

Class of 2026 Parent Orientation



Administration



**Fabian
Morales**



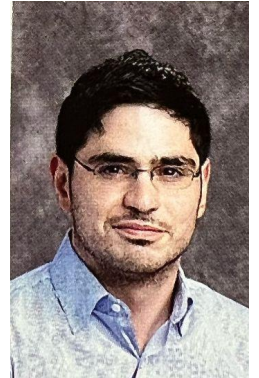
**Galen
Rosenberg**



**Wynne
Satterwhite**



**Kristin
Castillo**



**Nicolas
Betancur**



VISION

We value a healthy, equitable learning environment in which students and staff support one another.

We are committed to the application of 21st Century skills and knowledge in the classroom and beyond.



LEARNERS

THINKERS

COMMUNICATORS

CITIZENS

All Los Altos graduates will be:

RESPONSIBLE, GLOBAL CITIZENS WHO...

- Demonstrate honest, ethical and respectful behavior.
- Act equitably, considering their community and the environment.
- Make choices that support physical and mental health.

EFFECTIVE, ENGAGED COMMUNICATORS WHO...

- Convey ideas and information and engage with others through a variety of media.
- Address and understand diverse audiences and the perspectives of others.
- Utilize technology and new media in a responsible manner.

CRITICAL, CREATIVE 21ST CENTURY THINKERS WHO...

- Identify problems or challenges.
- Analyze and synthesize information and develop hypotheses.
- Create new strategies and tools to solve problems and overcome challenges.

SELF-DIRECTED, COLLABORATIVE LEARNERS WHO...

- Actively and independently seek out new ideas and information.
- Apply a metacognitive, self-aware approach to learning.
- Value the contributions of others and collaborate effectively.

STUDENT LEARNING OUTCOMES: RECS

VISION

Valoramos un ambiente de aprendizaje saludable y equitativo en el que los estudiantes y el personal se apoyen mutuamente.

Estamos comprometidos con la aplicación de las habilidades y conocimientos del siglo 21 en el salón de clase y más allá.



APRENDEDORES

ESTUDIANTES-ANALITICOS

COMUNICADORES

CUIDADANOS

Todos los graduados de Los Altos serán:

CITADANOS GLOBALES RESPONSABLES QUE...

- Demuestran un comportamiento honesto, ético y respetuoso.
- Actúan equitativamente, considerando su comunidad y el medio ambiente.
- Toman decisiones que apoyan la salud física y mental.

COMUNICADORES EFECTIVOS E INVOLUCRADOS QUE...

- Transmita ideas e información e interactúe con otros a través de una variedad de medios.
- Que puedan Presentar y entender las diversas audiencias y las perspectivas.
- Utilizar la tecnología y los nuevos medios de manera responsable

INTELCTUALES CREATIVOS DEL SIGLO 21 QUE...

- Identifican problemas o desafíos.
- Analizan y sintetizan información y desarrollan hipótesis.
- Crean nuevas estrategias y herramientas para resolver problemas y superar desafíos.

APRENDEDORES AUTODIRIGIDOS Y COLABORATIVOS QUE...

- Buscan de forma activa e independiente nuevas ideas e información.
- Aplican un enfoque metacognitivo y consciente de sí mismo al aprendizaje.
- Valoran las contribuciones de los demás y colaboran de manera efectiva.

EXPECTATIVA DE APREDIZAJE

(RECS: RESPONSIBLE, EFFECTIVE, CRITICAL, SELF-DIRECTED)

Bell Schedule

2022/23 LAHS Bell Schedule				
Monday Schedule A All Periods	Tuesday Schedule B Odd Periods	Wednesday Schedule C Even Periods	Thursday Schedule B Odd Periods	Friday Schedule C Even Periods
8:00-8:30am Professional Time Meeting	8:00-8:30am Professional Time Meeting	8:00-8:30am Professional Time Meeting	8:00-8:30am Professional Time Meeting	8:00-8:30am Professional Time Meeting
Period 1 8:40-9:25am	Period 1 8:40-10:10am	Period 2 8:40-10:10am	Period 1 8:40-10:10am	Period 2 8:40-10:10am
Period 2 9:32-10:22am				
		Academic Collaboration Time (ACT) 10:10-11:00		Academic Collaboration Time (ACT) 10:10-11:00
Brunch 10:22-10:32am	Brunch 10:10-10:20am	Brunch 11:00-11:10am	Brunch 10:10-10:20am	Brunch 11:00-11:10am
Period 3 10:39-11:24am	Period 3 10:27-11:52am	Period 4 11:17-12:42pm	Period 3 10:27-11:52am	Period 4 11:17-12:42pm
Period 4 11:31-12:16pm				
Lunch 12:16-1:01pm	Lunch 11:52-12:37pm	Lunch 12:42-1:27pm	Lunch 11:52-12:37pm	Lunch 12:42-1:27pm
Period 5 1:08-1:53pm	Period 5 12:44-2:09pm	Period 6 1:34-2:59pm	Period 5 12:44-2:09pm	Period 6 1:34-2:59pm
Period 6 2:00-2:45pm				
Period 7 2:52-3:37pm	Period 7 2:16-3:41pm		Period 7 2:16-3:41pm	





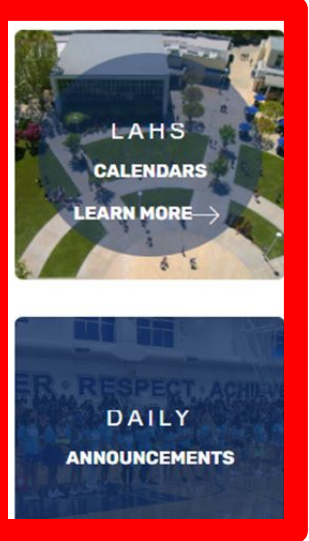
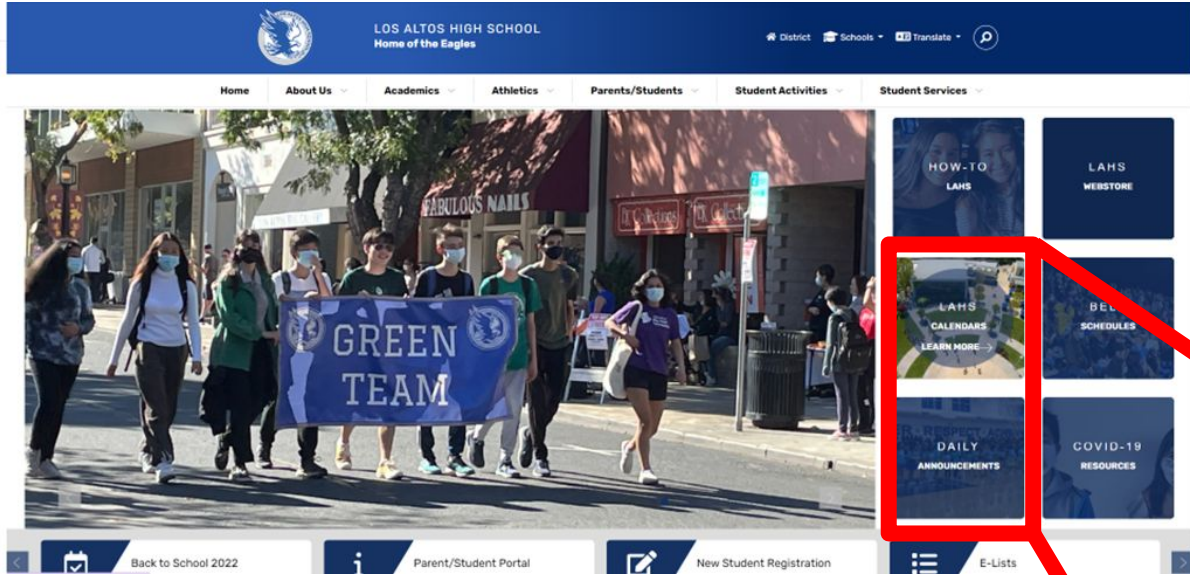
Student Activities

120+ Clubs

The Talon	Aerospace Club	Weightlifting Club
Neuroscience Club	Bike Club	Girls for Politics
Climbing Club	Greenpeace	LAHS eSports
Latino Student Union	Kpop and Anime Club	Indian Student Association
Mock Trial	Model United Nations	Data Analysis Club
Blue Crew	Video Game Modifications Club	French Club
Ethics in Social Media	Dungeons and Dragons Club	TEDxLAHS
Photography Club	Jewish Culture Club	Bike Club



Information about Orientation Day



lahs.mvla.net



Athletics

Athletics - Ms. Noeth (Athletic Director)

Step 1. Choose a sport you want to tryout for.

ONLY 1 SPORT PER SEASON.

Step 2. Get cleared. Go to athletic website to follow the clearance process.

Step 3. Attend tryouts, putting your best effort out there.



Sports Offered

FALL

1. Cheer
2. Girls Golf
3. Girls Volleyball
4. Cross Country
5. Football
6. Field Hockey
7. Girls Water Polo
8. Boys Water Polo
9. Girls Tennis

WINTER

1. Boys Basketball
2. Girls Basketball
3. Boys Soccer
4. Girls Soccer
5. Wrestling
6. Cheer

SPRING

1. Boys Tennis
2. Gymnastics
3. Boys Golf
4. Swimming & Diving
5. Boys Volleyball
6. Girls Lacrosse
7. Boys Lacrosse
8. Badminton
9. Baseball
10. Softball
11. Track & Field



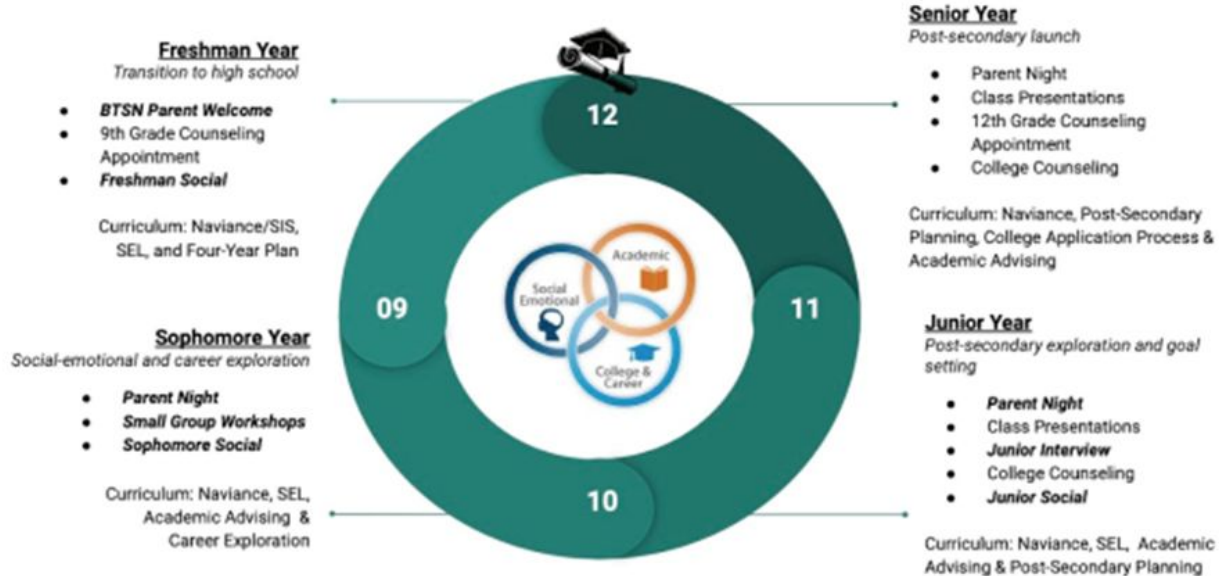
- *How would you describe the main character?* This could include: personal qualities (characteristics, interests, strengths) or areas for growth, or anything else you want to use to describe yourself. (2 min)
 - *If the storyline or plot is about your high school experience, what would you want the story of your high school years to be about, to include, or to look like?* (2 min)
 - *If you were to write a follow-up story that is about your next steps after high school, what are some themes that might be included in that story?* (2 min)
- Personal Narrative Activity: My Story

School Counseling and Mental Health

School Counseling Model



MVLA Continuum of School Counseling Services



<https://sites.google.com/mvla.net/lahscounseling>

Counselors

Parking Lot Portables (P-11 - P-14)

- Mr. Rojas
- Mr. Carter
- Ms. Parker
- Ms. Adler



Counselors

Baseball Field Portables (P-7 - P-9)

- Ms. Wise
- Mr. Larin
- Ms. Mistele-Ali

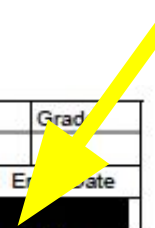
How to read your schedule

Counselor

F = Fall Semester
S = Spring Semester

Y = Yearlong Class

Student Name		Student ID	Birthdate	Gender	Grade		
[REDACTED]		1 [REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]		
School					Enrollment Date		
Los Altos High School					[REDACTED]		
Class Schedule				Counselor: Adler			
Sec#	Sem	Days	Sec#	Course ID	Course Title	Teacher Name	Room
1	F	TWTF	179	PO1010	Gr 9 PE	Raffo	GYM3
1	S	TWTF	180	PO1020	Gr 9 PE	Raffo	GYM3
2	Y	MTWTF	279	DC1010	Survey Comp/Lit	[REDACTED]	502
3	Y	MTWTF	399	AC1110	Algebra I	[REDACTED]	716
4	Y	MTWTF	473	CB1010	Biology H	[REDACTED]	709
5	Y	MTWTF	570	FC2010	Spanish I	[REDACTED]	920
			670	DI1010	Survey Skills	[REDACTED]	305
7	Y	MTWTF	757	EC1010	World Studies	[REDACTED]	629
Parent/Guardian			Telephone		Primary 1	Primary 2	
[REDACTED]			[REDACTED]				
Home Address				City	Zip Code	Date	
[REDACTED]				[REDACTED]	[REDACTED]	8/03/2021	



Schedule Changes

Immediate Changes: 8/12 - 8/15

- Missing a core class (English, Math, Science) from schedule
- Has two classes in the same period
- Wrong level class (i.e. Freshman is scheduled for Civics)

Other Changes:

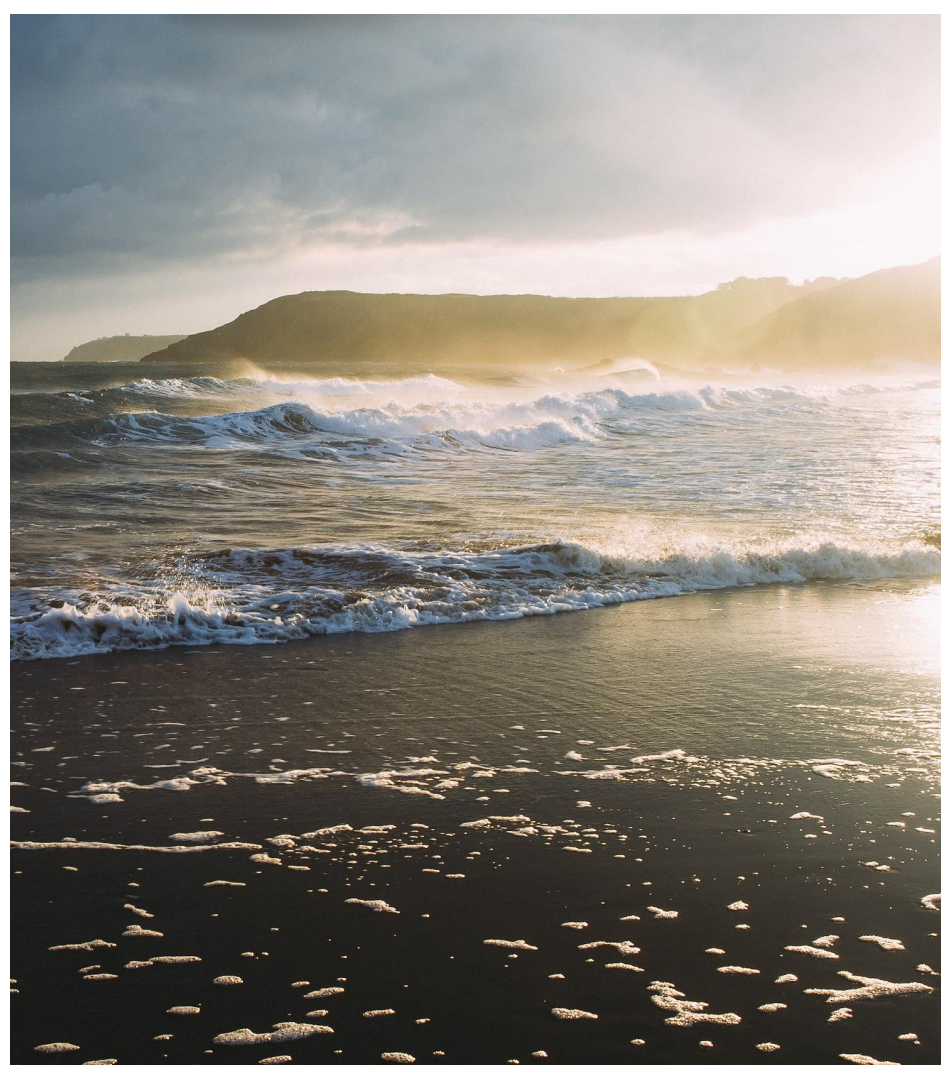
- Other schedule changes may start Monday, August 22
- Last day to add class 9/2
- Last day to drop 9/23

Mental Health Support

- PE Opportunities
 - Mindfulness in 9th grade PE
- Healthy Habits
 - Sleep
 - Exercise
 - Eating
 - Self-Advocacy
 - Balanced life
 - Technology limits

Ways to Access Support

- Enhance and build new relationships with peers
- Create and maintain healthy routines
- Get involved (clubs, sports, performing arts, etc.)
- Reach out to a trusted adult on campus (teacher, counselor, coach, other staff member)
- Fill out the Student Support Referral Form on the LAHS webpage.
 - For yourself or a friend
 - Check - in with a clinician who will help determine what support you may need



Transportation

If at all possible, students should walk or bike to school.

In order to protect the Cycle Track, bikes and pedestrians:

- There is **NO STOPPING** for **DROP OFF OR PICK UP ON ALMOND AVE.**
- The **student parking lot is CLOSED** to drop off and pick up during school hours 7:30am-4:00pm
- **DROPOFF/PICKUP: Families should drop off and pick up on Jardin** behind the campus or on side streets a block or two from campus. See the map below for recommended routes.
- **TURN OFF YOUR VEHICLE ENGINE** when waiting to **pick-up students**, even if only waiting thirty seconds or more. Vehicle exhaust is linked to increased health risks and is wasteful of energy.

Si es posible, los estudiantes deben caminar o usar la bicicleta para llegar a la escuela.

Con el fin de proteger el camino de bicicleta, las bicicletas y los peatones:

- **NO HAY PARADAS PARA DEJAR O RECOGER EN ALMOND AVE.**
- El estacionamiento para estudiantes está **CERRADO** para dejar y recoger durante el horario escolar de 7:30am a 4:00pm.
- **DEJAR/RECOGER:** Las familias deben dejar y recoger en Jardín detrás del campus o en las calles laterales a una o dos cuadras del campus. Consulte el mapa a continuación para conocer las rutas recomendadas.
- **APAGUE EL MOTOR DE SU VEHÍCULO** cuando esté esperando para recoger a los estudiantes, incluso si solo espera treinta segundos o más. El escape de los vehículos está relacionado con mayores riesgos para la salud y es un desperdicio de energía.

Recommended Drop Off/Pick up Routes | Rutas recomendadas para dejar/recoger

