

THE COUGAR GROWL

Capistrano Valley High School PTSA
www.cvhs.com • www.capoptsa.org

Tom Ressler, Principal

Sharon Campbell, PTSA President

Tracy Bryars, Editor

Principal's Message

By Tom Ressler

As we close another school year I look back with a sharper sense of the specialness of Capistrano Valley. As you probably know 2008 will be my last year at CVHS as I move on to become the next principal at San Juan Hills High School.

For the past 22 years I have had the pleasure of being a part of Capistrano Valley High School. It seems like it was just yesterday when it was my first year as an English teacher and Sophomore football and basketball coach, sharing a classroom with Mrs. Little and yelling at my football captain—Chi Chi Biehn! Over the years I served as Athletic Director, Assistant Principal and for the past 5 years I have been privileged to be your principal.

I leave with a great deal of pride in our accomplishments. I have been fortunate to work with a community that pulled together to make CVHS a special place. Consistent improvement in our API scores and the development of the CVHS International Baccalaureate program are among the highlights of the last few years. And just this past week I was especially proud to learn that in the annual *Newsweek Magazine* listing of the top high schools in America, CVHS was rated #486. Since 2005 we have moved from 5th to 4th to 2nd to the

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COMING EVENTS



2008/2009 PTSA Meetings

All meetings will be held in the CVHS library:

- Wed., 9/17/08 7 pm
- Wed., 10/15/08 10 am
- Wed., 11/19/08 10 am
- Wed., 1/14/09 7 pm
- Wed., 2/18/09 10 am
- Wed., 3/18/09 10 am
- Wed., 5/20/09 7 pm
- Wed., 6/10/09 10 am

President's Letter

By Sharon Campbell

It is hard to believe that it is June and our school year will soon be over. Thank you to the parents and staff who have helped PTSA serve the students of CVHS. A special Thank You to the members of the PTSA board who have worked so hard and made my job easy! The CVHS team of parents, students and staff has accomplished much this year.

A friend gave me a pin with a quote by Gandhi, I keep it pinned to my car visor, since these days that seems to be where I spend most of my time. "We must be the change we wish to see in the world." We all have the ability to

change the world and sometimes it starts with supporting our kids who will be in charge of it soon enough. I encourage each of you to get involved, volunteer and inspire our students. CVHS has many opportunities available for volunteers to offer their services: PTSA, Grad Nite, and many booster clubs (drama, music, sports).

Best wishes to the seniors who are moving on to the next chapter of their life—Good luck!

Welcome to the families of our incoming freshmen. Have a great, fun and restful summer.

Reflections Winner 2007/2008

The 2007/2008 Reflections committee is very excited to announce that Shannon Kiang, our very own CVHS Reflections winner in the 4th district, has won the state PTA award for Literature at the high school level for her themed essay "I can make a difference by..."! We are very proud of her achievements in the Reflections program.



CVHS PTSA 2007-2008

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Capistrano Valley High School PTSA Mission Statement

To actively involve parents, teachers, and students in promoting a high quality learning community by supporting the classrooms, programs and the campus of CVHS.

*Congratulations Class of 2009!
Never lose sight of the fact that the most important yardstick of your success will be how you treat other people, - your family, friends, and coworkers and even strangers you meet along the way. -Barbara Bush*



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CVHS PTSA WEBSITE <http://www.capoetsa.org/>

Our website is packed with information, check it out at the end of the summer and sign up for the PTSA Listserve at <http://www.capousd.org/listservs/high/cvhs.htm>

Questions? Email: capoetsa@cox.net

Principal's Letter

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highest ranked CUSD high school!

As I move on, I am more convinced than ever that any student can discover and develop their dreams at CVHS. Whether that means being accepted into the most prestigious universities in the world, developing as an athlete or performer, or learning how to paint or draw, or to make a ceramics or jewelry creation, CVHS continues to provide opportunities for all kids. Thanks to many dedicated people our pool, gyms and fields are unequalled. I am especially excited to know that a new Performing Arts Center is just around the corner. CVHS will continue to grow and flourish because of the great teachers and community.

I cannot begin to tell you how special this staff, students and community have made me feel and I feel unbelievably lucky to have shared these times with you. But as the saying goes, all things must come to an end, and it is now time for me to move on to another adventure and challenge.

Thanks again, and remember that although I may not be walking these halls next year, there will always be a special spot in my heart for this school, this staff, and the 22 years of Cougars who have crossed my path and enriched my life. You will be with me always and I will always be a Cougar.

--Tom

CVHS PTSA Planner Cover Design Winner

The winner of the CVHS PTSA Planner Cover Design contest is sophomore Evonna Ramirez. Evonna's creative design demonstrates her exceptional artistic talent. Evonna won gift certificates for art supplies totaling \$105 donated by Tall Mouse and San Clemente Art Supply. Thank you to all the Capo students who entered the contest. Congratulations, Evonna!

MV Opportunity to Serve on City Committees

The City of Mission Viejo offers opportunities for our youth to serve on three city committees. The Student Advisory Committee meets the first Sunday of each month at 5:00 p.m. The Community of Character Subcommittee for youth meets the 1st and 3rd Wednesdays at 4:00 p.m. We are also looking for parents or students for the regular Community of Character Committee, which meets the 4th Tuesday of each month from 12:30 to 2:00. All meetings are in the Saddleback Room at City Hall. These are great opportunities to become involved in programs that are helping to make a difference in our schools and our community! For more information and an application, please contact Mayor Trish Kelley, 470-8476 or trishkelley@cox.net.



Celebration of the Arts

On May 10, 2008, the City of Mission Viejo and CVHS co-sponsored a Celebration of the Arts exhibit featuring the work of over 100 CVHS artists. The exhibits are located at the Mission Viejo Library and the new Mission Viejo Community Center located behind Newhart Middle School. Many of our talented CVHS musicians performed at the event. The exhibits included ceramics, jewelry, animation and drawings. The library exhibit will be on display through June 9th and the community center exhibit can be view throughout the summer. Stop by and view the beautiful pieces created by our talented CVHS students. The drawing reproductions will be on permanent display in the CVHS hallways starting Fall 2008.

Note: The mention of any business or service in this newsletter does not imply an endorsement by the PTSA or CVHS.

Model United Nations

By Michele Tyler

When I was a freshman, I would tremble whenever I had to give a speech in front of a class. I would get nervous and speak too quickly or too softly. After four years in CVHS's Model United Nations program, however, I've given speeches in front of hundreds of people and I don't shake at all anymore. The program has developed just as much as I have since it began four years ago.

Model United Nations is a class about politics and international relations. It involves speaking skills, debate, and diplomacy. We actually represent countries and simulate meetings, which cover topics ranging from nuclear proliferation to Israel-Palestine to HIV/ AIDS, of the United Nations. The class attends conferences throughout the year, and each student is given a specific country and topic on which to become an expert for each conference. It is then the student's objective to draft resolutions working with other countries on the committee to attempt to resolve global issues.

The class may, at first, sound like an abundance of work and boring meetings, but to be honest I've learned more about the world from MUN than from all of the classes I've taken in high school put together. It allows students to act out history, to explore the current day, and to interact with peers while doing so.

One of the most exciting aspects of our MUN program is that we've begun to take annual trips. Last year, a group of students from our class went to UC Berkeley for a conference. This year, eight students traveled to New York for a week to compete in the National High School Model United Nations Conference. We were joined by students from several different countries, including Italy and Mexico. In addition, our group actually met the Slovakian ambassador to the United Nations Security Council, as we were representing Slovakia. We have also begun our own annual conference, hosted at CVHS. It is primarily student run and serves as a fundraiser in addition to a leadership opportunity for the class.

I know also that many of the students considering joining MUN will do so for the purpose of college applications. As a senior who has been through the college application process, I can say from personal experience that MUN was a major strong point in my

application. Many of the colleges require essays about significant accomplishments or leadership experience, and MUN is the perfect topic with which to answer. Every conference affords the student an opportunity to lead a committee and to win an award, or perhaps even a gavel (the highest form of recognition in MUN). Our conference also gives students the opportunity to chair committees, or to lead them from outside the debate.

Not only have I gained life skills and experiences from Model United Nations, I've also made many friends in the class and at conferences who I know I will remain in contact with for many years. I would highly recommend the class to any student who wants to better understand the world in which we live, or who simply wishes to add a valuable extracurricular and to have fun while doing it. If any parents or students have inquiries about the program, I would urge them to contact Mr. Dollar, our advisor, at cmdollar@capousd.org or our leadership team at cvhs_mun@yahoo.com

CVHS Application for Theater Grant Accepted!

The CVHS mall has served as the main hub of the school for the past 31 years. It is a multi-purpose location that houses lockers, food service and entrances to the main office. In addition, it has served as the location for student performances such as plays, choir and music concerts. CVHS is one step closer to getting an indoor theatre as the application submitted by CUSD for a \$3 million grant to assist in building a 21,850 square foot performing arts facility was accepted. The total estimated cost of the project is \$12 million. The district has identified matching funds from Mission Viejo Mello Roos and Mission Viejo Redevelopment funds.



Contact Information:

Office: 364-6100

Attendance: 365-0973

www.capousd.org, www.cvhs.com

SAVE THESE IMPORTANT DATES!! *Want to **help** with Registration-email cvhsreg@gmail.com.*

Dates for Summer Registration Packet Pick-up, Walk-through Registration, and Freshman Orientation:

The following dates have been **scheduled** for registration packet pick-up, walk-through registration, and incoming freshman orientation:

Drive-through Registration Packet Pick-up in the CVHS Staff Parking Lot:

August 5th 9:00 a.m. – 1:00 p.m.

August 6th 3:00 p.m. – 7:00 p.m.

August 7th 9:00 a.m. – 1:00 p.m.

Walk-through Registration:

Freshman Day 1 (January – June birthdays): August 11th – 8:30—11:50 a.m.

Freshman Day 2 (July – December birthdays): August 12th – 8:30—11:50 a.m.

Seniors – August 18th – 7:30—11:00 a.m.

Juniors Day 1 (January – June birthdays): August 19th – 7:30—10:50 a.m.

Juniors Day 2 (July – December birthdays): August 20th – 8:30—11:50 a.m.

Sophomores: August 21st – 7:30—11:00 a.m.

Important Information for Parents of New Incoming CVHS Students

Freshman Orientation – Class of 2012:

Wednesday, August 27th – 9:00—11:30 am in the Main Gym

Freshman Parent Orientation:

Wednesday, August 27th - 9:00—11:30 a.m. in the CVHS Mall Area

This is a great time to meet the principal, Guidance, Assistant Principal and other parents. Information about the school will be presented and questions answered. Please park in the upper lot located at the end of Via Escolar.

Please note that the above dates are provided to assist parents with summer planning. Also, please note that freshman and juniors have two separate days for registration due to the large numbers of students in these classes. Lastly, even though freshmen register first for logistical reasons, students in upper grades will still be given priority for selection of electives.

REMINDER: Guidance Website Resources:

Perhaps the **best source of guidance information** for parents and students can be found on the Capistrano Valley High School website at:

www.cvhs.com For guidance information relating to college, scholarships, testing, careers, and general information, **simply go to:** <http://www.cvhs.com/guidance.htm> , **or visit the CVHS website at www.cvhs.com and then click on “Guidance.”**

Scholarship Information:

For information on current scholarship opportunities, please click on the following link: <http://www.cvhs.com/Scholarship.htm> , or go to www.cvhs.com and then click on “Guidance” and “Scholarship Info.” **NOTE:** Scholarship information is updated approximately every 7-10 working days. In addition, a “Scholarship Notebook” of information is available in the Guidance Office.

CVHS PTSA wishes to thank the following businesses for their support.



CAPISTRANO VALLEY HIGH SCHOOL

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