



Mrs. Houston's Monday Memo

College & Career Ready

"There is no secret to success. It is the result of preparation, hard work, and learning from failure." -General Colon Powell



by **Amber Houston** on September 23, 2019

Get hyped folks---next month we will be having our annual AUHSD College and Career Fair! Mark it on your calendars now to save the date. I know you are thinking---junior high---college is so far away. And you are right---I am not trying to cause anxiety, however, I am trying to get you and your students excited about their future. And honestly, now a days it starts now. In AUHSD we have junior high/high school pathway programs. Our Lexington-Cypress one is Law and Legal. What this means is that in junior high we have exploratory classes and opportunities for students to gain experience and exposure to a law/legal career (ie. our speech classes, Mikva curriculum, Tolerance Summit in spring, Speech and Debate, Peer Court). Of course we have more-but this one feeds into Cypress which has focused classes to truly prepare and begin the journey in a law/legal career. They have dual enrollment with Cypress College and ROP classes that students can take concurrently and start gaining certification and internships. At the AUHSD College Fair, all junior high and high schools will be present with a booth on their exclusive pathway. Remember in AUHSD, that you can attend any school in our district based on a specialized program. There will also be hundreds of college/universities/trade schools from all over the nation in attendance!

THE ANAHEIM UNION HIGH SCHOOL DISTRICT PRESENTS

COLLEGE & CAREER Fair

WEDNESDAY
OCT 2 2019
5:00 PM - 8:00 PM
ANAHEIM CONVENTION CENTER

FREE ADMISSION & PARKING

THE LARGEST COLLEGE & CAREER Fair In CALIFORNIA!!

5:00 PM - 6:30 PM
FOCUSED ON ELEMENTARY
(STUDENTS AND FAMILIES)

6:30 PM - 8:00 PM
FOCUSED ON JUNIOR HIGH & HIGH SCHOOL
(STUDENTS AND FAMILIES)

UNLIMITED YOU
ANAHEIM UNION HIGH SCHOOL DISTRICT

More information available at www.auhsd.us

DAY 15

tell your
favorite teacher
**WHY YOU
LIKE THEM!**

#bekind21

COFFEE WITH THE PRINCIPAL BEING SUCCESSFUL IN JUNIOR HIGH



**OCTOBER 1, 2019
9:00 AM - 10:00 AM
LEXINGTON JR. HIGH SCHOOL**

Join us for a presentation by our counselors at our October Coffee with the Principal. The counselors will be reviewing the following:

- 7th and 8th grade guidance lessons
- LEXpectations
- High school/ A-G/ College acceptance rates
- Anaheim Pledge
- College and Career Fair

Boys and Girls Club of Cypress will also do a short presentation on their current programs and events. Keystone and Torchleadership are programs in particular that have a lot of opportunities for College/Career Preparedness and Community Service!



LEXINGTON HOMEWORK CLUB



Need help with homework, we are here for you!

**Monday-Thursday
2:30 PM - 3:30 PM
Lexington Library**

**Monday- Ms. Salazar
Tuesday- Ms. Mai
Wednesday- Mr. McIver
Thursday- Ms. Estanislao**

**New teachers every quarter.
Location subject to change, teachers may use their classroom.**



Upcoming Student Activities & Reminders

- Homework Club, Monday-Thursday weekly 2:30-3:30pm in Library.
- 9/17: Best Dance Crew 2:30-3:30pm Room 101 (Every Tuesday thereafter)
- 9/23: Athletics at South JHS
- 9/25: Athletics at Dale JHS
- 9/30: Velocity Show Choir auditions for all current choir members. After school in room 101. See Mrs. Batinga for more info.
- Parents-the website email links are NOT working. Please manually type in emails if need be. I will notify you when they have been fixed. Apologies!

Upcoming Parent Information & Events

- 9/24: School Site Council
- 10/2: College and Career Fair



The Career Tech department chose CAREER as their focus word of the year!

THIS WEEK'S TOP STORIES

Dance Crew

We started our Dance Crew this week with coach Thomas! He was getting these kids to get their hip hop on! Check out these cool shots below. A huge thank you to Mrs. Batinga who loves our students so much that she has restructured some of her choir programs so that our dancers have a place to call home. She also arranged and used her monies to hire our professional dance coach after school each Tuesday. #Kindnessmatters





Volleyball and Fall Sports

A huge shout out to all the Fall Sports coaches and students! We have been having fun out there on the courts and fields! I know the kids have been loving this time after school to play and meet more people. But the time has come, and the competition teams have been selected. Congratulations to all our teams that will start our intermural tournaments against our fellow AUHSD junior high schools. Goodluck and I can't wait to see you all out there bringing home the gold to the PRIDE. Schedules are posted on our website...also check in on social media for up to date info!



#BeKind21

I would like to highlight this amazing young lady who has started her own non-profit with her mother called Color of Kindness. She creates these cute little coloring packages and deliver them to kids in the hospital. She truly is the epitome of the 5th C : Kindness! I am so proud to have her on our campus spreading kindness and changing the world around her. Thank you Ashley Solis, you are truly appreciated!

Everyone who takes the pledge, and shares at least once about the Challenge on social media with the hashtag #BeKind21, will be entered to win a pair of tickets to an upcoming Lady Gaga show and other fun prizes! @ladygaga @btwfoundation #lexingtonlions



Photo

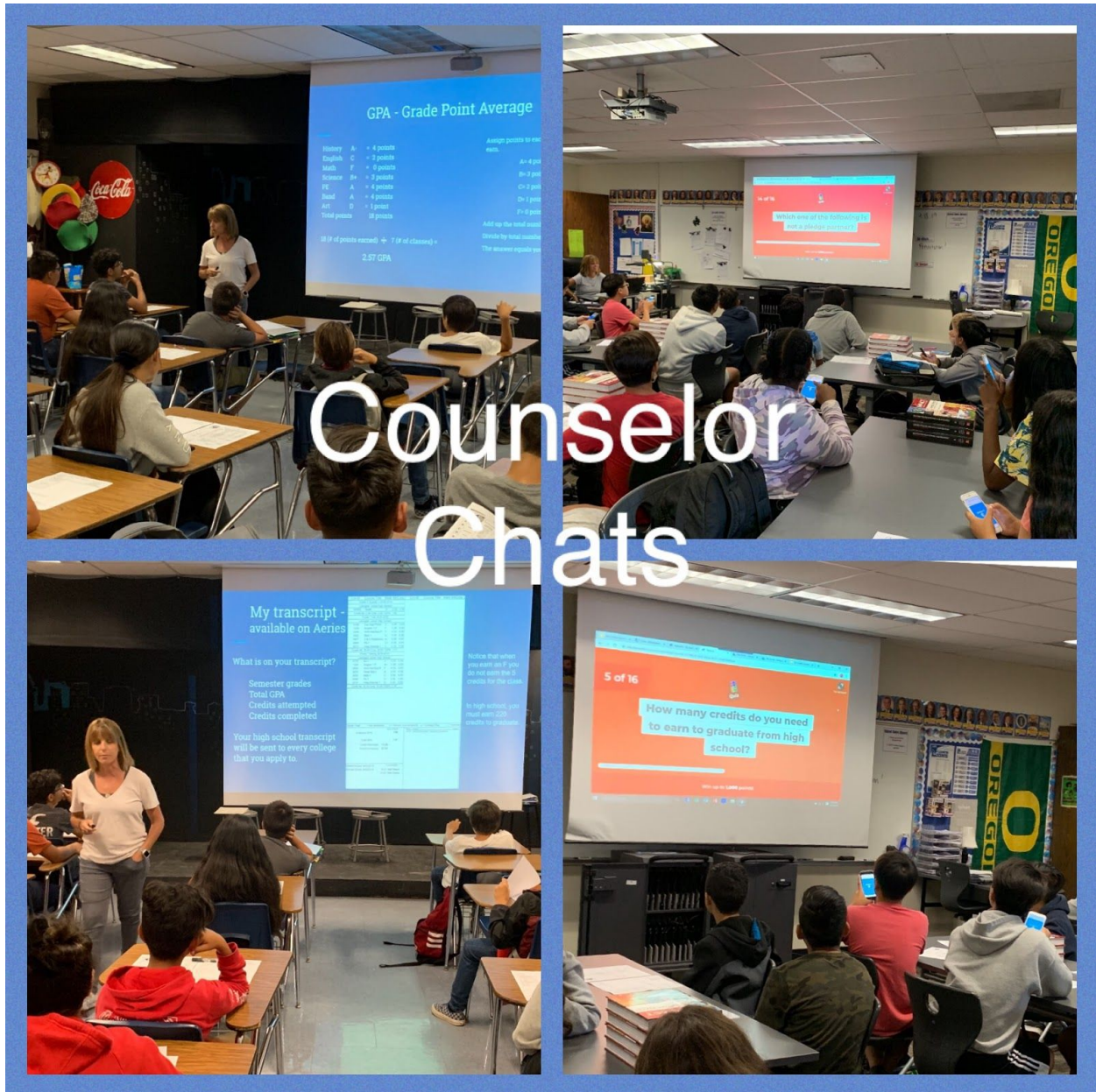
I have been present in many student conferences this last month and one thing that I have heard: I love photo, but it is challenging---we don't just take pictures---we learn about all of photography! I love that because our teacher Ms. Hind spends a lot of time ensuring students are learning about all aspect of photography, not just taking some cool selfies with their iphone. She is aligning with the photo teacher at Cypress HS to create a seamless pathway to be successful and build upon the prior knowledge and skills when approaching the next step! Below you can see the students working on manual mode and catching action shots with the help of our PE classes!





Counselor Chats

We have the very best counseling team in AUHSD. Dr. Selbe and Ms. Giem are partners in stardom bringing their show on the road right now in History Classes. Our counseling team will be in classrooms every quarter with life-changing guidance lessons that will not only inform your student on school and life readiness, but they also inspire! Ask your child about the presentation---great conversation starter for the dinner table!



Science and the Solar System

This last week The International Space Station was visible to the naked eye for three evenings. Although, it was quite small and quite quick lasting around 4 minutes-what a rad thing for humans to see. My own boys were waving as if it were a news copter and they could see us. LOL Mr. Elliot's science classes have been studying astronomy and here is a simulation of our solar system below. I remember doing this activity when I was in school-it makes you truly understand the way our massive universe operates!



Dress Code

The age old issue---DRESS CODE. When my mom went to school she had to wear a skirt---she got sent home for wearing pants one day and still lives to tell me this tale in support of parenting my style when in junior high! Lol Here is the deal-Lexington is one of two junior highs in our district that do NOT have uniforms. That is huge! So we need to show that we can dress appropriately for a school setting. I am a pretty open-minded, free spirited kind of adult when it comes to style. I may not like all of the trends, but I get how important it is for a teenager to express themselves. In the same notion, it is also my charge to help guide our students in dressing for a school setting. It has nothing to do with boys or girls-it has to do with perimeters in which we need to adhere to social norms and expectations in specific environments to be successful. I tell kids that I don't wear my school suits on weekends-I wear what is comfortable for me at a football game or a sundress to church. At school, we have dress code policies. I feel they are clear and easy to follow-but there will always be a student/parent that disagrees with it. I understand that-so we respectfully ask that you may disagree, but not disobey. Here are some pics to help you visualize what our expectations are.



OC Bridges and Human Relations



Oc Bridges is now an active partnership here at Lexington! We are excited to announce this awesome resource to our staff and students. See below for more involvement! We are looking for students to be part of this meaningful experience. If you are a leader, creative, open-minded and inclusive---this is the place for you! Ms. Susan Larsen is our teacher advisor.



What is the BRIDGES program?

A group of strong, dedicated, and motivated students, teachers, administrators, and parents working to create a safe, respected, and connected campus for ALL!

LEARN & CREATE PROJECTS ON DIVERSITY AND INCLUSION TOPICS	ATTEND WALK IN MY SHOES CONFERENCE @UCI	ATTEND RETREATS AND BUILD LEADERSHIP SKILLS
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**Come join BRIDGES meetings on Fridays @ Lunch
in Ms. Larsen's Room 901**



For more info, contact Ms. Larsen or visit www.ochumanrelations.org

The Dangers of E-Cigs, Vape, Juul and Cigarettes

AUHSD and OCDE is committed to preventing substance use among youth, including the vaping of nicotine and cannabis products. In light of recent news coverage, many students, parents, and educators are justifiably concerned about vaping and its health effects. Here is what we know so far.

Situation: The Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), and state and local health departments including the California Department of Public Health (CDPH) are investigating [450 cases of respiratory illness associated with vaping](#). CDPH has provided [guidelines for physicians](#) to identify and report cases of Vaping-Associated Pulmonary Injury (VAPI).

Research: The relative recency of e-cigarettes requires a degree of uncertainty about the long-term health effects of vaping. However, there is an [increasing body of research](#) about the toxic compounds contained within the devices and the aerosols they generate, including heavy metals and volatile organic compounds (VOCs). Counterfeit and grey-market products, particularly for cannabis, are a major concern due to contamination with [pesticides](#) and [unapproved additives](#). Although the risk of adulterants is arguably higher for illicit products, it is important to emphasize that there is no single manufacturer or seller, substance or device, licit or illicit, associated with VAPI at this time.

Regulation: Vaping devices and liquids are not currently subject to review and approval processes by the FDA. Although these processes were previously delayed until 2021, [the FDA announced on September 11](#) that they will be implemented in the near future. This will result in the removal of all non-tobacco-flavored e-cigarette products from the market. These rules will not apply to cannabis vaping products, which in California are already subject to regulation under the Bureau of Cannabis Control.

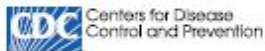
Public Health Recommendations: [Per the CDC](#), “E-cigarette products should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications.”

Prevention Services: OCDE provides no-cost youth vaping prevention workshops for [parents](#) and/or [staff](#) at public schools, districts, and charter schools located in Orange County. These workshops review different types of nicotine-based and cannabis-based vaping devices, the key health risks for youth according to research, strategies for engaging youth in prevention, and resources for prevention and cessation. For more information contact Stephan Lambert, OCDE, at slambert@ocde.us (714) 966.4412

For Help With Quitting Smoking or Vaping:

The Orange County Health Care Agency (OCHCA) provides a range of no-cost, multilingual cessation services for adults and students who live, work, or attend school

in Orange County. Services range from individual counseling to group classes and seminars. Call **1-866-NEW-LUNG** or visit www.1866newlung.com for more information.



Smoking & Tobacco Use

Presentation for Youth

Know the Risks: A Youth Guide to E-cigarettes



Presentation PPT  [2 MB]
Information for Users PDF  [374 KB]
Talking Points  PDF [3 MB]

CDC's Office on Smoking and Health (OSH) developed this presentation to educate youth on e-cigarettes, including the health risks, the factors that lead to e-cigarette use, and what youth can do to avoid all tobacco products, including e-cigarettes. This resource is intended for adults who educate or serve youth ages 11 – 18 (teachers, youth ministers, coaches, scout leaders, etc.). Utilizing the talking points and information for users document, the presenter does not require additional information, nor permission to deliver the presentation.

CDC expects that users of this slide set will adhere to the following standards:

1. Not modify the content contained within individual slides.
2. Not imply or state, either in written or oral form, that any slides added to this slide set from other sources reflect official CDC policies or positions.

By using this slide set you signify your understanding of the above-stated terms.

Related Materials



Fact Sheet for Parents
[PDF - 1 MB]



Fact Sheet for Health Care
Providers
[PDF - 964 KB]



Fact Sheet for Educators
[PDF - 809 KB]

QUITTING

THIS IS QUITTING!

TEXT "DITCHJUUL" TO 887-09
TO STOP VAPING

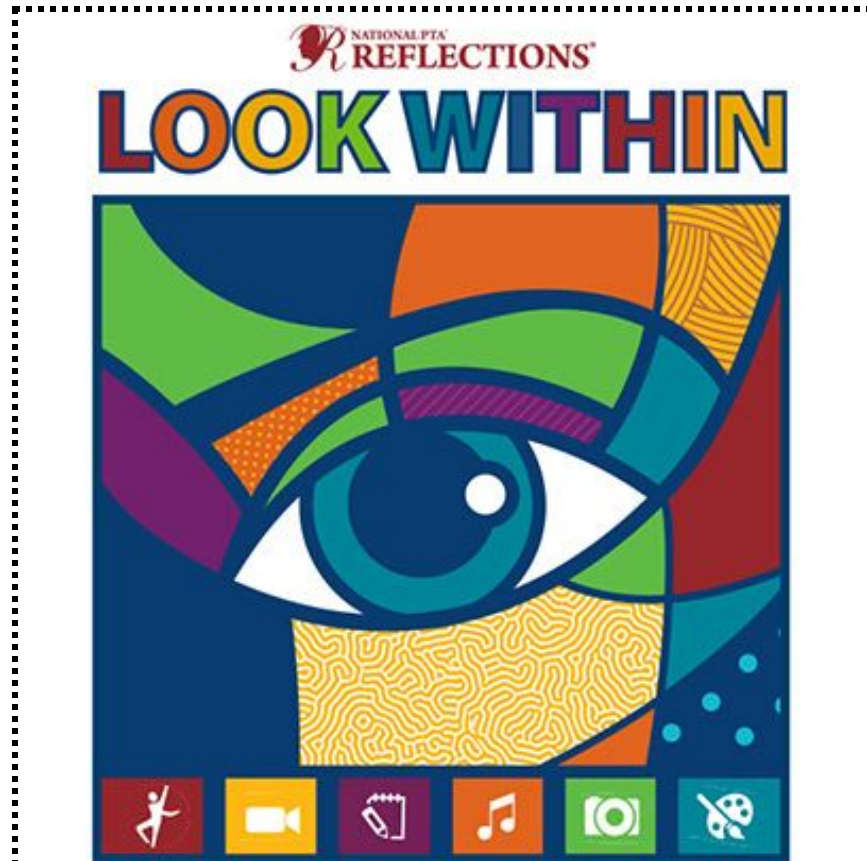
PARENTS AND OTHER ADULTS:
TEXT "QUIT" TO (202) 899-7550
FOR HELP





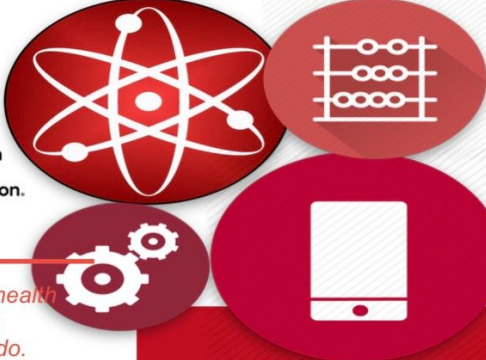


PTSA Reflections

PTSA's annual Reflections Contest has begun! Come to the main office to grab information and details! This is a great way to express yourself creatively in all areas of the arts. Dance, Film, Literature, Music, Photography and Visual Arts! The deadline for submission is Friday October 11th.



Announcements and Information for School and District

American Heart Association®



STEM is our future, and as a science-based health organization, STEM is at the heart of who the American Heart Association is, and what we do.




STEM Goes Red is intended to inspire an extraordinary group of local junior high girls to explore STEM outside the classroom while learning how to take charge of their health and well-being.

Join us for an inspiring, day-long event. Students will gain first-hand experiences, connect with inspiring leaders, and walk away knowing they can make an impact through a career in STEM.

STEM Goes Red program will offer

- Mentoring
- Breakout sessions
- Lunch and Keynote speaker
- Panel discussion with inspiring STEM women
- Fun team competition
- Inspiration

Sponsored by:



Cigna, CoreLogic, KPMG, Knobbe Marten, Latham & Watkins

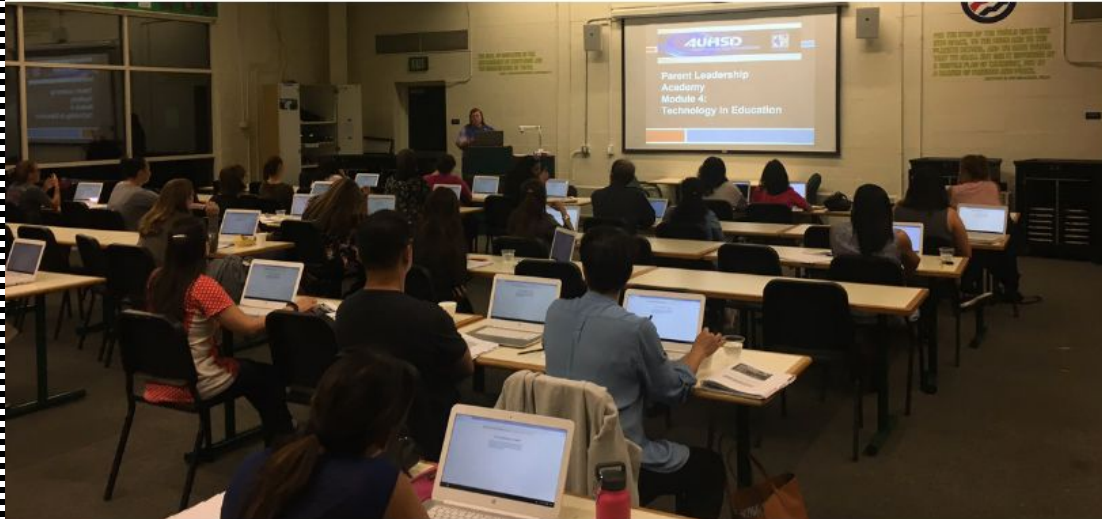
**Friday
November 1, 2019**

Time:
8:00am – 2:00pm

**Discovery Cube
Orange County**
2500 N. Main St
Santa Ana, CA 92705

RSVP
by
October 11, 2019
Sheila.Blackery@heart.org

AUHSD PARENT LEADERSHIP ACADEMY



The Parent Leadership Academy is a series of 7 modules created by AUHSD to empower parents and help them participate in activities to enhance their student's achievement!

TOPICS COVERED

- *The Importance of Parent Involvement*
- *Current State of US Education System*
- *Supporting Learning at Home*
- *Technology in Education*
- *High School Graduation*
- *A-G Requirements*
- *4 Systems of Higher Education*
- *The importance of GPA*
- *College Tuition*
- *Financial Aid*

DATES: 9/23, 9/30, 10/14, 10/21, 10/28, 11/4

TIME: 6:00 PM - 8:00 PM

LOCATION: Lexington Jr. High Library

RSVP

<https://tinyurl.com/LexCypPLA>

Questions?

Contact Mr. Barba at barba_j@auhsd.us

Lexington Jr. High
4351 Orange Ave.
Cypress, CA 90630

NEW

LEXINGTON
DANCE CREW



Tuesday,
SEPTEMBER 17



Meet in room 101 at 2:30

BOOK DRIVE

October 7 – 25

Help PTSA



by donating a new or used Children's Picture book(s) in the bins located outside the front office.

All books collected will be distributed to Centralia Elementary School District Kindergarten Students.



Casa Youth Shelter's 17th Annual

10-12-2019

Youth Leadership Conference

Resiliency

Register now at casayouthshelter.org/conference

who Free for middle- and high-schoolers

what Dynamic keynote speaker • Workshops to choose from
Community service hours • Lunch and opportunity drawings

where Cypress High School • 9801 Valley View St., Cypress, CA 90630

when October 12, 2019 • 9am-3pm (8am check-in)

Come and experience a day of self-discovery, friendship, cultural exchange, leadership building, inspiration, and service. Attend a series of intensive workshops designed to educate and empower future leaders.



Casa Youth Shelter

FACEBOOK CASAYOUTHHELTER INSTAGRAM @CASAYOUTHHELTER TWITTER @CYS_TWEETS WEB CASAYOUTHHELTER.ORG





COFFEE WITH THE PRINCIPAL

9:00 AM - 10:00 AM

Library

*August 13th - Welcome to Lexington
September 3rd- Aeries 101
October 1st- Being Successful in Jr. High
November 5th- Mental Health
February 4th- AUHSD Educational Pledge
April 7th- State Testing
May 5th- Cypress HS Admin Visit

* Meeting will be in MPR





LEXINGTON JR. HIGH SCHOOL

2019-2020

FAMILY ENGAGEMENT OPPORTUNITIES

BACK TO SCHOOL NIGHT

August 21

COFFEE WITH THE PRINCIPAL

An opportunity to meet with the principal and learn about several topics related to your student.

August 13

September 3

October 1

November 5

February 4

April 7

May 5

All meetings in Library at 9:00 AM

ENGLISH LEARNER ADVISORY COMMITTEE

Parents of English Learners are encouraged to attend these joint meetings with Cypress High School and Lexington Jr. High to better understand and support the need of their students.

TBD

SCHOOL SITE COUNCIL

Provide your input to a group of nominated teachers, parents, classified employees, and students that work with the principal to develop, review and evaluate school improvement programs and school budgets.

September 24

November 12

March 17

All meetings in Library at 3:00 PM

OPEN HOUSE

April 1

PARENT LEARNING WALK

Learn how you can help your student at home by visiting 6-8 classrooms to better understand the skills, tasks, and expectations students must meet and demonstrate. Space is limited and only parents who register are able to participate.

TBD

LUNCH WITH A LION

Bring your student lunch and enjoy a great meal with them on the athletic field. Our ASB will be playing music, selling snacks and hosting fun games for you to join!

September 10

January 16

May 14

PARENT LEADERSHIP ACADEMY

Help your student prepare for academic success by learning more about the importance of family engagement, high school graduation requirements, financial aid and much more!

TBD

Dates and times of events are subject to change.

For the most updated information, refer to the school website or the Monday Memo .

LEXINGTON JR. HIGH SCHOOL
4351 Orange Ave. Cypress, CA 90630
714-220-4201

The Power of Family Engagement

What is Family Engagement?

When families take an active interest in their child's learning, students display a more positive attitude toward school. Children learn best when their parents play a variety of roles in their learning:

- ◆ Helping at home
- ◆ Volunteering at school
- ◆ Planning their child's future
- ◆ Participating in key decision making

Middle and high school students whose families remain involved make a better transition and are more successful.



Many educational studies show that when parents & families are involved, students tend to:

- ◆ Achieve more regardless of ethnic and/or racial background, socioeconomic status, or parent education level.
- ◆ Achieve better grades, test scores, and attendance
- ◆ Consistently complete homework
- ◆ Have better self-esteem, are more self-disciplined, and show higher aspirations and motivation towards school
- ◆ More likely to graduate and go onto higher education

How Can YOU Become Involved?

1. Provide Support and leadership through active engagement in your child's education.
2. Work collaboratively with your school's administration, teachers and your Family & Community Engagement Specialist to learn about all aspects of the school's structure and share this information with other parents.
3. Remember that together everyone achieves more. Continue to support your child's learning at home by working with their teacher's to help them develop good homework and study habits.
4. Talk with your child's teachers and school principal to learn about opportunities to get involved in your school's advisory councils as a method to make your talents, skills, and availability to assist known.



Family & Community Engagement Specialist (FaCES)

In an effort to make sure that we engage all of our student's families and increase their success on their campus, our Family & Community Engagement Specialist (*FaCES*) is here to help!

Your *FaCES* at Cypress High School can assist you with:

- ◆ Referral to Community Resources
- ◆ Various Parent Trainings
- ◆ English/Spanish Interpretation Assistance
- ◆ Online Aeries Support
- ◆ Information and Engagement Opportunities within existing advisory committees like:
 - ◆ Local Control & Accountability Plan (LCAP)
 - ◆ English Language Advisory Committee (ELAC)
 - ◆ District English Language Advisory Committee (DELAC)
- ◆ Registration Assistance



Jonathan Barba
Family & Community Engagement Specialist (FaCES)

Lexington Jr. High School
4351 Orange Ave., Cypress, CA 90630

Phone: 714-220-4201 ext. 44952
Email: Barba_J@auhsd.us

References:

1. <https://www.ptoday.com/pto-today-articles/article/399-involvement-matters-what-to-tell-parents>
2. <http://www.auhsd.us/district/index.php/parents/parent-involvement/parent-involvement-overview>



CYPRESS HIGH SCHOOL FOOTBALL

FREE ADMISSION TO HOME GAMES

Lexington Jr. High students will receive free admission to all Cypress High School regular season home football games. Must present a 2019-2020 Lexington Jr. High student ID.

2019 HOME GAMES



* GAME STARTS AT 7:00 PM AT HANDEL STADIUM
** GAME STARTS AT 7:00 PM AT GLOVER STADIUM
^ HOMECOMING GAME





If you would like to purchase discounted tickets to the Orange County Auto Show in October, you can follow this link <https://autoshowoc.com> and do so online.

Enter the code below and our Band program will receive \$12 for every ticket purchased!
The promo code for Lexington Band Boosters is **LJHB**.

You can also purchase physical tickets from any band student.

**Go to [AutoShowOC.com](https://autoshowoc.com) to purchase a \$12 discounted ticket using
promo code
LJHB
and **100% of the TICKET PRICE IS DONATED** to Lexington Band
Boosters!**

It's as easy as 1-2-3:

1. Click on **BUY TICKETS** at [AutoShowOC.com](https://autoshowoc.com)
2. Then **Click to unlock hidden ticket**
3. Enter LJHB, so 100% of the fundraiser ticket goes to Lexington Band Boosters!



BOYS & GIRLS CLUBS
OF GREATER
ANAHEIM-CYPRESS

WHAT CAN YOU DO?

COMMUNITY SERVICE

Volunteers allow us to improve the quality of our programming and provide our members with additional mentoring opportunities. Volunteers have the opportunity to assist staff members, help with special events, and contribute their unique talents and interests to specialized programming and clubs. Volunteer for an hour or for an entire day, everything helps.

- Homework completion
- Sports and fitness activities
- Community service projects
- Arts and crafts
- Gain leadership and work skills!



Wednesdays 4-5PM

Keystone: the Ultimate Teen Program! Leadership, Service, and Community. Community service, College Tours, and more! Ages 14+

TEEN Cuisine

Thursdays 4-5PM

Sponsored by Kiwanis Recipe for Success Cooking Club. Learn how to cook easy but delicious, nutritious recipes!



Mondays 4-5PM

Leadership, Fitness, Service, and Education Planning monthly fundraisers, and assisting with Special Events!

TEEN sports



Fridays 4:25-5:05PM

Learn fundamentals of sports such as Basketball, Volleyball, Soccer, Kickball, Dodgeball, and Ping Pong. New sports featured each month!

FILM CRITIQUE



Tuesdays 5:05-6:30PM

This informal Film Critique Club is a discussion outlet covering topics viewed in thought-provoking films and shorts. Drop in any week!

FIELD TRIPS & EVENTS

Fridays are walking Pokemon Go Field Trips, and alternating every other month a College or Event Field Trip! Call for more info.

ESQUITE



"Corn in a Cup"

FUNDRAISER

\$1

**September 9-10 | 3:45-5:45pm
Front of Cypress Main Clubhouse**



\$5

PIZZA &

PAINT NIGHT

Teen After-Hours Event

9.27.19 | Friday

6:30PM - 8:30PM

**For More
Information**

EMAIL

**Ashley Ethington-Ball
Teen Program Supervisor
aethington-ball@bgccypress.org
(714)527-2697**

CYPRESS MAIN CLUBHOUSE

10161 Moody Street, Cypress CA 90630



**BOYS & GIRLS CLUBS
OF GREATER
ANAHEIM-CYPRESS**

Attention Families!

DON'T MISS OUT ON FOOD BENEFITS



What is CalFresh Food?

CalFresh Food helps people with low-income buy the nutritious food they need for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT.

How do I know if I am eligible?

- Click, Call or Come in to your local county office.
- Complete an application – by phone, on-line, or in person.
- Complete an interview – by phone or in person.
- Provide proof of income and expenses, if needed.
- The county will determine your eligibility in 30 days or less.



Families + CalFresh =

- Nutritious, kid-friendly lunches
- Meals prepared at home that the whole family will enjoy
- Less time worrying about getting food on the table and more time spent with family!



Click
GetCalFresh.org to
apply online



Call **1-877-847-3663** (FOOD)



Come in/find an office
CalFreshFood.org



For other languages, or reasonable accommodations, find an office at **CalFreshFood.org**. For speech and/or hearing assistance call **711 Relay.A**

Funded by USDA, an equal opportunity provider and employer.



Official Rules

By submitting an artwork to the “National PTA Reflections Program,” entrants accept and agree to be bound by the official rules for participation as well as the entry requirements for their specific arts category and division. Additional state program requirements may apply. Any violation of these rules may, at PTA’s discretion, result in disqualification. All decisions of the reviewers regarding this program are final and binding in all respects. (The “PTA” referred to in these rules include all PTAs reviewing the submission).

1. **ELIGIBILITY.** Students must participate through a local PTA/PTSA. Each student’s eligibility is determined by the state and local PTA/PTSA. A student may develop an entry inside or outside of school.
2. **ARTS CATEGORIES.** There are six arts categories—dance choreography, film production, literature, music composition, photography and visual arts. Students may enter the National PTA Reflections Program in one or more arts categories. See each arts category rules for additional entry requirements.
3. **GRADE DIVISIONS.** Students may enter in the appropriate division for their grade (Primary: Preschool-Grade 2; Intermediate: Grades 3-5; Middle School: Grades 6-8; High School: Grades 9-12; Special Artist: All grades welcome).

The **Special Artist Division** welcomes students from all grades and abilities and offers non-artistic accommodations (e.g. adaptive technology; transcribing; holding a camera) for students to participate fully in PTA Reflections. Assistants must refrain from being involved in the artistic process (e.g. developing an artist statement, choreography, music lyrics, storyboards, etc.) Student recognition and awards are announced as part of the Special Artist Division.

4. **HOW TO ENTER.** Entrants must submit their artwork and student entry form to their local PTA/PTSA program according to local and state PTA procedures. Entrants must follow requirements and instructions specific to each arts category and division. Contact local PTA programs for deadlines and additional information.
5. **ENTRY REQUIREMENTS.** (All participants must also follow arts category and if applicable, Special Artist Division rules)
 - Only new pieces of artwork inspired by the current year’s theme may be submitted.
 - Each entry must be the original work of one student only. An adult may not alter the creative integrity of a student’s work. Because the program is designed to encourage and recognize each student’s individual creativity, help from an adult or collaboration with other students is not allowed except in the Special Artist Division. Other individuals may appear in or perform a student’s work, but the work itself must be the creative product of one student only. Only one student may be recognized as the award recipient for each entry. *See the specific arts category rules and special artist division rules for details.*
 - Each entry must contain a title and all entries must include an artist statement. The artist statement communicates what inspired the work, how it relates to the theme, and the content of the work. The statement must include at least 10 words and not exceed 100 words.
 - Use of copyrighted material is prohibited, except for background music in dance choreography and film production entries. If used in dance choreography and film production entries, background music must be cited on the entry form. Plagiarized entries will be disqualified. Use of PowerPoint templates are prohibited.
6. **FINALIST SELECTION AND NOTIFICATION.** Entries are reviewed at local, regional, state and national levels. Each PTA determines its own reviewers for the program. Entries will be reviewed primarily on how well the student uses their artistic vision to portray the theme, their originality and creativity. The National PTA Reflections® program makes no restrictions on content or subject matter in artwork. Under no condition may parents or students contact a reviewer to dispute the status/score of any entry. Each PTA in its sole discretion will select finalists for exhibition and provide awards/prizes. Awards are announced per local and state procedures. National awards and events are announced May 1, 2020 at PTA.org/Reflections.
7. **OWNERSHIP AND LICENSE.** Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant’s irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the PTA Reflections program constitutes acceptance of all rules and conditions.
8. **PARTICIPATING ENTITIES.** This program is administered by the National Parent Teacher Association (PTA) and PTA affiliates. Parent groups not affiliated with National PTA are not eligible to sponsor this program.



How To Enter

Use the arts to share your personal *Reflections* on this year's theme: **Look Within**

Submissions are due to **<INSERT TEACHER NAME AND ROOM NUMBER>** by **<INSERT DEADLINE>**.

Experienced artists will review your work for interpretation of theme, creativity and technique. We look forward to celebrating your artistry and achievement in the arts! Save the date for this year's Reflections Celebration **<INSERT DATE OF ARTS SHOWCASE & AWARDS CELEBRATION>**

Dance Choreography: Solo and ensemble works of all dance styles are accepted. Entrant must be the choreographer and may also be the performer, or one of the performers. If background music is used, cite it on the entry form. **Video** file must not exceed 5 min. and 1 GB in size. Accepted formats: AVI, FLV, WMV, MOV, MP4.

Film Production: Accepted short film styles include: Animation, narrative, documentary, experimental or media presentation. Use of PowerPoint is prohibited. Entrant must be the screenwriter, cinematographer, editor and producer. If background music is used, cite it on the entry form. **Video** file must not exceed 5 min. and 1 GB in size. Accepted formats: AVI, FLV, WMV, MOV, MP4.

Literature: Accepted forms of fiction and nonfiction include: Prose, poetry, reflective essay, screen play and play script, narrative, and short story. Entrants may write in their primary language as long as an interpretive English translation is also attached. Use of copyrighted material is prohibited. **Writing** must not exceed 2,000 words and may be handwritten or typed. Accepted formats: Single-sided print on 8 1/2x11" paper, PDF file.

Music Composition: All music styles and combinations of instrumentation are accepted. Entrant must be the composer and may also be the performer, or one of the performers. Use of copyrighted material is prohibited. **Audio** file must not exceed 5 min. and 1 GB in size. Accepted formats: MP3, WMA, WAV, ACC, FLAC. **Notation** (score/tablature) in PDF format is only required for middle and high school divisions.

Photography: Photo must be a single print/digital image. Collages and collections of photos are not accepted. Entrant must be the photographer and may use a variety of digital editing techniques including but not limited to, multiple exposure, negative sandwich and photogram. Use of copyrighted material is prohibited. **Print** image dimensions must be no smaller than 3x5 inches and no larger than 8x10 inches. Accepted print formats: Mounted on mat or poster board no larger than 11x14 inches. Framed prints are not accepted. **Digital** image dimensions must be at least 640x960 (pixels) and 300 dpi (resolution). Accepted file formats: JPEG, JPG, GIF, PNG.

Visual Arts: Works of both fine and design arts are accepted, including but not limited to: architectural drawing and models, ceramics, collage, computer generated images and graphics, crafts, drawing, fashion clothes and jewelry, fiber work, mixed media, painting, printmaking and sculpture. Use of copyrighted material is prohibited. **2D** artworks must be mounted on sturdy material and no larger than 24x30 inches with matting. Framed entries are not accepted. Include one digital image of artwork with your submission. **3D** artwork submissions must contain 3 digital images of artwork at different angles. Image(s) are used for artwork identification, judging and exhibition purposes.

Special Artist: Students who identify as having a disability and may receive services under IDEA or ADA: Section 504 may enter in the Special Artist Division or grade division most closely aligned to their functional abilities. See Official Rules for details.



Entry Form

To be completed by PTA before distribution.

LOCAL PTA: Lexington Junior High LOCAL PTA: ID 00009077

LOCAL PROGRAM CHAIR: Ogechi Ozogu EMAIL: oge1512@hotmail.com PHONE: 818-585-5632

COUNCIL PTA: Cypress DISTRICT PTA: Fourth District REGION PTA _____ STATE PTA: California

MEMBER DUES PAID DATE: September, 2019 INSURANCE PAID DATE _____ BYLAWS APPROVAL DATE 10-09-2019

STUDENT NAME _____ GRADE _____ AGE _____ CLASSROOM _____

PARENT/GUARDIAN NAME _____ EMAIL _____ PHONE _____

MAILING ADDRESS _____ CITY _____ STATE _____ ZIP _____

Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the PTA Reflections program constitutes acceptance of all rules and conditions. I agree to the above statement and the National PTA Reflections Official Rules.

STUDENT SIGNATURE _____ PARENT/GUARDIAN SIGNATURE _____

GRADE DIVISION (Check One)

- PRIMARY (Pre-K-Grade 2)
- INTERMEDIATE (Grades 3-5)
- MIDDLE SCHOOL (Grades 6-8)
- HIGH SCHOOL (Grades 9-12)
- SPECIAL ARTIST (All Grades)

ARTS CATEGORY (Check One)

- DANCE CHOREOGRAPHY
- FILM PRODUCTION
- LITERATURE
- MUSIC COMPOSITION
- PHOTOGRAPHY
- VISUAL ARTS

TITLE OF WORK _____ DETAILS _____

If background music is used in **dance/film**, citation is required. Include word count for **literature**. List musician(s) or instrumentation for **music**. List dimensions for **photography/visual arts**.

ARTIST STATEMENT (In 10 to 100 words, describe your work and how it relates to the theme)

THE ANAHEIM UNION HIGH SCHOOL DISTRICT PRESENTS

COLLEGE & CAREER

Fair



**FREE
ADMISSION
& PARKING**

WEDNESDAY
OCT 2 2019
5:00 PM - 8:00 PM
**ANAHEIM
CONVENTION
CENTER**

**THE LARGEST
COLLEGE
& CAREER Fair**
In **CALIFORNIA!!**

5:00 PM - 6:30 PM
**FOCUSED ON ELEMENTARY
(STUDENTS AND FAMILIES)**

6:30 PM - 8:00 PM
**FOCUSED ON JUNIOR HIGH & HIGH SCHOOL
(STUDENTS AND FAMILIES)**

UNLIMITED YOU
ANAHEIM UNION HIGH SCHOOL DISTRICT



More information available at www.auhsd.us



Announcements and Information for Community and City

 CITIES OF LA PALMA AND CYPRESS COMMUNITY SERVICES PRESENT 

APPROVED
OK TO POST
AUG 27 2019

Stephan Fleck, Ed.D.

TEEN
OPEN MIC
SHOWCASE



Open to:
Acoustic Musicians, Instrumental Musicians,
Poets, Vocalists

Saturday, September 21, 2019
at the La Palma Central Park Pavilion, 7821 Walker St.
Line-up starts at 5:00 PM
Must be 13 - 18 years old to participate

Coffee and Pastries will be
sold during the event!

Invite your friends
and family!

APPLICATIONS ARE DUE NO LATER THAN WEDNESDAY, SEPTEMBER 18TH BY 5:00 PM AT THE LA PALMA COMMUNITY
CENTER. APPLICATIONS AVAILABLE AT CITYOFLAPALMA.ORG OR CYPRESSREC.ORG
APPLICATION ON THE BACK



TEEN OPEN MIC SHOWCASE APPLICATION



Please completely fill out this application and submit no later than September 18th, 2019, by 5:00 P.M. at the La Palma Community Center, 7821 Walker Street, La Palma, CA 90623

This event was created to showcase your talent and dazzle the crowd, so invite as many friends and family as you would like and get everyone to support you and the other performers!

In the chance of rain, this event will be cancelled. Participants must be between 13-18 years of age. A minimum of 5 participants are needed to continue the event.

Type of Talent:

- Vocalist (Solo or Group) Acoustic Musician Poet Instrumental Musician
- Other: _____

Contact Information:

Name of Person/Group: _____

Contact Person: _____ Phone Number: (____) _____

Address: _____ City: _____ Zip Code: _____

Age: ____ Email: _____ School: _____

Group Members (if any):

Name: _____ Age: ____ School: _____

Name: _____ Age: ____ School: _____

Briefly describe the talent you are going to showcase and perform:

Items that must be turned in with this application:

- Completed Application
- Copies of all School I.D.'s or Driver's License who are participating
- *Email youtube links, CD, or DVD (Including all songs that will be performed) email to: ivans@cityoflapalma.org
- *Typed Lyrics/poems (Approval under staff's discretion)
- *if it applies to your showcase

Performances cannot go over 7 minutes

Applications are due by 5:00 P.M., Wednesday, September 18, 2019, at the La Palma Community Center

For more information: La Palma: (714) 690-3353 www.cityoflapalma.org or Cypress: (714) 229-6780 www.cypressrec.org



APPROVED

CITIES OF LA PALMA AND CYPRESS
RECREATION AND COMMUNITY SERVICES

PRESENT

Stephen Kelly, Ed.D.

OK TO POST

AUG 12 2019

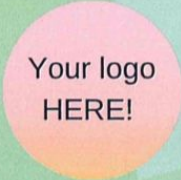


TEEN JOB WORKSHOP

TEENS AGES 15-18 ARE WELCOME!
EXPECT TO LEARN TIPS AND TRICKS TO EFFECTIVE JOB SEARCH,
INTERVIEW, AND OVER-ALL PROFESSIONAL DEVELOPMENT!
YOU MIGHT EVEN LAND A PART-TIME JOB!

FREE EVENT
When: October 10, 2019
Time: 5:00 PM - 7:00 PM
Where: La Palma Community Center
7821 Walker Street
***Must Pre-Register by October 8, 2019**

Meet our event Sponsors:



To register for this event, sign-up at either/or:
www.cityoflapalma.org - Class #9267
www.cypressca.org - Class #9267

APPROVED



CITIES OF CYPRESS AND LA PALMA RECREATION & COMMUNITY SERVICES

2019-20 TEEN EVENTS

FOR 13-18 YEAR OLDS

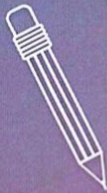
OPEN MIC SHOWCASE:

Saturday, September 21 @ 5:00pm
La Palma Central Park, 7821 Walker St.
FREE EVENT, Must Pre-register.



NEW!!! TEEN JOB WORKSHOP:

Thursday, October 10 from 5:00-7:00pm
La Palma Community Center, 7821 Walker St.
Job search tips, interview skills, and overall
professional development. Ages 15-18 years.
FREE EVENT, Must Pre-Register!



MARCH MADNESS

3 ON 3 BASKETBALL:

Friday, March 13 @ 6:00pm
La Palma Central Park,
7821 Walker St.
\$10 per team, Must Pre-Register.



TEEN FASHION SCENE:

Saturday, April 4 @ 6:00pm
Cypress Community Center,
5700 Orange Ave.
\$5 per ticket.

SKATE NIGHT:

Friday, May 1 @ 6:00pm
Veterans Park,
4554 Avenida Granada
Free!



FOR MORE INFORMATION:

CYPRESS (714) 229-6780 CYPRESSREC.ORG,
LA PALMA (714) 690-3350 CITYOFLAPALMA.ORG

JOIN OUR 2019-2020 TEEN PROGRAM



the **CLUB**

BANDAI TEEN CENTER



\$50/month program fee
\$50 registration fee



Transportation available from multiple
Jr. High and High Schools for \$170/month
(Monthly program fee is waived if taking Club transportation)

- Career Development
- Leadership Opportunities
- Art & Dance Classes
- Homework Help
- Community Service
- College Exploration
- STEAM Clubs & Classes
- Fun After-Hours Events
- Field Trips



LOCATED AT
10161 MOODY STREET
CYPRESS, CA 90630

HOURS 2:00 - 6:30 pm

For More Information

CALL 714-527-2697

WEB www.bgccypress.org



BOYS & GIRLS CLUBS
OF GREATER
ANAHEIM-CYPRESS

DAILY SCHEDULE



BOYS & GIRLS CLUBS
OF GREATER
ANAHEIM-CYPRESS

- 2:45 - 3:30 Check-in / Free and Paid Snack, Games Room Open
- 3:30 - 3:40 Announcements
- 3:40 - 4:25 Power Hour Homework Help / Enrichment Activity
- 4:25 - 5:10 Group Activities & Clubs- Art, Sports, Dance
Leadership/Keystone Club, etc.
- 5:00 - 5:30 Social Hour - Video Games, Arts and Crafts,
Board Games, Karaoke, etc.
- 5:45 - 6:30 Movie



Additional rates apply for
holidays and school closure dates
(Spring Break, Winter Break, etc.)



the
CLUB
BANDAI TEEN CENTER

OPEN 7 00 AM - 6 30 PM

SCHOOL
YEAR
DATES

AUGUST 8, 2019 -
MAY 22, 2020



CLOSURE
DATES

9/2, 11/28, 11/29
12/24, 12/25, 12/31, 1/1/20
5/25 - 5/29/20

www.bgccypress.org



OUR SCHOOL VISION

At Lexington Junior High School, we believe that to be successful educators we must create a high interest level in learning and maintain cross-curricular collaboration with enthusiasm for our subject areas. We are dedicated to maintaining high expectations for ourselves and for our students and to utilizing a variety of instructional strategies so all students are actively engaged in relevant learning and are successful in our classes. We set professional goals annually and frequently re-examine our effectiveness through peer collaboration and the sharing of best practices. Our collaborative and enthusiastic spirit maintains our focus on continuous improvement with the intent to help all students achieve academically and socially at Lexington.

Lexington Junior High School

4351 Orange Avenue
Cypress, CA 90630

Phone: 714-220-4201
Fax: 714-761-4989

Check us out

houston_a@auhsd.us
Like us on Facebook
Follow us on Instagram

Lexingtonjhs.org



CALIFORNIA
DEMOCRACY
SCHOOL

