

Northview's Weekly **NEWSLETTER**



Principal's Update

Northview Familia,

I am excited to share that Northview High School was recently recognized by the Covina Valley Unified School District for having the highest overall attendance rate (96%) for all high schools in the district. Great job, Vikings! As we hit the halfway mark through October, I encourage all seniors to take advantage of the college workshops and presentations that our wonderful counselors and AVID team are organizing for our students. I'm looking forward to our Volleyball team playing their first playoff game this week and to a wonderful Homecoming Dance this weekend. Have a great week, Vikings!

AP Course Registration and Payment

As a reminder, there are two steps needed to be officially set up for your AP Exams:

1. Student must register for each AP Class on collegeboard.org. Their teacher should have provided them with access codes.
2. Parents need to create a Total Registration account and enter the AP class information for their student. Then you must make your payments.

You will want to fill out the Education Benefit Form found [here](#) to see if you qualify for a fee reduction.

If you are requesting financial assistance, the form must be completed first. Payment is due by

November 9, 2023. Please reach out if you have any questions.

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ASB Updates

Homecoming Week is finally here! This week is Homecoming Spirit Week leading up to the big Homecoming Game on Friday, October 20 at 7:00pm. Join us at District Field for a "Pink Out" themed Student Section and to find out who will be crowned this year's Homecoming King and Queen!

The Homecoming Dance is this Saturday, October 21 from 7pm to 11pm at the Santa Anita Park. The last day to purchase tickets for the homecoming dance is Monday, October 16. Prices will be \$120 w/ ASB, \$130 w/out ASB, and \$140 for guests.

Register and Pay



<https://user.totalregistration.net/AP/050703>

Staff Spotlight

This week, we are excited to spotlight our English teacher, Ms. Jenny Grise. Ms. Grise started her career at Northview and has been a proud Viking for 24 years. Her favorite thing about working at Northview is her students. She enjoys hearing their stories and helping make their college dreams come true. While at Northview, Ms. Grise has dedicated herself to her students as Cheer advisor, prom coordinator, class advisor, and has been an advisor for many student clubs. One interesting fact about Ms. Grise is that she wakes up every day at 4:00am to run 5 miles! She enjoys fitness, being a mother, and cooking. Thank you, Ms. Grise, for your tireless efforts to ensure that our Vikings are successful.

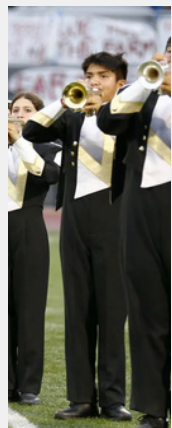


Upcoming Events

- 10/17 - Late Start
- 10/17 - The UC App/PIQs, B-2 (9am)
- 10/18 - CSU Application Workshop, Library (3:35pm)
- 10/18 - SSC/ELAC Orientation Meeting, Library (5pm)
- 10/19 - Great California Shakeout
- 10/19 - Vball @ La Sierra CIF Round 1
- 10/20 - Homecoming Football Game
- 10/21 - Saturday School
- 10/21 - Homecoming Dance
- 10/23 - Parent Meeting College & Financial Aid Overview, Library 5:30pm
- 10/25 - CSU Application Workshop, Library Lunch
- 10/30 - Lockdown Drill
- 10/31 - Late Start

Two Northview Students Marching in the Rose Parade

Two of our band students Erik F. (12) on trombone, and Andres T. (10) on trumpet will be marching in the Rose Parade this year! They auditioned for the PCC Honor Band and were



selected to participate. About 50 to 60 high school students on each instrument auditioned for a spot. Congratulations, Vikings!

Homecoming Spirit Week

Participate in Spirit Week and earn Crossfire Points!!

- Monday - Dress Up or Dress Down Day
- Tuesday - Dress as Your Favorite Celebrity
- Wednesday - Disney Day
- Thursday - Jers-Day (Dress like Jersey Shore or wear your favorite jersey)
- Friday - PINK OUT!!!



Sports Updates

Congratulations to our Varsity Girls Volleyball team for making it to the CIF Playoffs! Their first game will be away against La Sierra HS on Thursday, October 19 at 6:00pm.

Varsity Football will play at District Field against Los Altos HS for this year's Homecoming Game on Friday, October 20 at 7:00pm. JV Football will be away and Freshmen Football will be home for their games against Los Altos on Thursday, October 19 at 3:30pm.

Varsity Girls Tennis will be away and JV Girls Tennis will be home for their matches against San Dimas on Tuesday, October 17 at 3:00pm. Varsity Girls Tennis will celebrate their Senior Night at their home match against Diamond Ranch on Thursday, October 19 at 3:00pm.

Cross Country will compete at the Mt. SAC Invite on Friday, October 20 at 12:00pm.

Good Luck Vikings!

Future Ready - AVID Update

The CSU application is now open! Our AVID Seniors have started filling out their application. The CSU application will remain open until Nov. 30.

Seniors are encouraged to start filling out their applications sooner rather than later. Mrs. Corona will be visiting senior English classes on Oct. 20 to get all seniors started on this application. The Cal State system has 23 campuses! Our local CSU is Cal Poly Pomona. Our students automatically get accepted to Cal Poly Pomona as long as they meet minimum eligibility requirements. For more information on the CSU system and majors [click here](#)



Wellness Corner

Self-Care Check:

To boost mental health, spend a week observing your daily habits, noting sleep, nutrition, exercise, social connections, and more. New research shows that maintaining healthy habits significantly reduces the risk of depression. For instance, getting 7-9 hours of sleep per night can lower depression risk by about 22%. Physical activity and a balanced diet also play crucial roles in mental well-being, with exercise often having more lasting effects than antidepressants. Limiting alcohol intake and avoiding smoking are essential. Reducing sedentary screen time and fostering social connections through hobbies can further improve mood and mental health. Lifestyle changes are recognized as valuable in preventing and managing depression, and they complement existing treatments. Embracing these habits can enhance both physical and mental health.

For the full story checkout:

[These habits can cut the risk of depression in half, a new study finds](#)

Counseling Update

This past week, counselors held the first College Application Overview Workshop during lunch. Students applying to a 4-year university are encouraged to attend the various workshops to receive assistance with their college applications. To help with the college application process, students and families are welcomed to access the counseling department's Linktree (<https://linktr.ee/northviewcounseling>). There, students will find various resources and links to help complete their applications. Si Se Puede!

SSC AND ELAC

We would like to formally invite you to our School Site Council (SSC) and English Language Advisory Committee (ELAC) orientation meetings on Wednesday, October 18, 2023 at 5:00pm in the Northview Library. This is a great opportunity to make your voice heard and stay up to date on the progress that our students and our school are making.



**PARENTS & STUDENTS
MAKE YOUR VOICES
HEARD!**

We are looking for members for our School Site Council and our English Language Advisory Committee

ORIENTATION MEETING AND NOMINATIONS
ELAC - Wednesday, October 18th @ 5:00pm
SSC - Wednesday, October 18th @ 5:30pm
Northview Library

WHAT IS SSC?

- Composed of parents, teachers, and students.
- Approve the school's safety plan
- Make budget decisions based on district goals
- Review student academic data

WHAT IS ELAC?

Advisory council that makes recommendations on programs for English Language Learners.



The Great California ShakeOut

The Great California ShakeOut will take place on Thursday, October 19, 2023 at 10:19am. Students will report to their 3rd period class on the football field. This statewide

full evacuation drill gives students and staff the opportunity to practice important life-saving procedures and allows our school the opportunity to review and improve existing safety protocols.



College Application Workshops

- 10/17- (Late Start Day), 9:00am: The UC Application/PIQs, Room B-2
- 10/18- 3:35pm - **CSU Application Workshop**, in the Library
- 10/23 - 5:30pm - **Parent Meeting College & Financial Aid Overview**, in the Library
- 10/25 at Lunch - **CSU Application Workshop**, in the Library

AVID College Presentations In the Library

- 10/16 - UC Merced - periods 5 & 6
- 10/18 - USC at Lunch
- 10/24 - UC Irvine - 6th period
- 11/2 - UC San Diego - Period 5 and 6
- TBD - Harvey Mudd College