

Greetings Nordhoff families,

Spring is upon us, which means we are entering the final quarter of our school year. This final quarter is busy, with CAASPP and AP testing, end of the year events, final exams and graduation. It also means preparation for the 2019-20 school year, with registration and class scheduling. Please read the articles related to "Finishing Strong", "Test Anxiety", "Tips for Better Sleep" as they provide important information to help your student through the rest of the year.

In addition to their core academics, our students are busy with sports, performing arts, Career Technical Education projects and field trips, and everything else that fills their busy lives. We encourage you to keep an eye on the physical and mental well-being of your student and let us know if you need any additional support. Growing research indicates a link between social and emotional health with academic success. Nordhoff is taking steps to address this with extra focus on social-emotional development through our counseling department, campus culture activities and a new elective class, the Greater Good Leadership Program, which will include learning about character traits such as perseverance, attitude and self-awareness, and composure.

We thank you for your continued support of Nordhoff, its teachers and staff, and challenging-but-important work that takes place daily on our campus.

Go Rangers!
Dave Monson, Principal

Saludos a las familias de Nordhoff,

La primavera está sobre nosotros, lo que significa que estamos entrando en el último trimestre de nuestro año escolar. Este último trimestre está ocupado, con CAASPP y pruebas AP, eventos de fin de año, exámenes finales y graduación. También significa preparación para el año escolar 2019-20, con inscripción y programación de clases. Lea los artículos relacionados con "Terminar con fuerza", "Examen la ansiedad", "Consejos para dormir mejor", ya que brindan información importante para ayudar a su estudiante durante el resto del año.

Además de sus estudios académicos principales, nuestros estudiantes están ocupados con los deportes, las artes escénicas, los proyectos de Educación Técnica Profesional y las excursiones, y todo lo demás que llena sus vidas ocupadas. Lo alentamos a que vigile el bienestar físico y mental de su estudiante y nos informe si necesita ayuda adicional. La creciente investigación indica un vínculo entre la salud social y emocional con el éxito académico. Nordhoff está tomando medidas para abordar esto con un enfoque adicional en el desarrollo socioemocional a través de nuestro departamento de consejería, actividades de cultura en el campus y una nueva clase electiva, el programa Greater Good Leadership, que incluirá el aprendizaje de rasgos de carácter como la perseverancia, la actitud y la autoestima. Conciencia y compostura.

Le agradecemos su continuo apoyo de Nordhoff, sus maestros y personal, y el trabajo desafiante pero importante que se lleva a cabo diariamente en nuestro campus.

¡Vamos Rangers!
Dave Monson, director



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RANGERS

SILENT AUCTION FUNDRAISER

Spring Showcase is May 29th and that means our silent auction fundraiser for Safe & Sober Gradnight is right around the corner. The goal is to collect about 80 donated items to auction during Spring Showcase. Plans are already underway and our next parent meeting is April 11 at 6:30 in the Nordhoff library. Parent meetings are scheduled once a month until the event. Notification of the meetings will be through phone messages. Items that sell well at the silent auction are handmade items, services, vacation getaways, sports tickets, restaurant gift cards and gift baskets of all kinds. Help is needed with organization before the silent auction as well as during the auction at Spring Showcase. If you are unable to attend the meetings, or unavailable on the night of the event, please consider a donation item. Hope to see you at our next meeting. If you have any questions please contact Franci Nelson at fnelson@ojaiusd.org or Joyce Young at jyoung@ojaiusd.org.

Class of 2019



SENIOR SAFE & SOBER GRADNIGHT

We are looking for about 8- 10 parents to help at the event on May 29th. Thank you for your support and for helping to give our senior Rangers a memorable Gradnight experience.

SENIOR AWARDS NIGHT

You are invited to Nordhoff's Annual Awards Night to find out the results of various awards and scholarship competitions. Awards Night will be held on **Wednesday, June 5th at 6:30 p.m.** in the Nordhoff Gymnasium. Students will receive recognition for student and faculty awards, scholarships, club participation, athletics and more. Students being recognized at Awards Night will receive a letter of notification sent home by mid-May.

STUDENTS ADVISORY COUNCIL

Last summer the Ojai Unified School Board created a Student Advisory Council (SAC). In September our Nordhoff students elected the following representatives: Senior Stella Moore, Junior Arley Sakai, Sophomore Grey D'Angelo and Freshman Sofia Moreno Boyd-Barrett. This group of students has been engaging with the School Board and attending Board meetings all year. The Board has expressed its deep appreciation for the insights shared by the SAC members. In fact, it has been an even greater collaboration than was anticipated!

This year's SAC representatives are planning a food truck lunch for a day in April (hopefully a sunny day!) and look forward to continuing to hear thoughts and concerns from the NHS student body on issues they would like to share with the Board. New members will be elected each fall. Congratulations to this year's members!



NORDHOFF HIGH SCHOOL'S HOBY AMBASSADOR ANNOUNCED

Congratulations to **Greta Griffen** for being selected as the Hugh O'Brian Youth Leadership (HOBY) Ambassador for NHS. Alternate Ambassador is **Sophia Massey**. Greta will represent Nordhoff and the community by participating in the HOBY Leadership Seminar. The 3-day Seminar will take place at California Lutheran University in Thousand Oaks in June. High school sophomores throughout the country are selected, because they demonstrate outstanding leadership abilities and extra-curricular involvement. Sincere thanks to the Oak View Women's Club for sponsoring our students each year in this wonderful program!



GIRLS STATE WINNERS ANNOUNCED

Congratulations to **Jasmine Ramirez** who has been selected to represent Nordhoff High School this summer as Delegate at the Girls State Leadership Conference! Alternate Delegates are **Taylor Gonzalez** and **Haleigh Loomis**. The year's California Girls State will be held at Claremont McKenna College in Claremont, CA this summer. Boys State delegates will be announced at spring showcase in May. Sincere thanks to the American Legion and American Legion Auxiliary, Ojai Post 482 for sponsoring students in this unique summertime educational program where juniors from around the state learn about government, practical citizenship and leadership.



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Nordhoff

NHS GRADUATION REQUIREMENTS

Students must complete the graduation requirements shown below in order to earn a NHS diploma.

Minimum Graduation Requirements

Course	Minimum Requirements class of 2020	Minimum Requirements class of 2021, 2022, 2023
English English 9 or 9 P or 9 H English 10 or 10 P or 10 H English 11 or 11 P or 11 AP English 12 or 12 P or 12 AP	4 years 10 credits 10 credits 10 credits 10 credits	4 years 10 credits 10 credits 10 credits 10 credits
Social Studies College and Career Foundations World Geography P Health World History P or AP European History US History P or AP Government & Economics P or AP Gov.	4 years 5 credits 2.5 credits 2.5 credits 10 credits 10 credits 10 credits	4 years 5 credits 2.5 credits 2.5 credits 10 credits 10 credits 10 credits
Mathematics	3 years 30 credits	3 years 30 credits
Science	2 years 20 credits	3 years 30 credits
Physical Education	2 years 20 credits	2 years 20 credits
Visual & Performing Art or Language Other than English or Career Technical Education class	1 year 10 credits	1 year 10 credits
Electives	65 credits	55 credits
Minimum Credits for Graduation	225 credits	225 credits

\$cholarship money

SCHOLARSHIPS

Generous local and community organizations offer scholarship opportunities to Nordhoff students. Many can be found listed on the CCC website. Visit <https://sites.google.com/ojaiusd.org/nhscollegeandcareercenter> for more information. Pay attention to deadlines and make sure you check the website for forms that you can download online. Students can make an appointment with Ms. Escobar in the CCC for additional help with scholarship applications. ***There are scholarships available for every type of student so it is encouraged that all seniors apply.***

Help keep us informed of any scholarship, award or honor that your child has received by sending an email to sescobar@ojaiusd.org. Your email should list the student's name, name of the award, and the organization granting the award.

CALIFORNIA SCHOLARSHIP FEDERATION (CSF)

The California Scholarship Federation (CSF) emphasizes high standards of scholarship and community service for California high school students. CSF was started in 1921 to acknowledge high school students for service to their school and their community while fostering pride in academic scholastic achievement.

CSF Membership is based on scholarship and is gained after qualifying grades are earned each semester. In order to become a member, students must submit an application each semester that the student is eligible. A point system specified in the CSF State By-Laws establishes the membership requirements. To secure eligibility for CSF membership, a student must earn sufficient points from pre-approved course lists. The majority of the required membership points must come from University of California accepted coursework. Every semester of membership is recorded on transcripts.

CSF registration is held early in each semester. Students must apply every semester, when the previous semester's grades are available. It is up to the student to be diligent in applying and submit their paperwork and dues on time. Members will be required to attend a minimum of one meeting per month, and participate in at least one service project per semester. Deadlines are announced in the Bulletin and forms are available in the College and Career Center.

Life Membership (Sealbearer) is achieved during a student's senior year by qualifying as a semester member for at least four semesters. Sealbearers earn the CSF Gold Seal on their diploma, receive recognition on their transcriptions along with gold cords and pins at graduation. They are also eligible to apply for scholarships exclusive to CSF Sealbearers.

It is important to note that in order to be competitive for the CSF scholarships senior year members should actively participate in meetings, service activities, and leadership roles within CSF. Meetings are held every Thursday at lunch in the College and Career Center. The 2019 Sealbearers will be announced on June 5th at Awards Night.

More detailed information on membership, including course lists can be found in the CSF Handbook found online at <http://www.csf-cjsf.org/StudentAwards.asp>



HOW TO MAKE AN APPOINTMENT WITH YOUR COUNSELOR

To make an appointment with your counselor visit the counseling office and fill out an appointment sheet. Please tell the counseling secretary if you have an emergency that you need to talk about right away.

Futoran	cfutoran@ojaiusd.org	A-Hi
Cull-Michels	bcull@ojaiusd.org	Ho-Ma
Grady	kgrady@ojaiusd.org	Mc-Z

THE CONSEQUENCE OF FAILING CLASSES AT NORDHOFF HIGH SCHOOL

By Dave Monson

Nordhoff requires that all students earn at least 225 credits in order to qualify for a high school diploma. But those credits must be earned in certain areas to also qualify. Every student needs 40 credits of English, 40 credits of social science, 30 credits of math, 20 credits of science, 20 credits of PE, 10 credits of Fine Arts or Foreign Language, and 65 elective credits.

When a student is enrolled in six classes, they can earn 60 credits for the year. If this done for four years (Freshman through Senior year), they can earn 240 credits. This provides a cushion of 15 credits and allows a student to either have fewer than six classes by junior or senior year or compensate for failing a class without getting off-track for graduation. However, if a student fails English or social science, they must either re-take the class during summer school (which may not always be available due to budget restraints from the state) or re-take the class at a community college or online at your own expense and time.

Sadly, NHS has noticed a trend of students failing classes without much concern or worry from the students. When students accept failing grades as a freshman, it becomes more acceptable in the following years—to the point where students are no longer on-track to graduate from NHS.

When a student is no longer on-track to graduate from NHS due to credit deficiency, these students are transferred to Chaparral High School for at least a semester or two in order to retrieve lost credits. We try to make the transfers at the start of the junior year in hopes the student can earn back lost credits, earn credits for their junior year, and return to NHS as a senior.

We do not like to see students leave NHS due to failing grades, but our top priority at NHS is to help students earn a high school diploma in four years—whether that is from NHS or CHS. We understand there is a myriad and complex arrangement of reasons why students fail classes at NHS, but there is no one-size-fits-all formula. We work with students on a case-by-case basis to try and determine the reasons but also solutions.

In closing, if your student is struggling academically, please utilize the plethora of programs and support services available at NHS, such as after school tutoring, private meetings with teachers, or appointments with counselors, just to name a few. Please talk with your student about the importance of passing their classes and not accepting failure as an option.

- Math tutoring: Tuesday and Thursday 2:45-3:30 D11
- All subjects tutoring: Monday 2:15pm-4pm and Tuesday-Thursday 2:45pm-4pm Library
- Teacher meetings: By appointment and availability, seminar period Thursday and Friday
- Counselor meetings: By appointment and availability

PREPARE FOR GRADUATION

NORDHOFF HIGH SCHOOL 2019 GRADUATION

Please visit our website: www.ojaiusd.org/nordhoff for additional information including the (complimentary) Senior Lunch, Grad Night, graduation rehearsal and more!
Last day of school: Wednesday, June 12, 2019

Graduation: Thursday, June 13, 2019

6:30 p.m.

Ojai Valley Community Stadium.

There is no limit on the number of guests a student may invite. Seating is, however, on a first-come, first-served basis. We will have chairs on the field for those who cannot walk up the bleacher steps.

CITIZENSHIP PROGRAM AND GRADE

The Ranger Pride Citizenship program reinforces the OUSD character traits through a school-wide citizenship grade. Traits such as punctuality, honesty, self-control, responsibility, and respect are monitored, and when students fail to meet these basic expectations for appropriate behavior in and out of the classroom, their grade will be impacted.

Since we expect all students to practice our district-wide character traits, every NHS student begins the year with 100 points, which equals an A+. If a student is tardy to class, violates the dress code or cell phone policy, receives a classroom referral, or earns a suspension from school, their citizenship grade will drop according to the point deductions below:

Points	Grade	Campus violations	Point deduction
100-90	A	Tardy, Citizenship violation (littering, minor classroom issues)	5 points
89-80	B	Lunch detention, dress code, cell phone violations, campus violations	10 points
79-70	C	Classroom referral, truancies, SARB letters	15 points
69-60	D	In-house suspension	30 points
59-0	F	At-home suspension	50 points

When a student's grade drops below 60 points, which equals an F, the student will lose campus privileges such as dances, rallies, athletic and performing arts participation, and other extracurricular activities. We update grades approximately every two weeks so it is important that students and guardians / parents monitor this grade on their Student/Parent Connect account.

If a student needs to raise their grade, they can seek any teacher, staff member, or administrator to work back some lost points by helping in the classroom or on campus. Students will earn back 5 points for every 30 minutes of work. The supervising adult will email Mr. Hall to report time worked. Staff members also nominate students weekly to earn citizenship points through random acts of kindness, such as helping a teacher or administrator without being asked, or assisting a student in need.

In our experience, some students can quickly earn a failing grade with multiple tardies or other behavioral issues. If students are late to class, they should be prepared to do some work sooner rather than later in order to avoid the loss of campus privileges.

Please feel free to contact me at jhall@ojaiusd.org if you have any questions about the program and /or grade.

FINISHING STRONG

We are rapidly approaching the conclusion of this school year. Right now, the focus of your student should be on maintaining and improving school life and you can help. Your attention and involvement in this effort will reinforce the importance you place on your child's education and have a tremendous positive effect on his/her school life.

1. **Talk to your student** about his/her social, extra-curricular, and academic realities. High school can be stressful and these conversations will help you both by providing insight and new perspectives. Academics are important, but few of us have memories of those challenges. Instead, we tend to remember high school relationships and social experiences, but life was better during this time if we were confident about grades.
2. **Reinforce** positive and successful school habits. Attention in class, homework, test preparation, and attendance are key factors.
3. **Access and review** your student's class progress and attendance on Parent Connect.
4. **Talk to your student** about ways to improve school life. You've 'been there/done that', and probably know how you might have improved your experience.
5. **Identify and encourage tutoring and study assistance** opportunities available at the school.
6. **Help your student to increase focus and effort.** 'Coasting' is a natural, but damaging tendency later in the school year.

Your involvement is a tremendous positive factor for a successful high school experience. Your interest, willingness, and dedication to helping your child succeed provides an unmistakable message. Your child will thank you for it - someday.

TEST ANXIETY

With the CAASPP, SATs, ACTs and AP exams fast approaching, students often feel a sense of anxiety during testing weeks. Their normal routine is altered. Class schedules are different than their normal day-to-day campus life. Seating is rearranged and tests are rigidly administered keeping within time restraints. Parents can help tremendously by assuring they get a good night's sleep, eat a healthy breakfast, and arrive at school fully awake and on time.

Even those students who are well prepared can be affected by testing pressures. **Parents can positively support their students by coaching skills that reduce anxiety and produce better test results. Sharing these tips with your student will have a positive impact and reinforce your support.**

- **LISTEN CAREFULLY TO ORAL DIRECTIONS.** Then read the directions carefully yourself and highlight, circle, or underline key words.
- **READ EACH QUESTION AND TRY ANSWERING IT** before looking at the possible answer choices.
- **EVEN IF YOU KNOW THE ANSWER,** read all the answer choices carefully before you make a decision. You may find an even better answer.
- **IF YOU DON'T KNOW THE ANSWER,** highlight, circle, or underline key words that can help you determine the correct answer.
- **CROSS OUT ANSWER CHOICES** that you know are definitely wrong.
- **IF YOU'RE STILL NOT SURE,** make a reasonable guess. Ask yourself which answer is true more often or makes more sense.
- **DON'T SPEND TOO LONG ON ONE QUESTION.** Circle the question and move on.
- **WHEN FINISHED** go back and complete the questions you skipped.
- **DO NOT CHANGE AN ANSWER** unless you are absolutely sure you made a mistake.

Here are 6 effective tips to getting your sleep-deprived teen to sleep better.

1. **Make your teen's bedroom a dark and quiet place.** Make sure they turn off their computer before they get in bed. Also make sure to urge your teen to shut off all headphones and music electronics. Contrary to what they believe, music isn't helping them get quality sleep. If your house is loud at night recommend earplugs for your teen. Advise your teen to keep their door shut when they go to bed. Turn their clock to face the wall so they don't make it a habit to check the time while they're in bed. You can also buy them a lightweight and comfortable sleep mask that prevents light entry.
2. **No cell phones in bedrooms or an hour before bedtime.** Cell phones can "ping" at night when new messages come in and this can disrupt the sleep cycle for teens, who tend to wake up easier during the night. The light emitted from cell phones, tablets, and computers can prevent the brain from naturally releasing melatonin, the chemical that puts us to sleep.
3. **Set rules of no caffeine a couple of hours before bedtime.** This one might seem like a no-brainer, but sometimes teens forget that caffeine can be hidden in some of their favorite sodas and snacks. Make sure to get your teen into the habit of monitoring caffeine intake throughout the day. If they're craving something hot to drink, then recommend a warm cup of herbal tea. One or two strong cups of tea can help them mellow out.
4. **Cool down before bed.** Try to keep your teen's room cool (about 68 F). A study found that sleep occurs faster when the body cools down. It's common for us to wake up when the room gets hotter.
5. **Get them in the habit of bringing light in when they wake.** Tell your teen to open the shades or turn on the lights when they wake. The early light of the day helps them "reset" their brain to push their bedtime to an earlier hour.
6. **Consider giving them high-carb snacks if they have trouble falling asleep.** In their book **Smart Cookies Don't Get Stale**, dietitians Catherine Christie, PhD, and Susan Mitchell, PhD, recommend that eating high-carb snacks before bed does the trick. These snacks make you warm and sleepy. Consider trying these snacks out: pretzels, cereal, graham crackers, fresh fruit, dried fruit, fruit juice, vanilla wafers, saltines, popcorn, or toast with jam or jelly. (Christie and Mitchell also recommend aromatherapy to boost sleep. Orange blossom, marjoram, chamomile, and lavender scents are some examples of soothing smells for bedtime.)

IMPORTANT TEST DATES

April

April 5: Registration Deadline for May 4th SAT & SAT Subject Tests

April 22: CAASPP Testing (week of April 22)

May

May 3: Registration Deadline for June 1st SAT & SAT Subject Tests

May 4: SAT & Subject Tests

May 6: AP exams begin (May 6th - May 17th)

June

June 1: SAT & Subject Tests

For questions regarding AP exams please contact Michelle Gorrell in the office or on the phone at 640-4343 ext. 1763.





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640-4343

SHORTCUTS:

ABSENCE REPORTING (24 hrs.) – press 1

SPORTS HOTLINE – 3, then 1

Attendance Office (Cher-ami) – press 2

Athletics/Counseling (Essie) – press 3, then 2

Records/Grades (Michelle) – press 4

Principal's Office (Amy) – press 5

Principal – Dave Monson –

Secretary Amy, x 1760 (shortcut, press 5)

Asst. Princ. – Jaime Rooney –

Secretary Michelle, x 1762 (shortcut, press 2)

Dean – Jim Hall –

Secretary Cher-ami, x 1761 (shortcut, press 4)

Counselors –

Secretary Essie, x1764 (shortcut 3, then 2)

Athletic Director – Rene Nakao-Mauch, x 1770

Cafeteria – Sonia Johnsen, x1889

College & Career Center (CCC) –

Sarah Escobar, x1831

Computer Lab (Parent Connect) –

Jake Hansen, x 1840

Library –

Denise Rimpa, x 1880 (shortcut 8, then 2)

Performing Arts Department –

Robyn Halverson, x1861 (shortcut 8, then 1)

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To the Parent/Guardian of:



IMPORTANT DATES – PLEASE MARK YOUR CALENDARS AND KEEP FOR REFERENCE

April 1-April 5	NO SCHOOL - Spring Break
April 5	Registration Deadline for May 4th SAT & SAT Subject Tests
April 8 at 9am	Deadline to make changes to courses selected at registration for the 2019-2018 school year
April 22- 26	Testing (Grade 11) and Senior Experience – special schedule TBD
May 3	Registration Deadline for June 1st SAT & SAT Subject Tests
May 4	SATs @ NHS
May 6-17 (10 days)	AP Testing
May 6	4th Quarter academic progress reports due.
May 11	Prom- Ventura Beach Marriott – 7:00p.m.-10:30p.m.
May 17	Spring Band Concert- 7:00p.m. Quad
May 23	Spring Choral and String Orchestra Concert 7:00 Presbyterian Church
May 27	NO SCHOOL – Memorial Day Observed
May 29	SPRING SHOWCASE –Minimum Day
June 1	SATs @ NHS
June 5	Awards Night – 6:30 p.m. – gym
June 7	RALLY SCHEDULE – Senior Rally – 9:32a.m. – gym
June 10-12	FINALS(T=1&6; W=2&4; TH=3&5)dismissal at 12:00 each finals day
June 12	Last Day of Instruction
June 12	Senior Lunch @12:00 p.m.- cafeteria (graduation rehearsal follows)
June 12	Safe & Sober Grad Nite – Mountasia
June 13	GRADUATION - 6:30 p.m. – Stadium
4th Quarter grades mailed home the next week after June 17	