

Dear Parents,

Happy Friday and Happy New Year! Below you will find a listing of upcoming events; a reminder about next Monday's Parent Council meeting (and some related announcements); an invitation to attend Parent Education Night later this month; information about enrolling in IHS; an offer for low-cost yoga at the YMCA; the monthly listing of student exchange and hosting opportunities; and the weekly Career Center Check-In.

### **UPCOMING EVENTS**

(Mon) 1/14: **Parent Council** meeting, from 5:30 to 7:00 p.m., in the Library.

(Mon) 1/14: Friends of South meeting, from 6:00 to 8:00 p.m., in Room 6.

(Tue) 1/15: IHS/FI 8<sup>th</sup> Grade Information Night, from 7:00 to 8:00 p.m., in the Cafeteria.

(Thu) 1/17: School Choice Night, from 6:30 to 8:30 p.m., in the Cafeteria.

(Sat) 1/26: Winter Formal, from 8:00 to 11:00 p.m., in the Cafeteria.

Links to SEHS resources: [Bell schedule](#), [Main website](#), [Full calendar](#), [Athletics calendar](#).

### **PARENT COUNCIL MEETING**

Every parent or guardian at SEHS is automatically a member of Parent Council. This means you can come to any of our meetings, make your voice heard, and add your talents to meet our main goal as an organization: supporting excellence in education for all of our students. The next Parent Council meeting is this Monday, January 14, from 5:30 to 7:00 P.M., in the Library. Please join us!

**Editor's note:** As we begin the year, I would like to take this opportunity to extend a heartfelt thanks to Anne Schwartz for her untiring service as Parent Council chairperson. Anne is stepping down after nearly three years of service (of a two-year term!), and a total of more than five years involvement with Parent Council. Anne has led the group with passion, enthusiasm, and creativity. It's been my pleasure to work with Anne, and I will miss her candor, wry humor, and commitment to helping make South such a great school!

While I'm on the subject of transitions, I will be stepping down as volunteer eNEWS editor by the end of this school year. My youngest will be graduating in June so I am searching for a replacement editor. I've thoroughly enjoyed my time with eNEWS. It's been an insightful and rewarding way to help support the school and our community. **Please reply to this email if you're interested in becoming the next eNEWS editor.** I'd be happy to show you the ropes! -Tom Jacobs

## **PARENT EDUCATION NIGHT**

Parent Council is excited to present our first parent education night of the year. Please join us for "Let's talk about sex: A parent's guide to teaching healthy relationships & consent." The evening will feature a panel discussion with SEHS RespectEd & PPSO's REV youth. Parent Ed Night is Tuesday, January 29, from 7:00 to 8:30 p.m. in the SEHS Library.

## **TRADES ACADEMY INFORMATION SESSION**

If you like technology, enjoy working with your hands and figuring how to make things work in the real world, come to the College & Career Center on January 18th at 9:35 am. Pete Lauf from Lane ESD will share about Apprenticeships and what the Trades Academy offers—skill building in the classroom and hands-on work in the shop. Learn from career instructors in the trades and get an overview of the Apprenticeship application process. The Academy runs for 6 weeks from February through mid-March, and offers training in Plumbing, Steamfitting, Sheet Metal and Carpentry. And it's free! See Kathy Ruggles in Room 302 for more details.

## **SENIOR EXPERIENCE OPPORTUNITY**

Lane Workforce will be holding a workshop on January 25th at 2:45 pm in the College & Career Center. Learn from the experts How To Get Hired, what employers are looking for in a job candidate as well as developing a winning resume and critical interview tips. This is a Senior Experience Opportunity for those who need to continue their process towards graduation. Stop by Room 302 to see Kathy Ruggles for more information.

## **APPRENTICESHIPS IN SCIENCE & ENGINEERING**

Join us for a virtual [Apprenticeships in Science & Engineering \(ASE\) information session](#). After registering for this session below, you will receive a confirmation email with a link and password to join the virtual meeting. This session will be hosted on Zoom.

Are you a 9-11th grader? Are you interested in a career as a scientist, doctor, engineer or technologist? Then you should check out the ASE program. ASE matches scientists, engineers and technology innovators with smart students like you for 8 week internships over the summer. ASE is a great way to improve your college application, and students can get school credit and a \$1,000 stipend! More information is available at <http://www.saturdayacademy.org/> Note: Although ASE will not be holding an information session in the Eugene/Springfield area this year, see the website for information sessions in the Corvallis area. The website also contains the application and specific informational details about the program.

## **LEARN ABOUT EUGENE INTERNATIONAL HIGH SCHOOL (IHS)**

Are you curious about global events? Do you enjoy considering different perspectives on world issues? Do you want to make a difference in your local and global community?

*You might be interested in Eugene International High School!* Eugene IHS is an award-winning alternative high school in international studies for students in grades 9-12. Located at Churchill, Sheldon and South Eugene, the school is open via district lottery to any student who wishes to attend. If you are curious about the world and want to be part of a close-knit community of learners in a unique environment that is both challenging and supportive, we hope you will consider Eugene IHS as your high school choice.

Admission into Eugene IHS is through the 4J District lottery process; all students must fill out an online 4J School Choice Lottery Application. 4J School Choice Lottery Applications for 2019-20 will be available in January. Go to the 4J District School Choice web page for school choice deadlines and applications:

<http://www.4j.lane.edu/choice>.

IMPORTANT DATES for the 2019-2020 School Year:

January 1: Online application period for 4J School Choice Lottery opens for **in-district** students

January 31: Deadline to submit **in-district** 4J School Choice Lottery Applications

March 1: Online application period for 4J School Choice Lottery opens for **out-of-district** students

April 1: Deadline to submit **out-of-district** 4J School Choice Lottery Applications

Immersion students will be enrolled in Eugene IHS *without* the lottery process because they entered immersion through the lottery in elementary or middle school. However, immersion students **do need** to submit the Eugene IHS Enrollment Form to the Eugene IHS office at South or Sheldon by the January 31st deadline. This form will be included in a special mailing to immersion families.

Interested Parents and Students: Please come to one of the special information nights listed below to hear more about Eugene International High School and enrollment information.

#### South region

- Tuesday, January 15, 7:00 pm, South Eugene cafeteria (includes French Immersion break-out session)
- Thursday, January 17, 6:30 pm in the South Eugene cafeteria (joint session with South; 6:30-7:30 Eugene IHS information, 7:30-8:30 South information)

#### Sheldon region

- Tuesday, January 22, 7:00 pm, Sheldon lecture hall C9 (includes Spanish Immersion break-out session)
- Thursday, January 24, 7:00 pm, Sheldon lecture hall C9

#### Churchill region

- Wednesday, January 16, 7:00 pm, Churchill cafeteria

For more information contact one of the Eugene IHS offices below, or visit the website at [www.ihs.4j.lane.edu](http://www.ihs.4j.lane.edu).

Eugene IHS @ Churchill: 541-790-5225

Eugene IHS @ Sheldon: 541-790-6636

Eugene IHS @ South Eugene: 541-790-8030

## STUDENT VOLUNTEERING OPPORTUNITIES

Parenting Now!, a non-profit organization that provides parenting support services to families in Lane County, is looking for volunteers for their children's program during winter term. Volunteers would assist in leading age-appropriate activities with toddlers and young children while their parents attend parenting group meetings and would need to commit to volunteering every Wednesday evening for 3 hours for the next 10 or 12 weeks. Groups began on Wednesday January 9th. However volunteers may start a week late. For more information, click [here](#).

## MANAGE THE STRESSES OF HIGH SCHOOL WITH YOGA!

The YMCA is generously offering a low-cost series of [yoga and meditation classes just for SEHS students](#). The classes will take place on Tuesdays (January 15, 22, 29 and February 5) from 3:50-4:50 pm at the Eugene Family YMCA.

## STUDENT EXCHANGE AND HOSTING OPPORTUNITIES

- **Italy** ~ Host an Italian student. Your child is invited to Italy; Ergon sponsors the flight! Join the Ergon cross cultural exchange program! As a family you will have the enriching and fun experience of hosting a 16-17-year-old Italian student for the 2019-20 school year, for either half or all the school year. The Italian family will in turn host your child for a fully paid summer vacation.

Ergon has had many South host families who shared their homes with an Italian student; many of those visits have turned into long-term friendships for themselves and their children. This year Olivia has joined your students at South and is really enjoying the experience. Ergon's current and former host parents are happy to share their experiences with you. Ergon specializes in a rigorous selection process and carefully matches students with host families. Students are fully insured and arrive with pocket money for all expenses.

To learn more, please email Eugene coordinator at [kobrien334@comcast.net](mailto:kobrien334@comcast.net) and visit the website at [www.ergon-se.org](http://www.ergon-se.org). Thank you!

- **France, Germany, Italy, and Spain ~ Don't Just Study a Second Language - Live It!** The best way to learn a foreign language is to be immersed in it. ADOLESCO YOUTH EXCHANGE offers a unique, two-way exchange program in France, Germany, Italy, and Spain that gives your child the opportunity to immerse themselves in a new language and new culture AND to host their carefully matched exchange partner in turn. Learn French, German, Italian or Spanish while living a new culture and gain a great friend and a second, overseas family for life! ADOLESCO YOUTH EXCHANGE will match you with a student about your own age; you will decide exactly WHEN (whatever's best for your schedule) and for HOW LONG (between 6 to 12 weeks) you want to go on exchange (and then to host), as part of our flexible and affordable nonprofit language immersion and cultural exchange program for qualifying students between ages 9 and 18.

Please attend an INFO MEETING on **Sunday, Feb. 17, 2019** from **2 to 4 PM** at the **Vancouver Community Library, Skamania Room** (901 C St. Vancouver, WA 98660), RSVP [marie@adolesco.org](mailto:marie@adolesco.org), and see [www.Adolesco.org](http://www.Adolesco.org) for more info. They are currently accepting applications for potential matches with a long list of waitlisted European candidates wanting a US partner. The final application deadline to be included before Summer 2019 is March 15, 2019, and matches will be announced by late April 2019. YOU can now learn French, German, Italian, or Spanish while living IN a new culture AND gain a great friend...for life!

## CAREER CENTER CHECK-IN

### • **Upcoming College and Program Visits**

- NROTC Scholarship Presentation (Tue, 1/15@11:07)
- 2019 Trades Academy Youth Training Program Presentation (Fri, 1/18@9:35)
- OSU-Cascades (Wed, 1/23@11:07)
- OIT (Thu, 1/24@2:18)
- Rustic Pathways (travel program) (Tue, 2/12@1:01)

Visit [South's website](#) to view entire list of scheduled visits. This is an evolving list. You'll want to check it regularly.

- **Scholarships (due dates in parentheses):** [Pathways in Education Opportunities](#) (1/11); [PRIDE Foundation](#) (1/11); [United States JCI Foundation Scholarships](#) (1/11); [OSCPA Scholarship Foundation](#) (1/14); [U of O Pathway Oregon Scholarship Program](#) (1/15); [U of O Diversity Excellence Scholarship](#) (1/15); [U of O Apex and Summit Scholarships](#) (1/15); [U of O Presidential Scholarship](#) (1/15); [Beat the Odds Scholarship - Stand for Children Leadership Center](#) (2/1). Check out our ["Current Scholarships" web page](#) for more, or visit the career center in room 7.
- **This Week's Featured Scholarship:** The [Beat the Odds Scholarship - Stand for Children Leadership Center](#) awards up to five \$4,000 scholarships to Eugene/Springfield area students with financial need who have "beaten the odds" by succeeding in school despite hardships like poverty, disability, homelessness or personal tragedy. Awards are renewable for up to four years. Applicants must have a minimum 3.0 GPA; show marked effort, improvement or success; participate in activities that are helpful to others; and be willing to share their story at the award ceremony and for related publicity. Applications due 2/1. Learn more at <https://app.smarterselect.com/programs/50721-Stand-For-Children-Leadership-Center>. Please give at least two weeks' notice (preferably four weeks!) for requesting any letters of recommendation, and if you specifically want a counselor recommendation, submit the yellow Scholarship Recommendation Request form, available in the counseling center and in the career center.

- [Does a Gap Year Affect Financial Aid? What to Consider Before Taking a Gap Year](#) by Jodi Okun for *The Balance*.
- [Admission Anxiety - And Ten Steps to Reduce It](#) by Jeff Schiffman, Director of Admission, Tulane University.
- [Looking Beyond Ivy League Hype](#) by Lynne O'Shaughnessy, author of *The College Solution* blog
- **Classic South juniors:** You should have started your Junior Project in the career center by now. This is a grad requirement *and* a great tool for planning your future! Come see us in room 7 today!
- [Cement mason and plasterer apprenticeship info for 2019](#)
- **1/14/19:** Registration opens for the [WISE Symposium](#), a series of workshops taught by STEM (Science, Technology, Engineering, and Math) professionals, to take place Thursday, February 28 in the Churchill HS auditorium. Free and open to ALL Lane County students.
- **1/14/19:** [Portfolio Basics Class](#): Calling all high schoolers! Need a portfolio for your applications for college or training certification programs? Not sure what to include? Get the basics down in this portfolio workshop as we prepare your work for digital and/or print presentation. Mondays, January 14 - March 11, 4:30 pm - 6:30 pm at Maude Kerns Art Center. [Scholarships](#) available.
- **1/15/19: Seniors considering attending LCC:** RTEC 101 is a *FREE* 1-2 credit course offered by LCC to help students become familiar and comfortable with the campus, its resources, and the ways to access them most easily. This could be a great confidence booster for any potentially LCC-bound students! For more information and the course schedule, see the [flyer](#). (The course beginning 1/9/19 has already been filled.) To register for the course, click [here](#).
- **1/17/19:** [Portfolio Development Class](#): Calling all high schoolers! Thinking about going into an arts school? Want to enter the creative sector job market? You will need a well-rounded portfolio. This intensive will focus building your content. Join fellow emerging creative artists and work on your drawing and painting portfolio content. Thursdays, January 17 - March 7, 4:30 pm – 6:30 pm at Maude Kerns Art Center. [Scholarships](#) available.
- **1/25/19:** Extended due date for the **2019 Trades Academy Youth Training Program**. This is a series of classes running for six weeks (4 hrs/wk) from the first week of February to the second week of March. It's an excellent opportunity to learn about careers in the building trades, especially plumbing, steamfitting & sheet metal work, and carpentry. Questions? Attend a Trades Academy presentation by Peter Lauf from Lane ESD next Friday, January 18 at 9:35 in the

career center at South, or contact Peter at <[plauf@lesd.k12.or.us](mailto:plauf@lesd.k12.or.us)> or 541-461-8297. Find the application [here](#). KEZI also featured the Trades Academy as part of their [Skilled to Work project](#).

- **1/30/19:** Priority deadline to apply for the UO Chinese Flagship Program. The program offers financial, academic, social, and career support to students who want to become professionally fluent in Mandarin, and it doesn't charge any extra fees. Apply [here](#). (Students are welcome to apply after January 30th, but the program offers priority scholarship consideration to students who apply by the deadline.)
- **2/1/19:** Due date for applications for job shadows and internships through [Elevate Lane County](#).
- **2/1/19:** Due date for Kaiser Permanente Youth Exploration Academy in Healthcare (KP YEAH!), a paid, four-week-long interactive exploration program for current 10th, 11th, and 12th graders. This summer program will run from 7/2-7/27/2019 at Kaiser Permanente in Portland. It focuses on providing high school students with exposure to Kaiser Permanente's integrated healthcare system while promoting access to higher education, career readiness and introduction to various healthcare pathways. Get more information and apply [here!](#)
- **2/15/19:** Due date to apply for the [2019 Western Aerospace Scholars \(WAS\) Sophomore Program](#). This **free** program contains two components: an online distance learning course and a summer experience, both specifically designed for high-school sophomores interested in science, technology, engineering and math (STEM) fields. If students successfully complete the online course, they are invited to participate in a three-day summer experience. The [2019 WAS Sophomore Program application](#) is available now. The online course begins March 5 and ends in April. The summer program will be held in July or August of 2019.
- **2/28/19:** [WISE Symposium](#), a series of workshops taught by STEM (Science, Technology, Engineering, and Math) professionals, to take place in the Churchill HS auditorium. Free and open to *ALL* Lane County students.

Until next time,

Tom Jacobs  
Volunteer eNEWS Editor

**Stay in touch on social media:**

Join the [Parents at SEHS Facebook group](#) to get updates on parent-related news and events at SEHS and 4J. You can also post questions and answers for other parents.

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<https://npogroups.org/lists/arc/sehs>

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