were attending community college but decided to apply late to some rolling admission programs that are much more expensive. So, it never hurts to submit your application.

**Scholarship Opportunities** – Students, be sure to check with Mr. Sonnier or Mrs. Frasier about scholarship opportunities available to you. Student can begin filling out local scholarship application packets in March.

## Jason Sonnier, Counselor

Hamilton High School  
951-763-1865 Ext 204

[jsonnier@hemetusd.k12.ca.us](mailto:jsonnier@hemetusd.k12.ca.us)

Date	Registration Deadline
March 10 <sup>th</sup>	Feb. 10 <sup>th</sup>
May 5 <sup>th</sup>	Apr. 6 <sup>th</sup>
June 2 <sup>nd</sup>	May 8 <sup>th</sup>

Date	Registration Deadline
April 14 <sup>th</sup>	Mar 9 <sup>th</sup>
June 9 <sup>th</sup>	May 4 <sup>th</sup>

## LEADERSHIP

The Hamilton High School Leadership Class has been involved in many activities during the first semester of the 2011–2012 school year. Our year began with a Motivational Assembly put on by Camfel Productions. The program “Dare to Move” was designed to encourage our students to live their lives to the fullest in spite of their fears and obstacles that they may encounter. By doing so, students gain confidence to move in the right direction with their lives, and take control of the challenges that they confront on a daily basis.

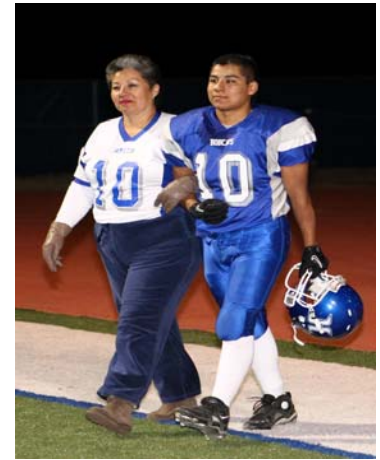
In the beginning of this school year, the leadership class concentrated on the developing of school pride and spirit amongst the school population. It is the intent of our school leaders, to generate a willingness in each student to participate in activities. We created a positive atmosphere that transcended into a very successful Homecoming Week with the culmination being the football game and the Crowning of the King and Queen. The Homecoming Dance was

the most attended dance we have had in years. We will continue to promote the successes of our students in the second semester. The last week in January will be the Spirit Week for our Winter Sports. The Pep Rally will be held on Friday, February 3<sup>rd</sup> and the Winter Formal Dance on the 4<sup>th</sup>. The class will honor our winter senior athletes on February 7<sup>th</sup> for their tremendous accomplishments throughout their four years of athletic participation.

On March 6<sup>th</sup> from 6:30-8:00 our Fall/Winter Academic and Attendance Awards Ceremony will be conducted. This is the time that we recognize those students who have excelled in their classes during the first semester. Invitations will be mailed to those eligible to be recognized.

A goal of the ASB is to acknowledge those who have achieved success during their tenure at Hamilton High School. The ASB conducts numerous activities that highlight these accomplishments, gaining the attention of the

local media which helps us in awarding stellar performances. We appreciate the community involvement in our school functions, athletic contests, and special ceremonies. Please plan on attending those events that would support and encourage your child’s continued participation in all of his/her endeavors.



*Craig Miller, Athletic Director*

[cmiller4@hemetusd.k12.ca.us](mailto:cmiller4@hemetusd.k12.ca.us)

## HAMILTON HIGH SCHOOL ATHLETICS



The 2011-2012 Winter Sports Season is in full swing with our teams presently involved in league competition. The winter programs; Basketball, Soccer, and Wrestling are participating at a high level. Several teams are demonstrating outstanding ability, and are expected to continue play in the post-season.

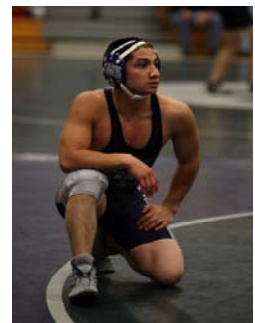
The Bobcat Wrestling Team has been competing the last 2 years in a “Free Lance” capacity which does not allow for many of our athletes to compete in the CIF playoffs. Recently we were able

to re-establish the Arrowhead League Wrestling Program by adding 2 schools, Nuview Bridge and Crean Lutheran, which gives us the minimum requirement of 4 teams. We will now complete this season under league play and should see additional members of our squad represented in post season. This will add to the tremendous success our wrestling program has accomplished over the years.

The Girls Soccer Team which also played under the “Free Lance” heading last year, is now participating in the Warrior League. At the present time they are now tied for first place and are definitely looking towards continuing their season into the playoffs. This would be the first time that the girls team has advanced to this level of play. Our Boys Soccer Team under the direction of Coach Ricardo Galindo knew that he was going to have to replace

numerous players from last years squad due to graduation. The development of young players was going to be the task of our coach. Early in the season, the team members struggled to find their own identities in the program, but have since corrected their ways and are now playing with more confidence. The difficult early schedule forced each individual to play much harder, and they are now seeing the rewards from their efforts as they are succeeding in the Arrowhead

League. If their winning ways continue our boys will also be playing in the post season.



# HAMILTON HIGH SCHOOL ATHLETICS

The Boys Basketball Team is in the process of rebuilding with younger players. New coach, Larry Walker, has brought a new system to the Bobcats. They are still in the learning stages of the program, but they demonstrate enthusiasm, and display strong competitive play in all of their contests. The Girls Basketball team is presently in third place in the Arrowhead League and is looking to have a much better showing in the second half of the season. The team has made tremendous advancements over the last two years and will not settle for just regular league play. The goal is for them to be a part of competition in the CIF play-offs.

Hamilton High School continues to provide solid fundamental play in all sports. We may not always gain the wins we desire, but our athletes are always playing with dedication and strive to succeed each time we step on the field, court, or mat. Our athletes and coaches demonstrate fair play and sportsmanship. We respect the game, our opponents, and officials and appreciate the support we receive from parents and spectators.



## Go Bobcats!!



\*\*\*\*\*CONGRATULATIONS\*\*\*\*\*

The Hamilton High School Girls 2011 Volleyball Team has won the Riverside County Office of Education, Academic/Athletic Team Award. This honor is given to one school in each sport that achieves the highest Grade Point Average in Riverside County. Our girls team recorded a tremendous 3.79 GPA. This is the fourth time in the past two years that a Bobcat program has won the award. Previous winners were the Football Team in 2009, Wrestling Team in 2011, and the Girls Basketball Team in 2011.

The staff at Hamilton High School would like to congratulate our latest winners, and say "Thank You" to all the athletes who dedicate extensive time in both the classroom and on the field/court. These participants know the importance of achievement in both arenas and how it will lead to their success in the future.



## The Parent Project®

Presented by



Department of Educational Services

**No fee for workshop  
and  
FREE Childcare  
provided**

For parents of  
students in grades  
6-12 attending HUSD

**LIMITED  
ENROLLMENT**



**GIVE US 24 HOURS TO CHANGE YOUR LIFE!!**

To register, please complete and

The Parent Project is currently offered in Hemet which for most residents in Anza is approximately a one-hour drive.

If you are interested in this valuable series and would like to attend if it were offered at Hamilton High School, please call 763-1865 ext. 204 and we will place your name on an interest list. We will notify all parents of the dates and times should we have an ample number of participants.

## Booster Club

## We Want You!



The Hamilton Athletic Booster Club is reorganizing and parent members are needed. Contact Craig Miller or Jim Allured at 763-1865 for details on how you can become involved in this organization that supports all athletic programs.

## Year Book

# Buy Your Student's Bobcat Yearbook Now! Hamilton High School 2011-2012



## Yearbook Sales



**\$50 with ASB Card \$55 without ASB Card**

## From the library.....



The *Journal of Librarianship and Information Science* stated “*pleasure reading was found to fulfill three broad functions: it enhanced academic performance, social engagement, and personal development. Study also showed that teens who read for pleasure gain significant insights into mature relationships, personal values, cultural identity and an understanding of the physical world all of which aid teen readers in the transition from childhood to adulthood.*” Another dividend of reading for pleasure is a better score on the verbal section of a college entrance exam. No other activity builds vocabulary and comprehension skills needed to do well on these tests as reading.

The *National Endowments for the Arts* in their article *To Read or Not to Read* stated: *that there is a general decline in reading among teenage and adult Americans. Most alarming, both reading ability and the habit of regular reading have greatly declined among college graduates. How does one summarize this disturbing story? As Americans, especially younger Americans,*

*read less, they read less well. With lower levels of reading and writing ability, people do less well in the job market. Poor reading skills correlate heavily with the lack of employment, lower wages, and fewer opportunities for advancement.”*

With all of the research and data collected about the benefits of reading one thing remains significantly noted, “*students who read generally do better in school.*” Why? Because reading is fundamental to all aspects of one’s life as well as reading is the basic of all learning.

Still what benefits does one get for reading; here are just a few:

Readers have fun. Everybody loves something and there are books about every thing imaginable.

Readers improve the world. It is said that readers are more likely to volunteer and do charity work. Readers are active participants in the world around them, and that engagement is critical to the individual and social well-being.

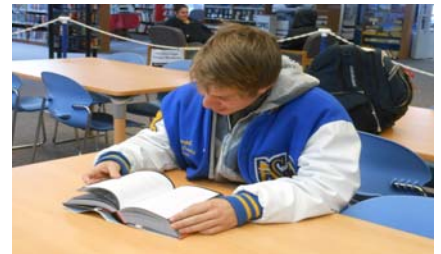
Readers gain knowledge. Reading provides an opportunity to be life-long learners.

Readers acquire skills. Readers not only improve comprehension and become a better reader they increase their vocabulary, develop the use of their imaginations, foster their creativity,

expand curiosity, become better writers, improve memory, enhance the their critical thinking and reasoning skills and develop the ability to express themselves clearly and confidently.

Readers benefit personally. Readers improve their self-esteem, develop self discipline, get better jobs, reduce boredom, relieve stress, lower anxiety, and may actually raise their IQ’s.

As they say on Reading Rainbow or Sesame Street “Reading is fundamental.” So pick up a book, magazine, newspaper (reading the comics are still considered reading), read the cereal box that you are eating at breakfast, it doesn’t matter. When you read you are acquiring knowledge so become a life long learner it is what keeps the mind sharp and I feel the heart young.



Cindy Brenz Librarian

[cbrenz@hemetusd.k12.ca.us](mailto:cbrenz@hemetusd.k12.ca.us)

951-763-4216

**S. A. F. E.**  
SEXUAL ASSAULT FELONY ENFORCEMENT TEAM

**FREE COMPUTER SOFTWARE COURTESY OF THE SAFE TASK FORCE**

(Limited to the first 15 parents in attendance) **ComputerCOP SOFTWARE\*(\$39.95 value)**

**Hamilton High School and The Riverside County SAFE Task Force will talk about sexual predators, Internet safety and Demonstrate Computer COP.**

### **Parental Internet Monitoring Software**

**Who:** Parents will learn how to install and use this valuable Internet monitoring program which will be given to you **FREE** at the conclusion of the program to the first 15 parents in attendance.

**When:** TBD **Where:** Hamilton High School **Why:** Do you really know what your child is looking at online? What about instant messaging? Cyber Bullying? This software enables parents to view every site and photo that their child has viewed on the Internet.

Parents are the first defense against online predators and cyber bullying. Hosted by the Hemet Unified School District.

# HAMILTON HIGH

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***Go Bobcats!!!***

## We're on The Web

[Hemetusd.k12.ca.us/sites/hamiltonhs/](http://Hemetusd.k12.ca.us/sites/hamiltonhs/)

At Hamilton High School we value and protect our instructional time. Students deserve an intensive program of quality classroom instruction. In order for them to achieve at high levels and benefit from the instructional program they *must be here*.

### Here is how you can help:

- Please make every attempt to schedule appointments outside of regular school hours.
- Do not take students off campus for non-emergency purposes.
- We discourage the practice of taking students off campus for lunch.
- Impress upon your children that the time spent in the classroom is valuable.
- Abuse of the off campus policy will be reported to the School Attendance Review Team (SART).

Should you have any attendance related concerns, please do not hesitate to contact the **attendance desk at 763-5981**.

We are pleased to report that 25 students attended Saturday School on January 21, 2012. This was the best turnout so far, especially since it was raining. They enjoyed pizza for lunch. All the students that attended were put in a drawing for an iPod Shuffle. The winner was Eric Gregoire 12<sup>th</sup> grade. Congratulations Eric!

Saturday School provides students the opportunity to remove an absence from their attendance record. This allows the student to remain as a candidate for outstanding attendance. Saturday School also provides the opportunity for students and the school to have extended learning opportunities to provide academic assistance and materials missed during an absence. A certificated teacher is in charge of the Saturday School. A classified aide is provided to assist the lead teacher and assist students with homework and/or projects. We have 3 more Saturday School's scheduled for: March 3, March 24 and April 28, 2012. If you have any questions regarding Saturday School please call Mrs. Nevills at the attendance desk.

**Also, please remember to notify us should your contact information change (phone, email, address) or you wish to add or delete a person authorized to remove your student from campus in case of emergency and we are not able to get in contact with you. Thank you for partnering with us in support of the Bobcats.**

*Debra Nevills, Attendance*

Hamilton High School

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