



Highlander Highlights

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Royal High School
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California State PTA
<http://www.capta.org/>

National PTA
<http://www.pta.org/>

2012-2013 Royal PTSA Meetings

**All meetings are at 7pm
unless otherwise noted.
Come join us!**

March 14 Library
April 3 Assoc. Mtg. @
Open House: 6pm
April 9 Library
May 14 Library
June 4 Assoc. & Exec.
Board Mtgs. 6:30pm @
location TBD

FYI:
Next school year begins
8-19-13 and ends 6-6-14

A Note from the PTSA President

Hello Highlanders!

Spring is almost here and isn't it great to be a Highlander?! Royal High School is the first high school in the nation to officially partner with a presidential library and several seniors at Royal are completing the challenging requirements to earn the very special **Ronald Reagan Citizen Scholar Diploma Seal**. Good luck to all of them! Royal's athletes, musicians, artists, performers, singers and leadership students are doing great things and many exciting events will be going on throughout the rest of the year.

Royal High PTSA is going strong this year. The first ever **student Book Exchange** took place the last week in January and lots of students went home with new books to read. Many more students expressed an interest in participating in the Book Exchange next year; it's a wonderful way to get "new" books to read at no cost! **RHPTSA gave Royal HS \$2,283.00 from the technology drive** fundraiser with which to take advantage of an opportunity to buy classroom technology items (like a smart board) at half price only if funds from a PTA/PTSA technology fundraiser were used. The **MPR is getting a new sound system**, too: partially funded by PTSA technology fundraiser funds raised in previous years. The **Required Reading Book Bank** is being built up and later in this school year students will have the opportunity to check out these books, free of charge, for their summer and quarterly outside reading assignments. Royal High PTSA brought **author Alexis O'Neill** to Royal to speak to students about becoming a writer and getting published.

The RHPTSA will have a fun game booth with prizes at **Spring Fling**, and will recognize some impressive volunteers who have donated untold hours and resources for the benefit of our students with **Honorary Service Awards** at Open House on April 3rd.

The **Achievement Awards Breakfast** will be sponsored by RHPTSA again this year, too, and we look forward to recognizing all the students who will be nominated by teachers who saw an effort worthy of recognition being made by these students in one or more of a number of areas. One of our **two student PTSA executive board members** will be chairing the **Senior Bar-B-Que** this year and it is going to be great. **PTSA scholarship applications will be available in the College Career Center** shortly and **PTSA volunteers will be helping with all sorts of school events from now through the end of the school year**. If you'd like to be more involved on campus, **please join us**.

Royal High PTSA is looking for volunteers to serve on **next year's PTSA Executive Board**. If you are interested, please let us know. We are always happy to have new people join us in making our students' high school experience the best that it can possibly be. You can email Royal High PTSA at royalptsa@gmail.com.

Go Highlanders!

Julianne Ota
President, RHS PTSA



We Are Young Benefit Concert

Profits go to Simi Valley's three high school vocal programs
3/8/13 7:00pm @ Grace Brethren Church
2900 Sycamore Dr, Simi Valley
Tickets: <http://www.simi-arts.org>

Important Dates:

- 3/8: *No School*
- 3/10: *Daylight Savings Time begins*
- 3/14: *Choir Concert 7pm @ St. Rose*
- 3/22: *Spring Fling*
- 3/25 – 4/1: *Spring Break*
- 4/3: *PTSA Association Mtg 6pm*
- 4/3: *Open House 6:30pm*
- 4/4: *Librarian Appreciation Day*
- 4/5: *Mr. Highlander Pageant 6pm*

We are pleased to announce a win-win for Royal High School and all our supporters! Spreebird donates 10% of their profit on deals we buy. Spreebird offers 50–90% off on the best services and attractions offered in the area.

Please sign up for free at www.spreebird.com/c/royalhsptsa and select Royal High School as your community partner. We will receive \$1.00 for every new email signed up and 10% of their profit on any deal you purchase.

Teen Prescription Drug and Heroin Use in Ventura County

(a few facts from the February 21st parent information night – summarized by J. Ota)

Do you know:

- the number of drug-induced deaths among youth nationwide is now equal to the number of motor vehicle deaths among youth nationwide?
- 1 in 5 teens in the USA has abused prescription drugs?
- unintentional overdoses caused by prescription drugs, and deaths due to these overdoses, have been rapidly increasing over the last decade? The number of unintentional overdoses doubled in Camarillo from 2011 to 2012 and in Thousand Oaks it went from 15 to 30 with four youth actually dying in Thousand Oaks last year.
- prescription drug abuse causes the largest percentage of deaths from drug overdosing?
- teenage overdoses frequently occur because teens combine alcohol and prescription drugs, not realizing that drinking changes the impact of prescription drugs on the body and can make them lethal - frequently causing the user to stop breathing or his/her heart to stop?
- that many teens start using prescription drugs and alcohol because they think they are safe? Because they see their parents drink or use prescription painkillers (even though the adult is using them responsibly); they are not knowledgeable enough to know that abusing these substances can be lethal.
- over 50% of teens who abused prescription drugs got them free from family or friends? most teens who begin using tar heroin do so because they are addicted to prescription drugs but are no longer able to support this very expensive habit so they begin using heroin because it is cheaper?
- frequent marijuana use by adolescents and teenagers can actually negatively impact their memory, brain development, judgment, perception and motor coordination?
- teens who frequently use marijuana are the most likely to use other drugs?
- the THC potency of marijuana has increased from 4% in 1983 to more than 20% in 2011 and it increases every year?
- marijuana use may increase the risk of mental illness by 40%?
- methamphetamine use is spiking up, and there are lots of dangerous synthetic drugs available for purchase, but prescription drug abuse is the biggest problem among our youth right now?
- in the areas the Ventura County Sheriffs Department polices:
 - ~ 75% of unintentional overdoses are among males?
 - ~ 68% of unintentional overdoses are among whites?
 - ~ young people ages 21 – 25 are the most likely to die of an overdose?
- the age when kids first get drunk is going down and is now often as young as 11 – 12 years old?
- in Ventura County in 2010 5% of 11th graders and 4% of 9th graders said they've used heroin? And heroin use has increased in the last 2 years...

What can we do to help our children, our friends (if you are a teen), and our community?

Get the facts on Rx and over the counter drug abuse. Go to www.venturacountylimits.org, www.drugabuse.gov, and if you are a parent to www.theantidrug.com. Get others in your social circle to do the same.

- If you are there when someone overdoses, do NOT panic or leave them alone. A new law protects both you and the OD victim from arrest if you are not a dealer. Call 911 and the police will come and help. They will not come as law enforcement, but as help in order to save the life of the OD victim.
- Talk about drug and alcohol abuse and include prescription drugs in the conversation. The risk factor for kids whose parents speak to them in detail about the dangers of prescription drug abuse and the lethal combination of alcohol and drugs decreases by 50%.

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Open House

April 3rd in the Gym. PTSA meeting at 6:00pm. Open House at 6:30pm

See Royal students perform, elect next year's PTSA officers, find out who received an Honorary Service Award this year and check out classrooms. This is a great opportunity to meet teachers and ask questions. Save the date!

Slate of PTSA Officers for 2013-2014 School Year

The following is a list of recommendations by the nominating committee. Elections will be held on April 3, prior to Open House. Nominations from the floor will be accepted at that time.

President - Betty Robison

1st VP Programs - Kathy Hinkle

2nd VP Membership - **OPEN**

3rd VP Ways and Means - Julianne Ota

Secretary - Terry Trousdale

Treasurer - Marty De Los Rios

Auditor - Isabel Miller

Historian - Teresa Moore

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- Learn the signs of drug abuse, e.g. pinpoint pupils, drowsiness, change in activities or friends, loss of interest, money issues, valuables disappearing, lost prescriptions, and more. For more information go to venturacountylimits.org.
- Monitor and secure ALL medications and get your friends and neighbors to do the same.
- Properly dispose of unused and expired medications. There is a drop-off box in the lobby of the Simi Valley police department available 24 hours a day, seven days a week.
- Actively model responsible behavior and do NOT share your medications.
- If a teenager seems abnormally drunk take him or her to the hospital to be checked; waiting until morning can lead to death from alcohol poisoning or from the mixing of alcohol and drugs.
- Learn the slang names of various drugs so you can intervene if you see or hear them in use. Tell any young person you know who is struggling with addiction that they can get help and use outpatient treatment programs provided by Ventura County Behavioral Health. Just call 981-9200 to find out more about the youth services programs offered or go to www.venturacountylimits.org or the clinic in Simi Valley at 3140 Los Angeles Avenue: 577-0846. If you need help, talk to someone about it. There are many people in the community who can and will help you, whether you are the one struggling, you are the parent of an addict, or the friend of one. Sergeant Thompson and Officer Longdon of the Simi Valley Police Department, the Not One More organization and employees of Ventura County Behavioral Health are just a few who want to help.

National PTA Reflections Program 2012—2013

Theme: "The Magic of a Moment" by Linda Davis, Reflections Chairperson

On January 10th, 2012, the 12th District PTA held an awards ceremony at the Ventura County Office of Education in Camarillo. Winners of this stage of the Reflection Program were announced and Royal High School was very proud to learn that these Highlanders were honored for their accomplishments in particular categories.

Jeffrey Hinkle:	"Award of Merit" in Film Production
Melody Sonnemann:	"Award of Merit" in Literature
Alan Gomez:	"Award of Merit" in Visual Arts

All of Royal's Reflection participants did an excellent job demonstrating their ideas and skills and showing their interpretation of this year's theme. Share your creativity with our Royal High School and your community by planning to participate in next year's Reflections Program.

The 2013 – 2014 theme is "Believe, Dream, Inspire"

Every 15 Minutes

I realize this newsletter will come out before the "Every 15 Minutes" program is presented to the juniors and seniors this year but I wanted to say "Thank You" to all of the volunteers and community members that make this program possible. It truly could not be done without the effort of everyone involved. Again, thank you for your support!

Harriet Hunsaker



Highlander Drug and Alcohol Free Homes

The parents (in parentheses) of the following students have pledged to provide a drug and alcohol free home when students are attending a party or get-together in their home. They have also pledged to be on the premises at all times to provide supervision during such activities.

To add your family to this list, return the notice in your back-to-school packet. These contracts are also available in the Royal office.

Spring Fling

Spring Fling is just around the corner !!! The PTSA will once again be hosting our very fun ring toss game and needs your help in making this a fun event for our students. We are in need of many unopened 2-liter bottles of soda in order to make our game booth a success. This is one of the most popular games on this fun day, and we want to make sure we are stocked up with plenty of bottles. We are asking for donations of name brand, 2 liter bottles - (Coke, Pepsi, Mountain Dew, Dr. Pepper, Sprite, etc.) for our activity on March 22nd. Please call Kathy Hinkle at (805) 750-8501 or via email: KathyAvonRep@aol.com if you would like to make a donation. I will gladly arrange to pick up the bottles from you, or you can arrange to leave them for me. We will also be in need of volunteers to help man the booth on the day of the event. If you are interested in helping, please let me know that as well. Thank you in advance for your help in making this a fun event for our students !

Cory Ballew (Gina)
Jacob Binder (Denise)
David Binggeli (Marilyn, Joe)
Armando Bolanos (Brenda)
Garrett Brown (Joanne)
Samantha, Paul Bunderson (Alissa, Michael)
Barbora Butorova (Linda)
Savanna Canales (Suzanna)
Alex Carpenter (Aoko, Bill)
Natalie Casanova (Consuelo)
Noah Childers (Gina)
Victoria Ciraolo (Teresa)
Logan, Lucas Collins (Pam, Randy)
Jordan Cook (Wendi, Chad)
Allison Corralejo (Carrie, Sam)
Darrah Covert (Dayna, Ian)
Jake Cox (Kay, Lin)
Joseph Crawford (Donna)
Christopher, Nicholas Creber (Lori)
Shayna Dacko (Richard)
Tyler Dean (Tracy, Christopher)
Christopher De Phillips (Marie)
Zoey Dew (Rosalie, David)
Hunter Dewberry (Jodi, Stewart)
Cassandra, Laraina Dievendorf (Channa, Dennis)
Matthew Ditomaso (Linda, David)
Tyler, Alexa Ellis (Adrienne)
Israel Escamilla (Veronica)
Nicole Espinoza (Amy)
Cristobal Flores (Joaquin)
Adriana Garcia (Cathy, Gilbert)
Alexis Gastelum (Sherri)
Jose Gaytan (Nataly)
Andre Gooden (Jamie, Andre)
Emily Graybill (Allison, Russell)
Deric, Taylor Gunther (Deborah, Robert)
Dustin Hatlee (Penny, Eric)
Nicholas Heffernan (Joseph)
Bryce, Parker Henderson (Leslie, Bob)
Huey Hong (Sang, Ki)
Dylan House (Jennifer, Lawrence)
Christian Hunt (Christina, Randy)
David Hunt (Erika)
Yujin Iwata (Noriko)
Tyler Jackson (Tina)
Cynthia Jimenez (Rosa, Marvin)
Samuel Johnson (Lynn, Eric)
Chase Khedmatgazar (Joanie, Reza)
Keila Kim (Susan)
Jonathon King (Amy)
Wade Klussman (Dena, Marc)
Andrew Koch (Janice, Kevin)
Tyler Langford (Concetta, Rich)
Elissa Lara (Rosario, Camerino)
Larissa Lee (Lynda)
Noah Lucas (Renee)
Austin, Robert Lucky (Maria, Gary)
Yasmina Martinez (Molly, Manny)
Leslie Massey (Vivienne)
Cynthia Mauldin (Lynn)
Trent Maye (Daniel)
Sandra McAteer (Pilar)
Melissa Miller (Welles, James)
Michael Miltko (Heather, Nathan)
Uyanga Naranbaatar (Linda)
Tri Nguyen (Ai)
Kasey Nilsen (Kris, Todd)
Olmer Nolasco (Ana)
Bianka Olsen (Kellie, Kory)
Robert, William Ota (Julianne, Dale)
Kathryn Pratt (Eileen, Jim)
Jennifer, Elizabeth Quezada (Belen, Jose)
David Rinehart (Ann)
Angel Rios (Anabel, Jose)
Brianna Robison (Betty, Jim)
Kendenn Rose (Jayna, Mark)
Jazyleen, Joshua Ruiz (Celia, John)
Brian Schmider (Christina, Brian)
Cody, Jake Schroeder (Cathleen)
Kyle, Amanda Schumacher (Trudi, Tim)
Brianna Segura (Kelly, Jason)
Aubrie, Brittney Shadday (Vicki, Steve)
Dylan Shinall (Lisa)
Willem, Andrew Shuster (Yvette, Dan)
Nathan Simmons (Rebecca, Nathan)
Olivia, Isabel Simpson (Diana, Brian)
Jacob Solzberg (Christine)
Reilly Stadig (Andrea)
Joshua Stokka (Heidi, Dennis)
Gordon Taylor (Kimberly)
Wesley Tavares (Dawn, Geoff)
Marco Trevino (Stella)
Jerrick Trinh (Jeannie, Michael)
Joshua Ventura (Shohreh)
Austin West (Michele)
Seth Wiemers (Rayne)
Alex Wilson (Michelle, Brian)
Aaron Wirekan (Roshini)
Hannah Wright (Lori, Joe)
Carlos Zelaya (Lilian)
Louisa Zuniga (Alba, Abel)

