I miss the days when Evan asked why the sky was blue, why the grass was green, and why grandma kept her teeth in a jar at night. I am having a much more difficult time explaining to a nine-year old fascinated by the election, confused by the number of houses in our neighborhood with “Foreclosure” signs on them, and struggling with the import of the big numbers broadcast each night on CNN. He was very sincere when he recently asked, “What does this all mean?” I knew this was one of the biggest questions he has ever asked me. I began an answer I hoped might inspire him rather than scare him, but I watched his eyes glaze over after seven minutes (a personal record for him when I get serious and want to talk to him about character development). This is what I tried to say.

“What is happening is bigger than anything I have seen in my lifetime. Poor decisions about money were made by people who should have known better. Big companies and corporations and some of our neighbors spent money they did not have. When people do that, eventually they can lose their cars or houses. When companies do that, eventually they may close their doors and let their workers go. When big financial institutions do that, companies close their doors; people lose their jobs and their cars and houses. A country feels the effects of really big, poor decisions. I see that people are worried, even frightened. It is difficult to find someone not affected by what is happening in our state and in our country. But I don’t want you to worry too much about the big numbers reported each night. Most of what is happen-
ing is out of your control and my control, out of everyone’s control. Worry-
ing won’t make a single thing better; it never has.

Throughout history big changes and challenges have defined the character of a nation, the character of a people. Your grandmother was a child during the Great Depression. Bad business and investment decisions were made at the highest levels, and when everything fell apart, families were split up; homes and businesses were boarded up; and boxes, tents, and abandoned cars became “home” for countless thousands of Americans. There were not enough jobs for everyone that wanted to work. Your grandmother was one of the lucky ones. Her mom and dad both had jobs so she had a house to live in. But that is almost all she had. One year for Christmas when she was about nine-years old herself, she received one and only one gift – a set of three small boxes, one nested inside the other. There was nothing in any of the boxes; just three small boxes. Her experiences and grandpa’s experiences during this challenging period in history are the reason why they always worked so hard throughout their lives, never complained about any job they ever held and never spent money on items they did not need. It is why to this day your presents are still “treasures” she found at a yard sale. At a very young age she learned to not waste anything. I remember as a kid growing up our family was the last family to have a television. Then, we were the last family to have a color television. It was difficult to understand why we had to watch Bonanza and Wagon Train in black and white when all of my friends watched it in living color. I remember being embarrassed about this. Even worse, we were the last family in our neighborhood to purchase a portable dishwasher (you hooked them up to the kitchen faucet). Why waste money when the family already had two dishwashers named Maryanne and Mike? Son, I was an adult enrolled in college, married, and living on $300.00 a month before I understood any of this. I understand why your eyes are glazed over now.

An English author – a great writer named Charles Dickens – began a novel, “It was the best of times; it was the worst of times.” How can that be? Isn’t it one or the other? If we look at what is happening now, isn’t it “the worst of times?” I know that it must seem that way when you listen to all of the reports. There is simply too much change and upheaval happening at once. Jobs and houses are being lost. Services are being drastically trimmed or eliminated. But this is exactly the kind of change that developed a national character, a national resilience, a national disposition to care for one another in hard times when your grandmother was young. Kids who lived in those times grew up appreciating what they had, buying only what they needed and could afford, doing without most of the time, wasting nothing, and saving anytime they could. They learned to take nothing for granted.

I do not know what is going to happen tomorrow or next week or even next year. I think many more people are going to experience some tough challenges. Our state and our country are going to struggle to do all of the good things they want to do because they don’t have the money to do it. I do know we are going to be OK. Our family may do things a little differently for awhile, maybe even permanently. But we will be a closer family because of what we choose to do – and not do! If our family goes out less, that means we will play games in the house more. If we buy less, we will save more and now is the time to save whatever we can. If anyone in our family needs a place to live, we will share our house, and I know they will share theirs if we need it. Son, don’t worry so much about the capacity of human beings to mess things up. It is far exceeded by our capacity to come together in hard times as a community, generous of spirit, time, and personal resources and make things better than ever before.

Don’t be surprised or too upset if your school looks differently for awhile or does things differently for awhile. Mine may also. I really don’t know. Just don’t be afraid of
change. Historically, it is during uncertain times like these, people stop thinking so much about themselves and join together to support their neighbors, to support their schools, support their elected leaders. Challenging times create the best climate to develop a culture of optimism, a strong work ethic, generosity, and resilience. Traits I want you to develop.

Let’s face these challenges the way your grandmother’s parents faced them when all they had to give for Christmas to a nine-year old girl was three empty nested boxes. Let’s be grateful for what we have. Let’s wash more dishes by hand, eat less fast food and eat more peanut butter sandwiches with honey. Let’s promise to turn the TV off and play more games at home. Over the holidays let’s volunteer time and donate to organizations taking care of people who have nothing and remember to give thanks every day for having way more than we need. Every time we go shopping for food, let’s put all of our extra change in the red buckets. When we visit grandma next, let’s ask her questions about what it was like growing up during those hard times, and this time, let’s listen. When she’s done, let’s give her a present we found at a yard sale. I know she will love it.”

That’s what I tried to say but it took longer than seven minutes.

Families of Granite Bay and Community Partners,
Thank you for your continued and generous support of our students, teachers and programs. I wish for all of you during the upcoming holidays, time gathered with your family, playing games, eating peanut butter sandwiches, and giving thanks for living in the greatest country in the world. There is nothing we cannot figure out together. Happy Holidays

Mike McGuire
Principal

Did you hear the news? GBHS Boosters hosted a great event last month that raised money for GBHS Technology fund. The "Are You Smarter Than A Granite Bay Grizzly" event had a game show format, where various teams competed for prizes. Seven tables, multiple sponsors, and a great time was had by all. Special thanks go to Amelya Stevenson and Sylvia Lomeli for organizing and hosting this wonderful event. We hope to do this every year to benefit GBHS programs. Thanks also to all the supporting parents, GBHS staff and students who helped support the event! You Rock
Portfolio planning

Grades, clubs, teams, jobs ... wouldn't it be nice if your high schooler could bundle all her accomplishments into one convenient package?

That's what a portfolio is for. Here's how your teen can collect and keep track of information to share with colleges and employers.

Gain experience

A strong portfolio shows a variety of experiences. Encourage your high schooler to take courses, volunteer, or get a part-time job in a field she's considering. For example, if she's interested in medicine, she might enroll in a first-aid class, volunteer at a local hospital, or work as a file clerk at a health clinic. If she doesn't know what she wants to do after high school, she can explore different options.

Get backup

Encourage your child to gather documentation along the way. Before a job or class ends, she should ask the employer or teacher for a letter of recommendation. She can also collect school papers, newspaper clippings about her club or team, and copies of awards she receives.

Keep track

Have her store information in a binder or an accordion file. Your teen might divide the portfolio into sections: academics, athletics, performing arts, clubs, jobs, and volunteer work. Also, suggest that she keep a computer document that lists experiences, dates she participated, and contact information for references.

Memory tips

Remembering information for tests will be easier if your child can learn a few tricks. Here are two ideas:

- Have him think of a familiar place, like a baseball field, and picture several locations within it (first, second, and third base). He can mentally assign facts to each (judicial, executive, and legislative branches of government). During a test, he'll run the bases in his mind to jog his memory.

- Suggest that your high schooler invent acronyms to remember formulas or facts. Example: FOIL (First, Outside, Inside, Last) can remind him how to multiply equations like $(2x + 3)(x + 1)$. With a little creativity, he'll be able to think of acronyms for every subject.
Motivated to read

Help your teen become a lifelong reader by making reading fun and interesting for him. Try these suggestions:

- Book clubs help teens enjoy reading with new or old friends. Contact bookstores and libraries to see if they have high school groups. If not, suggest that your child start his own. He and his friends can read copies of the same book, and then meet at a coffeehouse or rec center to talk about it. They might each bring one question to share (“What did you like and dislike about the main character?”) or look online for discussion questions.

- Fill your house with lots of reading material—you’ll grab your teen’s interest and inspire him to read more often. Leave books on the coffee table and in the bathroom. Try popular teen fiction, such as Slam! (Walter Dean Myers), or compelling nonfiction, like Close to Shore (Michael Capuzzo). Or toss a magazine on your child’s pillow. A sports fan might enjoy ESPN magazine, and a photo buff may appreciate Outdoor Photographer.

Social networking

Did you know that more than two-thirds of teenagers belong to a social networking Web site? Help your child make her online presence safe—and smart—with these tips.

- Have her invent a clever screen name that reflects her personality but doesn’t give clues to her identity. Make sure she “friends” only people she knows (friends can access her private site).
- Let her know that colleges and employers are checking online profiles to find out more about prospective students or employees. Suggest that your teen show herself in the best light when she’s on Facebook, MySpace, or other sites. She might discuss club activities, add stories or poems she has written, or post a resume.
- Finally, help her choose flattering photos to put on her profile, and discourage her from adding any that are inappropriate.

Parent to Parent Look on the bright side

My son had planned a hike with a friend, but he woke up to pouring rain. He grumbled, “It always rains around here!”

I try to teach my kids to see the bright side of things. I told him that I like rainy weekend days because I love to sit inside and read or knit. I asked Tyler if he could think of anything good about the rain. He realized it gave him a day indoors to build his model rocket.

He ended up inviting his friend over, and they worked on the rocket together.

That evening, Tyler told me he’d had fun with his friend, and he felt good about finishing his project. He said they rescheduled their hike for the next weekend. We decided that a positive attitude can make a day turn out just right!

Q & A Time together

Q Our family tries to spend time together, but something always seems to come up. Do you have any suggestions?

A With busy kids and working parents, finding family time takes a little planning. The key is choosing a time that works for everyone and making it a priority.

Brainstorm activities the whole family likes (bowling, ice-skating, pancake brunches, sporting events). Then, on the first of each month, grab a calendar and find a day that suits everyone. Pick an activity, and write it in. Remind family members of the event several days in advance, or send e-mails so no one forgets.

Another idea is to schedule a regular event every month, such as family movie night. Take turns picking out a movie on TV or at the video store. Pop some popcorn, turn out the lights, and enjoy the film together.
Teens who say "no"

Most kids are exposed to drugs at some point during their teen years. The good news is, many say "no." You can encourage your child to be one of them by talking to him about drugs, keeping an eye on him, and helping him stay active and happy.

What to say

• Keep the lines of communication open. You might share a news article about drugs or spark a conversation while watching television or listening to the radio together. Then, talk about how your teen can avoid the pressure to try drugs. For instance, he shouldn’t go to parties or get into a car with classmates who smoke marijuana or do other drugs.

• Explain to your child why he’s not allowed to try drugs: they’re illegal and dangerous. Remind him that using other people’s prescription drugs is unsafe, too. He might think his friend’s ADHD medication will help him focus or stay awake. But it can raise his blood pressure and heart rate, and he could become addicted.

What to look for

• Know the people your teen is hanging out with. Encourage him to participate in supervised school, community, church, and athletic activities. Staying busy and having friends who avoid drugs are important lines of defense against using them.

• Be on the watch for signs of drug use in your child. Examples: a loss of interest in favorite activities, spending a lot of time alone, sudden appetite changes, dropping grades, unexplained mood swings. If you observe these symptoms, call his school counselor or doctor for help.

Stretch your brain

Games and puzzles that require logical thinking can keep your high schooler’s mind sharp. Try these two ideas:

✓ Challenge her spatial and math thinking with puzzles like Tetris Cube or Rush Hour. Or play chess, Mastermind, or other strategy games. Think aloud to demonstrate tactics: “Red can’t go here or here, so it must go there.”

✓ Suggest that she try solving logic problems by using clues and the process of elimination. You could keep magazines such as Dell Logic Puzzles lying around the house and work on them as a family. Or find free games and puzzles at www.puzzles.com.
The right college

Whatever grade your child is in, the time is right to be thinking about college. Help your high schooler make plans with this three-step strategy.

1. Learn what's out there. Have your teen schedule a meeting with her guidance counselor to discuss options. Tip: Join her at the meeting if possible. Go to the library to read college guides and check online sources (try www.college.gov). Suggest that she attend local college fairs and information sessions.

Writing with flair

Creative writing lets your teen express himself. Learning to write creatively will also help him do better on all kinds of writing assignments, from reports to essay questions. Share these suggestions.

Write away
Set a timer and go! Write about whatever comes into your mind for 15 minutes. Don't worry about making mistakes. Just let your creativity flow.

Make it personal
Try writing about something you've experienced (scoring a touchdown, babysitting). Soon, more topics may pop into your head. Maybe you'll end up with a story about being drafted by the NFL.

Experiment with styles
Different perspectives can turn a piece into something completely new. Rewrite a story as a poem, or switch the point of view from first to third person ("Jack couldn't believe it when his name was called" instead of "I couldn't believe it...").

Q & A Friendship matters

Q: Now that my son Adam is dating, his best friend aren't hanging out anymore. How can I show him that friendships are still important?

A: Friends often drift apart when one of them starts dating. Explain to your son that it's possible for him to date and still do things with his best friend, too. Remind Adam how much fun he and his friend always have when they play basketball or listen to music together.

Then, talk about ways your son can keep up his friendship. He might sit with his friend at lunch or make a point of getting together after school or on the weekend. Also, let Adam know he should respect plans he and his friend make — he shouldn't cancel their weekly workout if a girl calls for a date.

Parent to Parent Smooth holidays

I love having my kids home during the winter break. But between working and getting ready for the holidays, the days can get chaotic.

Last year, I decided to plan ahead. I made a dinner schedule, and everyone took turns cooking. We enjoyed some great family meals — my daughter even discovered she has a knack for making pizza.

I also helped the kids come up with a homework plan so they wouldn't leave everything until New Year's Day like they did last year. They each worked for an hour a day while I was at the office, and when I got home, they were ready to go out with friends or spend time with us.

Everything went much more smoothly than usual, and we even managed to decorate some cookies and attend a holiday concert. Now I'm going to start planning ahead for summer!
IB celebrates its 40th year this month!

IB stands for International Baccalaureate, which is a worldwide program, started in 1968 in Geneva, Switzerland to offer a sophisticated, broad-based curriculum for 11th and 12th graders.

The goal of the IB Organization is to develop inquiring, knowledgeable and caring students and teachers who help to create a better and more peaceful world through intercultural understanding and respect. The IB program encourages students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

We are now approaching the end of the first ten weeks of our first year of IB courses. It has been exciting to see these students progressing in their thinking and communicating skills! The four HL courses (Bio, Chem, English and HOA) are meeting every other day for two years, so they will be posting progress grades (quarter 1) next week. The four SL courses (Math, French and Spanish) meet every day for the year and will be posting semester 1 grades next week. TOK meets once a week for three terms during fifth period.

We recently held two informational meetings: Oct. 21st --- First informational meeting for parents of 8th, 9th and 10th graders was held in the OHS Theatre. This general IB meeting was sponsored by the district. Oct. 29th --- Second informational meeting for parents of 8th, 9th, and 10th graders was held in the GBHS Theatre. The meeting covered IB info specific to the GBHS IB program.

Nov. 5th --- all 9th and 10th graders who were already approved for the IB program were supposed to complete and submit the Annual Renewal Form. This form was distributed to 150 pre-IB students mid-October. They were asked to attach the transcript that includes the Fall semester one grades. Any students who are considering dropping the IB program must make an appointment with the IB Coordinator, Sharry Colnar, before they can process a disenrollment form.

Transfer students need to follow the minimum requirements described on the planning form in order to maintain their IB status at GBHS. Their IB progress is tracked biannually, and transfer students who do not demonstrate minimal IB involvement (at least 3 IB courses) may be returned to their home school at the end of the academic year. All 10th graders who are pre-IB must be enrolled in the AP Euro /English block courses.

Dec. 1st --- Monday evening Q&A meeting for all parents of current pre-IB 9th and 10th graders ... 7pm in Library.

Dec 10th — Wednesday evening meeting for all parents and students interested in IB Physics or Honors Physics courses. Meeting is in GBHS room 901 (near baseball field) from 7-8pm.

Jan. 30th --- Deadline for new IB applicants may complete the district form for pre-IB status at GBHS.

Please visit our IB website at www.granitebayhigh.org/academics/ib/ often for news about this program. You may also visit the official IB website at http://www.ibo.org/.

Updates and meetings will also be advertised in our newsletters and daily bulletins at GBHS.

To contact the IB Coordinator, please email Sharry Colnar at scolnar@rjuhsd.us. Voicemail is difficult during the school day, so you will probably receive much quicker responses via email. Thanks so much for your interest in this world-class program!

GBHS IB: “Preparing students for a rapidly-changing global society”
The FACS Department has been very busy this term starting the school year off with a very successful cookbook fundraiser—your support is sincerely appreciated!

Students in Culinary Tech developed original smoothies recipes, four of which were offered in the first “Grizzly Gourmet” sale of the year. From product development to marketing, sales and delivery, students enjoyed the “enterprising” side of food preparation. “Soup and Breadsticks” will be offered to staff for purchase the week of November 10th! Eat for Fitness students continue to explore the “healthier” side of things experimenting with flavor, freshness and variety rather than convenience foods and fat. Covert Bailey’s bestseller and video series, “Fit or Fat” provided further support of moderation and sound nutrition as a beneficial lifestyle choice.

Several guest speakers have shared their experiences with Culinary and Eat for Fitness students. Fred Haug, executive producer of Bravo Network’s “Top Chef”, described his life working for the NBC affiliate in New York City and the commitment required to film a reality show on location for six solid weeks. Chef Timothy Pitman of the Kitchen Academy prepared a delicious chicken dish for students while demonstrating expert culinary technique and describing his personal culinary career journey which included working for five star hotel restaurants in San Francisco. Lucy Sakaishi-Judd, a beloved FACS teacher who retired last year, also paid our kitchen a visit and made her fabulous Pot Stickers with students. College representative, Paula Zabala, spoke with students encouraging them to find their personal passion and begin planning for their future while she shared information about numerous hospitality bachelors degree programs offered at Johnson and Wales University. Debra Sasson, a “Grizzly Gourmet” parent, rolled up her sleeves and spent a week developing four biointensive garden boxes packed with winter herbs, vegetables and greens that students have been harvesting and using in their recipes. Thanks, Debra—they’re beautiful!

Child Development students are gaining “on the job” training by volunteering at local pre-schools and elementary schools during 2nd period on Tuesday, Wednesday and Thursday’s each week. They will continue this “on the job” training through Jan, 13, 2009. They are having fun working with the children individually and in small groups. Students have learned how to make many art projects and have been asked to demonstrate projects to the children and to share recipes for Play-dough and finger painting. Mrs. Bennett enjoys visiting the schools and watching students interact with the children. They say that it is very rewarding!

Fun Fashion Fabrics students have completed a cross-stitch sampler, a couple of Halloween hand-stitching projects out of felt and a crocheted scarf. They are now learning about the parts of a sewing machine, how to thread it and make it work. They will be starting with a pincushion project and then onto pillows, quilts and pajama bottoms. We were also very happy to have Mrs. Ford as a guest speaker for our class. She brought her spinning wheel and demonstrated to students how to spin and then all students made felted bracelets with yarn and beads. Everyone had a good time and took home an original wool felted bracelet!
The choral department has had a very successful fall season! Not only did the choirs combine with the dance department to produce two *Broadway and Beyond* shows in early October, but they were able to participate in the Sierra College Invitational as well, and also perform at both Olympus and Cavitt schools, with our band, during school-wide assemblies on Halloween. In addition, we presented our annual *Search for the Stars* talent shows on November 19th. Christy Caye and Carly Burns deserve hearty congratulations for directing the very successful show. Congratulations to our winners as well!

The choral department also sent four of its members to the American Choral Directors’ Regional Honor Choir November 20-22nd, after a rigorous audition in September that tested their musicianship skills. Amber Brent, Michele Kaiee, Jamie Pisciotta and Michael Sanna were able to work with two top-notch college directors and were a part of an exciting process where they rehearsed and performed with other top singers from Central California.

Please celebrate the holiday season by joining the entire music department on either Thursday, December 11th or Friday, December 12th at 7 p.m. for our annual *Winter Concerts*. As usual, there will be some old favorites, as well as some surprises! Tickets will be available at the door both evenings. Also, check out a few of our seasonal performances for free around Granite Bay—We’ll be at California Backyard Pools on Dec. 6th from 4:30-5 p.m. and then at Quarry Ponds on that same evening from 6-6:30. Additionally, we will sing in the acoustically beautiful office buildings at 2220, 2240 and 2260 Douglas Blvd. on Wed, Dec. 10th from 11:30 a.m.-1 p.m.

Stay tuned--The fun continues as we end this term and prepare for our exciting Seattle Choir Tour and our collaboration with Musical Theater for “All Shook Up”!
The Speech and Debate team is having an amazing year! Their performance at the UOP invitation was phenomenal. Parliamentary Debaters Dan Walbert and Sheeva Nesva won their event, while the 2nd place team was also a Granite Bay Team - Jacy Bryla and Gary Nielsen. Novice Parliamentary debaters Stacey Wong and Ishaan Gupta were finalists in their event losing a tough final debate after seven rounds of tough statewide competition, Pradhan Bhat placed 1st in Thematic Interpretation and Extemporaneous speaking. Ashley Nojoomi went to semi-finals in Lincoln-Douglas Debate. Emily Oliver won the Novice Expository division, while Gary Nielsen won 2nd place in Radio and Humorous Interpretation. After winning the small school entry sweepstakes for two years, the 13 GBHS participants entered the large entry category this year, placing second to the large Logan High School team. Speech/Debate had 2 competitions in November, and has 2 more in December, and are hoping to do very well in those as well. Students who wish to join the successful and well-traveled team are invited to talk to Mrs. Prichard (room 157) about next year's exciting offerings!
Elections:
Elections for all Student Government Positions for spring term are coming up soon. Voting will occur during lunch on December 3 and 4. Campaigning begins on the Monday of election week. Remind your kids to get involved and get out there and vote for the people who will make the decisions that help create their memories.

Rally:
Our winter sports rally is on December 5. It is going to be a black light rally with black lights and fun! Encourage your child to wear white so they can glow and be spirited!

Video Game Tournament:
The Video Game Tournament is on December 9. It will be a fantastic competition of Halo 3. Anyone is welcome to come and cheer on their favorite gamers!

Winter Ball:
Our first formal dance of the year will be Saturday, December 13, from 9 PM to 12 AM. The theme is Arabian Nights. Students can attend with a date or stag. This is a semi-formal dance—dresses for girls and nice slacks and shirt or suits for boys. Guests may attend this dance. Guest bids will be sold in Student Services for $3.00. They are due Wednesday, December 10.

Student Store:
Looking for some Holiday Gift ideas? Take a look at Granite Bay High School's own Student Store. School memorabilia and attire are featured here as well as some other essentials. The store is open during both lunches daily.

Granite Bay High School offers free tutoring services both during the school day and after school:

Lunch Time Services (tutoring ALL subjects):
• Monday and Wednesday during 2nd lunch in room 810
• Tuesday and Thursday during 1st lunch in room 810

After School Services:
• Math only: Tuesday, Wednesday, and Thursday from 2:45 to 4:00 pm in room 659
• All subjects but Math: Tuesday, Wednesday, and Thursday from 2:45 to 4:00 pm in the Learning Center (Library)

For information, contact:
David Tastor
Tutoring Coordinator
dtastor@rjuhsd.us
786-8676 ext. 5810
**RJUHSD Financial Aid Workshops**

The annual **RJUHSD Financial Aid Workshops** are scheduled for January 8 at Oakmont HS, January 14 at Roseville HS, January 15 at Woodcreek and January 22 at Granite Bay HS, at 6:30pm. These schools will host these workshops for all students in the district.

The workshops will cover the broad issues of financial aid and review the **Free Application for Federal Student Aid (FAFSA)** and the deadlines for filing. Attendees will receive packets including workbooks and FAFSA information.

Parents and students should be aware that California’s Cal Grant Program is an entitlement to those who meet minimum GPA requirements (3.0 for a Cal Grant) and the eligibility requirements for financial need.

If you have any questions, contact Cindi Underwood in the College & Career Center (ext. 5109) or check the Student Aid Commission’s website at [www.csac.ca.gov](http://www.csac.ca.gov).

Parents are reminded that the **FAFSA** is available on the web at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Be aware that you cannot send the FAFSA in until January 1, 2009 and the **deadline for filing this form is March 2, 2009**. Most families will be doing this form online.

Other helpful resources for financial aid information are:
- Profile registration and Q & A: [www.collegeboard.org/css](http://www.collegeboard.org/css)
- The Financial Aid Information Page: [www.fafaid.org](http://www.fafaid.org)

**PSAT Results Arrive**

The results from the October PSAT (Preliminary Scholastic Achievement Test) should arrive the second week of December. The results will be distributed in the College & Career Center either before or after the winter break depending upon their arrival.

The College Board website: [www.collegeboard.org/psat/student](http://www.collegeboard.org/psat/student) is a great site to use in interpreting these scores.

**RJUHSD}$

**Local Scholarship Night for Seniors**

**February 3rd - 6:30pm**

**Roseville HS**

The annual RJUHSD Local Scholarship Night for Seniors is scheduled for February 3, 2009. Roseville HS will host this event for all students in the district.

The presentation will be in the Roseville High School theater at 6:30pm. Parents and seniors are encouraged to attend this event to receive an overview of the possible local scholarships available as well as the scholarship booklet, deadlines and application forms. Hope to see you there!

**SAT & ACT UPDATE**

A reminder that the deadline to register for the Jan 24th SAT is Dec. 26th and the late registration deadline is Jan. 6th.

Feb. 7th ACT test date has a registration deadline of Jan. 6th and late registration extends to Jan. 16th.

**GBHS ETS CODE: 051106**

**GBHS SAT SITE CODE: 05-294**
Granite Bay High School offers a few of these courses right here on our campus. The first is Computer Technology in which students will learn all aspects of microcomputers as well as customer service and safety practices.

Another course here at GBHS is Construction Technology. This class offers training in the construction industry including basic construction theory and practice, drafting, surveying, blueprint reading, and introductions into electrical and plumbing. The third course to be offered here is Business Technology. This class offers introduction to computers, keyboard skills, use and care of business machines, business English and business math, word processing, database, basic office skills and general business concepts. These courses and many others offer career preparation through classroom and on-the-job training in areas where local employment exists. Students may attend courses on local high school campuses and/or at the Auburn ROP Center at the Placer County Office of Education. The Auburn ROP Center offers the following courses:

- Animal and Veterinary Careers
- Careers with Children
- Dental Careers
- Fashion Merchandising
- Fire Science Careers
- Health Careers
- Marketing Careers
- Medical Assisting

Courses at various high school locations include:

- Accounting Careers
- Art & Animation
- Automotive Services
- Automotive Technologies
- Baking and Pastry Careers
- Business Entrepreneurship
- Business Finance and Accounting

- Business Technology-GBHS
- Computer Technology-GBHS
- Computer Studies
- Construction Tech.-GBHS
- Cosmetology (Citrus Heights)
- Culinary Arts
- Financial Services
- Forensic Science
- Graphic Communication Arts
- Law Enforcement Careers
- Masonry
- Sports & Entertainment: Marketing
- Sports Medicine
- Video Production
- Web Page Design

Some courses are contained within the classroom, yet most are community-based in which the students are placed at local businesses and receive valuable on-the-job training and hands-on experience through an internship. High school juniors and seniors earn credit toward graduation. Some courses are articulated with local community colleges and students may earn college credit by taking ROP courses while in high school.

**DECEMBER**
- Dec. 22 thru Jan. 2 Winter Break

**JANUARY**
- Financial Aid Night at Oakmont HS – 6:30pm
- Financial Aid Night at Roseville HS – 6:30pm
- Minimum Day-Finals 2&4
- Minimum Day-Finals 1&3
- Financial Aid Night at Woodcreek HS – 6:30pm
- NO SCHOOL
- NO SCHOOL-Holiday
- NO SCHOOL
- Financial Aid Night at Granite Bay HS – 6:30pm

**FEBRUARY**
- Local Scholarship Night at Roseville HS – 6:30pm
Support your student with a Finals Gift Bucket!

Dear Granite Bay High School parents,

As the end of the semester rapidly approaches, the stress of upcoming finals begins to take hold for many students. What better way to show your support for your son or daughter through a stressful time than by purchasing a finals gift bucket filled with goodies to settle the nerves before the big tests? The finals gift buckets are filled with assorted treats, sweets, and school supplies to help your student during the tension-filled days of exams. Additionally, an encouraging note from you to your student can be included making a finals gift bucket even more appreciated by your student. Not only are finals gift buckets a great way to show your support, all proceeds will benefit the Class of 2009! With Senior Ball and many other senior activities approaching, the Junior Class would greatly appreciate your support. Finals gift buckets have been a huge success in the past, and students who received them were able to relax more while taking their exams. Thank you so much for your time and support!

Sincerely,

Christian Fehrenbacher Sydney Farhang
Senior Class President Senior Class Vice President

To order a finals gift buckets:

1. Fill out the order form below
2. Include a check for $10 for each gift bag ordered payable to: Granite Bay High Boosters Association (GBHBA)
3. Write a personal note or card to your student
4. Mail these three items no later than January 9

Granite Bay High School c/o Ms. Cunkelman, Senior Class Advisor
#1 Grizzly Way
Granite Bay, CA 95746

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**Finals Gift Buckets Order Form**

Student's name(s):_______________________________________________________________

Your name:_______________________________________________________________

Phone Number:_____________________________________________________________

Please remember to include a personal note to your student(s) on your favorite stationery. If you are sending multiple finals buckets, include all names on order form and write separate personal notes.
The Emerald Brigade Marching Band and Color Guard have been off to a fantastic start with this Fall’s marching season. All their hard work and dedication which began prior to the start of the school year has paid off.

Of the four competitions in which they have so far performed, they have taken the coveted Grand Sweepstakes Award in three of them – Oakmont Field Show (Roseville), Foothill Band Review (Pleasanton), and Folsom Fall Festival (Folsom). In addition, they have taken home trophies in categories such as drum major, color guard, percussion, woodwinds, brass, and parade. At the Folsom Fall Festive, the Emerald Brigade performed twice in torrential rains and a flooded football field!

There are still two more competitions on the road to go. Both are new venues for our band/color guard. Logan Show takes place in Hayward and the NCBA Championships will be in San Ramon over the Thanksgiving break. Good luck to our wonderful Emerald Brigade!

At Halloween, the Emerald Brigade enjoyed participating in a pumpkin carving contest and finished off with their annual tradition of touring local elementary and junior high schools in costume, leading costume parades, playing pep music and performing their field show “Rejuvenation” for the younger ones. The kids went away with huge smiles on their faces.

Be sure to attend the Winter Concert on December 11 and 12. You’ll hear how talented these students are with an incredible holiday concert which they have only 2 ½ weeks to prepare following the marching season. You're in for a treat!
**Monte Carlo Night fundraising event for Sober Grad Night 2009**

For the first time, there will be a fun filled Monte Carlo Night to raise money for this year’s Sober Grad Night event. The Monte Carlo Night & Auction will take place on Saturday, January 24th at 7pm at the Lutheran Church on Douglas Blvd.

The event is open to the entire community and all are invited to attend. Tickets are $50/pp and include admission, $2,000 in casino chips, appetizers, and a no-host bar. There will also be silent auction items and a prize drawing to win a week at a Hawaiian Resort plus $500 cash. Prize drawing tickets are available now: 1 for $10 or 6 for $50.

It takes a lot of time and money to provide a quality SOBER graduation night for our seniors, but it is worth all the effort to keep them and the community safe. Come have fun at Monte Carlo Night and support this important cause.

To purchase Monte Carlo Night or prize drawing tickets, please email gradtix09@hotmail.com. To donate items or for other information, please go to the website at www.gbhs-sgn.org.

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**Track and Field 2009 season**

**Conditioning practice has begun.** It continues **Monday, December 1st** after school. Practice will be approximately 1.5 hours long. Mondays are devoted to sprint endurance with Coach Karras. Strength training with Coach Nasca on Tuesdays, and plyometrics on Thursdays with Coach Kehoe. This is the perfect time for all athletes, not in football or in a winter sport, to come and pave their road to a great 2009 season. We look forward to seeing all of you out there!

**Track Sign ups**

All interested student-athletes who may have missed our sign up day may still join our championship team. Come out and chat with the coaches during our conditioning practices. They will be able to add you to our roster at that time. Athletes involved in winter sports are still welcome to sign up for track and field. We know you will need to patiently wait for you to complete your winter season sport before we see you at on the track. Track season officially begins February 10th! We'll see you then!

**Spike Night**

Our parent and athlete informational meeting is **Wednesday, January 7, 2009**. It will be held in the GBHS cafeteria from 6 - 7:30 pm. We will have parent packets with all the needed information about the season along with current forms that will need to be completed and returned. This is an important night. It is a chance for you to meet all the coaches and get all your questions answered. Information presented will be rules, fees, schedules, volunteer sign ups for track meets, etc. Check out our web site for current information. For further information feel free to contact the head coach, Jackie Nasca, at nascajis@aol.com. All of us on the track look forward to seeing you in January!
New Inventory at the Student Store! Brrrrrr!!!! The weather is getting cooler and cooler, so it is time to get those comfortable sweats you or your kid has had their eye on. Those black Grizzly Nation shirts that were a big hit are now available in full sleeves! Not to mention we now have all sorts of new sweats, sweatshirts, and full sleeve shirts in dark colors. Perfect for the holiday season! Don’t forget about the sales! Prices are slashed on some sweatshirts, full-sleeved shirts, and all types of t-shirts. They are only $5 and old class shirts are only $2! What can be more relaxing than unwinding by a warm fire, sipping hot coffee, in cozy Grizzly Gear?

Have your kids support their school! Every Friday, we have Grizzly Green Fridays, where everyone is supposed to wear school gear to support GB Pride. If you don’t want to spend a lot of money on spirit wear, don’t worry, that’s not a setback! Again, clearance tees are only $5, or students can always wear their class shirts!

Soon we will have an inventory on the GBHS website with pictures and prices for your convenience. This way you know what you want beforehand to grab your gear and go! Or you can always send your son/daughter to pick it up from the Student Store, which is open both lunches. Show some Granite Bay Grizz Spirit! Grrrrr!!!!!
Check out our website at www.granitebayhigh.org for online purchasing.
No more waiting in line! Fees, PE Clothes, Yearbook, AP tests, and more!

**Collaboration Days** for 2008-2009 are every Wednesday. School starts at 8:45 and ends at 2:35

**Bus Passes**
Bus passes may be purchased at the Transportation Office (Berry Street, Roseville-786-2723).
Hours are 8:30-11:30 and 12:30-3:00.
Ticket books are available from the GBHS Student Services window or at the Transportation office.

**Important Dates!**
Please review these dates each issue - Dates & events are subject to change!

Yearbooks - Don't Be Left out!
Yearbooks are still on sale through the GBHS website. Our goal this year is to include each student at least three times in the book. It’s a full color keepsake that lasts a lifetime.

Parents of Seniors: The last day Bill Smith Photography will be taking senior pictures for the 2008-2009 yearbook will be **Saturday, December 20, 2008**. If you have not yet made an appointment for this portrait please be aware that time is running out. Any portraits taken after that time will not be published in this year’s book. The senior pages are the most wonderful portion of the book; please make sure your son or daughter is included!

Senior Parents!! Don’t forget to say goodbye to your senior with a **Senior Recognition Ad**. The first thing most seniors do when they get their yearbooks is flip to the back to see their ads. We’ve made it easier than ever this year. You can purchase your child’s ad online at the GBHS website. There you will also find all the information you need to decide colors, template designs and information on how to get your senior’s photos to the yearbook staff.

The next **News from the Den** will be available on the GBHS website: http://granitebayhigh.org/ on 2/6/2009.

To report a Student’s Absence:
Please call our **24-Hour Hotline**
786-8676 ext. 5167 or 5107
Please call the same day as the absence.
For planned absences, please call in advance.
Ext 5167 before the day(s) of absence.
Thank you!
GBHS Physics Meeting for Parents & Students:

Are you interested in IB Physics, AP Physics, or Honors Physics at GBHS?

Then you and your parents should attend this meeting!

WHEN: Wed, Dec 10, 2008  
WHERE: 7-8pm, GBHS Room 901 (building near GBHS baseball fields)

Purpose: To gather input from parents and students regarding future Physics course offerings and curriculum.

Objective: To eventually offer Physics courses that best meet students’ needs in preparing them for college and careers.

Possible Changes We’re Considering:
- Adding Honors Physics option for sophomores, juniors, seniors
- Adding IB Physics (If so, which type: SL or HL?)
- Change AP Physics offering to AP Physics B (year long Physics course)
- Add AP Physics C ( Electricity & Magnetism)

Key Questions we hope to address:
1. Would offering Honors Physics increase overall Physics enrollment?
2. How many students will sign up for some form of IB Physics next year?
3. What is the impact if we offer IB Physics at only the SL level?
4. How many students are interested in AP Physics?
5. What options of AP Physics best serve our community?