



HOME OF THE MAVERICKS

LA COSTA CANYON eNews HIGH SCHOOL

Dear Maverick Families,

In light of the tragic event this past week in Florida, school safety continues to remain a focal point and an ongoing conversation with all stakeholders. As a District, we have adopted the phrase, "see something, say something." Now more than ever, we are coming together as a Maverick family to support one another. Over the next month, our Safety Team will be working with Carlsbad Police to review protocols and drills, and we will continue to work to follow best practices in student safety. If you have any questions or concerns, please don't hesitate to contact Administration.

Be The Difference, Be The Change, Be A Maverick!!
Bryan Marcus, Principal

The San Dieguito Union High School District requires **annual residency verification** for all continuing SDUHSD students and any new students enrolling for the 2018-19 school year, beginning February 1, 2018. This process is a legal requirement in California, and it helps our district ensure that all available resources are spent efficiently and effectively to the benefit of SDUHSD families. Moreover, these additional steps will help provide a full and precise account of our student population as we review staffing for the coming year.

All continuing students in grades 7 through 11 must submit required residency documentation by March 30, 2018 in order to schedule classes for the 2018-19 school year.

Forms should be dropped off at your student's school. Required verification forms can also be found [here](#) or can be picked up at your student's school.

Check the SDUHSD [website](#) or follow us on Facebook for updated information. If you have additional questions regarding **residency verification**, please email verify@sduhsd.net.

Graduation Info:

The Commencement Ceremony for the Class of 2018 will be Friday, June 15, 2018, at 4:00pm.

Upcoming Events

Mon, 2/26	Restaurant Day benefiting MavNation @ Luna Grill La Costa, 11am-9pm
Wed, 2/28	ASB Blood Drive <3 (see below) "Pay Less for College" FREE Workshop , Learning Commons, 7-8pm, RSVP below
Sat, 3/3	Catalyst SAT 2-Day Bootcamp , Rm 1306, 9am-1pm (see Foundation) Band O Rama , LCC Gym, 4pm (Picnic @ 2pm)
Tue, 3/6	Restaurant Night benefiting MavNation @ Islands Encinitas, 4-9:30pm
Thu, 3/8	ComedySportz "Students vs. Teachers" Theater, 7-9pm
Sat, 3/10	Career Compass , Theater, 10:30am-1:30pm, FREE, RSVP below
Wed, 3/14	Pi Day! Spring Festival Preview Concert , LCC Gym, 6-8pm
Wed, 3/21	Parent Guest Speaker Tyler Durman Theater, 6:30-7:30pm, "Bite-Sized Wisdom for Parents-Parenting a Teenager"

First Semester Grades:

First semester grades are available in Aeries. If you have any questions, please contact the teacher.

<3 Blood Drive is next Wednesday, Feb. 28 in the Theater. Walk-ups for parents will be between 8-9am. Student appointments will be from 9-1pm. Parent walk-ups will be offered again from 1-2pm.

Stay up-to-date with your class. Sign up for Remind to receive informational text messages:

- Seniors text @2018mavs to 81010
- Juniors text @2019mav to 81010

Follow LCC on Social Media

Instagram/Twitter/Facebook
@LCCMAVS, @LCCASB, @LCC_Principal

- Sophomores text @2020mav to 81010
- Freshmen text @2021mav to 81010



ACADEMICS

Learning Commons: Open Daily (before school and after school). Students can work collaboratively or individually on homework or assignments.

Mav Math Hour: MAV Math Hour provides support for all students in Math: Tuesday, Wednesday, and Thursday, 2:45-3:45pm in the 500 Quad. Look for the bright yellow sign posted on an open door. Students need to sign in when they arrive.

Mav Science Hour: Mav Science Hour provides support for chemistry and biology students: Wednesdays from 2:45-3:45pm in the 600s. Look for the sign posted on the open doors. Students need to sign in when they arrive.

ARTS

Band O Rama is coming to LCC on Saturday, March 3! Band O Rama is an All-District Concert including the musicians of LCC, SDA, Oak Crest, Diegueno, and our elementary feeder programs. All musicians perform together in one massive concert at 4:00pm in the LCC Gym. There is a family picnic beforehand from 2-4pm with live music and food for sale. Come join us!

[Can the band o rama flyer be inserted here as a picture??](#)

LCC's Spring Festival Preview Concert will take place in the LCC Gym on Wednesday,, March 14. 6:00pm is Rock Bands & Electronic Music Production, 7:00pm is Drumline, Color Guard, Jazz Band, and Symphonic Band.

ATHLETICS

DATE / DAY	TIME	TEAM	EVENT	FACILITY	OPPONENT	Release
2/20 TUES	7:00 PM	Boys Basketball—V	Game/CIF	Rancho Bernardo HS	Rancho Bernardo	Bus @ 5:00pm
2/21 WED	5:00 PM	Boys Soccer-Varsity	Game/CIF Open	Poway HS	Poway	Bus @ 3:00pm
2/23 FRI	5:00 PM	Girls Soccer-Varsity	Game/CIF Div. 1	LCCHS	TBD	
2/23 FRI	7:00 PM	Boys Basketball—V	Game/CIF	TBD	TBD	
2/23 FRI	9:00 AM	Wrestling—Varsity	Master Champ	Olympian HS	Various	
2/23 FRI	9:00 AM	Wrestling-Girls—V	State Champ	Visalia Convention Center	Various	
2/24 SAT	7:00 PM	Girls Basketball—V	Game/CIF	Sante Fe Christian	Sante Fe Christian	Bus @ 3PM
2/24 SAT	9:00 AM	Wrestling Girls—V	State Champ	Visalia Convention Center	Various	
2/24 SAT	9:00 AM	Wrestling—Varsity	Master Champ	Olympian HS	Various	

KUDOS

CLUBS & COMMUNITY

Prevent Fatal Cardiac Arrest in Youth **FREE Heart Screening** For Ages 12-25

Sunday, March 25 • 9am to 3pm at **Torrey Pines High School**

3710 Del Mar Heights Rd, San Diego, CA 92130

Provided by the Eric Paredes Save A Life Foundation and a medical team led by Scripps cardiologist Dr. John Rogers, MD.

Every year thousands of our kids die when their heart suddenly and unexpectedly stops beating. Known as Sudden Cardiac Arrest (SCA), this syndrome can happen without symptoms or warning signs. San Diego alone loses three to five teens annually.

It's not a heart attack. SCA is an abnormality in the heart's electrical system that can be detected with a simple ECG. But **ECGs are not a part of your teen's annual well-child exam** or pre-participation sports physical.

Through a partnership with Torrey Pines HS, parents have the opportunity to have their teens screened at no cost. The screening is completely non-invasive (no needles or x-ray exposure), painless and takes about a half hour to complete a health history, ECG and echocardiogram if indicated. You are notified of the results for follow-up with your own family doctor.

The biggest misconception about SCA is that it won't happen to your teen. You have no family history...your child has no symptoms...your doctor has not indicated a screening is needed. But there is a dangerously low awareness of SCA among parents and the medical community, even though it's a **leading cause of death in the U.S. for youth under 25 and #1 killer of student athletes.**

Torrey Pines HS invites you to screen your teen.

Simply register at EPSaveALife.org



Eric A. Paredes May 3, 1994–July 23, 2009

Eric was a healthy teen looking forward to being on the varsity wrestling team. An outgoing, energetic, charming young man who loved life, his family and his friends, Eric was known for his smile. He was passionate about making changes so that the world could be a better place. He wanted to be a police officer.



In July 2009, Eric was packing his suitcase to go on a much-anticipated family cruise. His mother left the house for an appointment and his father came home for lunch 20 minutes later. He found Eric collapsed on the kitchen floor and started CPR, but it was too late. Life changed that day, forever. Long Q-T Syndrome is suspected.



News from Nutrition Services - FREE AND REDUCED LUNCH APPLICATIONS: This year families can APPLY ONLINE AT www.paypams.com/onlineapp. Or, applications are on the nutrition website 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.



FOUNDATION NEWS

February 21, 2018

[LCCHS Foundation website](#)

» » » Foundation Calendar Snapshot « « «

All February	Adults-Only Grad Night Fundraiser , The Brewers Tap Room, all day
All February	Amazon "Get What Gets You" Campaign , online, every day
Mon, Feb 26	MavNation Restaurant Fundraiser , Luna Grill La Costa, 11am-9pm
Wed, Feb 28	"Pay Less for College" FREE workshop , Learning Commons, 7-8pm
Sat, Mar 3	Catalyst SAT 2-Day Bootcamp , Rm 1306, 9am-1pm
Tue, Mar 6	MavNation Restaurant Fundraiser , Islands Fine Burgers & Drinks, 4-9:30pm
Sat, Mar 10	Career Compass , Theater, 10:30am-1:30pm
Sat, Apr 7	Catalyst ACT 2-Day Bootcamp , Rm 1306, 9am-1pm
Sat, Apr 28	LCC's Party of the Year , SAVE-THE-DATE!
Mon-Fri, 9am-3pm	Spirit Wear sales , Foundation Office

• SUPPORT • ACADEMICS • SUPPORT • ACADEMICS • SUPPORT


»» MavNation Fundraisers »»

LCC's Journalism class is setting its sights on attending a Journalism retreat over the Summer, so that they can become better journalists, reporters, and editors at LCC. Unfortunately, attending is not free, so they're fundraising to offset their participation costs!

There will be two (2) restaurant fundraisers over the next couple of weeks (Monday 2/26 @ [Luna Grill](#) (La Costa) and Tuesday 3/6 @ [Islands Fine Burgers](#) in Encinitas). Please consider dining at one (or both, if you enjoy eating out), because every penny raised means these students are that much closer to going!

Thank you to all our local eateries for supporting La Costa Canyon High School students and programs!!

Click flyer(s) to enlarge and print out


Just present this flyer to your server (or show it on your mobile device) and Islands will donate 20% of your food and beverage purchases back to MAVNATION Journalism Program.
Dine-in only.

LA COSTA CANYON HIGH SCHOOL JOURNALISM PROGRAM FUNDRAISER

Date: Tuesday, March 6, 2018
Time: 4pm to close
Location: Islands Encinitas
1588 Leucadia Blvd. • (760) 943-0271
#islandsburgers

Not valid with any coupon, offer or other discount. Proceeds exclude gratuity and tax.

Craft burgers, fresh-cut fries, salads & tacos. Bring your family and friends to Islands, and help raise money for our journalism program.



© 2018 Island Restaurants, L.P.

• FINANCIAL • AID • WORKSHOP • FINANCIAL • AID • WORKSHOP •

»»» **Due to Popular Demand FREE Workshop back at LCC** »»»

In partnership with the LCC Foundation

Wednesday, February 28th

7-8pm Learning Commons/Media Center

Two families of equal income and assets apply to the same college...



One family receives over \$12,000 in need-based aid...



The other receives none.

Why the difference?

And more importantly—how can you become the first family instead of the second?

Join us to get these answers and many more at our always popular workshop--

"PAY LESS FOR COLLEGE"

Find out what the financial aid officers won't tell you and what most financial planners don't know!!

Learn how to...

- Increase your eligibility for need-based financial aid.
- Qualify for more grant money.
- Attend an expensive private school for less than a state or UC.
- Position your assets to maximize your aid... and much more!

La Costa Canyon High School

Wednesday, February 28, 7:00-8:00 pm

Learning Commons/Media Center

Check-in begins at 6:45

Seminars are led by San Diego's College Funding Specialist
Shaun Kennard of Kennard Financial, Inc.

Please RSVP at:

KennardFinancial@roadrunner.com or 760.994.8743

IMPORTANT NOTE: Recent changes in FAFSA filing rules have made it extremely important that parents begin their strategic planning during their child's fresh/soph years.

Please RSVP directly to [Shaun Kennard](#).

»»« **Adults-Only Month-Long Fundraiser Continues!** »»«


1 Week Left!

The Brewers Tap Room (an LCC family owned-establishment) has graciously extended their support of this year's Grad Night by celebrating a second month of Mav-uary!


Come and meet the friendly owners and staff at this cosy neighborhood watering hole, while supporting our graduating seniors' final night of high school. The Brewers Tap Room prides itself on bringing rare quaffs to the lips of craft beer imbibers (and even serves a few wines to those who are less hoppy-inclined).

Pet-friendly, and outside food welcome.

See you there and Go Mavs!



THE BREWERS TAP ROOM
Celebrates February!



SUPPORT
LCC Grad Night
throughout the month of February

**Present this flyer at the time of
drinks and 20% of each tab
supports LCC Grad Night 2018**

**1456 Encinitas Blvd.
Encinitas, CA 92024**
(near Encinitas Ford in Encinitas Village Square)

PLEASE DRINK RESPONSIBLY

»»« **SAT and/or ACT 2-Day Bootcamps Coming Up** »»«

In partnership with the LCC Foundation

&

CATALYST

The *spark* to an extraordinary score



Other SAT & ACT Prep Classes vs. **CATALYST** SAT & ACT Bootcamps

The SAT and ACT are boring exams, but learning to ace them doesn't have to be. At Catalyst, we take the actual SAT and ACT every time they're given, and we pass our expertise to students with patience, understanding, and a welcome sprinkling of humor and creativity.

Catalyst's two-day SAT and ACT Bootcamps arm students with go-to strategies for every question they'll face on the day of the test so they can march into the test with confidence, momentum, and every key strategy fresh in their mind.

SAT Bootcamp at La Costa Canyon High School

Saturday, March 3rd, 9am - 1pm

&

Sunday, March 4th, 9am - 1pm

ACT Bootcamp at La Costa Canyon High School

Saturday, April 7th, 9am - 1pm

&

Sunday, April 8th, 9am - 1pm

Tuition is just \$175. To enroll visit www.CatalystPrep.com and click on the Bootcamp Sign-Up tab on the website's menu bar or call us at 800.235.0056.

»« **Do what you love; Love what you do** »«

FIND A CAREER THAT SPEAKS TO *YOU*

Click [here](#) or the image below for more information and to
RSVP to this **FREE EVENT**

CAREER COMPASS

** finding your true north **

Six STEM Speakers!

Surprise Guest and Activity!

Homemade Treats!

Save the Date!

March 10, Saturday

10:30 am-1:30 pm @ LCC

* * * * *

For more details, contact: Lori Wallace or Carolyn Chan
lwallace@irvingtongroup.com : carolyn.lee.chan@gmail.com

To make Career Compass nourishing in every way, we would like to serve some light refreshments to our teens and guests at this special inaugural event!

If you are able to provide one (or more) items, please sign-up at right. Any donations should be dropped off at the Foundation office, no later than Friday, March 9th @ 3pm. Thank you!

Homemade tapas and finger foods most welcome!



• **HELP LCC WIN BIG • AMAZON SWEEPSTAKES • HELP LCC WIN BIG •**

»» **Amazon "Get What Gets You" Campaign** »»

The most entries = best chance to win \$10,000 Grand Prize for LCC!

Only 1 week left!

Help LCC win Amazon's **\$10,000** grand prize or the **\$5,000** runner up prize, and the Amazon gift cards with each play.

Can we reach 1,000 entries!

Last week, we had 719 entries; this week we only grew to 727.

Let's Go Mavs!

Enter today! Play the Amazon instant win game for a chance to win big and take home the \$10,000 grand prize for LCC!

#GetWhatGetsYou getwhatgetsyou.com



• **SCHOOL • DIRECTORY • SCHOOL • DIRECTORY • SCHOOL • DIRECTORY**

»» **LCC Families Staying Connected!** »»

2017-18 school directories are at the office!



For all who made a \$250 or greater Foundation Donation this year and/or for those who pre-ordered this year's school directory, they are available for pick up!

**Pick up at the Foundation Office
Monday - Friday, 9am-3pm.**



• **VOLUNTEER OPPORTUNITIES • VOLUNTEER OPPORTUNITIES •**

»» **Looking for folks in the LCC Community to volunteer skills** »»



We have an amazingly skilled and talented community, and tapping into that resource is as important as fundraising for our classrooms. If time allows, please come and share your knowledge with the Foundation. We currently have a need for volunteers in the following areas, the majority of which can be done from home!

Volunteer Coordinator:

The Foundation is looking for a parent volunteer to coordinate and send out SignUp Genius emails for both high school and Foundation-sponsored events throughout the year. Experience not required. Training will be provided.

Marketing Committee:

1. Compile the Foundation eNews (too easy!).
2. Manage our eBlasts (targeted emails via a program called Vertical Response. Training provided).
3. Manage and update the Foundation's website (WordPress knowledge beneficial, but if you're a fast learner, not required).

IT Support:

If you like to dabble in code, challenge yourself when computers or printers breakdown, monitor backups, databases, php programming, and more? This could be your dream hobby.

Please contact president@lcchsfoundation.org to inquire!

• SPIRIT WEAR • SPIRIT WEAR • SPIRIT WEAR • SPIRIT WEAR •

»» Spirit Wear Sales @ the Foundation Office »»

Monday to Friday, 9am - 3pm

@ the Foundation Office

Cash, check, or credit. All welcome!

Come on Maverick Community!

Wear Your Gear with Pride!!



»« Foundation eNews Contributions / Feedback / Suggestions »«

Please contact [Martina Sullivan](#), if you would like to share information with our LCC community, or promote an upcoming fundraising/booster event in the Foundation portion of the eNews. We value 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.