



The Pod Cast

NOVEMBER 12, 2019

Phone: (949) 496-6666

24 Hour Attendance: (949) 493-7685

Office Hours: Monday - Friday, 7 am - 4 pm

Principal - Dr. Brad Baker

Assistant Principal - Mrs. Brittany Casey (A-L)

Assistant Principal - Ms. Erika Berg (M-Z)

Assistant Principal - Mrs. Luci Coppola (Guidance)

Activities Director - Mr. Ken Nedler

Athletic Director - Mr. Tom Faris

DHHS Website: <https://dhhs.schoolloop.com/>

PTSA: <https://jointotem.com/ca/dana-point/dana-hills-high-school-ptsa>

DHHS Foundation: <https://www.dhhsfoundation.org/>



DanaHillsPrincipal



@DanaHillsPrincipal



@DanaHSPincipal

Bell Schedule

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 11-15	Veteran's Day	0-1—T ¹ - 3-5	0-2-T ² 4- 6	0-1- T ³ -3-5	0-2-T ^{HR} 4-6
Nov 18-22	Late Start Periods 1-6	0-1-T ⁵ -3-5	0-2—T ⁴ - 4-6	0-1-T ^{0/HR} -3-5	0-2-T ⁶ -4-6
Nov 25-29	Thanksgiving Recess				

Important Dates

November 25th - 29th - No School (Thanksgiving Holiday)

December 6th - Pep Rally

School Supplies

Students in need of school supplies are urged to see Cesar Reategui in the Guidance Office to receive a complimentary backpack full of supplies. You can also send him an email with the student's name at careategui@capousd.org

DANA HILLS ATHLETICS

<https://www.danahillsathletics.com/>

Stay up to date on the latest in Dana Hills Athletics by following the POD on Twitter and Instagram.

@dolphinsathletics



@dhhs_athletics

SOUTH ORANGE COUNTY SCHOOL OF THE ARTS - SOCSA

<https://www.socsadhhs.org/>

GUIDANCE

[Click Here](#) for the Guidance Website

SADDLEBACK COUNSELOR ON CAMPUS!

We are excited to announce that Saddleback College has a counselor available on the DHHS campus to meet with any student in grades 9-12 regarding questions pertaining to community college. Topics include (but are not limited to) concurrent enrollment, Freshman Advantage/admissions process, Counseling 100 (College Success class for seniors), and information on different educational goals (certificate, associate degree, transfer). Appointments are 30 minutes on Tuesdays/Thursdays, and parents/guardian may join their student.

Please sign up at [Saddleback College Appointments](#) to schedule your meeting.

AP Exams

AP students and parents, it is not too late to register for your AP exams, however, there is now a \$40 late fee **per exam** incurred as of Saturday, November 2nd. Please visit our [DHHS AP Exam page](#) for more information.

Letters of Recommendation

Seniors, do you need a Letter of Recommendation from your Academic Advisor? Submit both the [STUDENT](#) and [PARENT](#) online forms at least THREE weeks before your first deadline.

[Navigating Senior Year](#)

[Scholarships and Financial Aid](#)

College Visits

Pacific Northwest College of Art – November 12 @ 9:50 AM – Room 505

Vanguard University of Southern California – November 13 @ 9:50 AM – Room 505

FIDM (Fashion Institute of Design Management) – November 13 @ 12:20 PM – Room 505

Southern Utah University – November 14 @ 12:20 PM – Room 505

Follow us on
instagram:



@dhhs_guidance

Activities

[Click Here](#) for the Activities Website

Hey Dana! I don't know about you but I'm beginning to forget what a regular 5 day school week feels like! I hope everyone got some good rest and had some fun over the long weekend and is prepared for all the fun of another short school week. Seniors, there's no better time than now to buckle down and get those college apps in. I can't wait to see where the class of 2020 ends up. Everyone else, keep doing what we do best. I'm excited to look around the school and see the progress of everyone participating in No Shave November. I personally can't wait to get rid of the scruff...but duty calls and all. Lot's more to do this month so keep getting involved and remember to share the love, after all, Wednesday is International Kindness Day. Wear Orange on Wednesday.

-Danny Cullen
ASU President

Upcoming Events of Note:

Peru Research Team:

Are you a junior who is interested in studying river dolphins, otters, macaws, sloths, and more in Peru? Applications to be part of the Peru Research team are due on Wednesday, November 6th.

Yearbook Advertising:

Ever thought about wanting to be featured in the yearbook for your artistic abilities? Well then you're in luck, one of the opening pages in this school year's yearbook will be an instagram feature to highlight the artistic abilities of some of our students. Yearbook is asking that students submit photos in order to be featured on the page. Photos must be submitted by November 13th. Yearbook staff will look through all submitted photos and choose the winning photos. Good luck to those submitting!

Team NEGU Toy Drive:

The holidays are coming in full swing Dana! Team NEGU is hosting a toy drive to raise toys to send to kids in the hospital. Please drop off your donations at the box in front of the office! No donation is too small, help make the holidays special for those who need it most!

Request for Advertising for ASU:

If you, a sports team, a club/organization, or anyone needs something advertised in the weekly message or morning announcements please go to the Dana Hills website, scroll down to resources on the home page, and press request for advertising by ASU. Please note that you have until every Friday at 9am to get something in before the following week's morning announcement. Thank you!

STUDENT SERVICES

Reminders to Students:

- No students are allowed in the parking lots at any point throughout the day, unless you are leaving campus.
- All students are required to carry their school ID with them at all times.
- No student will be allowed off campus without their ID and appropriate stickers. Schedules are no longer acceptable to use to leave campus.
- If you have detention please be sure to serve it before the due date to avoid being assigned a Saturday School and/or additional consequences.
- Detentions can be served every day from 2:55 pm - 3:55 pm in room 704.

Text-a-Tip

KEEP OUR SCHOOL SAFE!!!

TEXT-A-TIP

949-415-8479



PTSA NEWS

PTSA MEETING TOMORROW NIGHT AT 6:00 PM IN THE PORTHOLE THEATER

SPECIAL PRESENTATION: CURRENT VAPE TRENDS AND DANGERS OF VAPING

Please join us for a special presentation on vaping trends provided by the **National Council on Alcoholism and Drug Dependence - OC (NCADDOC)**. This is the same presentation currently being offered monthly at the CUSD main office. Principal Baker will also speak about his admin team's efforts to address this issue, as well as give an overview of Dana programs and events. You don't need to be a PTSA member to attend meetings (although membership does help support our programs), everyone is welcome.

SAT PREP BOOT CAMP AT DANA HILLS

Prep for the December SAT with our one day boot camp offered by DB Academics, now in its 9th year providing test prep at Dana Hills!

Sunday, November 17th: 9:00 am - 4:00 pm (Math 9am-11am and English 11:30am-4pm)

Order online and pay by credit card OR download the flyer to pay by cash/check:

<https://danahillsptsa.wixsite.com/mysite/bootcamps>

Walk-Ins Welcome, classes held in Room 911

ADULT VOLUNTEERS STILL NEEDED TO SUPPORT THE PTSA RECYCLING PROGRAM

The PTSA recycling program runs entirely on adult and student volunteers. Students participate in recycling events on Mondays during lunch, Tuesdays and Fridays after school, and selected Saturday mornings. Adult volunteers are needed at all of these events

to supervise students. Training for new volunteers will be provided. A schedule of Saturday events and volunteer sign up can be found at: <https://danahillsptsa.wixsite.com/mysite/recycling>

SAT & ACT PREP BOOT CAMPS FOR FALL AND SPRING AT DANA HILLS HIGH!

Each Boot Camp is offered within a few weeks of an SAT or ACT.

A fundraiser for
the DHHS PTSA
Provided by
DB Academics

Our SAT and ACT Prep Boot Camps are designed to provide students with the best test-taking strategies, techniques, and problem solving approaches. Students will become more confident test-takers!

Students will learn:

- ▲ test format and scoring
- ▲ most emphasized concepts
- ▲ effective time management strategies
- ▲ how to answer questions most efficiently
- ▲ how to analyze answer choices to effectively eliminate incorrect answer choices

- ▲ how to identify and approach tricky questions
- ▲ how to avoid common mistakes that students make

On the ACT, students will learn how to approach the often intimidating science section.



SAT BOOT CAMP DATES

Sunday Boot Camps:

September 29, 2019 November 17, 2019 March 8, 2020

Schedule: Math 9am–11am

English 11:30am–4pm with a 30-min. break

Cost: \$150 Math and English \$110 English only

Monday/Wednesday Boot Camp:

September 23, 25, & 30, 2019

Schedule: 5–7pm each day

Math 9/23; English 9/25 & 9/30

\$55 Math only

ACT BOOT CAMP DATES

Sunday, October 20, 2019

Schedule: Math/Science 9am–12pm

Cost: \$150 full day \$85 Math/Science only

Sunday, March 29, 2020

English/Reading/Essay 1 pm–4 pm

\$85 English/Reading/Essay only

Questions? Please contact DB Academics at 310-377-4509 or daacad777@yahoo.com or check out their website at dbacademics.com

To Enroll: Write a check payable to DHHS PTSA and drop it off along with the registration tear-off in the PTSA box in the main office.

Or mail to: Dana Hills High School, Main Office – SAT & ACT Prep Boot Camps
33333 Golden Lantern, Dana Point, CA 92629

Walk-ins are welcome if space is available, and the classes are held in Room 911.

Payment is non-refundable.

An email confirmation will be sent to students who supply a legible email address.



SAT and ACT PREP BOOT CAMPS

Enclose a check payable to DHHS PTSA. Payment is non-refundable.

Student's Name _____ Grade _____

Parent's Name _____ Phone _____

Parent's email address (please print) _____

Please check one of the following:

SAT PREP BOOT CAMP

Sun., Sept. 29, 2019:

☐ English & Math: \$150

☐ English only: \$110

☐ Math only: \$55

Sept. 23, 25, 30, 2019:

☐ English & Math: \$150

☐ English only: \$110

☐ Math only: \$55

Sun., Nov. 17, 2019:

☐ English & Math: \$150

☐ English only: \$110

☐ Math only: \$55

Sun., Mar. 8, 2020:

☐ English & Math: \$150

☐ English only: \$110

☐ Math only: \$55

ACT PREP BOOT CAMP

Sun., Oct. 20, 2019:

☐ Full day: \$150

☐ Math/Science only: \$85

☐ English/Reading/Essay only: \$85

Sun., Mar. 29, 2020:

☐ Full day: \$150

☐ Math/Science only: \$85

☐ English/Reading/Essay only: \$85

Not Printed at CUSD Expense

PARENT EDUCATION NIGHT ON THE DANGERS OF NICOTINE VAPING

CUSD has partnered with the
National Council on Alcoholism and Drug
Dependency of Orange County
(NCADD-OC) to offer a **FREE** nicotine vaping
presentation designed for middle and
high school parents.

Please join us

- ⇒ To learn how to recognize vape and E-Cig devices
- ⇒ The learn the dangers of nicotine vaping
- ⇒ Catch up on the current vape trends
- ⇒ Get helpful tools and tips for parents

This presentation will be offered monthly at the



CUSD District Office

Training Room 3

33122 Valle Road

San Juan Capistrano, CA 92675

From 7 to 8 pm



Please note this presentation is designed for parents only. Childcare will not be available.

Presentation
Dates:

Thursday,
October 10, 2019

Thursday,
November 21,
2019

Thursday,
December 12,
2019

Thursday,
January 23, 2020

Thursday,
February 13,
2020

Thursday,
March 19, 2020

Thursday,
April 16, 2020

Thursday,
May 21, 2020

Use the link below to RSVP

<https://forms.gle/CvTbEEFd3SHyjH1A8>

CUSD SENIORS ONLY

COLLEGE APPLICATION SUPPORT WORKSHOPS

HAVE A FEW SPECIFIC QUESTIONS?
STUMPED ON A PARTICULAR SECTION?
WANT TO EDIT YOUR ESSAY?

WE CAN HELP YOU!

**Join Us Every Tuesdays & Thursdays
Rotating Times Weekly
Oct. 15- Nov. 21, 2019**

COLLEGE APP SUPPORT (TUE)

Tue Oct 15 @ 3-5pm
Tue Oct 22 @ 5-7pm
Tue Oct 29 @ 6-8pm
Tue Nov 5 @ 3-5pm
Tue Nov 12 @ 5-7pm
Tue Nov 19 @ 6-8pm

COLLEGE ESSAY SUPPORT (THUR)

Thur Oct 17 @ 3-5pm
Thur Oct 24 @ 5-7pm
Thur Oct 31 @ 3-5pm
Thur Nov 7 @ 3-5pm
Thur Nov 14 @ 5-7pm
Thur Nov 21 @ 6-8pm

**Location: Cal Prep Academy
32972 Calle Perfecto,
San Juan Capistrano, CA 92675**

Student Must Be Present.

Registration Not Required, Just Show Up.

Essay Workshops Require Pre-Submission.

**Students can attend a maximum of 2 Essay Workshops,
with 2 Prompts each visit.**

Visit

**www.cusd-futureology.org
for updated times & details**



What Does It Take to Become A Cadet or Midshipman? What is it really like at the Academy?

You are invited to an evening with Congressman Mike Levin and representatives from the Service Academies



**South Orange County
Service Academy Night 2019
For Aspiring Candidates and their Parents
Monday, 25 November 7pm-9pm**



Our Lady of Fatima Catholic Church Parish Hall
105 N La Esperanza, San Clemente, CA 92672

PROGRAM:

- Welcome Aboard – Congressman Mike Levin
- Service Academy Admissions Presentation – CAPT Paul Krug, Naval Academy Blue & Gold Officer
- Individual Service Academy Presentations - Academy representatives
- Congressional Nomination Process
- Prospective Candidate Q & A – Midshipmen from the Naval Academy. Cadet from West Point
- General Q & A session with Admissions and Congressional representatives
- Breakout tables with representatives

LEARN about the application process, nomination sources, important competitive factors, Plebe Year, and academic majors.

GET THE ANSWERS to your questions about life as a Midshipman at Annapolis from someone currently living it! He will provide an honest, unfiltered view of Academy life. Find out about the variety of service choices upon graduation (Aviation, Submarines, Ships, SEALs, USMC) and about life as a Navy/Marine Corps Officer.

Congressman Mike Levin represents California's 49th Congressional District, which includes North County San Diego and South Orange County. Midshipman 2/C Thomas Krug graduated from San Clemente High School in 2017 and is a member of the Naval Academy Class of 2021. CAPT Paul Krug graduated from the Naval Academy in 1982, qualified as a Naval Aviator, served 31 Officer years in the Marine Corps and Navy, and currently serves as a Naval Academy Information or "Blue and Gold" Officer. In addition, representatives from the other service academies and college Navy ROTC programs will be present.



How to START & FINISH your FAFSA (Free Application for Federal Student Aid) 2020-2021

1. Get your FSA ID: <https://fsaid.ed.gov/>

- It is a username and password used to log in to complete your FAFSA.
- Also used to sign legally binding documents electronically and access student loan information.
- Students need an FSA ID before they begin to complete the FAFSA.
- Parents need a separate FSA ID. Your parents can log in with your FSA ID to help you complete it.
- Takes 1-3 business days to process. **START NOW!**

OR

- New! Download the “MyStudentAid” APP to create your FSA ID! Easier and more convenient. The entire application is now accessible via the app if preferred.

2. Go to the FAFSA Website : <https://fafsa.ed.gov/>

By completing the FAFSA, students can also be considered for State and Institutional Aid (Grants, Scholarships, etc...

SUBMISSION DEADLINES

Federal & State Aid Programs

March 2, 2020

Information to Have On-Hand

- Social Security numbers
- Your driver's license number, if you have one
- Your Permanent Resident Card number, if you are not a U.S. citizen
- Federal tax information or tax returns, including IRS W-2 information from 2018 IRS 1040, 1040A, 1040EZ
- Foreign tax returns
- Records of untaxed income, such as child support received, interest income, and veterans non-education benefits
- Information on cash, savings and checking account balances, investments, including stocks and bonds and real estate but not including the home in which you live; business and farm assets

RESOURCES

- US Department of Education
 - o Studentaid.ed.gov
 - o Checklist (see pamphlet)
 - o www.youtube.com/FederalStudentAid
- TOOLS
 1. Help
 2. Chat (Help>Contact Us>Federal Student Aid Information Center>Chat With Us).
 3. Save Key: Allows you to save the FAFSA and return later, or share your FAFSA with someone.
 4. Data Retrieval Tool (DRT):
<http://www.irsdataretrievaltool.com>
- To Make Corrections:

Make changes at fafsa.gov:

 - o Click on the "Login" button and provide the information requested.
 - o On the My FAFSA page, click “Make FAFSA Corrections”.
 - o Enter your FSA ID.
 - o Change your information.
 - o Submit your new information.

The California Dream Act

APPLY NOW!

GOOD NEWS!

Financial aid is available to **Dream Act students*** attending a California community college.

California Dream Act students at community colleges are eligible to apply **now** for:

- ✦ Board of Governors Fee Waivers
- ✦ Assistance from EOPS, CARE and CalWORKs
- ✦ State financial aid like Cal Grants and Chafee Grants
- ✦ Privately-funded scholarships

Check with your local college financial aid, scholarship, EOPS, CARE and CalWORKs offices for assistance.

* You are a **Dream Act** student (AB 540 eligible) if you meet all of the following criteria:

- ✦ Attended a California high school for at least three years; OR attained the equivalent of at least three years of credits from a California high school and attended at least three full years at California K-12 schools;

AND

- ✦ Graduated from a California high school, got a GED or passed the California High School Proficiency Exam;
- ✦ Are registered or enrolled at a California community college;

AND

- ✦ If required, complete an affidavit saying you have filed (or will file when you are eligible to do so) for legal immigration status.

Please see the college Admissions Office to determine if you are AB 540 eligible.

MAKE YOUR COLLEGE DREAMS COME TRUE!

Get started now... For more information, visit your local community college. To find the college closest to you, learn more about financial aid, and to apply, visit:

 **www.icanaffordcollege.com**

Hoag and Capistrano Unified School District Speaker Series

Teen Mental Health



Identifying Substance Abuse Disorders and Vaping Dangers

Wednesday, November 13, 2019 | 6 - 8 p.m.

Aliso Niguel High School

28000 Wolverine Way, Aliso Viejo, CA 92656

Price: Free

Mental health and substance use are reaching crisis levels for Orange County youth. It's more important than ever that parents talk to their teens – openly and honestly – about drug and alcohol use. Explore this topic at an educational discussion on identifying substance abuse disorders hosted by Hoag and Capistrano Unified School District.

Join **Dr. Steven Ey**, chief of service, Hoag Addiction Treatment Centers, to learn about the common warning signs of teen drug and alcohol use, how to approach the topic with your child, and what resources are available if help is needed.

A panel of teen mental health experts from ASPIRE at Hoag, including child and adolescent psychiatrist **Dr. Sina Safahieh** and licensed marriage and family therapists **Prerna Rao** and **Dave Cook**, will also be present to answer questions.



Featured Speaker



Steven Ey, MD

Chief of Service, Hoag Addiction Treatment Centers

Panelists



Sina Safahieh, MD

Child and Adolescent Psychiatrist
Program Director, ASPIRE at Hoag



Prerna Rao, LMFT

Clinical Program Manager,
ASPIRE at Hoag



Dave Cook, LMFT

Licensed Marriage
and Family Therapist

ASPIRE (After School Program for Interventions and Resiliency Education) at Hoag is designed to help young people experiencing emotional and neurobehavioral problems, including depression, anxiety, trauma, grief and other symptoms related to mental health issues.

hoag.org/ASPIRE

To RSVP, please go to:
<http://bit.ly/HoagCUSD2>

Refreshments will be provided.

STUDENTS OF THE MONTH



Lauren Wahlstrom

Dresden Thomas



The Board of Trustees desires to provide a safe school environment that allows all students equal access and opportunities in the district's academic and other educational support programs, services, and activities. The Board prohibits, at any District school or school activity, unlawful discrimination, including discriminatory harassment, intimidation, and bullying of any student based on the student's actual or perceived race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, pregnancy, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics.