



HOME OF THE MAVERICKS

LA COSTA CANYON eNews HIGH SCHOOL

Congratulations Erika Wanczuk LCC Teacher of the Year

Erika's unparalleled commitment and dedication to her students, colleagues, and the LCC community as a whole is truly admirable. Over the past year, she has made countless sacrifices to ensure the success of LCC through the WASC process, while maintaining her exceptional level of instruction with her classes. She puts her heart and soul into her profession, and she is an exemplar of an educator.

Congratulations Kristin Jenkins Classified Employee of the Year

Over the past two years, Kristin has served in a multitude of roles from receptionist, to her current position as Assistant Principal Secretary. Kristin is a beacon of energy and professionalism, with her dedication to assisting with any and all tasks.

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.

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
- Sophomores text @2020mav to 81010

Upcoming Events

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"

Graduation Info:

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

Follow LCC on Social Media

Instagram/Twitter/Facebook
[@LCCMAVS](#), [@LCCASB](#), [@LCC_Principal](#)



THIS WEEK ON CAMPUS

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!

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Free Admission!

LCCHS GYM

3.3.18

4 IN THE AFTERNOON

DONATIONS COLLECTED AT THE DOOR WILL BENEFIT THE EUSD AND ADA HARRIS BAND PROGRAMS

FEATURING

**ADA HARRIS
EUSD & EMP
OAK CREST
DIEGUENO
LA COSTA
CANYON
SAN DIEGUITO
ACADEMY**

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

Student-Athlete Spring Sports Mandatory Meeting on Monday, 3-5 @ 7am, in the gym- this meeting is required for all Spring Sport student-athletes. Doors open at 6:50am and close promptly at 7am. Those athletes that played a sport in the Fall or Winter seasons do not need to attend. Please email the athletic dept. with questions at charlin.grogan@sduhsd.net

Spring Athletic PE credit submission due 3/15: Eligible for student-athletes in grades (10-12) and involved in a Spring Sport that does not offer a team PE Class. Forms require parent, student, coach signatures and can be returned to counselor. [Spring Athletic Contract 2018](#)

CIF 2018 Winter Playoff Schedule see blow:

DATE / DAY	TIME	TEAM	EVENT	FACILITY	OPPONENT	Release Time
2/27 TUE	6:00 PM	Track & Field	Parent Meeting	Media Center		6:00 PM
2/27 TUE	3:15 PM	Boys Tennis—JV	Match	San Marcos	San Marcos	1:45 PM
2/27 TUE	3:15 PM	Boys Tennis—Varsity	Match	LCCHS	San Marcos	2:15 PM
2/27 TUE	CIF	TICKETS—Semifinal	Soccer	Adults—\$ 7.00	Students—\$ 4.00	
2/27 TUE	5:00 PM	Girls Soccer—Varsity	CIF SemiFinal	LCCHS	Scripps Ranch	
2/27 TUE	3:00 PM	Boys Baseball—FR/JV	Scrimmage	Poway	Poway	12:45 PM
2/27 TUE	3:00 PM	Boys Baseball—Varsity	Scrimmage	LCCHS	Poway	2:15 PM
2/27 TUE	3:00 PM	Boys Golf—Varsity	Match	Fallbrook	Fallbrook	1:15 PM
2/28 WED	CIF	TICKETS—Semifinal	Soccer	Adults—\$ 7.00	Students—\$ 4.00	
2/28 WED	5:00 PM	Boys Soccer—Varsity	CIF-Semi Finals	TPHS	TPHS	Bus @ 3:15
2/28 WED	CIF	TICKETS-Semifinal	Basketball	Adults—\$10.00	Students—\$5.00	
2/28 WED	5:30 PM	Girls Basketball—Varsity	CIF-Semi Finals	Mt. Miguel HS	Mt. Miguel	Bus @ 3:15
2/28 WED	5:30 PM	Track & Field	Team Shoe Night	Roadrunner, Cbad		
2/28 WED	3:00 PM	Baseball—FR	Scrimmage	Diegueno Middle	Vista	2:00 PM
2/28 WED	3:00 PM	Baseball—JV	Scrimmage	LCCHS	Vista	2:00 PM
2/28 WED	3:00 PM	Baseball—Varsity	Scrimmage	Vista HS	Vista	1:00 PM
2/28 WED	3:30 PM	Softball—Varsity	Scrimmage	San Pasqual	San Pasqual	1:20 PM
3/01 THURS	3:30 PM	Softball—Varsity	Game	San Marcos	San Marcos	2:05 PM
3/01 THURS	3:00 PM	Boys Golf—Varsity	Match	La Costa	Fallbrook	1:15 PM
3/01 THURS	3:30 PM	Boys Volleyball—Varsity	Game	Poway	Poway	2:00 PM
3/01 THURS	3:30 PM	Boys Volleyball	Game	TPHS	TPHS	2:00 PM
3/01 THURS	3:30 PM	Boys Volleyball	Game	Mt. Carmel HS	Mt. Carmel HS	2:00 PM
3/01 THURS	3:15 PM	Boys Tennis—JV	Match	La Jolla Cntry	La Jolla Cntry Day	1:30 PM
3/01 THURS	3:15 PM	Boys Tennis—Varsity	Match	LCCHS	La Jolla Cntry Day	2:15 PM
3/01 THURS	3:15 PM	Track & Field	Team Time Trials	LCCHS		
3/02 FRI	TBD	Boys Soccer—Varsity	TBD	TBD	TBD	TBD
3/02 FRI	6:00 PM	Girls Basketball—Varsity	CIF FINALS	Viejas/SDSU	TBD	TBD
3/02-3/03	9:00 AM	Boys Wrestling	State Championship	Rabo Bank Arena,	Bakersfield	
3/03 SAT	10:30 AM	Baseball—FR/JV	Pirate Trny	RBV	RBV	
3/03 SAT	TBD	Track & Field	Mt. Carmel Festival	Mt. Carmel		
3/03 SAT	4:30 PM	Girls Soccer-Varsity	CIF FINALS	Mission Bay HS	TBD	

KUDOS

Congratulations to Girls Basketball on their recent upset in the CIF OPEN Division Basketball Championships.

The #6 LCC Girls took home a victory last Saturday @ #3 Santa Fe Christian.

Read the full article here [CIF PLAYOFFS](#)

The win advances the team to the CIF Semi-Finals @ Mt. Miguel (#2) on Wed @ 5:30pm

*** Go Mavs! ***



Pictured: Senior Guard Colleen Haggerty

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.

La Costa Canyon High School
1 Maverick Way
Carlsbad, CA 92009

Website: lc.sduhsd.net
Phone: 760.436.6136
Fax: 760.943.3539



FOUNDATION NEWS

March 1, 2018

[LCCHS Foundation website](#)



» » » **Foundation Calendar Snapshot** « « «

Sat, Mar 3	Catalyst SAT 2-Day Bootcamp , Rm 1306, 9am-1pm. Register below.
Tue, Mar 6	MavNation Restaurant Fundraiser , Islands Fine Burgers & Drinks, 4-9:30pm
Sat, Mar 10	Career Compass , Theater, 10:30am-1:30pm. RSVP below.
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

• SAT / ACT • BOOTCAMPS • SAT / ACT • BOOTCAMPS • SAT / ACT •

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

In partnership with the LCC Foundation

&

CATALYST

The *spark* to an extraordinary score

Registration open through 6pm, Friday, March 2nd



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.

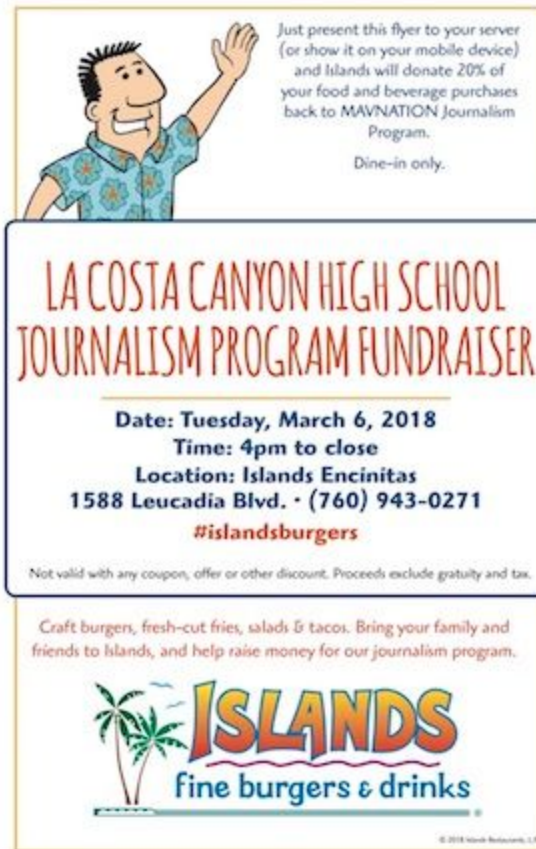
»« **MavNation Fundraiser** »«

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 one (1) more restaurant fundraiser on Tuesday 3/6 @ [Islands Fine Burgers](#) in Encinitas. Mark your calendar, and please consider dining at Islands on March 6th, because every penny raised means these students are that much closer to experiencing this special event!

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

Click flyer(s) to enlarge and print



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

Does your teen know what he/she wants to do after high school?

Find a Career that speaks to YOU!

Don't miss this opportunity to expand your heart and mind, and interact with representatives from Scripps Institute, San Diego State University, the County of San Diego, Stanford University, and more!

Click [here](#) or the image below for more information and to

RSVP to this **FREE EVENT**

(Shhhh, first 50 RSVPs enter to win a prize!)

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 for the mind, soul, and tummy, we are going 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!



• 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@lchsfoundation.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.