Friday Letter: January 17, 2020
Good afternoon!

This week, we kicked off our first Parent Teas of the year on Thursday, January 16 from 10:30am-11:30am in our Community Room. Also, during Tutorial this week, we hosted our California Healthy Kids Survey breakout meetings with different student groups. The feedback from our students regarding their persistence and growth mindset will help us develop strategies to help facilitate and foster further alignment of our intentions and our practices.

Last night, we also enjoyed our first wrestling match under the new spotlight that was purchased by our Athletic Booster Club. If you have never watched wrestling under a spotlight, you don’t know what you’re missing!

Next week, during our four day school week, we will have Speak Up For Change, which is our annual student-planned, student-run effort to focus students on mental health and positive lifestyles. Tuesday, the Outreach Commission is hosting an Assembly at 9:45am in the gym. Our theme this year is “Know, No.” In other words, be comfortable knowing who you are and pursuing your passions. We will hear from students and staff on how they have come to “Know, No.” On Wednesday, there will be an opportunity for students to share their own experiences as part of our “Know, No Tree.” On Thursday, our Girl Up club will host a Socratic seminar in the Student Center at lunch, accompanied by free pizza. On Friday, our alumni panel will host a discussion in the Student Center at lunch. Again, free pizza will be provided by ASB.

Here’s an overview for the next week:

**Monday, January 20: (NO SCHOOL: MLK Holiday)**

**Tuesday, January 21: (RED Day)**
- Tutoring Center opens (3:45pm-5pm)
- Women’s Basketball vs. Wilcox (JV 5:30pm/ V 7pm)

**Wednesday, January 22: (BLUE Day)**
- Tutoring Center open (2:15pm-5pm)
- Women’s Soccer vs. Homestead, 3:30pm
- Men’s Soccer at Wilcox (JV 4pm/ V 6pm)
- Men’s Basketball vs. Wilcox (JV 5:30pm/ V 7pm)

**Thursday, January 23: (RED Day)**
- Tutoring Center opens (3:45pm-5pm)
- SHS Booster Presidents Meeting, 6pm

**Friday, January 24: (BLUE Day)**
- PTSO hosted Lunar Luncheon for Staff
- CoEd JV Wrestling at 2nd Man Classic
- Women’s Basketball at Lynbrook (JV 3pm/ V 6:15pm)
- Men’s Soccer vs. Milpitas, 3:30pm
- Women’s Soccer at Mountain View, 3:30pm
- Men’s Basketball at Lynbrook (JV 4:30pm/ V 7:45pm)
Fall Semester Grades Went Home Today
Fall 18-week report cards were sent today to all students and parents. Families are encouraged to see Canvas and speak with the teacher if they have questions.

Remix Contest Winner: Raymond Chan
Junior Raymond Yan was selected as the grand prize winner for the Cymatics Euphoria Remix Contest. Check out his EDM remix here! Congrats to Raymond for this great accomplishment!

SHS TV: January 16 Episode
Here is the most recent episode of the SHS TV Broadcast for January 16.

Speech and Debate Success!
Congratulations to the SHS SD Team who competed at the Arizona State Tournament last weekend. Harshini Velchamy took 6th/140 in Original Oratory, Selina Chen broke to QuarterFinals in Expository, and both PoFo Teams broke to elimination rounds. Congrats Nolan Chen and Neil Shah for breaking into Octos, and Adhit Sankaran and Ronak Pai for breaking into Quarters! Good luck to the team this weekend at the James Logan Invitational!

Attendance for the Month of December
After finishing the month of November behind our Sophomores and Juniors, the Freshmen regained the throne as attendance leaders with a 98.35% attendance rate. Sophomores took second by .23% with a 98.12% attendance percentage, Juniors are in third place with 97.34%, and our Seniors have a 95.57% attendance rate. Tis the season for colds and flu. Take care of yourself and stay healthy!

Opportunity for Juniors Interested in Entrepreneurship
The Rotary Clubs of Campbell, Los Altos, Santa Clara, Saratoga, Sunnyvale, and Sunnyvale Sunrise are inviting juniors to apply for the Enterprise Leadership Conference (ELC) Silicon Valley West — a no-cost, three-day entrepreneurship training program in Asilomar for high school juniors. Selected students will be divided into teams of six, all from different high schools, and over three days of interactive training sessions, team building, and activities, students will be challenged to develop a hypothetical company that provides a new product or service. Link for more information here!
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 to get a copy of the Talisman during distribution.

SAVE THE DATES: Upcoming Guidance Presentations
- Electives Night: Monday, January 27, 6:15pm-8pm, McAfee
- Incoming Junior Parent Meeting: Thursday, January 30, 7pm-9pm, McAfee
- Incoming Senior Parent Meeting: Thursday, January 30, 7pm-9pm, Library
- Incoming Sophomore Parent Meeting, Tuesday, February 4, 7pm-9pm, McAfee
- Incoming Freshmen Parent Meeting, Thursday, February 6, 7pm-9pm, McAfee

ACS Presentation: Adolescent Substance Use & Abuse: A Counseling Perspective, Tuesday, January 28
Please join us on Tuesday, January 28, from 6:30pm-8:30pm in the SHS Community Room to learn more about Teenage Psychosocial Development and effective ways to better communicate with your teen and support teens in making healthy life choices. This is for SHS Parents only. Please signup online through [Signup Genius](#) so we can set up accordingly. This is a PTSO & LGSUHSD sponsored Parent Education event. Here is the link to review the [flyer](#).

St. Olaf Band West Coast Tour, January 31
One of America’s preeminent bands, the St. Olaf Band, conducted by Dr. Timothy Mahr, will perform at Saratoga High School’s McAfee Center on Friday, January 31 at 8pm during its 2020 West Coast Tour. Founded in 1891, the St. Olaf Band performs the very best compositions and transcriptions for symphonic band, producing an exciting, crowd-pleasing style. [Tickets](#) are $10 for general admission, and free for all students.

TEDxSaratogaHighSchool, March 15, 2020
The TEDxSaratogaHighSchool event will be on Sunday, March 15th. For this year’s theme, “It Starts With Us,” we are looking for speakers who are taking initiative to promote change in their communities. Please fill out the [TEDxSaratogaHighSchool Speakers form](#) if you are interested in being a speaker or have a nomination. This is a big part of making the event happen so all efforts are appreciated!

‘TOGA ATHLETICS

Winter Sports Updates
Here are the results of this past week. If your sport is not here, please send scores, stats, and narrative to Greg Louie at [glouie@lgsuhsd.org](mailto:glouie@lgsuhsd.org) with the email title “For Friday Letter: ‘Toga Athletics.”
January 15:
- Women’s Varsity Soccer falls to Palo Alto High School 3-0.
- Men’s Varsity Soccer falls to Monta Vista (Cupertino) High School 4-1

January 14:
- Women’s Varsity Basketball falls to Palo Alto High School 35-33

January 13:
- Women’s Varsity Soccer beat Los Altos 2-0. Two wonder goals from Seniors Sanjana Reddy and Ananya Krishnan cap off a fantastic team performance as the Falcons beat Los Altos 2-0.

January 10:
- Men’s Varsity Soccer falls to Lynbrook High School 3-1. 3-0 down at half time, Saratoga battled back and were unfortunate not to get back in the game. Andrew Choi pulled a goal back, Ettiene Casanova had a goal unluckily ruled out for offside and Nathan Zaragosa hit the post late on. Much improved second half and hopefully Saratoga can build upon it.
- Women’s Varsity Soccer falls to Los Gatos High School 3-0
- Women’s Junior Varsity Basketball beat Los Gatos High School 61-12
- Women’s Varsity Basketball falls to Los Gatos High School 50-38

Wrestling Update

On Thursday, January 16, the wrestling spotlight debuted. Before the match versus Monta Vista, Coach Kirk Abe was honored by the team with the dedication. Saratoga went on to defeat Monta Vista 48-24, essentially winning almost all of their matches by pin or forfeit.

On Saturday, January 11, the ‘Toga Wrestling team finished at the Deets Winslow Tournament in Sonoma, Ca. We had 5 boys participate: Robbie Bilic, Kole Tippetts, Trevor Green, Xander Kim and Sean Yeung. Four of the boys medaled: Kole Tippetts in 2nd place in the 154 weight class, Trevor Green in 3rd place in the 162 weight class, and fourth place from Robbie Bilic in the 182 weight class and fourth place from Sean Yeung in the 134 weight class. With only 5 wrestlers in the tournament the boys placed 8th out of 20 schools.

Tutoring Center Now Open After School

Our Tutoring Center is open, Monday through Thursday until 5pm. We have a couple of community volunteer tutors signed up to help with math and science. Also, if you would like to help peer tutor, please see Principal Louie. Here is the schedule for next week.

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Wellness Center Happenings from Ms. Barnes

We are now into the rhythm of the second semester. One focus for me this year is to ask more open ended questions. My other focus is to listen deeply: listening for what is really important. They are probably feeling down because something important is missing or has been challenged; such as a sense of belonging; support; self acceptance; or being heard and seen for their struggle. I have found what is really supportive is to be acknowledged for how I’m feeling and what is important. I then sense someone really gets me and I’m not alone in this anymore.

When a student comes into the Wellness Center, I use the framework based on Dr. Marshall Rosenberg’s life work of Nonviolent Communication (judging, criticizing, blaming, and shaming) as a way to create a structure for me to check in with them. With the collaboration of CASSY, we have identified 16 feelings and 16 universal human needs that are each on a 4x4 grid. The student places a glass pebble on the feeling(s) that is true for them (such as overwhelm), and then needs that are missing which is contributing to how they are feeling (such as belonging). And if they are willing, we have a chat about what is going on.

After I understand what the student’s struggle is, I am in a better place to offer them a coping strategy such as mindfulness, stress ball, or coloring. As the student learns more strategies to be with their stress; our hope is they will then be empowered to find a strategy that best meet their needs anytime they feel stressed.

FALCON’S NEST CAFE

Falcon’s Nest special for the week of January 21st is "POTATO-NACHO BAR". Build a potato or nachos with chili, cheese, sour cream, salsa, bacon bits, diced chicken, broccoli, green onions and jalapenos for $4.50 each.

Our themed salad bar is "AMERICANA". A large salad is $5.00 and small $4.00 add a cup of diced chicken for $.75.

Thank you and I hope you take time to enjoy a thoughtful three-day weekend in honor of Dr. Martin Luther King, Jr.

Sincerely,

Greg Louie, Principal