



HOME OF THE MAVERICKS

# LA COSTA CANYON eNews HIGH SCHOOL

Maverick Families,

Celebrating Student, Staff and Community Wellness.....Great time to be a Mav!!

## Pep Rally & Carnival



## Homecoming Game



## Upcoming Events

Sat - Sun, 10/15 - 16	<a href="#">Catalyst 2-day ACT Bootcamp</a> , Rm 1306, 9AM-1PM
Mon, 10/17	Early Dismissal, 1:22 PM
Wed, 10/19	Modified schedule @ 7:40AM <ul style="list-style-type: none"> <li>- PreACT (10th graders)</li> <li>- PSAT (9th &amp; 11th graders)</li> <li>- Senior Day (12th graders)</li> </ul> <p>Foundation Speaker Series: <a href="#">Raising Resilient Teens in Our World</a>, Learning Commons, 6:30-8PM (details below)</p>
Mon, 10/24	Red Ribbon Week begins - Drug & Alcohol Awareness
Wed, 10/26	Mav Voices, 12 noon, Flex Lab  WASC Wed, 2:45PM  Opening Night, Fall play <i>The Crucible</i> , 7PM
Thur, 10/27	ASVAB Results, 1PM, Flex Lab
Fri, 10/28	ISPE logs due, via Blackboard  Taste of La Costa <a href="#">Auction Item Donation deadline</a> , Foundation Office, 9AM~3PM
Mon, 10/31	Taste of La Costa Online Auction begins!
Tue, 11/1	Smart Start (see below)
Sat, 11/12	Taste of La Costa Annual LCC Foundation Benefit, The Valley Club, 6-10PM



The New LCCHS App is available for download in the iTunes App Store! Get school-wide updates and access all Maverick information [HERE!](#)

To view all Notifications or select Push Notifications in the new App, please click on the side menu in the top right corner and select "Notifications". Check the box to the right of each Push Notification for those you would like to receive (e.g. General, ASB, All Students, Parents, etc):



### Homecoming Dance



LA COSTA CANYON HIGH SCHOOL

CLICK HERE TO VIEW PUSH NOTIFICATIONS

- Calendar & Bell Schedule
- Social Media
- Parents & Guardians
- Students
- Programs
- Athletics
- Academics
- Important Information

# **ACADEMICS** **ARTS** **ATHLETICS**

## THIS WEEK ON CAMPUS

Thurs - Softball Meeting, room 821, lunch

Fri - Women's Soccer Meeting, theater, lunch

### ACADEMICS

D/F notification are now accessible through the aeries portal---please contact Counseling directly if you are not able to access aeries.

**SOPHOMORES** - Are you interested in the [HOBY](#) Leadership Conference? Represent LCC and discover your leadership talents at the HOBY State Leadership Seminar. Student is required to pay the \$195 registration fee. See your Counselor for details.

**California Scholarship Federation** - Application window open now: Oct 1-31, for Spring grades. See [CSF](#) for information and to register.

**COLLEGE VISITS for Juniors & Seniors** - Please log into Naviance or visit the Counseling Office to sign up for upcoming college visits:

- Bradley University	Wed, Oct 12	11:30AM
- Lewis & Clark College	Wed, Oct 12	1:30PM
- Northeastern Univ	Wed, Oct 12	2:00PM
- Dallas Baptist Univ	Thu, Oct 13	8:00AM
- Rice Univ	Thu, Oct 13	8:00AM
- Emerson College	Thu, Oct 13	1:30PM
- Grand Canyon Univ	Fri, Oct 14	11:30AM
- Pepperdine Univ	Mon, Oct 17	8:00AM
- Western WA Univ	Mon, Oct 17	8:00AM
- UCLA	Mon, Oct 17	10:30AM
- Miami Univ, Oxford	Tue, Oct 18	8:00AM
- Washington & Lee	Tue, Oct 18	8:30AM
- Washington U, St Louis	Tue, Oct 18	9:30AM
- Western Oregon Univ	Tue, Oct 18	10:00AM
- UCSB	Tue, Oct 18	11:00AM
- USC	Tues, Oct 18	2:00PM
- Syracuse Univ	Thu, Oct 20	8:00AM

[SAT](#) Testing Dates - Nov 5, Dec 3, Jan 21, Mar 11, May 6, June 3 - register early!

[ACT](#) Testing Dates - Oct 22, Dec 10, Feb 11, Apr 8, June 10 - register early!

## **ARTS**

## **ATHLETICS**

Please see information regarding online clearance for all sports this year at [MaverickAthleticsClearance.pdf](#)

### **WINTER SPORTS ONLINE CLEARANCE IS DUE NOVEMBER 1!**

**SOFTBALL MEETING:** Those students interested in playing softball this spring, please attend an informational meeting on **Thursday, October 13th in Rm. 821, at lunch.**

**WOMEN'S SOCCER MEETING:** Those students interested in playing soccer this winter, please attend an informational meeting on **Friday, October 14th, in the theatre, at lunch.**

Fall Sports Schedules and related information can be found on each sports website:

[Cross Country](#)

[Boys Water Polo](#)

[Girls Field Hockey](#)

[Football](#)

[Girls JV Tennis](#)

[Cheer](#)

[Girls V Tennis](#)

[Girls Volleyball](#)

## **SENIOR SECTION**

**Yearbook Senior Ad picture and copy deadline** - Friday, Nov 4, 3PM - For more info, see [Stampede Senior Ads](#) and [Stampede Senior Ads Form](#), or click on Stampede in the lower right hand corner on the LCC Homepage.

### **October is Naviance Month!**

If you have not yet signed up for Naviance (there are approx 150 of you out there!), please come to the Counseling Center/College Center at **LUNCH** on one of the following dates and we will get you logged in, complete a career inventory and/or start your college application list. See you in October!

Mon Oct 17

Wed Oct 12

Thurs, Oct 13

Mon Oct 24	Wed Oct 19	
Mon Oct 31	Wed Oct 26	

## KUDOS

## COMMUNITY

**LCC Rugby 2016-17 Season - REGISTRATION NOW OPEN** - Anyone interested in playing this increasingly popular sport **MUST** register online. Rugby is not a CIF sport...yet, and so LCC cannot accept the school online athletic packet to sign-up for rugby. A separate registration is necessary. Please click [here](#) for more information and to register.

**Start Smart - Tues, Nov 1** - see [Start Smart](#) to register. This class is required for juniors and seniors to park on campus.

**Are you on Twitter or Facebook? Follow LCC at [LCCMavs](#) and [LCCMavsFB](#)**

**News from Nutrition Services - FREE AND REDUCED APPLICATIONS:** This year families can APPLY ONLINE AT [www.paypams.com/onlineapp](http://www.paypams.com/onlineapp). Or, applications are on the nutrition website [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com) under Meal Applications. You can print the application and bring it to LCC's office or Oak Crest Middle School Nutrition Services Office.

La Costa Canyon High School 1 Maverick Way Carlsbad, CA 92009	Website: <a href="http://lc.sduhsd.net">lc.sduhsd.net</a> Phone: 760.436.6136 Fax: 760.943.3539
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# FOUNDATION NEWS

October 11, 2016

[LCCHS Foundation website](#)



## ★ Foundation Calendar ★

Sat-Sun, Oct 15-16	<b>Catalyst ACT 2-day Bootcamp</b> , Rm 1306, 9am-1pm
Wed, Oct 19	<b>Speaker Series: <i>Raising Resilient Teens in our World</i></b> by Dr. Divya Kakaiya, Learning Commons, 6:30~8pm
Fri, Oct 28	<b>Deadline</b> for Taste of La Costa <b>Auction Item Donations</b> , Foundation Office, 9am~3pm
Mon, Oct 31	Taste of La Costa <b>Online Auction Begins!!</b>
Sat, Nov 12	<b>Taste of La Costa annual benefit - SAVE THE DATE!! TICKET SALES START SOON!</b> <i>It's the Foundation's biggest fundraiser. Scroll down to see who's coming!</i>
Mon~Fri	<b>Spirit Wear Sales</b> , Foundation Office, 9am~3pm

★ ANNUAL BENEFIT ★ ANNUAL BENEFIT ★ ANNUAL BENEFIT ★ ANNUAL BEN

## ★ The Taste of La Costa ★

★ **Now Accepting Items for Auction** ★

**We'd love to auction off community donated items at one of our 3 auctions:**

**Online** (2-weeks prior to event), **Silent** (night of event), **Live** (night of event).

All proceeds raised go straight back to our classrooms.

From gift cards and team gift baskets to cars and vacation stays; from private lessons to sporting events; no gift is too small, so *let your gifting imaginations soar!*

The LCC Foundation's biggest annual fundraiser is coming up. The Taste of La Costa will be held on **Saturday, November 12, 2016, from 6pm~10pm** at The Valley Club on Calle Barcelona in Carlsbad. **Current, past, and future Maverick families are all invited.** Funds raised from ticket sales as well as the Online, Live and exclusive Silent auctions, will all go toward supporting important teacher grants not funded by the district. Please see the Taste of La Costa "What Is It?" letter below for more on how you, or your business, can donate to the benefit.

**Deadline for auction items is October 28th!**

**Tickets to the event will be available for purchase through the Foundation's website, or directly at the Foundation office on campus soon.**

See you there!

**Taste of La Costa**

[What is It?](#)



**Online Donation Forms:**

- [Auction Item](#)
- [Taste Donation](#)
- [Beverage Donation](#)
- [Business Sponsorship](#)

Questions, or want to find out more? Please contact [Julie Mater](#) at the Foundation.

★ **Some of the Tastes We're Looking Forward To** ★

*Thank you for coming out to support LCC!*



★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★ ACADEMICS ★

## ★ Catalyst's 2-day ACT Bootcamp ★

*Sponsored by the LCC Foundation*

&

# CATALYST

The *spark* to an extraordinary score

Boost your confidence, build momentum, maximize your SCORE – in just 2 days.

- ★ **When:** Saturday & Sunday, October 15th & 16th
- ★ **Where:** LCC High School, Room 1306
- ★ **Time:** 9am~1pm
- ★ **Cost:** Only \$175 for the 2-day, 8-hr course

See [this flyer](#) for more details, or go to [www.CatalystPrep.com](http://www.CatalystPrep.com) to register!

★ FOUNDATION ★ FOUNDATION ★ FOUNDATION ★ FOUNDATION ★ FOUNDATIO

## ★ Back By Popular Demand ★

*With updated information on empathy, meditation, and making deep connections.*

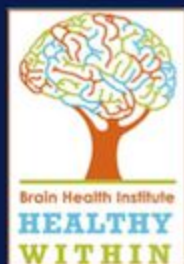
Last school year, about 100 parents & students attended Dr. Kakaiya's highly-commended presentation. The discussion focused on social media & its relationship to familial behavior. It garnered much positive feedback from the audience, suggesting Dr Kakaiya's interactive approach was both informative and relevant to today's families.

Dr. Kakaiya is a community leader and has received numerous awards for her community service over the years. For more on Dr. Kakaiya's presentation, please see MavLife News in-depth [article](#).

## The LCC Foundation Speaker Series Presents



**Dr. Divya Kakaiya,**  
Ph.D., M.S.  
(Psychopharm), CEDS,  
PSY: #14052  
Clinical Psychologist,  
Neuroscientist  
Neurofeedback  
Practitioner  
PROUD mother of 2!



For more information please visit  
[healthywithin.com](http://healthywithin.com)  
Phone 858.622.0221  
Email [DivyaKakaiya@gmail.com](mailto:DivyaKakaiya@gmail.com)

### Raising Resilient Teens in our World

Join the interactive discussions led by Dr. Kakaiya on the subjects of:

- digital divide
- impact of social media on the teen brain
- body image
- attachment parenting
- self-esteem
- drug use
- parenting skills and strategies
- how to raise a sustainable digital family!

*Dr. Kakaiya is a community leader and has received numerous awards for her community service over the years, including: KGTV 10 News Leadership Award, KPBS Local Hero Award, Top 10 Cool Women of San Diego awarded by Girl Scouts Council, and many more. We are so fortunate to have Dr. Kakaiya come speak. Please don't miss this great event.*

**Wednesday, October 19  
6:30-8:00 pm**

**La Costa Canyon High School  
Learning Commons**

#### ★ What Does the LCC Foundation Do? ★

The La Costa Canyon High School Foundation, a nonprofit 501(c)(3), bridges the gap between student needs and state/district funding by raising money through donations and special events. Although it embodies three booster groups—Academics, Athletics, and Arts—and oversees all of the financial operations and fundraising programs for all three of these groups, the Foundation also manages the allocation of generously donated funds from our parents and community specifically to our Academics and Arts. Please note, donations made directly to LCC's athletic teams, or clubs, are separate from the Foundation's annual fundraising campaign.

#### ★ Where Do Your Foundation Dollars Go? ★

- ★ Teacher Classroom Grants

★ Principal's Vision Fund

★ Campus / Classroom Beautification / Upgrades

★ After-School Tutoring & Speaker Series

**[This graphic](#)** puts it all in perspective.

★ **Help the Foundation Reach its Student Enrichment Goals This Year** ★

**Donate to the Foundation**

★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WEAR ★ SPIRIT WE

★ **Spirit Wear Sales @ the Foundation Office** ★

**Monday to Friday, 9am~3pm**

@ the Foundation Office

*Cash, check, or credit. All welcome!*

**Come on Mavericks and Maverick Families!**

♥♥ **Wear Your Pride!!** ♥♥

★ **Foundation eNews Contributions / Feedback / Suggestions** ★

Please contact [Martina Sullivan](#), if you'd like to share information with our LCC community, or promote an upcoming fundraising/booster event in the Foundation portion of the eNews. We also welcome questions, feedback, and suggestions on how to make the Foundation eNews cater better to you. The guaranteed-to-publish deadline for the following week's issue is Sunday @ midnight (eNews typically goes out on Tuesday afternoons). In order to be accepted, any contribution should be related to the LCC school and community, and must include your name and best contact information. Please include a web link, if applicable, and a photo, or graphics, for visual interest, if available. Approval of external links does not constitute an endorsement or approval of any products, services or opinions contained in the external websites.