



Northview High School NEWSLETTER

Volume 6. October 9, 2023

PRINCIPAL'S MESSAGE

Hello Northview Familia,

This week, I am excited to celebrate the return of our PIQE program, a parent education program that provides our families with the knowledge and skills to best prepare our students for their future. We are also in full gear as we continue to support our students through the college application process. We have a lot to celebrate and continue to work hard to ensure that our Vikings receive the best educational experience possible. Si Se Puede.

UPCOMING EVENTS

- 10/11 – SAT Day
- 10/11 – Minimum Day
- 10/12 – Make-up Pictures
- 10/17 – Late Start
- 10/19 – Great California Shakeout
- 10/20 – Homecoming Football Game
- 10/21 – Homecoming Dance
- 10/30 – Lockdown Drill

Counseling Update

The counseling department is excited to announce that Mr. Ruben Casas has officially joined the team at Northview! He is now available to meet with students and their families. Welcome Mr. Casas!

We would like to remind all of our Seniors that the CSU and UC application submission window is open. We will have a college application workshop on October 12th during lunch in the library. Please bring any and all questions that you might have.



ASB Updates

Homecoming 2023: A Night at the Masquerade is taking place on October 21, 2023 at the Santa Anita Park from 7pm – 11pm.

Tickets are currently on sale in the ASB Office. Dance contracts are

available in the ASB Office. Ticket prices are currently \$120 with an ASB Card and \$130 without an ASB Card, and will go up weekly.



Wellness Corner

Anxiety is a common experience, but effective coping strategies are crucial when it becomes overwhelming. Here are practical techniques to help:

1. **Talk to someone:** Share your feelings with a trusted friend, family member, or mental health professional for valuable support. Determine whether you need advice or just someone to listen.

2. **Deep breathing:** Counteract shallow or rapid breathing with slow, deliberate inhalations through your nose, brief holds, and slow exhalations through your mouth.

3. **Mindfulness:** Practice being present in the moment without judgment. Increase self-awareness by focusing on your breath, bodily sensations, or surrounding sounds.

4. **Exercise:** Engage in regular physical activity like jogging, yoga, or swimming to reduce anxiety and stress. Choose enjoyable activities and make them a consistent part of your routine.

5. **Sleep:** Prioritize 7-8 hours of quality sleep each night and establish a calming bedtime routine to relax your mind before sleep.

SAT Day

SAT Day is taking place on Wednesday, October 11, 2023. The SAT is an exam that many colleges and universities use as a factor to determine acceptance. Students are also able to earn scholarship money if they do well.

Please view Parent Square messages that are being sent to see where your testing location will be. Your English teacher will also be sharing test day information with you. Students will be released at 1:05pm. Good luck, Vikings!



Future Ready AVID Update

This week our Northview students visited the local Claremont Colleges. With the campus being a short train ride away, our students boarded the Metrolink (many for the first time!) and got to visit Claremont McKenna, Scripps, Harvey Mudd and Pomona college.

Being led on the trip by a former Scripps alum, Ms. Maria Corona, our students got the opportunity to see that these private colleges are accessible to everyone. The trip ended by visiting the newest addition to the Claremont Colleges, Keck Graduate Institute. Here, students got a first-hand glimpse into possible medical careers options such as genetic counseling and pharmaceuticals.



Staff Spotlight

We would like to shine some light on our new social science teacher, Richard Skolaski. Mr. Skolaski is a graduate of Northview High School. His love for this school goes way back, and we are fortunate enough to have him pour out his passion into our students.

Prior to Mr. Skolaski teaching, he was working at the best burger establishment in the world, In-n-Out. If you want to know some of the secret non-listed items on the menu, he's the man you want to ask!

Mr. Skolaski knows what it means to work fast, work hard, and work efficiently. Thank you Mr. Skolaski for returning home and keeping Viking legacies alive!

