

*South Eugene High School*

# NEWSLETTER

Oct. 29, 2021

[Main Website](#) | [Calendar](#) | [Athletics](#) | [IHS](#)  
[Instagram](#) | [Facebook](#)



SEHS Families,

The South Eugene High School Newsletter will be emailed at least every other week on Friday. Our goal is to make sure that all families have access to news, events, and opportunities at South.

## ATTENDANCE

**Excusing an absence:** Parents or guardians should email the attendance office at [dialsehs@4j.lane.edu](mailto:dialsehs@4j.lane.edu) or call the attendance line at [541-790-8008](tel:541-790-8008) to have the absence excused. **Requests to excuse absences must be received within 48 hours.**

**Leaving campus:** Parents or guardians should make arrangements with their student when leaving school early (e.g., doctor's appointment). Parents/Guardians should call the attendance office to excuse the absence and the student must inform their teacher of the early departure.

**Prearranged Absences:** Absences for religious or cultural purpose including observance of a religious or cultural holiday or participation in religious or cultural instruction; and post-secondary, technical school or apprenticeship program visitation or scholarship interview may be excused if a [Prearranged Absence Form](#) has been submitted and approved. *Vacations are not customarily considered as excused absences.*

## ADVANCED PLACEMENT (AP) PROGRAM

It is now time for students wanting to take an AP exam to join the AP classroom and pay for the exam(s). Join Codes are provided by the SEHS AP teacher and self-studying codes for an exam can be found on this [SEHS AP website](#). For complete details and the link to the AP SchoolPay please visit our [SEHS AP Program Website \(linked\)](#), or you can find it on our SEHS website under *Academics*. The deadline to order an exam is **Thursday, November 11th**.

## CLASS SCHEDULES

Class schedules are viewable in [StudentVUE/ParentVUE](#).

A Course Correction Form for Trimester 2 will be available in November on the [Scheduling website](#). Students will be able to access the form using their 4j email. We do not grant access to non-4j emails. Trimester 3 forms will be available in February. Students wanting to discuss future trimesters or graduation requirements should make an appointment with their counselor.

---

## SENIORS

**Counselor Newsletter:** Senior year is very exciting, but also very busy. To help students in their final year of high school the counseling department has created a newsletter to help you along. The counselors will continue to add valuable information as the year goes on. Counselor Newsletter: [Welcome to Senior Year!](#)

**Senior Interview:** Have you scheduled your Senior interview? If not, now is the time. This is an opportunity to review the Senior checklist, discuss post high school plans, and learn about the college application process. For scheduling, please use this [counseling appointment link](#) or scan the QR code in the Counseling Office. [Senior Year Info web page](#)

**Graduation Orders:** Your senior year is underway! The time to order your graduation gown and senior gear is here! It is extremely important to get orders in soon so that the manufacturer can produce all of our gowns. Supply chains are still disrupted from the COVID-19 pandemic and we ask that you place your order now.

**Please place your order by Friday, November 19.** If you will be borrowing a cap and/or gown, please email Kimberly Mejia at [mejia\\_k@4j.lane.edu](mailto:mejia_k@4j.lane.edu). For more info, visit the [Graduation webpage](#).

## PARKING

Students wanting to park on campus this year need to complete a [Parking Application](#) with their parent/guardian and pay \$50 on [SchoolPay](#). **Vehicles on campus without a Parking Permit are subject to parking fines.**

## YEARBOOK

To order a yearbook, and/or to order and build a Senior Recognition Ad go to [South's Jostens online purchasing link](#), and scroll down for purchasing options. Students approved for free/reduced lunch may purchase a reduced price yearbook (\$40) on [SchoolPay](#). Proof of eligibility status must be turned in to the SEHS Finance Office to finalize these purchases. The discounted purchases are available through January 31.

## BLACK STUDENT MAGAZINE

Join Black middle and high school students from across Oregon in creating the next edition of Black Student Magazine for FREE! This fall students have an opportunity to gather weekly on Wednesdays via Zoom to celebrate Black culture and make new friends statewide while improving your writing and multimedia skills.

Click [HERE](#) to register. For more information click [HERE](#) or contact Jael Calloway, Editor [jaelcalloway6@gmail.com](mailto:jaelcalloway6@gmail.com).

## 2021 CONGRESSIONAL APP CHALLENGE

This annual competition encourages students to learn how to code by creating their own applications. The App Challenge highlights the value of computer science and STEM education and gives students an opportunity to have their innovative works recognized nationally. The competition is open to currently enrolled middle and high school students.

Students may register and submit their application through November 1st, 2021 at 12:00PM EST. To register and/or learn more, please click [HERE](#).

## LIBRARY

The library is open for students! They can come to the library before and after school or during free periods and check out books in person, or reserve books using the [Online Catalog](#). The [Library Homepage](#) has many resources available for doing school work, including databases and useful links.

---

## A NOTE ABOUT ILLNESS & STATE & LOCAL GUIDANCE FOR COVID SYMPTOMS

**Primary symptoms of COVID:** cough, temp >100.4, chills, shortness of breath, difficulty breathing, new loss of taste or smell.

**Secondary symptoms of COVID:** fatigue, muscle or body aches, headache, sore throat, nasal congestion, runny nose, nausea or vomiting, diarrhea.

There is specific guidance from the state (Oregon Health Authority and Oregon Department of Education) and Lane County Public Health this year in terms of illness and when students are allowed to return to school. A summary can be found in the Covid Exclusion guidance link below.

If your child has any of the primary symptoms listed above, please notify the school and keep your child home. Your student will need to get a COVID test from a lab (rapid or PCR are both accepted by 4J; PCR is best practice if your child has primary symptoms). Please notify the school once the results of the COVID test are in. \*Please note, home tests of any kind are not accepted in these instances.

- If the test is negative, your student may return once you have spoken to the school to report results and symptoms are mostly resolved and fever free for 24 hours without use of fever-reducing medications.
- If the test is positive, please notify the school and the nurse or principal will follow up with you as to your child's return to school date.
- If you choose not to do a COVID test, your child will need to stay home for 10 days from the start of the primary symptoms. Please notify the school and the nurse will follow up with you as to your child's return to school date.

If your student has secondary Covid symptoms, please notify the school and keep your student home until symptoms are mostly resolved. We are following the usual Symptom Based Exclusion Guidelines for Secondary Symptoms (see p12 of link below). If symptoms change and develop into primary, please follow the above guidance.

Bottom line, if your student stays home sick or goes home from school sick, please have confirmation from the school that your student is ok to return before bringing them to school. Thank you for helping keep our community safe and healthy!

Link to find [Testing Centers](#). Link to [Covid Exclusion Guidance](#). Link to [Symptom based Exclusion Guideline](#) (p.12).

### FREE AT-HOME COVID-19 TESTING

Students will have the opportunity to test for Covid-19 for free. This is a collaboration between OHA, UO, and 4J. **Testing does not start immediately after forms are submitted to the Main Office, but should be available 7-10 days after forms are submitted, depending on when materials are made available by UO.**

Detailed information may be found [HERE](#). *Please make sure to complete all required steps.*

### 4J COVID-19 HEALTH AND SAFETY PROTOCOLS 2021-22

Please take a moment to view the video linked below for information on 4J Covid-19 Health and Safety Protocols.

English: [4J COVID-19 Health and Safety Protocols 2021-22](#)

Spanish: [4J COVID-19 Protocolos de salud y seguridad 2021-22](#)

### LANE ESD's AFRICAN-AMERICAN PARENT NIGHT

The event will be on November 16th, 2021 from 6-7:30pm. Please visit [this link](#) for more information.

---

## PARENT INVOLVEMENT

**Parent Council:** All parents are automatically considered to be part of South's Parent Council and are welcome to attend Parent Council meetings. Meetings are typically held the first Monday of the month at 6:00pm and occur via Zoom at the moment. Interested parents can contact Carey Killen at [killen\\_c@4j.lane.edu](mailto:killen_c@4j.lane.edu).

**Site Council:** South Eugene's Site Council meets monthly. In 2021-22 we will be meeting the third Tuesday of each month from 4:00-5:00 and the meeting is accessible via this [link](#). Meetings are virtual this fall and open to the public, and interpretation can be made available upon request.

**Friends of South- FOS is for parents first...not just alumni.** All parents and volunteers wishing to support South programs with fundraising are invited. Email [Dan.Ambrose@ambro.com](mailto:Dan.Ambrose@ambro.com) for a zoom invitation/link. Meetings are usually held the second Monday of each month. Please visit the [Friends of South website](#) to learn more.

## SCHOOL TO CAREERS

**Employment Opportunity-** UO Housing & Dining have open part-time positions for high school students 16 years of age and older. Applicants must be fully vaccinated. Hours are flexible, and positions pay \$13.25 per hour. Students can apply by reaching out to the hiring team via email at [houshire@uoregon.edu](mailto:houshire@uoregon.edu) with an attached resume. They can also contact 541-346-4330, and they will be contacted in a timely manner.

**Junior and Senior students,** do you have a job after school? If you work 10 hours or more each week, you can earn elective credit. Please contact Kathy Ruggles at [ruggles\\_k@4j.lane.edu](mailto:ruggles_k@4j.lane.edu) for more information.

**South's Work Study program** has a position open in the Cafeteria period 3. Students are paid minimum wage and receive .5 Other Subject credit P/NP. These positions are year-long commitments. Students gain experience in food preparation, teamwork and customer service. If you are interested, bring a current resume to Kathy Ruggles in Room 302 or contact Kathy at [ruggles\\_k@4j.lane.edu](mailto:ruggles_k@4j.lane.edu).

## CAREER CENTER CHECK IN

**Lori Sauter, SEHS College and Career Center Coordinator**

Welcome! I'm eager to help with your post-high-school planning:

- Check out the *College and Career Center* web pages under *ACADEMICS* on South's [website](#) for a wealth of info.
- Read about upcoming events in this newsletter.
- And, of course, reach out to me. That's the best part of my job: [sauter\\_l@4j.lane.edu](mailto:sauter_l@4j.lane.edu), 541-790-8052 (live+msg), 541-790-8011 (live only), Zoom, or drop by the career center (room 7) for a visit (students only right now).

## College and Program Virtual Visits:

<u>College/Program</u>	<u>Representative</u>	<u>Date</u>	<u>Time</u>
Pacific Northwest College of Art	Katie Sifford	Tue November 2, 2021	10:15 AM
Kenyon College	Chris Renaud	Tue November 2, 2021	11:30 AM
Seattle University	Calista-Rae Campbell	Tue November 2, 2021	1:00 PM
Northern Arizona University	Lauren Rosales	Wed November 3, 2021	10:15 AM
The University of Arizona	Lillian Do-Tran	Wed November 3, 2021	11:30 AM

Oregon Institute of Technology	Willow Charlton	Thu November 4, 2021	10:15 AM
University of Colorado Boulder	Madeline Harvey	Thu November 4, 2021	11:30 AM

- For virtual-visit links, log into [Naviance Student](#) - *Colleges - College Visits - Virtual Visit Link*.
- Keep an eye on the dates/times of your favorite schools' visits; this schedule is definitely a work-in-progress.
- Can't log in to your Naviance Student account? Email Lori Sauter ([sauter\\_l@4j.lane.edu](mailto:sauter_l@4j.lane.edu)) for help.
- Confirm with your teacher that it will work for you to be absent for 30-40 minutes.
- I invite you to attend virtual visits with your laptop (and earbuds if you have them) in the Career Center. I'll arrange for your classroom absence to be excused.
- Check out South's [College/Program Visits and Fairs](#) page for more information about visits and upcoming fairs.

### Scholarships:

- **Upcoming South-Supported Scholarships:** [NACME \(for minorities in engineering\)](#) (10/30); [Evans Scholarship for Caddies](#) (10/30); [Coca-Cola Scholars Foundation Scholarships](#) (10/31); [National Security Agency: Stokes Educational Scholarship Program](#) (10/31); [Voice of Democracy - Local Sponsor VFW Post 293](#) (10/31); [Stamps Leadership Scholar--University of Oregon](#) (11/1); [Prudential Emerging Visionaries](#) (11/4); [National Security Language Initiative for Youth \(NSLI-Y\)](#) (11/4); [Hispanic Heritage Foundation Youth Awards](#) (11/14); [Elks Most Valuable Student Scholarships](#) (11/15).
- **This Week's Featured Scholarships:**
  - o The [Elks Most Valuable Student Scholarships](#) awards multiple scholarships of \$500, \$1,000, and \$1,500 to Eugene-area students with financial need who will attend a 4-year school. Selection is based on leadership, academic achievements, community involvement, and financial need. Local winners advance to district, state, and national competitions for awards of up to \$50,000. In recent years, local students have successfully competed at higher levels, including the national contest. Requires transcript and FAFSA. SAT/ACT scores waived for the class of 2022. Affiliation with the Elks organization is not required. Must be a U.S. citizen. Apply by 11/15.  
*Come hear about financial aid for college- and vocational-school-bound students at the Elks Scholarships and Grants Information Night on 11/8 at 6 p.m. at the Eugene Elks Lodge (2470 W. 11th Ave). Masks required. For questions, call Elks member Preston Wills at 541-689-4040.*
  - o The [National Security Language Initiative for Youth \(NSLI-Y\)](#) offers over 660 merit-based scholarships for U.S. citizen high-school students between the ages of 15 and 18 to study a language in the summer or academic year. Recipients receive intensive language learning via classes, cultural activities, and living overseas with a host family. Programs offered in Arabic, Chinese (Mandarin), Hindi, Indonesian, Korean, Persian (Tajiki), Russian, or Turkish. NSLI-Y is a program of the U.S. Dept. of State's Bureau of Educational and Cultural Affairs. Scholarships cover travel, tuition, food, secondary medical insurance, and a modest stipend. Requires transcript, teacher recommendation, and parent statement. Minimum 2.5 GPA. Apply by 11/4.

- 
- Check out our [Scholarships](#) web page for more information. If you need a recommendation from a counselor for your application, please fill out this [form](#). And please give at least two weeks' notice (preferably four weeks!) for requesting any letters of recommendation.

### **Career Center Current Events:**

**NOW:** Welcome to the [Junior/Senior Resources newsletter](#)! We hope you find it useful. In this issue, you'll find: tips for juniors and seniors along with information about money management, resume building, earning college credit in high school, career prep in high school, tips for life after graduation, and much more.

**NOW: Proofreading assistance for college- and scholarship-application essays** now available through the College & Career Center. Email Lori Sauter ([sauter\\_l@4j.lane.edu](mailto:sauter_l@4j.lane.edu)) and include in the email the (1) essay, (2) exact prompt or question your essay is addressing, (3) required word count maximum, and (4) date you need the essay returned to you in order to edit and submit it in time. Also include (5) whether you prefer to have one person look at your essay (less confusing when you're dealing with only one person's advice) or two people look at it (different people see different things in an essay, so two people would give you more things to think about).

**10/30:** Due date for [Oregon College Savings Plan's Smart Start Sweepstakes](#) for \$250. And while you're at it, consider opening a new account with OCSP or setting up recurring payments to your existing account. This plan is a lifesaver for helping to pay for college.

**11/1:** First day of class for [RTEC 101](#), a *FREE*, 1-2 credit, online course for high-school seniors offered by LCC to help prospective students become familiar with the school's resources, financial-aid process, and academic pathways. This is a great confidence booster!

**11/1:** Application window opens for [Partnership for Scientific Inquiry \(PSI\) Program](#) and closes 12/17. This free program for Oregon sophomores, juniors, and seniors introduces students to the scientific process and provides access to research scientists from OHSU and other Portland research institutes in a virtual 16-week course. Participants may have an opportunity to be paired with a mentor for a summer research experience. [Summary flyer](#)

**11/1:** First day of free [Youth Financial Foundations](#) course for all Lane County high schoolers. This course walks students through personal-finance topics they will face when they live on their own. Every Monday in November from 4:00 pm - 6:00 pm (5 weeks) *or* Saturday, November 6th from 9:00 am to 5:00 pm (one full day). [Register here](#) but only if you're available to attend the entire course. No part-time attendees, please. You may list me, Lori Sauter, as your youth advocate in the registration.

**11/1:** [Virtual FAFSA Q & A Session](#) 6:30-7:30 pm. Hosted by UO's Financial Aid, and SAIL program.

**11/4:** [UO SAIL \(Virtual\) Financial-Aid Night](#) from 6:30-8 pm. Financial aid overview and Q&A session. Spanish interpretation available. Click the [link](#) to join.



---

**11/5:** Next Zoom session for [2021 PALA Pasos al Futuro Parent Program](#) from 6-7 pm. This program, for Latinx families, offers Zoom sessions twice a month with the goal of informing parents about college planning and successful high-school completion. These sessions have been ongoing since September.

**11/6 [Path to Scholarships Zoom Workshop](#)** @ 9 am-12 pm. Free opportunity for Hispanic students to learn about college and scholarship applications and practice writing application essays. Space is limited; please [RSVP](#).

**11/6: [Beaver Open House](#).** These full-day programs provide an in-depth look at Oregon State. Take a student-led tour, check out the residence halls, learn about academic majors and options, and meet some of our faculty and students. Registration is limited.

**11/8: Information Night re: Elks Scholarships and Grants.** 6 pm @ the Eugene Elks Lodge (2470 W. 11th Ave.) Come hear about financial aid being offered to college- and vocational-school- bound students. Masks required. Questions? Contact Elks member, Preston Wills (541-689-4040).

**11/9: Financial Aid Zoom Workshop** @ 6 pm. Free opportunity for Hispanic students and their families to complete the FAFSA/ORSAA application and ask questions. [Information necessary for FAFSA completion](#). Space is limited; please [RSVP](#).

**11/9: SEHS (Virtual) FAFSA and ORSAA Completion Night** @ 7 pm via Zoom meeting. Answers to your questions and assistance from UO financial-aid officers in completing the Free Application for Federal Student Aid ([FAFSA](#)--for U.S. citizens and eligible non-citizens) or the Oregon Student Aid Application ([ORSAA](#)--for Oregon residents who have undocumented status, DACA status, and/or TPS). Be prepared—have on hand your SSN (for FAFSA only) and your most up-to-date tax and financial information. Seniors completing the FAFSA plus [one parent](#) should complete their [FSAID](#) beforehand, if possible. Link to be emailed to seniors and their parents closer to the date. Spanish speakers available. Please RSVP your intent to attend and/or desire to work with a Spanish speaker to Lori Sauter ([sauter\\_l@4j.lane.edu](mailto:sauter_l@4j.lane.edu)).

**11/18:** Workshop 2 in the [Davis Women in Business Workshop Series](#). Titled *Career Exploration*. 7-7:45 pm. Eight workshops are being offered over the course of six months via Zoom that are focused on business-centric topics--professionalism, career exploration, interview prep, resume 101, etc. [Register](#). Join [Facebook group](#) for the series. [Zoom link](#). Zoom Meeting ID: 980 5084 3993.