Happy President’s Day Week!!!

I hope everyone enjoyed a great Winter Break and found time to rest and rejuvenate for this next part of our Spring semester. This Saturday is a big CCS tournament day for Saratoga! Our wrestling team will compete at Independence High School during the day and Saturday night cheer on your Men’s and Women’s Basketball teams as they begin the CCS Playoffs!! Our #6 Women’s Basketball team will face either Gunderson or #11 South San Francisco at 5:30pm and our #8 Men’s Basketball team will face either Live Oak or #9 Jefferson HS at 7pm. Tickets are $10 for adults, $5 for general admission, and $28 for families (two adults and two general). Sports Booster passes are not valid for CCS games.

Here’s an overview for next week:

**Saturday, February 22:**
- CCS Wrestling at Independence High School  
- CCS Playoffs: #6 Women’s Basketball vs. Gunderson or #11 South SF at 5:30pm  
- CCS Playoffs: #8 Men’s Basketball vs. Live Oak or #9 Jefferson HS at 7pm

**Monday, February 24: (BLUE Day)**
- Tutoring Center open (2:15pm-5pm)  
- Men’s Golf vs. Los Gatos, 3:30pm

**Tuesday, February 25: (RED Day)**
- Tutoring Center open (3:45pm-5pm)  
- Men’s JV Tennis vs. St. Francis, 2:45pm  
- Men’s V Tennis at St. Francis, 2:45pm  
- Men’s JV Baseball vs. Branham, 3:30pm  
- Men’s V Baseball at Branham, 3:30pm

**Wednesday, February 26: (BLUE Day)**
- Tutoring Center open (2:15pm-5pm)  
- Men’s Golf vs. Monta Vista, 3:30pm  
- Men’s Volleyball at Lynbrook (JV 5:30pm/ V 6:45pm)

**Thursday, February 27: (RED Day)**
- Tutoring Center open (3:45pm-5pm)  
- Men’s JV Baseball vs. Prospect, 3:30pm  
- Men’s V Baseball at Prospect, 3:30pm  
- Men’s Golf vs. Gunn High School, 3:30pm  
- Women’s Softball at Prospect, 4pm  
- School Site Council meeting, 4pm (Trimble Conference Room)  
- Site Bond Committee meeting, 5pm (Trimble Conference Room)  
- Booster President’s meeting, 6pm (Trimble Conference Room)

**Friday, February 28: (BLUE Day)**
- Men’s Swimming at Monta Vista, 3:45pm  
- Women’s Swimming at Monta Vista, 3:45pm  
- Men’s Volleyball vs. Los Gatos (JV 5:30pm/ V 6:45pm)

**Saturday, February 29**
- Men’s Varsity Baseball vs. Sobrato, 12pm  
- Men’s JV Baseball at Sobrato, 12pm  
- Benefit Fashion Show: “Under the Stars”, 6:30pm (McAfee)
Benefit Fashion Show: “Under the Stars” (February 29, 6:30pm)
The show is February 29 with the silent auction starting at 6:30 and the show itself at 7:00. The show runs for about 2 hours and is raising money for “A Wish to Give Foundation,” a nonprofit organization that grants wishes to underprivileged children in the Bay Area by providing them with the resources and support they need to reach their full potential in school and beyond with the help of Mrs. Debbie Bus. Last year, we raised about $7,000 for “Color A Classroom With Love” and anticipate another successful year. The overall theme of this year’s show is “Under the Stars” and will be sponsored by many local clothing stores such as Palapa Lounge, Redemption, Title Nine, Timeout Clothing, The Library, Banana Republic, Kitsch Couture, Francesca's, and Tuxedo Warehouse. To buy your tickets in advance, please visit our purchase link: https://shs.myschoolcentral.com

Parent Volunteers Needed: Saratoga High School Career Day
We need many parent volunteers to help host our SHS/PTSO sponsored 2020 Career Day on Monday, March 2nd and Tuesday, March 3rd from 8:30am to 11am. This is a really great event for our students to listen to speakers in career fields of their interest. With your help, it will run smoothly. Please consider signing up here: SHS/PTSO Career Day

ASB Tie-Breaker Election, Class Elections, Leadership, and Link Crew
When we come back from Winter Break, we will be opening up Class elections for class offices. Voting for those offices will be on March 5 and March 6. We will then open up applications for the Leadership Class on March 7. Link Crew applications will be due April 13th. Both Leadership and Link Crew applications will be posted on the school website after Winter Break.

Parent Teas: March 12
It’s a busy time of year, but the SHS Administrators want to connect. Our next Parent Tea will be March 12 from 10:30-11:30am in the Community Room (near Cafeteria). This is intended to be a casual conversation to help build community and help demystify high school for our parents. Please join us and bring your questions!

Volunteers NEEDED: Vasona Boat Launch, March 14
The Vasona Boat Launch and set-up will run Saturday, March 14th. Two shifts have been created: 9:00am-1:00pm and 1:00pm-5:00pm. (lunch will be provided!). Saratoga students will need to sign up for the volunteer opportunities on their website just as they would for a course at: http://www.lgsrecreation.org/about-us/volunteer-opportunities/
This ensures that they have the insurance liability waiver on file for each student.
SAVE THE DATE: “LIKE” showing, March 19

Saratoga High School, the SHS PTSO, and Redwood Middle School invite you to a showing of “LIKE,” a documentary about the impact of social media on the lives of our students and how the brain is affected by the technology. “The goal of the film is to inspire us to self-regulate. It’s not about blame. It’s about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other.” Here is a link to the LIKE website and the LIKE movie trailer if you would like to learn more. The video is about 90 minutes, beginning at 7pm in the McAfee. After the showing, we will host a panel discussion, featuring some of our students, staff, and community members. We hope you will join us.

Sonya Kwatra Selected as Lexus Volunteer of the Month

Mr. Torrens was watching CalHi Sports and learned that Sonya Kwatra was selected as the Lexus Volunteer of the Month! Here’s the link on YouTube.

Mental Fatigue Survey

Ian Canlas, a Senior at Santa Clara High School, is doing a study that measures mental fatigue among high school students. Mental Fatigue is a condition or state that is caused by a prolonged cognitive activity. Some symptoms include lack of motivation, stress, not feeling refreshed after sleep, low irritability and loss of appetite.

If you choose to participate you will be provided with a set of scenarios based on a normal school day. The results will then be taken and used to create a general census of mental fatigue within high schoolers. If enough mental fatigue is shown within high schoolers then the data will be presented and used as evidence and reason to change the high school system. Your results will be confidential meaning your name and school will be concealed. Click on the Mental Fatigue Survey, if you wish to participate.

Yearbook Sales

To order a copy of the 2020 Talisman yearbook, families can now order online using our Saratoga High School webstore!! Please click here to access our webstore and order your yearbook. Families can also bring a check for $100 to the Activities Office. The check should be made out to Saratoga High. If your student already has an ASB package, they automatically get a yearbook. Please order your yearbook now to ensure your student a copy when the books are distributed in late May. Only those who preorder a book are guaranteed a copy of the Talisman during distribution.

Winter Sports Updates

Here are the results of this past week. If your sport is not here, it is because I did not receive any details before sending this out. Please feel free to send scores, stats, and narrative to Greg Louie at glouie@lgsuhsd.org with the email title “For Friday Letter: ‘Toga Athletics.”
February 17:
- Women’s Junior Varsity Basketball beat Los Altos 43-33. 12-0 in SCVAL - De Anza League champs! Congrats girls!
- Women’s Varsity Basketball falls to Los Altos 47-30

February 14:
- Men’s Varsity Soccer ties Milpitas High School 1-1
- Women’s Junior Varsity Soccer falls to Mountain View 7-1
- Men’s Junior Varsity Basketball beat Lynbrook High School 51-48
- Women’s Junior Varsity Basketball beat Lynbrook High School 46-29
- Women’s Varsity Basketball falls to Lynbrook High School 50-47

Spirit Team Update

The cheer season wrapped up this past weekend at the 2020 USA Spirit Nationals in Anaheim, CA. The Saratoga team finished in the top 10 for our division and got 0 deductions (a huge accomplishment). This year the students participated in 2 regional competitions, 1 CIF affiliated competition, and then the national event. The team has not competed since the 2012-2013 season and all the students had a blast.

We look forward to the 2020-2021 season, as tryouts will be held in May. Info for tryouts can be found on the team Instagram page @saratogacheer or contacting coachcmiller@lgsuhsd.org

Wrestling Update

We had five young men participate in the Varsity SCVAL League Finals for wrestling on Friday, February 14 and Saturday, February 15. We had two medalists who are now CCS bound!!! Congratulations to Kole Tippetts (152 weight class) and Sean Yeung (132 weight class) for qualifying for CCS. They both medaled and came in 6th place in a 32 man bracket.

Congratulations to the Varsity Men’s team who have worked hard all season: Xander Kim, Robbie Bilic, Nima Aminzadeh, Trevor Green, Kole Tippetts and Sean Yeung. They will be participating in CCS Friday-Saturday Feb 21-22 at Independence High School. In addition, we had one female wrestler automatically qualify for CCS: Irene Frazier (137 weight class).

Sports Booster 2020 Falcon Fun Run: March 15

The Falcon Fun Run is taking place on Sunday, March 15. The sports boosters are offering a pizza party to a group that has 12 or more participants (team, class, friend group etc)

Come out and participate yourselves! Or come and cheer. The proceeds support SHS athletics. For more information here is the Falcon Fun Run flyer, the Falcon Fun Run Prize flyer, the Neighborhood Notification letter, and the Falcon Fun Run route map.
Tutoring Center Now Open After School
Our Tutoring Center is open Monday through Thursday until 5pm. Here is the schedule for next week.

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| 2/24/20: 2:15pm-5pm  
Supervisor: Ms. Barnes | 2/25/20: 3:45pm-5pm  
Supervisor: Ms. Barnes | 2/26/20: 2:15pm-5pm  
Supervisor: Ms. Barnes | 2/27/20: 3:45pm-5pm  
Supervisor: Ms. Barnes  
Tsing Bardin  
(Math/Physics) |

Thank you! I hope you enjoyed an outstanding Winter Break and enjoy a great weekend!

Greg Louie, Principal