



# KIPP KING COLLEGIATE NEWSLETTER



September 2011

Issue 1, Volume 1

## MEETINGS

**W**elcome back new and returning families!!!!!! We look forward to working with you and your students this year. In an effort to improve our communication methods, we are happy to introduce the KKC Newsletter! In October, students will receive the newsletter the first Friday of every month.



**9/23 School Picture Day!**  
Students will wear their KKC Polo.

**9/20-23 Early Release Days for student success meetings.**  
We have early dismissals on the dates below for meetings with parents of struggling students. Please make appropriate arrangements.

9/20 2:25 Release  
9/21 1:30 Release  
9/22 2:25 Release  
9/23 1:30 Release

### COLLEGE VISITS

We are excited to welcome representatives from the following colleges on campus this month!

9/13 Boston University  
9/14 Davidson College  
9/21 University of Pennsylvania  
9/26 Tufts College  
Colby College

Questions should be directed to Ms. Cravanas at 510-566-1297.

**10/5 Scholastic Assessment Test (SAT)** for Juniors/Seniors. Please register online for off-site testing.

**10/15 Preliminary Scholastic Assessment Test (PSAT).** This testing is a preview to the SAT. All juniors are required to take this test, and we strongly suggest that sophomores also take it.

PSAT testing will be conducted at KKC.

### College Savings Account

meetings for parents:  
**10/3** 9<sup>th</sup> and 10<sup>th</sup> Grade  
**10/5** 11<sup>th</sup> and 12<sup>th</sup> Grade

All meetings begin at 6 pm in the KIPP Summit Multipurpose Room.

### 10/6 KIPP Family Association

All are welcome at 6 pm in the cafeteria to discuss upcoming school needs and activities.

### WHAT ARE OFFICE HOURS???

Did you know teachers have "office hours" where students can get additional help and students who are failing are assigned mandatory office hours?

If you have questions on Office Hours, please the contact grade level chairs below:

9<sup>th</sup> Ms. Einhorn 510-828-0785  
10<sup>th</sup> Ms. Mounger 510-828-7823  
11<sup>th</sup> Mr. McNulty 510-828-0535  
12<sup>th</sup> Mr. Trudeau 510-828-1077

### Office Hours Schedule:

Monday, Tuesday and Friday  
4:15-5:00 pm  
Thursday 2:30-3:10 pm

**NOTE:** Office hours are not held on Wednesday

### READ, READ, READ!



**U**nder the leadership of Mr. Lakin and the English Department, KKC is now home to a new library with more than 4,000 books! Special thanks to Mr. Lakin and his volunteers for making this library a reality.

- ✓ Studies have proven that students who read at least 20 minutes each day perform in the

top 75% percentile on standardized tests.

- ✓ The largest-ever international study of reading found that the **single most important predictor of academic success is the amount of time spent reading books, more important than economic or social status.**

KKC students should be reading at home each night.

### GO LIONS! KKC SOCCER!

Please join us in cheering on the KKC's boys' soccer team. All games begin at 4 pm.

**9/19 LPS Hayward**  
Pepsi #1

**9/23 Cal Prep**  
@ Pepsi #1

**9/30 Lionel Wilson**  
@Pepsi # 1

**10/4 LPS Richmond**  
@ Pepsi #2

**10/5 Lighthouse**  
@Raimondi

### \*\*\*\*VOLUNTEERS NEEDED\*\*\*\*



**WE WANT YOU!**

**10/7 6:00-8:00 pm Open Mic Nite**  
Chaperones and donations needed.  
Contact: Linda Lee at 510 731 7438

**10/15 9:00-2:00 pm Proctors-** to assist with the PSAT testing. We need 14 proctors who read & speak English.

**JV Coaches Needed-**Do you or anyone you know have experience coaching soccer or basketball? We are looking for volunteers to help!  
Contact: Mr. Lakin at 510 407 1141.

Anyone interested in helping to lead an event this year? Please contact Ms. Belden at 510-529-9373.

## DETENTION

If your student earns detention for bad behavior, we will notify you by phone and he/she will serve two detention days for each infraction. Detention is held in the cafeteria, Monday, Tuesday, and Friday from 4:15-6:15pm. Please contact Ms. Belden if you have any question (510-529-9373).

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## COMMUNITY SERVICE

The following prides are heading out on service trips throughout the community in September and October.

We would love to have you join your students and their pride whenever you are available.

Please contact your student's pride leader for more information.

### September 10:

Buchsbaum  
9th Oakland Parks  
Andersen  
11th Alameda County Food Bank  
Einhorn  
11th Salem Lutheran Home  
Kirkpatrick  
12th Glide Memorial  
Kushida  
12th Glide Memorial

### September 17:

Caraballo  
9th Glide Memorial  
Diamond  
9th Glide Memorial  
Tolar  
10th SF Food Bank  
Chen  
11th Hope for the Heart  
Allums  
12th Salem Lutheran Home

### September 24:

Goehring  
9th Salem Lutheran Home  
Kim  
9th Oakland Parks  
Smith  
12th SF Food Bank

### October 1:

Bording  
9th Salem Lutheran Home  
Paige Thompson  
9th Oakland Parks

### October 8:

Marian  
9th Glide Memorial  
Ben Thompson  
9th Oakland Parks  
Lakin  
11th San Francisco Food Bank  
Herrera  
12th Salem Lutheran Home  
Levenberg  
12th Glide Memorial

## COUNSELOR'S CORNER

### Setting your schedule or routine for the school year

As you know, high school is a difficult time for teenagers. The demands for completing homework, being active with peers and family, and still helping out around the house can be very difficult to juggle. Many teens sacrifice sleep, good health, and time to relax due to these demands and a changing sleep cycle. Here are some ideas to help your teen set a routine now that allows for time to be a teen, be part of the family, and become responsible. On average your teen will have 2 hours of homework per night. This means that every minute counts. Read below for suggestions on what to consider when developing a routine.

### What to consider when setting a routine:

**Sleep:** Teens need 9 hours of consecutive sleep per night. Their sleep cycle biologically changes to make them more awake in the evening and needing a later wake time. If the commute permits, allow your teen to sleep in as late as possible instead of coming to school more than 30 minutes before the school day begins. If they are tired after school encourage them to get some exercise (walk, skate board, dance, play a sport, run, etc) in order to wake up their brain and body. Teens who take naps in the afternoon struggle more with falling asleep in the evening. Sleep that is broken into shorter segments does not allow for the brain to reach the lengthy sleep cycles that it requires to be set for top performance the next day. Encourage a bed time that allows for at least 8 hours of sleep per night.

**Exercise:** Exercise is key to helping teens reduce the stress hormone Cortisol that builds up every day due to homework, friendships, and family worries. As mentioned above, exercise also assists with moving blood and oxygen through the body to help us be more alert and thinking clearly. During sleep our eyes move rapidly from right to left activating both sides of the brain, which allows for our brains to file away information. Like sleep, exercise that uses both sides of the body allows for a time to process information that is learned and experienced each day. Twenty minutes of exercise a day (or most days) is a great start!

**Duties around the house:** Use a calendar to plan ahead which days chores and other family obligations take place. It may help to make a planned start and stop time, or indicate the amount of time needed so that your teen can plan ahead. Limit chores during the week that could be completed during the weekend instead.

**Meals:** Make sure that your teen is eating breakfast, lunch and dinner. They may not be hungry when they wake but they can bring a yogurt, piece of fruit or another small item to eat after they are more awake and their stomach is ready for food. It may help to plan meals on the weekend for the week to come. Your teen could also pack their lunch or breakfast the night before so that they are not running late in the morning or missing their meals.

**Family time and relaxation:** Plan times that you can spend together. This could be a meal, a walk, a BBQ, a game of Jenga, or time with the extended family. Encourage your teen to suggest ideas for what to do. This will improve their interest level and participation. Providing weekly opportunities for family time is essential to keep the strong bond as their main line of support.

**Making it work:** Put a calendar on the wall that can be updated with upcoming events. Write down an hourly nightly routine. Be willing to make small changes in the beginning but stick to the main plan. Two weeks of regular adherence to the routine will help ingrain it for everyone in the family. This consistency will pay off as the school year gets tougher. Be willing to work together with your teen. Their input is invaluable as they are the main person who needs to be following through with it (although your adherence is necessary as well).

Enjoy planning! And feel free to reach out to Mrs. Andersen at 510-695-1974 if you need help making or adjusting your schedule/routine.

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Thank you to Ms. Stephanie Hampton for helping us get this newsletter off the ground!