

Dear Parents,

Happy Friday, especially for our kids who get the day off! Below you will find a listing of upcoming events; information on AP exam registration; an announcement of a free program for help with teen drug use; an offer to purchase senior sweatshirts; an invitation to attend the Friends of South annual meeting; a reminder about the Amazon Parkway closure; information about the Apprenticeships in Science & Engineering program, a summer job opportunity, and Northwest Youth Corp camps; a listing of student employment and volunteering opportunities; the monthly listing of student exchange and hosting opportunities; and the weekly Career Center Check-In.

### **UPCOMING EVENTS**

(Thu-Sat) 2/7-9: *Rumors*, from 7:00 to 9:00 p.m., in the Auditorium.

(Mon) 2/11: **Parent Council meeting**, from 6:00 to 7:30 p.m., in Room 6.

(Thu-Sat) 2/14-16: *Rumors*, from 7:00 to 9:00 p.m., in the Auditorium.

(Mon) 2/18: **NO SCHOOL** (Presidents Day).

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

### **AP EXAM REGISTRATION**

Registration for the May AP Exams begins Tuesday, February 19. [Click for detailed information](#).

### **FREE TREATMENT PROGRAM FOR HELP WITH TEEN DRUG USE**

Adolescent and Family Services (AFS) is a new community resource for families dealing with teen drug use. Oregon Social Learning Center is providing an evidenced-based drug and alcohol treatment for teens ages 12-18. With a grant from the National Institute on Drug Abuse, this treatment is provided at no cost to families as part of a research study. This family-based, outpatient counseling may be delivered in English or Spanish, and focuses on helping parents and youth learn new skills to deal with drug and alcohol problems. For more info see <https://www.odclinic.org/afs/> or contact Julie Marchini at [afs@oslc.org](mailto:afs@oslc.org) or 541-284-7560.

### **SENIOR SWEATSHIRTS**

*And now a word from the South Eugene Student Government:*

Attention Parents of Seniors:

It is time to order senior sweatshirts!! As we are reaching the last half of the school year, it is time to start thinking about graduation and celebrating the hard work that your

Seniors have put forth during the past four years. One way to reflect on the last four years in high school and to remember this time forever is with a Senior Sweatshirt!

Sweatshirts and long sleeved t-shirts can be ordered in the main hallway or in the finance office from now until FEBRUARY 15<sup>th</sup>. Sweatshirts cost \$28 and long sleeves cost \$18. Students must pay at time of order. All checks made out to SEHS. Don't miss this once in a lifetime opportunity!

### **FRIENDS OF SOUTH — ANNUAL MEETING**

All interested parents, teachers, coaches and alumni are invited to attend the Annual Meeting of Friends of South Eugene High School; Monday February 25, 2019 at 6:00 p.m. in the Library. Meet the Board of Directors and participate in the election of the BoD for 2019-2020. Hear a financial report on Celebrate South/Hall of Fame dinner, and full-year 2018 results. Learn about how we support South Eugene students and programs, and how you can support South in the future. Volunteer for a role that suits your interests and skills.

Learn more here: <https://www.friendsofsouth.com>. Contact President of the BoD Dan Ambrose '73 ([dan.ambrose@ambro.com](mailto:dan.ambrose@ambro.com)), with questions.

### **AMAZON PARKWAY CLOSURE**

Amazon Parkway will be closed for construction until Friday, February 8. The contractor has provided an [informational flyer](#).

### **APPRENTICESHIPS IN SCIENCE & ENGINEERING**

#### **Breaking news...UO mentorship has just been added!**

Join us for a virtual [Apprenticeships in Science & Engineering \(ASE\) information session](#). It's February 6th, 7-8 pm. 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.

## **SUMMER JOB OPPORTUNITY**

Students ages 15-18 are encouraged to apply for positions at the McKenzie River Ranger Station, mid-June to mid-August. If you love the outdoors and physical work, this job is 40 hours per week, paying minimum wage. Job skills, teamwork and forest management make this a great opportunity for high school students. Applications are due by February 15th. For more information visit [www.fs.usda.gov/goto/willamette/ycc](http://www.fs.usda.gov/goto/willamette/ycc) or see Kathy Ruggles in Room 302.

## **NORTHWEST YOUTH CORPS CAMPS**

Northwest Youth Corps offers camps and programs for high school students of all ages. Some offer school credit and a stipend in a dynamic outdoor experience. Students develop leadership skills, learn about the environment and enhancing natural resources. On February 5th during 3rd period, a NWY Corps leader will be in the College & Career Center to talk with interested students.

## **STUDENT EMPLOYMENT OPPORTUNITIES**

- **Northwest Youth Corps** ~ On February 5th, a representative from Northwest Youth Corp will be in the College & Career Center. NYC offers summer work opportunities for youth (15-19) to learn technical job skills and environmental conservation, while earning money and high school credit. Programs will be in various locations throughout Oregon, Washington, and Idaho. The application process opens on February 1st. Visit their website for more information about specific programs at <http://www.nwyouthcorps.org>.

## **STUDENT VOLUNTEERING OPPORTUNITIES**

- **2/16-17: Asian Celebration at the Lane County Fairgrounds:** There is a need for a large number of high school volunteers to run carnival games at this event. Volunteers work a 4-hour shift, then can enjoy the celebration for free when their shift is over. Sign up [here](#), and you will be contacted with more information about where to go when you arrive. For more information, contact Rita Gillihan, Asian Celebration Children's Carnival Chair/ Yujin Gakuen PTO (541-852-8835, [rita.gillihan1@gmail.com](mailto:rita.gillihan1@gmail.com)).

## **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 student at South and is really enjoying the experience. Contact a SEHS host parent to know more! 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 Ergon's 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:** Northwest Youth Corps (Tue, 2/5@11:07), U.S. Army (Thu, 2/7@11:07), Rustic Pathways (travel program) (Tue, 2/12@1:01), Truth in Recruiting (military information) (Tue, 2/19@12:19). Visit our [College/Program Visits and Fairs web page](#) to view entire list of scheduled visits. This is an evolving list. You'll want to check it regularly.
- **Scholarships (due dates in parentheses):** [Epsilon Sigma Alpha Foundation \(ESA\) \(2/1\)](#); [OSU Merit and Diversity Scholarships \(2/1\)](#); [Jackie Robinson Academic Scholarship \(2/1\)](#); [OSU Bridge to Success \(2/1\)](#); [Beat the Odds Scholarship - Stand for Children Leadership Center \(2/1\)](#); [Oregon Wheat Foundation Scholarship Program \(2/1\)](#); [Fiction Fantastic Young Writers' Contest \(2/1\)](#); [Al Forthan Memorial Recovery Scholarship \(2/4\)](#). Check out our "[Scholarships](#)" web page for more, or visit the career center in room 7.
- **This Week's Featured Scholarships:**
  - If you are a senior heading to a 2- or 4-year college or trade school, apply through [Oregon Student Access Commission \(OSAC\)](#) for over 600

scholarships ranging from \$1,000-\$10,000 with one easy, online application. Early applications (due by 2/15) are entered into a drawing for a \$1000 OSAC scholarship. Regular deadline is 3/1. No minimum GPA or financial-need requirement for some scholarships. Completed FAFSA or ORSAA application recommended. Undocumented students are welcome to apply. Learn more at

<http://www.oregonstudentaid.gov/scholarships.aspx>.

- If you are heading to LCC, the **LCC Foundation** offers hundreds of scholarships available for students with various career interests and GPAs. Use one online application to apply for multiple scholarships ranging from \$300 to \$7,000. A completed FAFSA or ORSAA is recommended. Undocumented students are welcome to apply. Must apply for LCC several days before applying for LCC Foundation scholarships. Scholarship application due by 3/4. Find out more at <https://www.lanecc.edu/foundation/scholarships>. *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.
- [How to Appeal a Financial Aid Letter](#) by Lynn O'Shaughnessy, author of The College Solution blog.
- [Looking Beyond Ivy League Hype](#) by Lynne O'Shaughnessy, author of *The College Solution* blog.
- **Sophomores and Juniors:** Your PSAT booklets, from which you took your PSAT in October, are available in the career center if you want them. They contain the questions from the test and any work you did to solve the problems in the booklet. We do not yet have the paper copies of your score sheet. You should have received an email last December with a link to your online scores. (Your online scores also include a list of the PSAT questions and how you should have solved them, what your scores mean, and what you might want to do now with them). If you did not receive this email, you may create a [College Board account](#) and access your scores that way.
- **Undocumented Oregon Students:** The [ORSAA \(Oregon Student Aid Application\)](#) is an alternative to the FAFSA for undocumented Oregon high-school seniors, including students who have Deferred Action for Childhood Arrivals (DACA) status or Temporary Protected Status (TPS). Eligible

undocumented and DACA students in Oregon can get help to pay for college. Learn more about [Financial Aid for Undocumented and DACA Students](#).

- **Western Oregon University** has a new collection of admissions publicity in Spanish which are in South's career center. Also, they now offer Saturday information sessions and tours of the school in Spanish, and there will be a Future WOU Wolf Day in Spanish on 2/23/19. For more information, see [wou.edu/admission/visit](http://wou.edu/admission/visit).
- **AmeriCorps:** Considering taking a gap year after graduation? This federal service program is dedicated to building young leaders, serving disadvantaged communities, increasing job skills, and providing opportunities to earn money for education. Through AmeriCorps, young adults are assigned to work in non-profits, government agencies, and community-based organizations throughout the United States. In exchange for their 10 months of service, students receive money for college, living allowances, health benefits, and new job skills. For more information, see the [AmeriCorps](#) flier or go to its [website](#).
- **2/1/19:** Due date for applications for *job shadows* through [Elevate Lane County](#). Elevate will not be offering *internships* during the spring. It's possible they'll have internships available once again during the summer.
- **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 an introduction to various healthcare pathways. Get more information and apply [here](#).
- **2/2/19: Free ACT Prep:** Fit last-minute ACT prep into your schedule with interactive livestreaming sessions taught by Kaplan experts. Cover English, reading, math, and science in two 90 minute sessions.
- **2/13/19: 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 [flier](#). (The course beginning 2/13/19 is the only one that hasn't started already.) To register for the course, click [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 the 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://sehs.4j.lane.edu/sehs-enews/>

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