

South Eugene High School

NEWSLETTER

March 18, 2022

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



MENTAL HEALTH RESOURCES

Mental health supports and resources in our community: [Available Resources](#)

Supports available during Spring Break March 21-25 and beyond

| | |
|---|---|
| Drop in support | Youth ERA https://www.youthera.org 44 West 7 th Ave., Eugene, Oregon |
| Care Solace | Please see 4J email to families |
| Crisis Text Line – 24/7 | Text “Oregon” to 741741 Available support in English or Spanish |
| 24/7 Suicide Prevention Lifeline | 800-273-8255 |
| Telehealth – brief therapy/emotional support. | Oregon Healing Collective As-Needed non-crisis counseling for processing, support, grief counseling, etc. To schedule, contact: 541-YOU-HEAL (968-4325) or email: info@oregonhealingcollective.com |
| Courageous Kids – grief support for K-12 students. Virtual support group options listed on website. Eugene support groups also available. | https://www.courageouskidseugene.org/ Contact Information: KJ Pfeiffer 458-205-7474 kpfeiffer@peacehealth.org |

ATTENDANCE

Excusing an absence: Parents or guardians should email the attendance office at 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.**

COUNSELING

Spring Term Schedule Changes: If your student is wanting to make a change to their Spring term schedule, please have them submit the T3 course correction form. We ask that they do not make an individual appointment for scheduling. The schedule change request form can be found on the SEHS [Scheduling/Forecasting Website](#) and will be opened until the first week of next trimester.

Counselor Drop-In Opportunities: Intended for quick questions that need immediate attention, no appointment necessary. Monday: 1st Period, Tuesday: 2nd Period, Wednesday: 3rd Period, Thursday: 4th Period, and Friday: 5th period.

Checking Advanced Placement (AP) Exam Registration: This is the time to check your AP exam registration. If you have registered and paid SEHS the exam fee the date and time of your exam(s) will appear in your course card in College Board *My AP*. If you are not registered for an exam that you intend to take please contact the AP Coordinator, Shantel Buss. More details and Shantel's contact information can be found on our [SEHS AP Website](#). If necessary you can also cancel your registered exam on the same website.

Mid-year report: If you discover that the colleges you applied to require a mid-year report on your behalf please stop by the counseling office and connect with Leann Hollenbeak.

2022 ACE AWARDS

Nominations for the [2022 ACE Awards](#) are open now!

Who is your champion in education? An inspiring teacher? An encouraging school secretary? A caring school counselor or nurse? A problem-solving tech support staff member? A dedicated nutrition services staff member? A bus driver who always takes the time to listen? A principal who is an inspirational leader? To learn more and nominate a 4J employee or volunteer, visit [4j.lane.edu/2022-ACE](#). **The nomination deadline is March 31.** One nominee in each of the four categories (teachers & licensed specialists, classified staff, administrators, and volunteers), will be named an ACE Award champion and win a \$250 grant from the Eugene Education Foundation for the 4J school or program of their choosing.

Join us in celebration of our amazing educators and cheer on the nominees at the virtual awards ceremony on May 10 at 6 p.m. (Watch for details). If you have questions or need assistance, please contact 4J Communications at johnson_hi@4j.lane.edu.

¿Quién es su campeón de la educación? ¿Un(a) maestro(a) que inspira? ¿Un(a) secretario(a) escolar que motiva? ¿Un(a) consejero(a) o un(a) enfermero(a) de la escuela que es amable? ¿Un miembro del personal de apoyo técnico que resuelve los problemas? ¿Un miembro muy dedicado del personal de servicios de nutrición? ¿Un chofer de autobús que siempre tiene tiempo para escuchar? ¿Un(a) director(a) que es un(a) líder inspiracional? Para obtener más información y nominar a un empleado del distrito de 4J, visite la página web [4j.lane.edu/2022-ace](#). **La fecha límite para nominar es el 31 de marzo.** Los Premios ACE nombran un campeón por cada una de las cuatro categorías (maestros y especialistas, personal clasificado y directores) y se les otorga una beca de \$250 de la Fundación Educativa de Eugene que podrán usar como una donación a una escuela del distrito o a un programa de 4J de su elección.

Acompáñenos a celebrar a nuestros increíbles educadores y a homenajear a los nominados en la entrega de premios virtual que se celebrará el 10 de mayo a las 6:00 p.m. Si tiene preguntas o necesita ayuda, por favor comuníquese con el departamento de comunicaciones de 4J por correo electrónico: garciavilla_j@4j.lane.edu o llame al 541-790-7707.

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.

NATIONAL HONOR SOCIETY

Application for membership to next year's NHS is available in the Career Center. The deadline for application submission is Friday, April 8, 2022 at 3:45 PM. Students must possess a strong GPA (3.6 or higher), strong leadership skills, and participate in volunteerism. If your student has questions, please have them contact Barb Keyworth, NHS Advisor, at keyworth_b@4j.lane.edu

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 being held in 2021-22 the third Monday of the month at 6:00pm and occur via Zoom at the moment and the link is [HERE](#). Feel free to join us for updates and topics of interest for parents, a chance to ask questions about school, sharing ideas for parent education events, staff appreciation and more.

Site Council: South Eugene's Site Council meets monthly. Our meetings are accessible via this [Link](#). Meetings are virtual 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 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.

Host an Italian Student: Ergon Student Exchange only admits strongly motivated, responsible, and respectful students. They are fully vaccinated and will meet all US entry regulations. They carry a \$2 million insurance which also covers Covid-related expenses.

To complete the cultural exchange, in the summer of 2023, your son or daughter will enjoy an-all expenses paid Italian vacation to visit the family of your Italian student. Ergon sponsors the flight!

To learn more, please visit www.ergon-se.org or email kobrien334@comcast.net. Thank you!

GRAD PARTY 2022

Volunteers needed and welcome for the Class of 2022 Senior All Night Graduation Party. There will be a planning meeting **Wednesday, March 30th at 6:30pm** in the Market of Choice-Woodfield Station upstairs eating area. Please email 2022gradpartysehs@gmail.com with any questions.

PROM 2022

Interested in assisting with Senior Events this spring? [Student Government](#) has a Google form where you can express your interest in coming activities! This isn't a commitment to any specific event, just an expression of your interest to help if possible. Prom is currently planned to take place at the Ford Alumni Center from 8pm to 11pm on Saturday, April 9th. Chaperone tasks will likely include helping with bag/coat check, monitoring exits, and enforcing the mask requirements.

Volunteers should complete the Volunteer Application on the 4j website, send Proof of Vaccination and the signed Waiver of COVID Liability as soon as possible. Contact Kathy Ruggles, Volunteer Coordinator with volunteer questions. (ruggles_k@4j.lane.edu).

PARENT Chaperone Interest Contact

SCHOOL TO CAREERS

Employment Opportunities

Bounce Gymnastics and Circus Arts Center is looking for part time coaches for the following positions: Gymnastics Coach Lead and Coach in Training. **Spring Break Gymnastics Camp Coach will take place March 21-25, 2022. Summer Gymnastics Camp Coach will take place June 20- Sept 2, 2022.**

We are looking for energetic, outgoing, positive people to join our staff at our unique gymnastics, ninjazoone and aerial arts school. Gymnastics and/or coaching experience is necessary. Full training will be available if you know gymnastics but have never coached before. Applicants must be at least 16 years old. Gymnastics coaching hours are after school and on the weekends. Spring Break and Summer Camp hours are Mon-Fri 8:30-1:00 or 12:30-5:30. Please email resumes and questions to office@bouncegymnastics.com or dropped off at Bounce Gymnastics and Circus Arts Center.

329 W. 3rd ave
Eugene, OR 97401
www.bouncegymnastics.com
541-343-4222

Jerry's Home Improvement is hiring at both Eugene and Springfield locations. Visit [this link](#) for a list of open positions, many are part time.

Paid gym-supervisor, scorekeeper, and referee positions available to assist with YMCA youth basketball. Applicants must be 14 years old, pass a background check and have proof of COVID vaccination. For more information email youthsports@eugeneymca.org or call 541.686.9622. Apply [HERE](#).

YMCA Youth Basketball program is hiring Coaches. Applicants must be 18 years of age, pass a criminal background check and present proof of full COVID vaccination. Required trainings in First Aid/CPR Certification and other trainings mandatory. Apply [HERE](#).

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 housh@uoregon.edu with an attached resume. They can also contact 541-346-4330, and they will be contacted in a timely manner.

City of Eugene Rec Center: Looking for a summer job? Eugene Rec is hiring! They are seeking for lifeguards and summer camp counselors who want to spend their summer in a high-energy environment working with children and keeping our three pools safe. Both our summer camp and lifeguarding openings provide younger workers with valuable skills, trainings and experience. Eugene Rec will provide all the necessary information about trainings when you apply. Learn more and apply today at getrec.org/recjobs

SUMMER OPPORTUNITIES

Summer Programs in Oregon. Many colleges and organizations in Oregon offer summer camps and programs. Learn something new, build your leadership skills, explore careers, and, of course, have fun! Visit each program's website for information on dates, rates, and application deadlines.

Northwest Youth Corps application window open for 2022 season. NWYC offers an education and job-training experience that includes residential conservation crews for both youth and young adults, local community crews, an internship program for college-aged participants, a fully accredited high school, and a two-acre organic farm. [Apply.](#)

STUDENT VOLUNTEER OPPORTUNITIES

Friends of the Eugene Public Library Book Sale: Student volunteers needed to help with set up and sales at this annual fundraiser from 4/8-10 at the fairgrounds. [Sign up.](#)

Reserve Firefighter Positions: Dexter Rural Fire Protection District seeking volunteers at least 18 y.o. interested in a career in firefighting/emergency medical services. No experience necessary. Applications and more information on *Volunteers Needed* link in [website.](#)

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, 541-790-8052 (msg only), 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> |
|---|------------------------------|--------------------|--------------------|
| Savannah College of Art & Design (SCAD) | Lara Langston | Thu March 31, 2022 | 10:15 AM |
| University of Oregon | Jennifer Corona | Thu March 31, 2022 | 2:15 PM |
| University of California-Santa Cruz | Brian Jauregui | Tue April 5, 2022 | 10:15 AM |

Scholarships:

- **Big Scholarship News!** [Oregon Legislature Passes SB 1522, Making Changes to Oregon Promise.](#) Starting with the class of 2022, the minimum GPA requirement will be 2.0. The minimum award is now \$2,000. The \$50/term co-pay has been removed, and the first-year experience is no longer required to renew the grant.
- **Upcoming South-Supported Scholarships:** [Donald and Barbara Mozley Scholarship](#) (3/21); [SAE Engineering Scholarships](#) (3/21); [Sub Pop Loser Scholarship](#) (3/23); [QuestBridge College Prep Scholarship for HS Juniors](#) (3/24); [Chin: Shui Kuen and Allen Chin Scholarship](#) (3/25); [Colleges that Change Lives Scholarship](#) (3/25); [OFWC Essay Contest](#) (3/25); [OFWC Fine Art Scholarships Contest](#) (3/30); [Teacher Education Scholarship - Oregon PTA](#) (3/30); [Allen Chi Gaming Scholarship](#) (3/31); [Boule Foundation/United Negro College Fund Scholarship](#)

(3/31); [Foster Care to Success Scholarships](#) (3/31); [Northwest Community Credit Union](#) (3/31); [Paul S. Mills Scholarship](#) (3/31); [SELCO Community Credit Union](#) (3/31); [The Richard Metzler/SELCO Opportunity Scholarship](#) (3/31); [Varsity Spirit Awards](#) (3/31); [Young American Patriotic Art Scholarship](#) (3/31); [Fred G. Lee Memorial Scholarship](#) (4/1); [NISEI Student Relocation Commemorative Fund](#) (4/1); [OACA Scholarships](#) (4/1); [Oregon Pacific Bank Scholarship](#) (4/1); [Project Yellow Light](#) (4/1); [Sheung Mou and Fenge Tam Scholarship](#) (4/1); [Slocum Research & Education Foundation Scholarship](#) (4/1); [Tiffany Wang Arts Scholarship](#) (4/1); [Oregon Alliance of Black School Educators Scholarship](#) (4/3); [American Foreign Service Association for High School Students](#) (4/4); [Rotary Shaw Scholarship](#) (4/4); [Earl Hulstrom Masonic Lodge Scholarships](#) (4/8); [Paul Duong Memorial Scholarship Awards](#) (4/9).

- **This Week's Featured Scholarships:**

- The [QuestBridge College Prep Scholarship for HS Juniors](#) helps high-achieving students access top-tier colleges. This award provides resources to high school juniors who show academic excellence despite facing long-term economic challenges. Awards may include a summer program, an invitation to an admissions conference, one-on-one counseling, and/or college visits (in-person and/or online). Students admitted through the QuestBridge College Match program (separate application due during fall of senior year) receive a full scholarship to some of the nation's most selective colleges. **Due 3/24.**

- The [Slocum Research & Education Foundation Scholarship](#) awards multiple \$1,500 scholarships to Lane County high school seniors planning to pursue a healthcare related career. Successful applicants will demonstrate high academic achievement, commitment to community service, and financial need. Requires: 3.0+ GPA, resume, essay, and letters of recommendation. **Due 4/1.**

- The [Rotary Shaw Scholarship](#) awards at least \$500 to a high school senior affected in some way by homelessness and planning to attend an Oregon college, university, community college, or trade school. Applicants must demonstrate financial need and/or other challenges, academic success and promise, and involvement in extra-curricular activities. Transcripts and one letter of recommendation are also required. **Due 4/4.**

- Some scholarship/award opportunities are open to more than just seniors. Check out our [Scholarships](#) web page for more information. If you need a recommendation from a counselor for your application, please fill out the scholarship form in the counseling center. And please give at least two weeks' notice (preferably four weeks!) for requesting any letters of recommendation.

Career Center Current Events:

I got into college! Now what??

[How to compare financial aid offers](#), *Oregon Goes to College* web article

[Compare Costs and Financial Aid](#), *Oregon Goes to College* tool. This Google Doc allows students to use their financial aid offers from colleges to compare the final out-of-pocket cost for one year.

[The College that Just Sent an Acceptance Letter WANTS You to Ask for a Better Price](#), *TuitionFit* blog post, 2/13/22

[Financial Aid Appeal Request Template](#), *formswift.com*. A free template to write an appeal letter for financial aid offers.

[#CorrectMyPell](#), *bottomline.org*. Some families who received unemployment insurance benefits in 2020 are receiving financial aid awards that do not include all of the free Pell Grant money that the federal government has allocated for their students. Bottom Line offers some language to use on the SwiftStudent appeal template listed above.

[Why the Major Matters, Especially for Non-Wealthy Students: Tools for Your Toolbox](#), article by Carolyn Kost in *LINK for Counselors*, spring 2022

[UO Duck Days](#). Seniors who are admitted to the UO are invited to sign up for Duck Days, the UO's spring campus visit program. This is a good way to learn more about the school to help you with your final decision or to orient yourself in preparation for starting at the school next fall.

NOW: [Registration](#) open for [Connected Lane County's Hiring Fair '22](#). Attendees strongly encouraged to join a series of career-readiness webinars and workshops from 3/2-4/14 before going to fair. [Register](#) for career-readiness series.

NOW: [Alaska Airlines Launches New Flight Academy in Oregon](#). 3/9/22 article in *The Oregonian/Oregon Live* by Jamie Goldberg. The academy will offer low-interest flight school loans, cover the cost of a commercial pilot license, then give the new pilots a job upon completing the program.

3/18: Due date to apply for the **2022 Youth Trades Academy**. The YTA is a program, hosted by Lane Education Service District, designed to give juniors and seniors a basic introduction to the technical and professional skills needed to successfully apply for an apprenticeship or pursue employment in the building trades. [More info](#). [Apply](#).

3/22: Webinar: Finding Funds & Application Assistance. Short presentation and individualized support. 5:30-6:30 pm. [Register](#).

3/24: Due date to apply for the [Youth ACT Leadership Team](#). The team will consist of 9 youth from across Oregon who will help plan and implement the Debate for Oregon's Future (DFOF), a youth-hosted governor's debate. Applicants should be passionate about improving the lives of Oregon

children and families. They should plan on an 8 hour/month commitment for 8 months. Team members will receive a \$750 stipend. [Apply](#). For more information, contact James Jones, Jr. (james@ourchildrenoregon.org).

3/24: Due date to register for [tuition-free LCC course](#) for spring 2022. Juniors and seniors are invited to take one tuition-free course during either spring or summer term. (Students are responsible for fees, supplies, and textbooks.) Seniors planning to attend 4-year college, be sure to confirm with your intended college that your status won't change from freshman to transfer student (and make you ineligible for certain types of aid) if you take this course.

3/28: Seniors heading to LCC! [RTEC 101](#) is a free, online, for-credit LCC class that is all about providing you with the necessary tools and resources you need to become a successful student at Lane. Next class starts March 28.

3/30, 4/13: [Working Wednesdays & Thursday Workshops](#). Series of short webinars and accompanying workshops designed to help you think about and build the kind of professional skills you will need as you enter the workforce. Includes discussions of professionalism, cover letter writing, resume building, and interviewing. [Register](#).

3/30: What you need to know about planning and paying for college. Virtual statewide college information night @ 6pm. In addition to the "usual" financial aid information, John Valley from the Oregon State Treasurer's Office will discuss why an Oregon 529 Plan is a smart paying-for-college strategy. Register at <https://bit.ly/3MCKUNE>.

3/31: Workshop 8 in the [Davis Women in Business Workshop Series](#). Titled *Leadership*. 7-7:45 pm. Eight workshops have been 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.

3/31: Due date for internship applications through [Connected Lane County](#). Current juniors and seniors can apply for a 5-week, paid summer internship. You'll be placed in a local company in your career area of interest. Spaces are limited and a letter of recommendation will be required. Prior to applying, please review the flyer in [English](#) or [Spanish](#) for program information, internship details, and a list of important dates.

3/31: Webinar: Finding Funds & Application Assistance. Short presentation and individualized support. 5:30-6:30 pm. [Register](#).

4/4: Registration opens for the [UO's SAIL program](#). Free, week-long day and residential programs on the UO campus, where high schoolers learn about various subjects from faculty members through fun

activities and get insider info on admissions and financial aid. SAIL sessions will take place 8/1-5 or 8/8-12. Si necesita información en español, envíenos un correo electrónico a sailstaff@uoregon.edu.

4/8-4/10: 2022 [Friends of Eugene Public Library Annual Book Sale](#). Judy Reyneke and Rebecca Shehee, volunteer coordinators, are seeking high schoolers to volunteer for set up (4/8) and sale (4/9-10) dates. [Sign up](#) to volunteer. booksalevolunteer@gmail.com for more information.

4/13: [Working Wednesdays & Thursday Workshops](#). Series of short webinars and accompanying workshops designed to help you think about and build the kind of professional skills you will need as you enter the workforce. Includes discussions of professionalism, cover letter writing, resume building, and interviewing. [Register](#).

4/13: [Connected Lane County's Hiring Fair '22](#). 5 pm deadline to [register](#)

4/15: 2022 [Raices Unidas Youth Conference](#) from 10 am-2:30 pm. Free 2-hour virtual event for Oregon Latinx high-schoolers that will include a keynote speaker, first-generation student panel, and a political call to action. Theme: *Tu Eres Tu Fuego*. Conference will address healing and perseverance after the trauma, loss, and fear brought on by the COVID-19 pandemic.