



CAPITAL CHRISTIAN HIGH SCHOOL NEWS

JULY 2011

Pursuing Excellence In Christ

916-856-5611 * 9470 MICRON AVE., SACRAMENTO CA 95827

FROM THE PRINCIPAL:

No doubt the summer season is a time for relaxation and reflection. As I reflect on the past semester and the joy of graduation for the class of 2011, I can't help but consider what summer brings. As we celebrated the class of 2011 on graduation day, we were joined around the world through live streaming by 380 family and friends who were able to see their graduate celebrate what God has done in their lives. Technology today amazes me, thank you to all that were able to make that happen. It was awesome!

As we are now fully into the summer season students are focused on relaxation, summer jobs and time with family and friends rather than studying for exams or writing papers. The hope is that classroom learning is not lost in these summer months nor is the spiritual growth students experienced over the year with chapels, small groups, class discussions and accountability that comes with staff, teachers and coaches. We know that this helps to ensure students staying engaged throughout the school year. So how do they continue the renewing of their relationship with God over the summer?

The desire is for the heart of students to be continually transformed by the redemptive work of God, even when they are not on campus. Summer is definitely a season of transition with the opportunity to relax and sensing God is near is a great thing. Summer brings many distractions and students need to remember it is important to stay immersed in God. Continue being faithful to Him, cultivate a relationship with God, and stay active and attentive in reading God's word and praying daily.

Ways to stay connected are Missions trips, volunteering in local outreach programs, various camps and community service projects. Using summer break as a time to stay intentionally connected to God will strengthen and rejuvenate a relationship in Him. By continuing spiritual growth at home through His word, prayer, service and fellowship, students can maintain a relationship with the Lord that will continue on into the new school year.

I am happy to report that our Missions class had another successful outreach to Jamaica. We are anticipating a great report from the students as they share with us in the fall about what God is doing in Jamaica and in their personal lives. This is such a unique ministry as we continue to return to some of the same locations in Jamaica to continue the work that was done in the previous years. The ability to build relationships is incredible and no doubt life changing. Phil. 1:1-6.

I pray everyday for the upcoming year and the students that are coming. May God continue to guide and lead you this summer in all that you do. May His face shine upon you and be gracious unto you. The Lord keep you and watch over you. I pray that you continue to celebrate the daily victories in Him and that you seek Him in all that you do. Happy 4th of July!

God Bless, Ab Alvarez

IMPORTANT ADVANCED/AP INFO

If you are enrolled in the following advanced or AP classes, there is summer work to be completed: advanced English 9, advanced English 10, AP Language, AP Literature, AP US History, AP World History, AP Government, and AP Art History. You are responsible to have this work and complete it by the date indicated. AP Chemistry will meet beginning on August 1 from 9am-12pm. Summer packets may be picked up in the HS office or is available online.

**LOCKER/SCHEDULE INFORMATION, DRESS CODE POLICY, COUGAR CARD INFO,
HOMECOMING AD & SCHOOL CALENDAR ENCLOSED**

One of our first days of school will be spent on class retreats! The underclassmen retreats will be on Monday, August 15th. The Juniors will be going to the Aquatic Center, the Sophomores to Peak Adventures, and the Freshmen will be on campus. The cost will be as follows: Freshman - \$30, Sophomore - \$50, Junior - \$55. The cost covers the transportation (if needed) and lunch as well as all activities. More information with specifics to each trip and permission slips were mailed home in June. If you did not receive this information please contact the High School office. We would like to have permission slips along with payment by July 30th. It is our strong desire that everyone attend, as this is our time of sharing together and bonding as a class.

Parent Volunteer Opportunity-Letter from PAWS

We hope you are having a wonderful relaxing summer. I know it is hard to think about school starting in a few short weeks, but on August 15th our entire student body will be at four different retreats. It is a wonderful way for each class to bond, and for the new students to assimilate. It starts the year off in such a great way for our kids.

To make these retreats possible we need a lot of help. Last year we had about 10% of our high school family's volunteer for one or more activity. PAWS would like to see this increase to 30% this year. We have 80 volunteer spots to fill for these retreats. This means, we need 30% of our families to volunteer for something.

We have a new volunteer website that is working very well. You do have to register once. It is very simple and safe. Go to volunteerspot.com to register, and it will send you a list of all the volunteer slots available.

DMV and background clearance. If you are interested in driving or volunteering with the students this year, you will need to have a DMV and background clearance. The background clearance needs only to be filled out once, but the DMV insurance form needs to be filled out yearly. These forms take four weeks to process. They are available in the High School office now.

If you are interested in being part of the PAWS team for the 2011-2012 school year let us know. It is a great way to be involved in your child's school and help make a positive difference.

HSPAWS@ccconline.cc

WELCOME BACK BBQ!

Mark Your Calendar!

Join us for the All-School Welcome Back BBQ!

When: Friday, August 12th

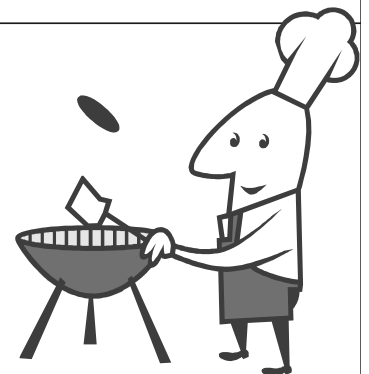
Time: 5:00pm - 7:00pm

Place: High School Performing Arts Center

If you would like to volunteer at this event please go to the link below.

<http://www.volunteerspot.com/login/entry/112345635485254033>

Please support PAWS by bringing any used cell phones to recycle.



PICTURE DAY PACKETS

Picture packets will be sent home with your student the first week of school. You may also pick up packets in the HS attendance office. **Picture day is August 22nd.**

BACK TO SCHOOL

Make plans to attend our Back to School night Thursday, August 18th at 6:30pm in the HS Multi-Purpose Room.

Cougar Café

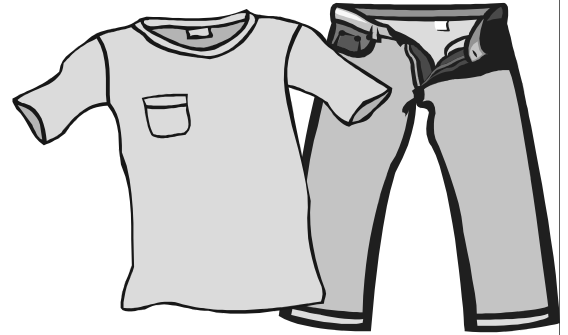
You can put money on your café prepay account starting August 8th or online @ cafeprepay.com.

P.O.I.N.T.S. is CCS's volunteer parent participation program. The goal of this program is to encourage every parent to participate in their child's education and to reward those families that do. Our goal is that every family earn at least 2 points per month. Participation is recorded on a monthly P.O.I.N.T.S. log that can be found at ccs.ccconline.cc. Once a month we designate a P.O.I.N.T.S. Day. On this day, students of families that have earned two points during the prior month may wear jeans rather than khakis.

There are 5 ways to earn a point:

- 1) Attendance at any CCS function
- 2) Any donation to the school
- 3) One hour of volunteer service at CCS
- 4) \$100 SCRIP purchase
- 5) Be a PEST (CCS's secret pal program)

Your children's school years are fleeting! Get involved today.



NEW STUDENT ORIENTATION

For all new students entering CCHS! (Including CCMS students entering 9th grade)

Date: Monday, August 8th

Time: 6:00pm-7:30pm

Place: High School Multi-purpose Room

Students will meet High School administrators and Student Council officers. Extra-curricular activities will be presented and academics will be discussed. There will be a question and answer time, as well as a tour of the High School. We hope to see you there! If you have any questions, please call 916.856.5611.

Sponsored by CCHS Student Council

NEW RULE: SHOTS FOR SCHOOL

Under a new law, California middle and high school students must be vaccinated against pertussis (whooping cough). It is required to show proof of a "Tdap*" booster shot before starting the 2011-12 school year. If you are unsure about your students immunizations, please call your doctor. If your student is an incoming 7th -12th grader, please do one of following:

Options to show proof

-Bring in your shot record to the school office showing the vaccine (we will make a copy)

-You or your doctor can fax updated immunization record to the school office.

Middle School office FAX # (916)856-5950. High School office FAX # (916) 856-5960.

-You or your doctor can email updated immunization record to cskelton@ccconline.cc.

TEXTBOOK 411

The Virtual Book Store opens July 6th!!!! Log on now to get the best selection on used books!

Visit <http://bookstore.mbsdirect.net/ccs.htm>.

The textbook list is subject to change due to textbook availability from the publisher(s). If you purchase your textbooks from MBS and there is a book change, MBS will exchange the book (as per price paid) and pay for the shipping of the new text and the shipping for the returning textbook. If you choose to use an outside provider, and the textbook changes, you are responsible to buy the updated textbook.



If you purchase a book from MBS for an elective class, and your student isn't enrolled in that class due to availability you have 30 days from the day of purchase to return the book to MBS in the same condition it was received for full purchase credit. You will be responsible for all shipping and purchasing of the books for the new course.

If you have questions, please call 916.856.5611 ext. 1743 or email aeiesland@ccconline.cc.

CCS ATHLETICS

Summer workouts in progress. Call 916.856.5618 or email
Suzanne Baker @ Suzanne@cccconline.cc for info.

Anyone interested in participating must be academically eligible, attend all tryouts/practices (complete schedule will be given out on first day), have an updated physical/insurance form on file in the Athletic Office (Physical Forms available in the HS and/or Athletic Office, online, or can be emailed). Sports Fees (\$85/HS) will be due following all final team decisions. **All students are invited - even if you were unable to attend summer workouts.**

HS "Fall" SPORTS

Please make note of the following start dates/times for Fall Sports 2011:

(Summer practices/workouts are going on now, email/call coach if you need dates/times)

Football

Coaches: Phil Grams, Varsity Ron Gerringer, Junior Varsity Contact: philg@cccconline.cc (916) 412-3970

Dead Period: July 18-Aug 7 Optional Weights/Conditioning: Mon-Thurs, Time: 8am - 10am

Official First Week of Practice: Tues/Wed, Aug. 9 /10, 3:00-6:00pm, Thurs/Fri, Aug. 11/12, 12:00-3:00pm

Boys Soccer

Coaches: Ab Alvarez, Greg Armbrust Varsity/JV Contact: ab@cccconline.cc (916) 505-6498

Official First Day of Practice: Monday, Aug 15 Time: 3:15-5:00pm Stadium

Girls Volleyball

Coaches: Carly Vacher, Varsity Mike Vacher, Junior Varsity Nicole Reynolds, Frosh Contact: carly.vacher@yahoo.com (916) 505-7062

Tryouts: July 19, 20, 21 Time: 4:30pm - 6:30pm (Conditioning only) August 9, 10 Time: 3:30pm - 5:30pm

Official First Day of Practice: Thurs, Aug 11 (1/2 day of school) Time: 3:15-5:00pm Gym

Cross Country

Coaches: Denis Jordan and John Malinowski Contact: djordan@cccconline.cc (916) 761-6428

Start Date: Tuesday, August 16 Time: 3:30 - 5:00pm Track

Girls Golf

Coach: PJ Garza Contact: pgarza@cccconline.cc (916) 955-5137

First Meeting: Friday, Aug 12 Time: 12:15pm Room 101

Start Date: Tuesday, Aug 16 Time: 3:30 - 5:00pm Cordova Golf Course

CHEER

Coach: Margaret Lee

ccmscheercoach@yahoo.com

Tryouts: Already held in April

Practice: Aug 8 & 15 Tumbling

Time: 3:00-4:00pm

cccconline.cc

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Phone: 856-5611

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