

STAFF AND STUDENTS:

1. Today is a minimum day.
2. Math Club meets today at lunch in room 904.
3. Special Kudos to LJHS Girls Volleyball. They are currently 8-2 on the season....Go Vikings!!!
4. Congratulations to the Varsity Football on a 41-19 win vs. Christian.
5. **MUSIC IN THE YEARBOOK:** If you went to a concert or festival this year and took any photos that you would like to see in the yearbook, or if you have a top ten list that you would like to share with us, please email us at LJHSyearbook@yahoo.com or bring them to Room 513.
6. The CSF formal application process is nearly complete. We will have our first official meeting at lunch next Monday October 12th. All new and returning members need to attend. We will explain some requirements, and opportunities for volunteering this semester. Our tutoring program will begin next week on Tuesday so sign up in Room 508 on the 12th. Slots for tutoring fill quickly. CSF will tutor M-Th in the Media Center from 2:30-3:30, except for minimum days. See you Monday! Shamrock
7. **CSF MEMBERS AND POTENTIAL MEMBERS be forewarned for the future:**

Please keep a copy of your report card each semester. Your transcript will **not** qualify you for CSF, because citizenship is factored in. It is **not** the responsibility of the Counseling Secretary to provide you with a report card or correct your application mistakes. Inaccurate calculations, placement of courses in the wrong list and waiting until the last minute could jeopardize your qualification for that semester. Please do your part, and submit your applications early. And don't forget to check the C.O. for a list of those that did qualify. Remember that Friday Oct. 9th is the last day to complete membership by paying dues at the Financial Office, no later than 2:30.

FYI: C's do not disqualify you, but they don't count. That means you must get the points from the courses that DO qualify. D's and F's however do disqualify you, as do N's or U's.

8. After school open weight room 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_jol/la/athletics/AthPart_Physical_Form2015-16LJHS.pdf

9. 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.

10. Thanks to all the people who donated or tried to donate blood at the blood drive. Your efforts and blood are really appreciated. Winners of the prizes will be announced soon.

11. Hey Vikings! The Irish Club will be held at lunch in room 304, (Miss Dill's room). Hope to see you there!

12. **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 info to follow for students in other grades who have paid to take the test.

13. Open House is this evening. Food trucks will be on campus starting at 4:30 pm and Open House officially starts at 5:30 pm.

14. Free after school tutoring through Link Crew and CSF starts tomorrow in the library. Tutors will be available every Tuesday through Thursday from 2:30-3:30, except for on minimum days.

15. The student i.d .maker is back! If you haven't received an i.d. yet, come to the library before school, during lunch, or after school this week. If you need a replacement i.d., go to the Finance Office first to pay the \$5.00 fee.

16. This Friday during lunch, The Marines will be here conducting a Pull Up Challenge to anyone who is interested. Do you have what it takes? Staff? Students?