HAPPY 2017!

YOLANDA GARDEA  
PRINCIPAL  
----------------------------------
The first semester has come to a close and boy did it go fast! I am very proud of the work that goes on each day at Van Nuys High School by our students, teachers and staff. We work very hard to help all students know that they can be successful and make decisions to use our funds in such a way that programs are put in place to give students what they need to learn. I once heard the singer/song-writer, India Ari, say the following, “The future is not an accident. It is one choice at a time.” What a powerful statement! Each of us has the power to make the future bright and productive through the choices we make each day. My hope is that students reading this will really think about that statement and think about their choices. Will your actions help you reach your goals in life? As we enter the new semester, I send my best wishes for a wonderful, safe and Happy 2017 to you and your family.

DAWN BROWN  
MEDICAL CAREERS AND  
SCIENCE, TECHNOLOGY, AND MATH  
MAGNET COORDINATOR  
----------------------------------
Second semester is in full swing and the calendar is jam-packed with performances and competitions. We are approaching that time of year when all students who have been laboring and practicing to prepare for academic competitions will have their day to shine. The Academic Decathlon team competes the weekend of January 28th and February 4th. AP Biology students will be taking the Biology Olympiad exam on February 15th. Students in AP Chemistry are preparing to take the Chemistry Olympiad exam and students in the Math Club will be taking the American Mathematics Competition exams on February 15th. Good luck to all participating students!

Graduation will be here before we know it, so seniors must remember the important dates and information. The assembly was held on January 24, 2017. Information regarding Grad Night tickets, Senior Breakfast, attendance requirements, Senior Prom was announced. Make sure that all your payments are in by the deadlines.

Parents please remember to attend parent conferences during PHBAO night on February 18, 2017. You may pick up your students five-week progress report and briefly talk to each teacher. Also, enjoy some food and entertainment on the QUAD. The evening is from 5-7pm. Hope to see you there!

As we begin the Spring Semester, it is important to stay focused on your academics, especially for graduating seniors. It is too early to get “senioritis” as all college admissions are conditional acceptance and you must pass your spring classes with a “C” or better. You must persevere and maintain your academic performance throughout the semester until graduation. It would be tragic to not graduate or receive an admissions reversal after a lifetime of diligence; don’t let that happen to you. As a reminder, graduating seniors are NOT allowed to leave campus during the instructional day.

continued on page 3
Magnet Newsletter

February 2020

HAPPY 2021!

Dawn Brown
Science Technician, Math
Assistant Coordinator

Christian Garcia
Principal

Yearbook is now on sale.

Order your copy now at the school store.

January 2021

Magnet Yearbook

Dawn Brown
Science Technician, Math
Assistant Coordinator

Christian Garcia
Principal

Yearbook is now on sale.

Order your copy now at the school store.

January 2021
VAN NUYS HIGH SCHOOL
IMPORTANT SCHOOL CONTACT INFORMATION

Main Number: 778-6800, 778-6847
Yolanda Gardea, Principal: 778-6808
Magnet Office: 778-6854
Dawn Brown, MM/MS Magnet Coordinator: 778-6871
Fanny Arana, PA Magnet Coordinator: 778-6803

Counselors
Nicole Kim, Counselor, MS: 778-6885
Marci Pellegrini, Counselor, PA: 778-6836
Evan Zekofsky, Counselor, MS/MM: 778-6862

Mary Charlton, College Counselor: 778-6831
Nurse: 778-6819
Health Office: 778-6832
Attendance Office: 778-6801, 778-6802

VNHS Website:
http://www.edline.net/pages/Van_Nuys_Senior_High

BELL SCHEDULE
REGULAR DAY

PERIOD 1: 7:50 AM to 8:55 AM
PERIOD 2: 9:01 AM to 9:56 AM
BIC: 9:56 AM to 10:08 AM
NUTRITION: 10:08 AM to 10:23 AM
PERIOD 3: 10:29 AM to 11:24 AM
PERIOD 4: 11:30 AM to 12:25 PM
LUNCH: 12:25 PM to 12:55 PM
PERIOD 5: 1:01 PM to 1:56 PM
PERIOD 6: 2:02 PM to 2:57 PM

PROFESSIONAL DEVELOPMENT DAY

PERIOD 1: 7:50 AM to 8:36 AM
PERIOD 2: 8:42 AM to 9:28 AM
BIC: 9:28 AM to 9:39 AM
NUTRITION: 9:39 AM to 9:54 AM
PERIOD 3: 10:00 AM to 10:46 AM
PERIOD 4: 10:52 AM to 11:38 AM
LUNCH: 11:38 AM to 12:13 PM
PERIOD 5: 12:19 PM to 1:05 PM
PERIOD 6: 1:11 PM to 1:57 PM

VAN NUYS HIGH SCHOOL MAGNET PARENTS ASSOCIATION
MPA Board Members 2016-2017 Roster

Maggi Hernandez: President (PA) (323) 438-2129 magaly@ix.netcom.com
Cynthia Royce: Vice-President (PA) (323) 577-3609 croyce@cinedigm.com
Lisa Policarpio: Treasurer (PA) (323) 983 9898 lisapolicarpio@gmail.com
Ramelle Wiggins: Public Relations (PA) (323) 304-4980 ramelle.wiggins@lausd.net
Angel Zobel-Rodriguez: Member (PA) mochabowter@gmail.com
Anna Camille Espinoza: Member (PA) camille.espinosa@gmail.com
Migdalia Jasmin Ramirez: Member (PA)
Bonnie Pierre: Member (MS)
Jasmine Ramirez: Member (PA) (818) 469-5498 bonniejarks@gmail.com
Fanny Arana: Magnet Coordinator, PA
Dawn Brown: Magnet Coordinator, MS/MM
Yolanda Gardea: Principal
debb068@lausd.net
ygardea@lausd.net

LOS ANGELES UNIFIED SCHOOL DISTRICT
Board of Education can be reached individually at the following e-mail address and phone number.

George McKenna, Dist. 1 george.mckenna@lausd.net (213) 241-6382 Fax: (213) 241-8441
Monica Garcia, Dist. 2 monica.garcia@lausd.net (213) 241-6180 Fax: (213) 241-8459
Scott Schmerelson, Dist. 3 scott.schmerelson@lausd.net (213) 241-8333 Fax: (213) 241-8453
Steve Zimmerman, Dist. 4, President steve.zimmer@lausd.net (213) 241-6387 Fax: (213) 241-8451
Ref Rodriguez, Dist. 5 ref.rodriguez@lausd.net (213) 241-5555 Fax: (213) 241-8452
Monica Ratliff, Dist. 6 monica.ratliff@lausd.net (213) 241-6388 Fax: (213) 241-8451
Dr. Richard Vladovic, Dist. 7 richard.vladovic@lausd.net (213) 241-6385 Fax: (213) 241-8452

All Board of Education Members receive mail at: 333 S. Beaudry Ave. 24th floor, Los Angeles, CA 90017. (213) 241-6389, Fax: (213) 241-8953

Superintendent Michelle King
Superintendent@lausd.net
333 S. Beaudry Ave. 24th floor
Los Angeles, CA 90017
(213) 241-1000

Office of Student Integration
(Oversees Magnet Programs)
333 S. Beaudry Ave. 16th floor
Los Angeles, CA 90017
(877) 462-4798
**word from Ms. Dawn Brown continued**

Even if you are 18 years old, you are still required to stay on campus for the instructional day.

**On the Calendar:**

January 26, 2017: LCAP Parent Meeting (6:30pm Cafeteria)
February 16, 2017: PHBAO Parent Conferences (5-7pm)
February 20, 2017: President’s Day (School Closed)
February 23, 2017: LCAP Parent Meeting (6:30pm Cafeteria)
March 8, 2017: MPA Parent Resource Meeting (7-8:30pm)

**SAT TEST DATES for 2015-2016 School Year:**

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Regular Registration Deadline</th>
<th>Late Registration Deadline</th>
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<tr>
<td>May 6, 2017</td>
<td>April 7, 2017</td>
<td>April 25, 2017</td>
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<tr>
<td>June 3, 2017</td>
<td>May 9, 2017</td>
<td>May 24, 2017</td>
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You can register for the SAT exam at:  
www.sat.collegeboard.com/register

**ACT TEST DATES for 2016-2017 School Year:**

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<tr>
<th>Test Date</th>
<th>Regular Registration Deadline</th>
<th>Late Registration Deadline</th>
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<tbody>
<tr>
<td>April 8, 2017</td>
<td>March 3, 2017</td>
<td>March 17, 2017</td>
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<tr>
<td>June 10, 2017</td>
<td>May 5, 2017</td>
<td>May 19, 2017</td>
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You can register for the ACT exam at:  
www.actstudent.org/regist/index.html

**If there has been a change of address, phone number or any other contact information, please come to the Magnet office to update that information by submitting a new Emergency Information form. It is imperative to your student’s success that we are able to stay in contact with you, as your support is instrumental in providing the necessary environment for our students to achieve. Please contact the Magnet Office to help arrange a parent conference with any of your student’s teachers or answer any general questions you may have. Our office number is: 818-778-6854.

**2017 ADVANCED PLACEMENT EXAM SCHEDULE**

AP exams are approaching. Beginning May 1st through May 12th, Van Nuys High will administer the nationally scheduled AP Exams.

Students should allow approximately 4 hours for each test. These 4 hours will include test preparation and the actual time allowed for taking each test. Students should be aware that any form of cheating on these exams will jeopardize, not only the specific exam, but possibly all AP exams and consequently college admissions. The College Board, which administers the Advanced Placement Exam program, has issued a new warning concerning cell phones and other electronic devices. Cell phones and electronic devices may not be brought into the exam area and may not be used or responded to in any manner at any time during the exam.

Backpacks will not be permitted into the exam area. Eat a good breakfast and good luck to all test takers! Exam locations TBA.

The standard fee for AP Exams is $93 per exam; however, Van Nuys High is a Title 1, Provision 2 school, so all students will pay only $5.00 per AP Exam; though students must take every exam for which they registered at the reduced cost or they can be held liable for the cost of each exam missed. Register for the AP Exams in the College Office, Room 510.

**WEEK 1 OF AP TESTING**

**MONDAY, MAY 1, 2017 7AM**
Chemistry
Environmental Science

**MONDAY, MAY 1, 2017 11AM**
Psychology

**TUESDAY, MAY 2, 2017 (7AM)**
Computer Science A
Spanish Language

**TUESDAY, MAY 2, 2017 (11AM)**
Art History
Physics I

**WEDNESDAY, MAY 3, 2017 (7AM)**
English Literature

**THURSDAY, MAY 4, 2017 (7AM)**
Government and Politics

**FRIDAY, MAY 5, 2017 (7AM)**
United States History

**FRIDAY, MAY 5, 2017 (11AM)**
Computer Science
Studio Art (portfolios due)
ADDING A LITTLE DRAMA TO YOUR DAY...

I've been involved with performing arts since I was four years old. Growing up, my main focus was on dance, and then acting and public speaking quickly found their place in my life. This paved my way into a career in comedy in my mid 20's. While performing was always a thrill for me, I gained so much more from my training in the arts than the exhilaration of being on stage. The performing arts also helped foster my social skills and gave me a sense of confidence, which I directly link to my academic, career, and life success.

The article below, written by Lisa Phillips*, first appeared on the ARTSblog, a program of Americans for the Arts and I agree with her message that arts instruction indeed helps us develop life skills way beyond what we leave on stage.

No matter how you practice, study, or enjoy the arts, know that those experiences will always take you far above and beyond your wildest dreams.

---Creatively yours, Ms. Araña

*Lisa Phillips is an author, blog journalist, arts and leadership educator, speaker and business owner.

Top 10 Skills You Learn From The Arts:

1. Creativity – Being able to think on your feet, approach tasks from different perspectives and thinking ‘outside of the box’ will distinguish you from others. In an arts program, you will be asked to recite a monologue in 6 different ways, create a painting that represents a memory, or compose a new rhythm to enhance a piece of music. If we practice thinking creatively, it will come naturally to you now and in your future.

2. Confidence – The skills developed through theater, not only train you how to convincingly deliver a message, but also build the confidence you need to take command of the stage. Theater training lets you practice stepping out of your comfort zone and allows you to make mistakes and learn from them in rehearsal. This process gives you the confidence to perform in front of large audiences.

3. Problem Solving – Artistic creations are born through the solving of problems. How do I turn this clay into a sculpture? How do I portray a particular emotion through dance? How will my character react in this situation? Without even realizing it, people that participate in the arts are consistently being challenged to solve problems. All this practice problem solving develops your skills in reasoning and understanding. This will help develop important problem-solving skills necessary for success in any career.

4. Perseverance – When you pick up a violin for the first time, you know that playing Bach right away is not an option; however, when you practice, learn the skills and techniques and don’t give up, that Bach concerto is that much closer. In an increasingly competitive world, where people are being asked to continually develop new skills, perseverance and dedication are essential to achieving success.

5. Focus – The ability to focus is a key skill developed through ensemble work. Keeping a balance between listening and contributing involves a great deal of concentration and focus. It requires each participant to not only think about their role, but how their role contributes to the big picture of what is being created. Recent research has shown that participation in the arts improve your abilities to concentrate and focus in other aspects of your life as well.

6. Non-Verbal Communication – Through experiences in theater and dance education, you learn to breakdown the mechanics of body language. You experience different ways of moving and how those movements communicate different emotions. Through non-verbal communication, you learn how to connect with others on a different level.

7. Receiving Constructive Feedback – Receiving constructive feedback about a performance or visual art piece is a regular part of any arts instruction. You learn that feedback is part of learning and it is not something to be offended by or to be taken personally. It is something helpful. The goal is the improvement of skills and evaluation is incorporated at every step of the process. Each arts discipline has built in parameters to ensure that critique is a valuable experience and greatly contributes to the success of the final piece.

8. Collaboration – Most arts disciplines are collaborative in nature. Through the arts, you practice working together, sharing responsibility, and compromising with others to accomplish a common goal. When you have a part to play in a music ensemble, or a theater or dance production, you begin to understand that your contribution is necessary for the success of the group. Through these experiences, you gain confidence and
ADDING A LITTLE DREAM TO YOUR DAY

The key to a successful life is knowing how to use your time effectively. It's easy to get caught up in the daily grind of work and responsibilities, but by taking time to dream about your future, you can maintain a sense of purpose and direction. Dreams can help you stay motivated and focused on what truly matters to you.

Incorporate dreamtime into your daily routine. Set aside a specific time each day to escape from the stresses of the moment and allow yourself to daydream. Whether it's during your morning commute or while you're in a long plane ride, these dreamtime moments can be incredibly valuable.

Dreams don't have to be complex or elaborate. They can be simple thoughts or images that feel important to you. By exploring and reflecting on these dreams, you can gain valuable insights into your desires and aspirations.

Dreaming about your future can also help you make better decisions. When faced with a difficult choice, take time to imagine how each option might play out in your dream world. This can provide clarity and help you make a more informed decision.

Incorporate your dreams into your daily life. Whether it's choosing a career that aligns with your dreams or making time for hobbies that bring you joy, including your dreams in your daily routine can help you stay true to yourself.

Dreaming is a powerful tool for personal growth and success. By incorporating dreamtime into your daily life, you can unlock the power of your dreams and create a future that is truly your own.
continued “Adding a Little Drama to your Day”
start to learn that your contributions have value even if you don’t have the starring role.

9. Dedication – When you get to practice following through with artistic endeavors that result in a finished product or performance, you learn to associate dedication with a feeling of accomplishment. You practice developing healthy work habits of being on time for rehearsals and performances, respecting the contributions of others, and putting effort into the success of the final piece. In the performing arts, the reward for dedication is the warm feeling of an audience’s applause that comes rushing over you, making all your efforts worthwhile.

10. Accountability – When you practice creating something collaboratively you get used to the idea that your actions affect other people. You learn that when you’re not prepared or on-time, that other people suffer. Through the arts, you also learn that it is important to admit that when you make a mistake, you must take responsibility for it. Mistakes are a regular part of the process of learning in the arts and in life. We acknowledge them, learn from them, move on and make improvements.

INTRODUCING OUR
2017 ACADEMIC DECATHLON TEAM

Justin Buted (12MS) – Team Captain
Diana Chernyak (10MM)
Christina Kwak (10MS)
Madiha Fairouz (12MS)
Tabib Chowdhury (11MS)
Kimberly Serrano (12MM)
Matthew Saldivar (12MS)
Julian Reynaga (12MM)
Enrique Vasquez (12RES)

Following in the footsteps of last year’s 2016 team that placed 7th in LAUSD and competed in the State Competition, this year’s team performed exceptionally in the preliminary meet. At the City Scrimage, Van Nuys High placed 7th in LAUSD, and continues working hard to get VNHS back to the State championship.

Academic Decathlon is a yearlong class where students study and compete against other schools. An overall theme is selected each year and teams must study and learn information in History, Economics, Science, Art, Music, Literature, and Math for that topic.

This year the topic is World War II. The competition begins on January 28th where students will be evaluated in the following areas: prepared speech, an impromptu speech, a formal interview, and a written essay. One week later, at Royball Center in Los Angeles, the students will take written tests on each subject. The competition culminates in the “Super quiz,” a live test in front of an audience on February 4th. One week later the top schools will be announced and travel to Sacramento for the State Championships in March.

TO STAY UPDATED WITH SCHOOL NEWS,
CHECK OUT OUR NEWS WEBSITE
WWW.VNHSMIRROR.COM

WORD FROM THE LIBRARIAN

Our Annual Book Fair is from March 17 Friday to March 24 Friday. Stop by and pick up some books for your kids! We’ll also be open for business during Open House on the evening of March 23!

The library needs parent volunteers to help ring up orders and supervise the shop. If you can spare a few hours during the week of March 17-24, please email or call me, Ms. Osman, at sosman@lausd.net or 818-778-6828. I need to cover morning and afternoon shifts the whole week for students who come to the fair with their class during their English period and on their own during nutrition and lunch. I am so grateful for any time you can provide to support the library Book Fair that encourages our students to read and raises money for literacy programs!

Thank you!
INTRODUCING OUR 2021 ACADEMIC DEPARTMENT TEAM

- Sarah Johnson
- Michael Lee
- Elizabeth Clark
- David Ruiz
- Rachel Taylor
- Luke Martinez
- Emily Davis
- Ryan Garcia
- Jasmine Rodriguez

WORD FROM THE LIBRARIAN

Dear Students and Parents,

Welcome to the new academic year! We are excited to start this journey with you and look forward to a year of learning, growth, and success.

In celebration of the school's 25th anniversary, the library is proud to present a special exhibition of student art and photographs that capture the精华 of our school's history.

We encourage you to explore the library's resources and take advantage of our reading groups and study sessions. Remember to check out our new online database which offers access to a wide range of academic journals and research articles.

Stay updated with school news by checking our website at www.vinthinsom问道.com.

Best wishes for a successful year,

[Signature]

Library Director
WEEK 2 OF AP TESTING

MONDAY, MAY 8, 2017 (7AM)
Biology
Music Theory

MONDAY MAY 8, 2017 (11AM)
Physics C

TUESDAY MAY 9, 2017 (7AM)
Calculus AB
Calculus BC

TUESDAY MAY 9, 2017 (11AM)
French Language
Spanish Literature

WEDNESDAY MAY 10, 2017 (7AM)
English Literature

WEDNESDAY MAY 10, 2017 (11AM)
Macroeconomics

THURSDAY MAY 11, 2017 (7AM)
World History

FRIDAY MAY 12, 2017 (7AM)
Microeconomics
Human Geography

FRIDAY MAY 12, 2017 (11AM)
European History

COLLEGE ADMISSIONS GUIDE: FEBRUARY

1. We cannot stress this enough; for many college bound students, financial aid is essential. Talk to your parents to be sure that the FAFSA and other financial aid documents are being submitted on time. And, as always, continue to research scholarship opportunities.

2. You’ve fantasized about donning that cap and gown for quite some time. Make sure that moment becomes a reality! Meet with your counselor to be sure you are on track for graduation.

3. Write “thank you” notes to teachers for their recommendations. While they might not have guaranteed you a spot at your dream school, they did do you a favor.

4. If you’ve already received an acceptance, congrats! Begin making plans to visit your potential new schools and start reviewing housing options.

Email us at: vnhs magnet newsletter@gmail.com
Produced by The Mirror Staff: Esther Choe
<table>
<thead>
<tr>
<th>COLLEGE CREDIT</th>
<th>GENERAL EDUCATION GUIDE</th>
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Parent Resource Meeting

March 8, 2017 at 7:00 p.m. - 8:30 p.m. in the Auditorium

Topic: Safety, cyber & school bullying, awareness of surroundings and much more! Special Guest invited: Van Nuys Police Officer, MMA/TKD trainer and professional MMA/Taekwondo Olympic Judge.

Reunión de Recursos para Padres: 8 de marzo, de 7:00 pm a 8:30 pm en el Auditorio. Tema: Seguridad, cyber & escuela bullying, y mucho más! Especial invitado: Oficial de Policía de Van Nuys, Entrenador de MMA/TKD y profesionales, Juez Olímpico de MMA / Taekwondo (Artes marciales).

LAUSD Safety Education

Join us for an exciting and informative evening.
Únase a nosotros para una velada emocionante y informativa.

For more information please contact: Para obtener más información, póngase en contacto:
The Magnet Office at (818) 778-6800 Dawn Brown & Fanny Arana Maggi Hernandez, MPA-President at (818) 438-2129

All Parents are Welcome! 
¡Todos los padres son bienvenidos!
Happy New Year 2017
Maggi Hernandez, MPA-President
Questions? Please call me (818) 438-2129

Upcoming Events
Parent Information Meeting:
High School Assessments & Community Colleges
Junta de informacion para padres: Evaluaciones de Escuela Secundaria y Colegios Comunitarios
January 26, at / Enero 26 de, 6:30pm - 8:00pm
VNHS Cafeteria Guest Speakers/Oradores Invitados: Rob From Premier College Guide Mayra Vargas From Los Angeles Valley College
Para mas informacion por favor de llamar a la Señora Bakenhus
For more information contact:
Ms. Bakenhus at 818-778-6800 Ext.

Parent Resource Meeting: March 8, at 7:00pm-8:30pm in the Auditorium. Topic: Safety, Cyber & school bullying, awareness of surroundings, and much more! Special Guest invited: Van Nuys Police Officer, MMA/TKD trainer and professional MMA/Taekwondo Olympic Judge.
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Magnet Parent Association Meetings:
2/7, 3/14, 4/18, 5/9, 5/30 all meeting at at 6:30pm in the library. Join us! All parents are welcome!
Magnet Reuniones de la Asociación de Padres:
2/7, 3/14, 4/18, 5/9, 5/30 todas las reuniones a las 6:30 pm en la biblioteca. ¡Únete a nosotros!
Todos los padres son bienvenidos!