



December, 2016

PRINCIPAL'S NEWSLETTER Sam Barlow High School

Bruce C. Schmidt Jr., Principal

sbhs.gresham.k12.or.us 503-258-4850

Principal's Note

CONGRATULATIONS TO THE BARLOW COMMUNITY!

I wanted to thank all of you for supporting the Barlow Community and the Gresham Barlow School District through the YES vote on the school bond. When all is said and done, over 299 million dollars will be spent on our schools to provide a safe and quality educational experience that our students deserve. New construction, updates, and/or remodeling at all of our schools will also benefit our school communities through quality meeting places, great buildings for students, and increased pride in where we live. For Sam Barlow High School, we will inject over 70 million dollars into our facility. A covered stadium, 24 new classrooms to include a Science wing, a renovated auditorium, updated career and technical education classrooms, and improvements to the building's safety and security features will provide a top-notch facility for your students and our community. This is the first time in over 20 years that substantial improvements have taken place at Barlow and this money will be a game-changer. So, THANK YOU!

Opportunities to be Connected

As we approach the holiday season, many begin to focus on the "have tos." That is, I have to make this meal, I have to go get this "thing," I have to go to this party, I have to..... I challenge you all to take a step back and think about the most important "have to," but more so during the holidays, being connected. Perhaps the best thing we can do as adults is to find ways to be connected to our kids and to have an impact on our school community. I know that for me, when things become overwhelming, I try to step back and connect with others to foster quality relationships. For example, taking some extra time to have a focused conversation with a student, reflecting on a great lesson with a teacher, listening to our band or choir perform, or other simple things that create quality connections. As you look below, you will see a list of upcoming opportunities to get connected at Barlow that will make a difference in our community and in your home.

Parent Teacher Conferences

We hope you had the chance to participate in our Parent Teacher Conferences on November 22nd and 23rd. While I realize the format of conferences is not always personal, it is time well spent. If you were unable to attend, or could not meet with all of your student's teachers, please be sure to contact them through either email or by phone. There is always the chance of setting up an appointment to meet with staff members after school to discuss specifics, as well. We will find ways to support you and your student.

Go to a Performance or Event

A great way to be connected to the school community is to attend a performance or athletic event. There are multiple opportunities to see the student body in a great environment representing their school and special program. I promise that you will be very impressed with our students whether you attend an athletic event, a night at our fall musical or a winter concert. I can't tell you how impressed I am with our students, coaches, and fans regardless of whichever event I attend. It is a great thing to do!

- **INSIDE**
- **All-Stars**
- **BITS & PIECES**
- **CAL Information**
- **College & Career Center**
- **Dance Clinic**
- **Drivers Ed**
- **Future Dates**
- **PRIDE News**
- **Senior Information**
- **and more**



Bits and Pieces

TEST DATES

SAT: Dec 3, Jan 21, Mar 11, May 6, June 3

ACT: Dec 10, Feb 11, Apr 8, June 10

Remember- these are TEST DATES.

You need to register 3 to 4 weeks before the actual test. SAT registration is available in the College and Career Center or online at:

www.collegeboard.com.

ACT registration online at:

www.actstudent.org

SAT & ACT

Seniors, if you are college bound and haven't taken the SAT or ACT you need to do so! Juniors, you should be registering for your test, too.

The SAT deadline for the January 21 test is December 21. Apply online at www.collegeboard.org. The ACT deadline for the February 11 test is January 13. Apply online at www.actstudent.org. Barlow's school code is: 380432. Be sure to list 4 (free) schools you wish to receive your scores. If you don't choose schools at the time of registration, you will need to pay \$12 per school when you later request to have your scores sent to colleges.

Know Your School

The meetings are held the last Monday of the month at 7pm in the Media Center. The next meeting is November 28. Future meetings: January 23, February 27, April 24, and May 22. Please mark your calendars and see you there! There are no meetings in December or March.

Students Show their Bruin PRIDE

Sam Barlow is now recognizing students who have shown their Bruin PRIDE by awarding a Student of the Month for each grade level. Students can be nominated for Student of the Month by receiving a PRIDE Note from a staff member throughout the month. The staff then votes for one male and one female student from each grade to receive this recognition. Our outstanding Students of the Month for October are:

FRESHMEN

Evan Inglesby- Evan showed excellence on his unit 1 test in math.

Jasmine Nomie- Jasmine shows integrity through her enthusiasm and the way in which she conducts herself with her classmates in PE.

SOPHOMORES

Starla Marlow- Starla shows determination by showing up to class every day with a positive attitude and strong work ethic.

David Davenport- David demonstrates excellence through his strive to really understand the material in Honors Biology.

JUNIORS

Gary Schmidt- Gary shows integrity by always doing the "right thing" even when it is not the easy thing to do.

Yadira Mendez-Alvarado- Yadira shows excellence in all of her classes because she works hard and shows respect to all of her teachers and classmates.

SENIORS

Grant Greenburg- Grant demonstrates determination by continuing to excel despite any obstacles that may be in his way.

Leydi Perez-Carrasco- Leydi has shown purpose in that every day she comes to class prepared and works hard to understand new material.

SCHOOL CLOSURES

Parents and community members can sign up for notification of any emergency school closures and district news releases by email or text message. There is no cost for this service! It does have a test function, when you register, to confirm that the message will get past your computer spam filters. To register for this notification, log on to the following website <http://www.flashalert.net/regions.html>.

SBHS Library Honors Barlow Veterans

Barlow staff and their relatives share their experiences as veterans of the United States Armed Forces and Allied nations. This special display of service memorabilia and photos was made possible by contributions from our wonderful staff. This year's contributors include Mrs. Molony, Mrs. Ferron, Mrs. Ferguson, Mrs. Traxler, Mrs. Edens, Mrs. Nelms, Mr. Corkett and Mr. Wong.



Artist Extraordinaire

Aubrey Nelson, a junior here at Sam Barlow and an advanced art student has created a mural in the art room. She is a TA for Mrs. Gibson, and has used that time to design a mural based on the phrase “imagination+skill=art.” The mural is high up on the wall so it can be seen from anywhere in the room. The mural is a great addition to the art room.



Volunteers needed

Do you care about our school and the impression it makes? Consider joining the school volunteer group, “Clean Conscience.” If you’d like to learn more, stop by the College & Career Center today. Join student, Richmond Lam, and make Barlow a place of which we can all be proud!



Senior Yearbook Deadlines

Senior photos are due December 9, 2016 for the yearbook. email photos to: holzbach@gresham.k12.or.us

The yearbook staff is accepting orders for Senior Baby Ads for placement in the 2016-17 yearbook.

Deadline is January 27, 2017, the cost is \$40.00

Any Questions: holzbach@gresham.k12.or.us

Speech and Debate News

Here are the results from the speech and debate tournament at Silverton High School November 5:

Marissa Szymczak - 1st Place Novice Poetry
Madison Johnson - 2nd Place Novice Programmed Oral Interp.
Milly Wilson - 1st Place Novice Programmed Oral Interp.
Rachael Wilczewski - Finalist Open Poetry
Kayla Heston - 1st Place Original Oratory
Liz Card - 1st Place Open Expository



pictured
Mikayla Heston
Milly Wilson
Liz Card



Instant Admissions Days at Barlow

Instant Wolf

At the November 1, Western Oregon University Instant Wolf Admissions event, there were 9 students that made the extra effort needed to be admitted to WOU

Instant PSU

It was a frenzy in the Computer Lab November 8, as 42 (YES, 42!!!) students applied to PSU. The students made the extra effort to apply. Bruin Pride!

I Heart Dance KIDS CLINIC

The Sam Barlow Bruinettes Dance Team is hosting the 10th annual “I Heart Dance” clinic Tuesday, January 10 and Thursday, January 12 with a halftime performance at the basketball game on Friday, January 13. This cost is \$20 for those who pre-register and \$25 to register on the first day of the clinic. Registrations must be received by December 16 to receive a t-shirt. For more information visit our website at barlowdanceteam.wordpress.com or email us at barlowdanceteam@gmail.com.



College and Career News

December is here!

The FAFSA (Free Application for Federal Student Aid) is a necessary component for colleges and scholarships. Now is the time for **both student and parents** to go online to each apply for their FSA ID number. Go to www.StudentAid.gov/fsaid. This number will allow you to sign your FAFSA electronically and later access your processed FAFSA Student Aid Report (SAR.) Remember, your FSA ID will stay with the student and parent(s) for all four years of college. You will utilize this log in each October when the FAFSA application opens. Go to www.fafsa.ed.gov for more information.

Below is information provided from the Office of Student Access and Completion regarding the FAFSA and Oregon's version of it, the ORSAA:

DACA Students & Other Undocumented Students and their Families, under ORSAA and FAFSA:

In Oregon, students must complete either the FAFSA or the ORSAA to be considered for state-funded grants, including the Oregon Opportunity Grant and Oregon Promise. All students who are U.S. Citizens or Legal Residents should complete the FAFSA. DACA students and other undocumented students, who are not eligible for federal student aid programs, should complete the ORSAA. All students should note that the FAFSA and ORSAA are not tools that are used to identify undocumented parents or to deport families.

The ORSAA is used exclusively by the state of Oregon, not the Federal government. The Office of Student Access and Completion (OSAC) shares a student's ORSAA data only with the Financial Aid Office at the school(s) the student listed on the ORSAA. Data from the ORSAA is private, secure information that is not shared with the federal government or other outside entities. Oregon uses the ORSAA to process applications for state grants and other aid programs administered by OSAC.

Helpful resource on FAFSA and Undocumented students

Federal Financial Aid & Undocumented Students Q&A: <https://studentaid.ed.gov/sa/sites/default/files/financial-aid-and-undocumented-students.pdf>

Note for DACA Students: Although the US Department of Education recommends that DACA students complete a FAFSA in order to be considered for state and institutional aid programs, DACA students in Oregon should also complete the ORSAA to be considered for state grants and other aid programs.

What is a Net Price Calculator:

There are online student financial aid estimators called *Net Price Calculators*. –

Go to: <http://netpricecalculator.collegeboard.org/> or to your college's website to research their net price calculator. Enter your family's specific financial situation and get an estimate of your financial aid awards and the cost of college. Or, you can also file the *FAFSA4Caster* at: afsa.ed.gov/FAFSA/app/f4cForm?execution=e1s1

SBHS Scholarship List:

You can find the Barlow Scholarship list online at: sbhs.gresham.k12.or.us under the Student Resources tab, followed by College & Career Center link. Look for the red link showing scholarships.

Alumni News

Savannah Storlie, SBHS graduate, was named to the 2017 Clackamas County Fair and Canby Rodeo Court this November. Savannah stated that she loves the sport and wants to represent and promote it. The coronation will be held March, 2017. Savannah's future holds the study of natural horsemanship at the University of Montana.

Center for Advanced Learning

Learn alongside students who are driven and interested...like you!

To be successful, each CAL student has the determination to accomplish their goals, be willing to present new ideas, to contribute to a team, and to take responsibility for their own learning. Successful students represent all levels of learning. CAL students stand apart from their peers because of their tenacity and grit. CAL students get to work and make things happen! CAL students build their resume before leaving high school!

Opportunities to solve real, workplace problems are offered while working alongside experts in the industry of their choice. Internships and problem-solving meetings with company insiders associated with local news media, manufacturing giants like Boeing, small business entrepreneurs, and health clinics are tools to build a resume. In one school year, CAL students received 3,579 college credits in 2014-2015!

**CAL FIELD TRIP forms are available in
the Counseling Dept. @ Barlow.
Forms are due December 2, 2016**



Barlow Bruins! Curious about Careers & College? CAL will open its doors for curious Sophomores who are interested in touring the CAL Campus. Meet students and teachers who work in Cybersecurity, Engineering, Patient Care, Digital Design & Broadcasting, and our newest experience where you can start your own business! Field Trip forms are available in the Counseling office for the December 13th tour. Keep up to date with CAL news by visiting our website and following us on social media.

Facebook: [facebook.com/calcharter](https://www.facebook.com/calcharter)

Twitter: [@calgresham](https://twitter.com/calgresham)

Instagram: [@calcharterOR](https://www.instagram.com/calcharterOR)

All State Stars

Every year, the Oregon Music Educators Association accepts auditions from high school musicians across Oregon. In October, hundreds of instrumentalists and vocalists across the state sent in their auditions for the OMEA Honor Ensembles. This year, 8 students from Sam Barlow High School were accepted into these prestigious groups. These musicians will be traveling to Eugene to join other top high school musicians from across the state.

All-State Symphonic Band

Emma Kuk
Ambrose Stringham
David Collins
Philip Tsukanov
Zaki Kahl
Karlee Wood
Kyle Denny
Manami Uptegrove

All-Star Wind Ensemble

Abigail Cohen

All-Star Ochrestra

Savannah Campbell

State Cross Country Results

November 5 was State for our Cross Country team. Our very own Olivia Johnson ran her best time for the 5k at 18 minutes flat. Olivia got 4th place out of 135 girls. She accomplished the highest finish for a Barlow girl at State XC in recorded history. Olivia had been ranked as 10 in the State before the race. She beat out the others who had previously been faster than her all season long. Our boys team fought hard and ended their season with a good performance!



pictured above: Olivia Johnson, and the boys team.

Parents of Graduating Seniors

There is a graduation link on the Barlow webpage, under Parent Resources to help you. The Graduation link will provide you with a calendar of upcoming deadlines and dates. In the next couple of weeks, the First Senior Newsletter will be uploaded there. The newsletter is a great resource to keep you informed about upcoming events pertaining to your senior. There is information about our Senior Parents Committee, who are helping organize the Senior All Night Party. If you are interested in helping with the Senior All Night Party, there is an email on the Graduation page, to reach them.

Great Books at the Movies!

Library News

To celebrate the release of the big-screen adaptations of *Miss Peregrine's Home for Peculiar Children*, *The 5th Wave* and *A Monster Calls*, our Library will be holding a contest giveaway of the original books that these three blockbuster movies are based on plus one special prize. The official drawing for the prizes will be held during the first week in December. Check the SBHS Library Event webpage for a listing of this year's winners. The four prizes include:

*One special movie edition of Ransom Rigg's *Miss Peregrine's Home for Peculiar Children*

*One special movie edition of Rick Yancey's *The 5th Wave*

*One copy of Patrick Ness' *A Monster Calls*

*One autographed hardback copy of Veronica Roth's *Divergent* signed by Ms. Roth herself!

Students to the Schnitz

We at Sam Barlow are fortunate and pleased to be able to offer the following opportunity for our students. There is no cost for students; transportation and admission have been generously covered by a grant from Portland Arts and Lectures. The next opportunity Thursday, January 12, 2017 @7:30pm with speaker, Colum McCann. Colum McCann is the author of six novels, including *Let the Great World Spin* (Random House, 2009), and three collections of stories. His most recent book is the collection *Thirteen Ways of Looking* (Random House, 2015), a novella and three stories, which earned him praise from the Wall Street Journal: "McCann is a passionate writer whose impulse is always toward a generous understanding of his diverse characters." Born and raised in Dublin, Ireland, he has been the recipient of many international honors, including the National Book Award, the International Dublin Impac Prize, a Chevalier des Arts et Lettres from the French government, election to the Irish Arts Academy, the 2010 Best Foreign Novel Award in China, and an Oscar nomination. He is the co-founder of the nonprofit global story exchange organization, Narrative 4, and he teaches at the MFA program at Hunter College.

For more information please contact Mr. Pohl, Mrs. Wilczewski, or Ms. Bird.

Drivers Education Winter 2017

Drivers Education Winter 2017

Drivers Education is being offered through Oregon Driver Training Institute.

Developing Lifelong Defensive Driving Skills

*The most complete and comprehensive program available, exceeds State Standards

*ODTI instructors are ODOT and DMV Certified

*Oregon Department of Transportation approved course

*33 hours of classroom instruction, 6 hours of driving and 6 hours of observation

Class Schedule Winter 2017

Wednesday, January 4, 6-8pm: Mandatory student/parent meeting

Mon. Jan 9, Tues. Jan 17*, Mon. Jan 23, Mon. Jan 30, Mon. Feb

6, Feb 13, Tues, Feb 21*, Mon. Feb 27, Mon. Mar 6, Mon. Mar

13, Mon. Mar 20. Class times are 3:45-6:45pm

*note the two weeks with Tuesday classes

Tuition: \$300

Requirements:

Students must obtain their permit prior to registration

Permit number and issue date are required at time of registration

Students must have a minimum of 10 hours of driving practice prior to their first behind-the-wheel lesson

Students must bring a photocopy of their permit to the first class

Need more information?? Call 503-225-0770 or

visit online at www.oregondrivertraining.com

Scrip makes great gifts

EXCITING NEWS for SCRIP

GBEF has agreed to a trial period for an increase in the percentage that goes back to students for Instant orders through Shop with Scrip.

Rather than the 40% back to students, the board has authorized a raise to **60%** for orders that are instant orders paid by Presto-Pay. CREDIT CARDS may not be used.

These are the orders that YOU place on the website (scrip-now or reloads). Let's make this a huge success and lock in the 60%!

The benefit to Shop with Scrip instant orders and reloads? You have your Scrip within 30 minutes anytime you need it!

CHECK IT OUT. <https://www.shopwithscrip.com/>

Questions and requesting Shop with Scrip instructions: email

Andrea Umenhofer at bhscrip@comcast.net or text 503-784-3255

Thank you for supporting Sam Barlow High!

Math Tutors Needed

Volunteers are needed to help elementary school students with their math skills. Mrs. Lasher, Hall Elementary Principal, is putting out a plea for help with 3rd graders. Students would need to be available 7th period. The College and Career Center has the information.

Notes from the Nurse

Vaccination season is almost upon us, and I feel it's a great time to discuss some of the concerns about vaccinations; many people worry about the safety of vaccinations, and while I cannot cover everything, today I'm going to cover some of the common issues raised. If anybody ever wants to talk more about these, or any other issues, I am always available to talk. Just contact Michael Coriasco, RN @ 503-258-4866, and set up an appointment.

"I have heard some vaccination ingredients are toxic."

Everything in life, including water, can be toxic in high enough doses. However, all toxic substances in vaccinations are far, far below the level needed to cause harm in a child.

The top three substances most people worry about are: Mercury, which is also found in breast milk, and it was removed completely from most childhood vaccines, including the measles vaccine in 2001; Formaldehyde, which is also produced naturally in the body and; Aluminum, which is present in many foods and water. In fact, vaccines with aluminum in them typically contain only 1% of the average amount of aluminum a person takes in every day!

"Can you get the disease from the vaccine?"

Getting a disease from a vaccine is extremely rare; many vaccines are made with dead pathogens, which cannot get you sick. Live-pathogen vaccines can sometimes cause a mild version of the disease, which isn't dangerous and helps to show the vaccine is working. Historically, some vaccines have, in extremely rare cases, caused the disease they intend to prevent. This is, of course, tragic, and these vaccines are removed from care when identified. Even then, the risk of remaining unvaccinated far outweighs the risk of receiving one.

"The rates of many diseases we are vaccinated against are low, should I get one then?"

That the rates of these diseases are so low is due to the success of vaccination, but do you need one now? Think of it like a seatbelt or air bag in your car. You may go your whole life without getting into so much as a fender bender, but isn't it worth having the protection just in case? The same is true of vaccines.

"Vaccines are too expensive!"

It is sadly the case that many people don't have the resources for healthcare. If this is the case for you, contact me and I will help identify programs that can provide low cost, or potentially even free, vaccinations for you or your child.

For more information check out the link below or, again, contact me anytime to set up an appointment in person or over the phone to discuss your concerns in more detail.

<http://www.cdc.gov/vaccines/pubs/parents-guide/parents-guide-part4.html>



SNOWBALL DANCE

"A Rendezvous in Paris"

is the theme for our SnowBall dance this year.

When: December 3rd Time: 8-11pm

Where: Cafeteria Tickets: \$30.00/couple or \$20/single

Take early photos from 5-7pm and receive 8 free wallets from "On Broadway Photography."

New Counselor

My name is Louisa Kinder and I am the school counselor intern at Barlow High School for the 2016-2017 school year. I am handling Oscar Rethwill's K-Ra caseload while he is on paternity leave starting November 16th to January 9th 2017. If you have questions or concerns regarding your student, please feel free to contact me at kinder@gresham.k12.or.us or 503-258-4874. I am excited to get to know the Barlow community!

Equestrian Team NEWS

Practice is in full swing for the Sam Barlow Equestrian Team. We are practicing gearing up our drill team and perfecting our skills for the first district OHSET meet February 2-5.

Concerts not to miss

FR/SO Music Concert, Dec 7, 7:30pm
JR/SR Music Concert, Dec 14, 7:30pm



OSAC Scholarship

Mark your calendars for *Wednesday, Jan. 11th at 6:30pm*. This is the date for the January ASPIRE meeting, which will be held in the Sam Barlow High School Auditorium. This meeting will focus on the **OSAC Scholarships and the Oregon Promise**, as well as questions regarding other scholarships or scholarship searches. This is another well as seniors and parents! **Plan to use the OSAC e-application to file this online application.** Completing the OSAC application online allows students to apply for up to 40 scholarships from a list of over 500.

To apply, go to: www.oregonstudentaid.gov

The completed application must be filed no later than March 1, 2017. Don't forget, if you apply by February 15th, you will be eligible for a \$500 "Early Bird Scholarship". These same deadlines apply to the Oregon Promise, too.

Seniors with a 2.5 GPA

You should all be registering for the **Oregon Promise**, Oregon's free tuition application for community colleges in Oregon. The application requires that you file your FAFSA, that you have a GPA of 2.5 or better and that you plan to attend a community college within 6 months of graduation. The application is open from Nov. 1 – March 1. If you plan to attend a 4-year university, make this option your safety net. Make sure to include an Oregon community college on your FAFSA as part of this application's requirements. This opportunity could mean thousands of dollars of free tuition to you. Don't miss it! Go to: oregonstudentaid.gov.

VFW Scholars

Please join us in congratulating Taryn Jones and Estefany Garcia-Delgado for winning 2nd and 3rd place, respectively, in the Veterans of Foreign Wars Scholarship competition. The students were asked to reflect on the prompt, "My Responsibility to America." Taryn has won \$200 and her essay will move on to the next round of competition. Estefany has won \$175. The two will be recognized at a future awards assembly and are students in Mr. Molony's AVID 11 class. Great job, ladies! Bruin Pride!

Vision Statement:

Gresham-Barlow School District supports dynamic learning opportunities led by accomplished educators dedicated to creating environments where every student values learning and academic achievement while developing the skills and attributes necessary to be prepared for a lifetime of learning, career opportunities, and productive contributions to the community.

Mission Statement:

Every student prepared for a lifetime of learning, career opportunities, and productive contributions to the community.

Future dates

November 28..... Josten's Final Grad Orders
December 2 Thespian Banquet, 6pm
December 3 Dance Competition
December 3 Snowball Dance, 8-11pm, "*Rendezvous in Paris*"
December 7 Frosh/Soph Music Concert, 7:30pm
December 8 Financial Aid Night, 6:30pm
December 9 Yearbook Sr. Photo Deadline
December 10 MHC Inst. Jazz Festival at Reynolds HS
December 12-16..... Holiday Week
December 14 Jr/Sr Music Concert, 7:30pm
December 19-Jan 2 .. Winter Break
January 7 MHC Acting Competition at DDHS
January 11 OSAC Scholarship Night, 6:30pm
January 16 Martin Luther King Jr. Day, NO SCHOOL
January 23-26..... First Semester Finals