

HEIGHTS CHRISTIAN JUNIOR HIGH SCHOOL

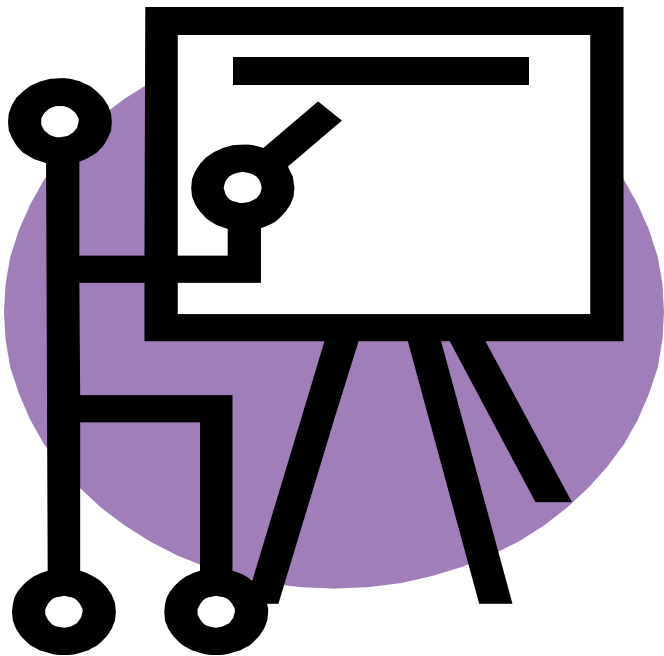
November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Ends	2 JV Cheer Tryout	3 CSL FB Playoff Round 1-TBA	4 Containers of Hope Backpacks due in Chapel Student Council Speeches in Chapel CSL VB Playoff Round 1-TBA	5 School Pictures-Makeups	6 HALF DAY End of Q1 Disaster Drill CSL FB Playoff Round 2-TBA	7
8	9	10 CSL VB Playoff Round 2-TBA	11 NO SCHOOL Veterans Day	12 Cardiac Screening 8am-5pm Call for an Appointment	13 Report Cards mailed CSL VB Champs at San Gabriel-TBA	14 CSL FB Champs at Valley
15	16	17	18 NO SCHOOL Parent Conferences 8:00 am –5:30 pm	19 NO SCHOOL Parent Conferences 8:00 am –4:00 pm	20 NO SCHOOL Parent Conferences 8:00 am –12:30 pm	21
22	23 NO SCHOOL ACSI Convention	24 NO SCHOOL ACSI Convention	25 NO SCHOOL Teacher Inservice	26 NO SCHOOL Thanksgiving Day	27 NO SCHOOL Thanksgiving Holiday	28
29	30 Boys' BB Tryout #1	Dec 1 NO Practices VB & FB Sports Night-6:30 pm	Dec 2 Girls' BB Tryout #1	Dec 3 Boys' BB Tryout #2 High School Info Night 7:00pm	Dec 4 CSL Cross Country Champs at La Mirada Regional Park	Dec 5

HEIGHTS CHRISTIAN JUNIOR HIGH SCHOOL

High School

Information Night



Date: Thursday, December 3, 2009

Time: 7:00 pm

Location: HCJH multi-purpose room

Parents are invited to attend this information meeting. With options like “charter school”, “open district” and “private school”, parents need to be educated about the terminology as well as the available high school programs and enrollment timelines. Various high schools will have representation at this event.

For additional information contact:

Claud Lamar, Vice Principal
Heights Christian Junior High
C.Lamar@HCJH.us

12900 Bluefield Avenue, La Mirada, California 90638
(562) 947-3309 • (562) 947-1001 fax • Office@HCJH.us • www.HCJH.us
Rolland Esslinger, Principal

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HCJH TUTORING PROGRAM

Information and Schedule

We are pleased to offer our HCJH families a tutoring program for Mathematics and English.

****There is no additional charge for this service.***

PROGRAM OVERVIEW:

There are two separate opportunities for students to get help in Mathematics and English.

1. "Homework Help" every Tuesday, Wednesday, Thursday and Friday mornings from 7:25 am to approximately 7:50 am (Math and English).
2. "Math Tutoring" is also available every day during 6th period (by appointment with Mrs. Fikejs).

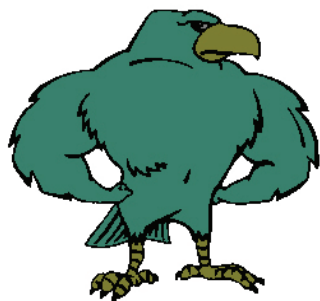
"HOMEWORK HELP"

A math teacher will be available Tuesday through Friday in room 23 or 24 from 7:25 am to approximately 7:50 am to help students with their math homework. This is not a time for tutoring or re-teaching math concepts. Students should ask for help from their math teacher or attend a math tutoring session to get tutoring.

An English teacher will also be available Tuesday through Friday in room 21 or 22 from 7:25 am to approximately 7:50 am to help students with their English homework. This is not a time for tutoring or re-teaching English concepts. Students should ask for help from their English teacher to get specific help.

"MATH TUTORING"

Mrs. Fikejs will be available every day in room 53 during 6th period for math tutoring. This is an excellent time for students to get extra help with specific concepts in mathematics. Students may request a pass from Mrs. Fikejs to attend a tutoring session.



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 12900 Bluefield Avenue
 La Mirada, CA 90638
 (562) 947-3309 (562) 947-1001 FAX
 E-mail Office@HCJH.us

CROSS COUNTRY

Everyone is welcome to participate.

We will participate in two races this year. *(map on back)*

There are no required after-school practices.

OPTIONAL PRACTICES:

The optional practices are designed to familiarize the students with the course and race strategies.

◆ There are three after-school practices: Mon. Nov. 16, Mon. Nov. 30 (Girls only) & Wed. Dec. 2 (Boys only)
 (We will run on the streets and to the park; pick-up at school by 4:15 pm).

◆ There are also practices at the park on Wed. Nov. 18, Fri. Nov. 20, Sun. Nov. 22, Wed. Nov. 25,
 Fri. Nov. 27, and Sun. Nov. 29

(These practices will begin at 4:00 and end at 4:45 pm. Meet at the park gym, map on the back).

◆ You may come to one or all of the practices. They are completely optional but very beneficial.

After school 3:00-4:15pm: Mon. Nov. 16, Mon. Nov. 30 (girls only), Wed. Dec. 2 (boys only)

At the park 4:00-4:45pm: Wed. Nov. 18, Fri. Nov. 20, Sun. Nov. 22, Wed. Nov. 25, Fri. Nov. 27, Sun. Nov. 29

THE CHRISTIAN SCHOOL LEAGUE CROSS COUNTRY CHAMPIONSHIPS:

Friday, December 4. The Girls Race will begin at 2:40, and the Boys Race at 3:20. Any boy or girl can participate in this first event. (It's required for all Trying out for Basketball) It is a fun event designed for all and the top 30 boys and girls will receive medals. The course is 3000 meters (1.9 miles long). All students will need to be picked up by 4:30 pm at La Mirada Regional Park, or back at school by 5:00 pm.

THE WCJH CRUSADER INVITATIONAL CROSS COUNTRY RACE:

Friday, December 11. This race is the same as the first one with the following exception: this is a team race and the top 50 boys and girls will receive medals. Only the top 14 boys and top 14 girls from our school will run in this race. These 14 "Varsity" positions will be determined by the finishing positions at the CSL race on December 4.

Any student who wants to participate in Cross Country can run in the first race, but only the top 14 girl and 14 boy "varsity" runners will compete in the second race.

(complete and return the tear-off portion in period 1 or to the office)

Heights Christian Junior High School "HAWK" Athletics CROSS COUNTRY

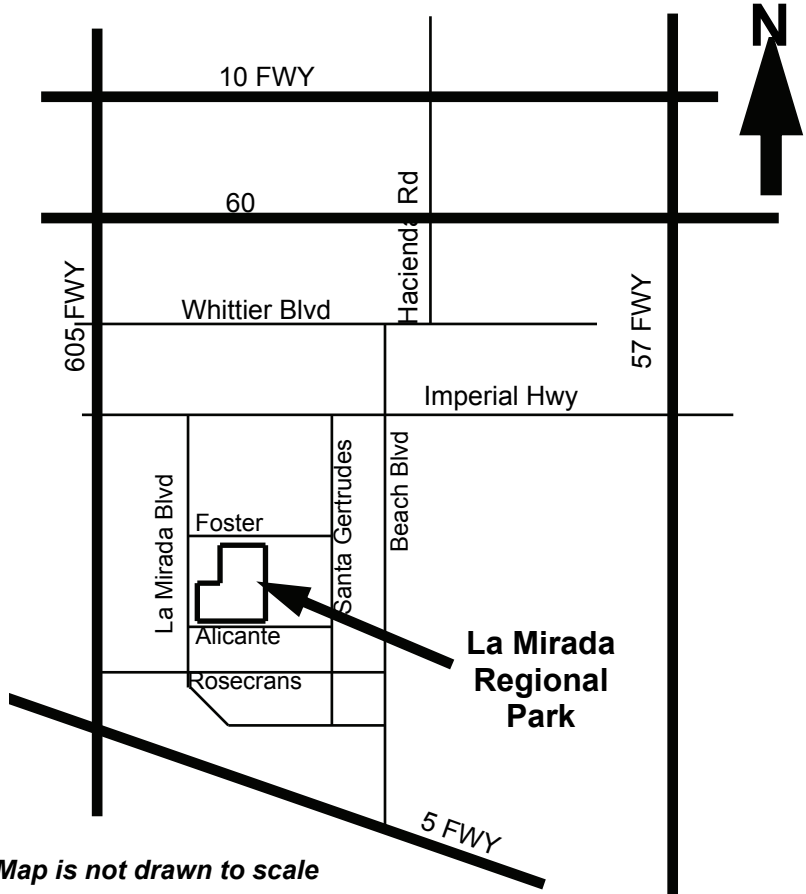
(Print Student's Name) _____ has my permission to run in the Cross Country Race at La Mirada Regional Park on Friday, December 4, 2009. If he/she qualifies for the second race on Friday, December 11, 2009, I also give my permission for that race. He/she also has permission to participate in the optional practices.

Parent Signature _____ Date _____

LA MIRADA REGIONAL PARK

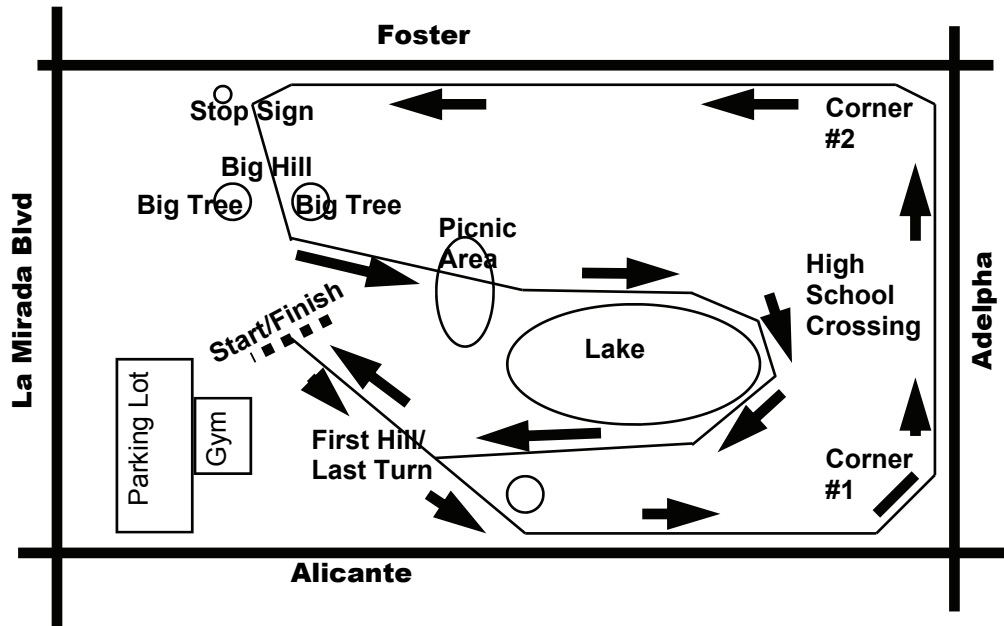
15105 Alicante Road
 La Mirada, CA 90638
 (562) 943-7230

Use the Alicante Road entrance and park in the parking lot near the gym.



Map is not drawn to scale

LA MIRADA REGIONAL PARK - 3K CROSS COUNTRY COURSE



BRYCE STOWELL

PITCHING INSTRUCTOR

Bryce Stowell graduated from La Habra High School in 2005. During his junior year on varsity baseball he was part of the 2004 Freeway League Championship team and he was named the League's Most Valuable Player. During his senior campaign he compiled a 9-2 record with a 1.44 ERA and received both All League and All CIF first team honors as well as being selected to the North - South Orange County All-Star Game where he received the Mr. Hustle award.

In 2005 Bryce was named the Athlete of the Year for the Freeway League, and was tabbed by *The Register* as one of the top 5 baseball players in Orange County.

A two sport athlete at LHHS, Bryce also played varsity water polo and was selected to two All CIF teams; was voted as the Freeway League MVP in 2004 and was named as an All- American while being perceived as one of the top athletes in Orange County.

Bryce furthered his baseball career at Pepperdine University and following his freshman season he competed in the Central Illinois Collegiate Summer League. It was there that Stowell went 5-1 with a 1.52 ERA and was selected as the starting pitcher of the CICL 2006 All-Star game. Bryce went on to receive the CICL's Pitcher of the Year award as well as being named the leagues top pitching prospect.



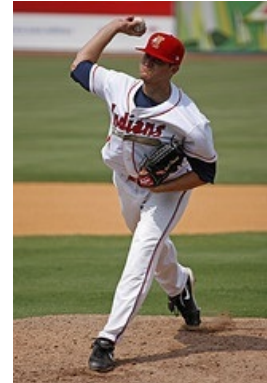
From 2006-2008 Bryce played at the University Of California at Irvine and was ranked as one of the top 50 sophomores in the nation by Baseball America. In 2008 Bryce went 8-3 with a 3.26 ERA and racked up 101 strikeouts over 88.1 innings. He was named the Most Outstanding Player at the NCAA Baseball Regional Tournament in Lincoln, Nebraska and was selected to the College Baseball Foundation All-Star Team.

After his sophomore year at UCI, Bryce returned for his second summer at the prestigious Cape Cod Baseball League where he was named the league's starting pitcher for the All Star Game. Upon leaving the Cape, Bryce was named the 14th best prospect in the League by ESPN.com and finished 2nd in the league in strikeouts while averaging almost 13 K's per 9 innings.

Bryce was selected in the 22nd Round of the 2008 Major League Baseball draft by the Cleveland Indians and eventually signed with the organization.

In his first professional season Stowell played with the High "A" League affiliate, Kinston Indians in the Carolina League and is regarded as one of the organizations top pitching prospects.

Throughout his career Bryce has learned much about mastering the necessary skills to solidify successful pitching mechanics. Bryce understands the importance of development while protecting and preserving the health of a young pitcher.



Contact Information:

Ph: (562) 743-0662 Email: bstowell@uci.edu

Half Hour Lessons	Rate:
1 Lesson Per Week	\$35
2 Lessons Per Week	\$60
10 Pack of Lessons	\$300

November 2009 Long Term Assignments

Heights Christian Junior High School

<u>Date</u>	<u>Teacher</u>	<u>Class</u>	<u>Assignment</u>
November 2	Mrs. Fikejs	Pre-Algebra	Benchmark Assessment
November 3	Mr. Green	English	Benchmark
Week of Nov. 3	Mrs. Stevens	Math Concepts	Benchmark
November 4	Mr. Green	English	Benchmark
November 4	Mrs. Henslin	Music Appreciation	Famous Composer Report
November 5	Mrs. Abernethy	Life Science	Egg-speriment Project Due
November 6	Mrs. Stevens	Pre-Algebra (8 th)	Benchmark
November 9	Mr. Estes	Science 8 th	Benchmark Assessment
November 13	Mrs. Gainer	U.S. History	Benchmark
Nov. 27-28	Mr. Estes	Science 8 th	Authentic Assessment



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Give kids more than
candy this Halloween.
Save your receipts!

For every \$20 spent at
fresh&easy™ Neighborhood Market
between September 15 – December 31,
we get \$1 donated to our school.

Our local fresh&easy is at: _____
(closest fresh&easy location)

freshandeasy.com/shopforschools



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