

**Monday  
April 3, 2017**

**La JOLLA HIGH SCHOOL  
BULLETIN**

**#76**

**STAFF BIRTHDAYS THIS AND NEXT WEEK:**

**Stacey Roberts; April 2<sup>nd</sup> , Rosemarie Eckermann; April 4<sup>th</sup>,  
Jerry Mattio; April 6<sup>th</sup>, Melinda Emory; April 15<sup>th</sup>**

**STAFF AND STUDENTS:**

1.Youth, ages 12 to 25, are invited to get a free heart screening on Sunday, April 9 at University of San Diego's Hahn School of Nursing and Health Science between 9 am and 3 pm.

The screening is offered by the Eric Paredes Save A Life Foundation, which has screened nearly 23,000 teens for heart abnormalities that put about 1 in 100 students at risk for Sudden Cardiac Arrest - a leading cause of death under 25, and the #1 killer of student athletes. Heart screenings are not a part of annual checkups or pre-participation sports physicals, even though most heart conditions have no warning signs or unrecognized symptoms -- which is why Eric's Foundation screens for free.

Register at [epsavealife.org/register/](http://epsavealife.org/register/) and download a screening packet that you will complete and bring to the event. Walk-ins are also accepted after 10 a.m. and paperwork is available onsite if online registration is not possible. Screenings take less than an hour. Parents need not be

present for youth who have a signed and completed screening packet.

Students wear t-shirt, sweat pants or sports shorts to the screening. Girls wear a sports bra. Please bring a self-addressed stamped envelope in which a copy of your child's ECG will be mailed back to you to add to their medical records.

We urge you to take advantage of this opportunity to screen your teen.

2. Freshmen, Sophomores and Juniors!! Interested in running for an **ASB office** for next year?

There will be an informational meeting on Wednesday, April 5th at 7am in room 305 and at lunch in room 803.

Application packets are available on the LJHS website under Students -> ASB. They are due Monday, April 10th in room 305 at 7:00am.

Show your school spirit and run for an office or a commissioner position!

3. **Attention Seniors!!!**

Would you like to **speak at Graduation** this year?

- Sign up in Room 803 by today, April 3<sup>rd</sup>
- We will contact you with your audition time, (either April 13<sup>th</sup> or 14<sup>th</sup> at lunch).
- Write your speech! Guidelines are:

Under two minutes

Appropriate for audience, (duh)! (parents,  
teachers, students and children

- Submit your Commencement speech to turnitin.com  
Class ID: 12488691  
Password: LJHS

More info is available in Room 803

Or email Mrs. Hutchens at [chutchens@sandi.net](mailto:chutchens@sandi.net) or

Mr. Cavaiola at [jcavaiola@sandi.net](mailto:jcavaiola@sandi.net)

4. If you misplaced your eye glasses and/or retainer in the library, they may be in the nurse's office.

5. It's time to start bringing your books back! If you have a book from the library that you're done with, bring it in so you won't be on "The List" at the end of the year.