

**Friday  
April 7th, 2017**

**La JOLLA HIGH SCHOOL  
BULLETIN**

**#78**

**STAFF BIRTHDAYS THIS AND NEXT WEEK:**

**Melinda Emory; April 15th**

**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. The last **blood drive** of the year will take place on May 30. LHS is under the goal for the year. Help make us number one in the county by donating. See a Blood Drive Club member or participating AVID student to sign up. Over 300 pints of blood a day are needed to save lives in San Diego County. Sign up in Room 903 to donate blood and be entered into a drawing for prizes. Give and save up to three lives.

3. **Congratulations to Grace Dessert, Abigail Martin, and Katherine Perrine** who will be performing on Sunday with the San Diego Unified Honor Band.

These students went through a rigorous audition process to have this opportunity and will be performing with some of the most talented and dedicated student musicians from across the district. The concert is free - please consider attending to support Grace, Abby and Katherine! The show starts at 3PM and it's at Copley Symphony Hall at the Jacobs Music Center downtown  
750 B St, San Diego, CA 92101  
Students and faculty are all encouraged to come!

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.

6. Are you a musician who plays at a high level? Audition times and criteria for the LJHS honor band/orchestra class have been posted in room 804. If you'd like to earn your arts credit playing gigs with other advanced musicians and composing/arranging music, consider trying out! Openings in this class are filled by audition only - so don't miss your opportunity! See Mr. Fiedler for more information (or email him at mfiedler@sandinet). Signups for auditions are posted on the back of the entrance door to Room 804.

**7. Did you hear that our LJHS Surf Team placed first in SD?!**

**And that they'll be competing in the State Championships on April 22?!  
Congratulations!!!**

8. Seniors! **The LJHS Foundation Scholarship Application** is now live: [LJHS Scholarship App](#)

deadline is May 4 and the paperwork should be turned in to the counseling office that day by 3:30pm.

ownload & Print your application LJHS counseling website

Your Completed Application is **Due: Tuesday, May 2<sup>nd</sup>** in the **counseling office**

If you have questions please come see / contact Mrs. Savoia ([evilchis@sandi.net](mailto:evilchis@sandi.net)) or Mr. Cavaiola ([jcavaiola@sandi.net](mailto:jcavaiola@sandi.net))