

**STAFF AND STUDENTS:**

1. After school open weightroom for LJHS Students is available from 3:15-4:30p.m.  
M,W,F.

LJHS Head Strength Coach and Certified Personal Trainer Ryan Lennard will be supervising and providing workout programs for students in addition to closely monitoring technique and weight used to ensure safety. Come increase strength, endurance, and flexibility! All students participating will need a general physical prior to first session.

Link for physical paper work available here:

[https://www.sandiegounified.org/schools/sites/default/files\\_link/schools/files//schools/la\\_jolla/athletics/AthPart\\_Physical\\_Form2015-16LJHS.pdf](https://www.sandiegounified.org/schools/sites/default/files_link/schools/files//schools/la_jolla/athletics/AthPart_Physical_Form2015-16LJHS.pdf)

2. The annual LJHS Music Department Rummage Sale will be held this year on Saturday October 17th and Sunday October 18th in the lobby and front entrance of Parker Auditorium 7am to 1pm both days. Come find some hidden treasure!  
We can't have the sale without donations though, so the music department is currently accepting donations for the sale - clean out your house and help the music department! They will take anything from clothes to electronics to games, toys, sporting goods, appliances, to furniture....you name it. If you happen to have any friends/family members moving or cleaning house, let them know as well!  
Donated goods are tax deductible. Contact Mr. Fiedler in room 804 to set up a time to drop off your items in the band room or for more information.
3. Kudos to the LJHS Varsity Football on a 29-7 win vs. Coronado High. The team is working incredibly hard as a team despite injuries.....keep up the good work and team spirit!
4. The blood drive is next Tuesday. Look for a pass in the period you signed up. Be sure to eat breakfast and drink water before donating. All donors are signed up for a drawing for prizes. Check your email for the list of donating students.
5. **PSAT October 14th, Minimum Day**

On Wednesday, October 14th, all 10th Graders will be taking the PSAT at no charge. Your English teachers will be distributing the PSAT Official Student Guide with practice tests inside.

More information to follow the first week in October!

**Juniors:** May begin purchasing an exam starting Thursday, Sept. 24th. There are limited seats!!!

**Freshmen:** If seats are still available, freshman may begin purchasing an exam on Wednesday,

Sept. 30th.

**\*\*This is first come, first serve until all seats are sold!\*\***

Make your purchase at the Finance Office before/after school and during lunch.  
Check or Cash ONLY. Payable to La Jolla High School for \$15.00

6. There is no more eating allowed in the library. The rooms have been left too messy and the library smells like a cafeteria for the rest of the day. Sorry!
  
7. CSF applications are due today in Room 508. Check if you have qualified in the counseling office in the next few days. You must pay the \$5.00 membership fee by October 9<sup>th</sup>.
  
8. Serious ART Students: If you are building your art portfolio for college there is an event you shouldn't miss. Thirty + art colleges will be attending this event and representatives will be available to give feedback on your work. It is NATIONAL PORTFOLIO DAY and will be held on OCT 10 @ The Westin Hotel 400 W. Broadway. Get there early to avoid long lines. It goes from NOON to 4. Sorry that I can't guide you through it this year, but you can and should attend.  
Shamrock