

PACE Parent Education How to Be a Source of Support for High Achieving Students

Dr. Monica Sufuentes
PACE Scholarship Treasurer

On March 22 the PACE Parent Support Group had the honor of sponsoring a fabulous evening presentation by Dr. Patrick Kelly for LB Poly parents entitled "Helping the High Achieving Student". Dr. Kelly is a child and adolescent psychiatrist at Harbor-UCLA Medical Center and Associate Professor at the David Geffen School of Medicine at UCLA. In addition to sharing his valuable insights on the resilience of high achieving students, Dr. Kelly discussed the potential challenges associated with the constant pressure of academic performance, while juggling multiple extracurricular activities and maintaining community engagement. Dr. Kelly's keen insight regarding the development of teen cognition and behavior served as a springboard for a lively discussion on the daily trials and tribulations associated with adolescence.

The presentation was attended by approximately 40 parents and guardians of PACE students and served as a forum for both curious and concerned parents to receive expert advice on topics such as depression and anxiety. Dr. Kelly also emphasized the normalcy of certain behaviors during adolescence such as occasional mood swings and the struggle for independence, but also emphasized the warnings signs associated with self-harm behavior (cutting) and teen suicide.

Given the resounding success of this event, the PACE Parent Support Group hopes to repeat Dr. Kelly's visit to Poly in the next school year. Dr. Kelly has also graciously agreed to arrange separate meetings with PACE teachers as well as the students. We look forward to his continued involvement with our PACE community.

Future Parent Education:

The PACE Parent Support Group welcomes other parent education topics, so please contact us with your ideas.



Reflections from Christian Greer 2016 Scholarship Winner*



Greetings from the University of California, Santa Barbara! With the beach on one side, the mountains on the other, and beautiful sunny SoCal weather this feels like a vacation destination! At least, it probably would if I actually left my dorm room to go outside, but alas, PACE habits die hard. College is an amazing experience, and I am thoroughly enjoying it, whether it's late night study sessions, furiously biking to my morning classes after waking up late, or eating delicious dorm food.

PACE was invaluable to me for developing the skills I needed for college. It allowed me to do things outside of class to help find out what I wanted to study in college, which turned out to be physics. It helped me recognize to what degree studies and schooling is important, and where I needed to draw the line so I could do other things. In addition, PACE proved invaluable to me for appreciating the college experience; for example, if I had never tasted Poly's lunch food, I would have gone into college with my expectations for food too high, but since I only hoped that dorm food would be better than whatever it is that Poly serves at lunch, the food turned out to be not that bad! The same goes for PACE's workload, the rigor, and expectations, where if I had not gone through PACE, the college version would have been too difficult to bear, but for right now the transition has been smooth and even enjoyable.

There is one thing that PACE spoiled me with though, and that is the people. To have so many caring teachers, faculty, and friends for four years of your life is something I am very glad I took advantage of and was able to experience. Enjoy PACE! Hopefully I will see some of you here very soon because it is by far the best university I have ever gone to and I highly recommend it.

**Each Harebrain features an article or articles by the previous year's scholarship winners regarding their first year college experience.*

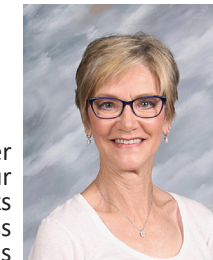
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Collaborations

Dr. Michelle Aberle
PACE Facilitator



Once again, the warm breezes of summer signal the time to relax, restore, and reflect. Our ninth turned tenth graders will be reading books to discuss and dissect in Ms. Schol's English class and preparing to join, among others, Ms. Adams in Intermediate Algebra, Mr. Rita in Accelerated Biology, and Mr. Gillogly in AP US History. For the first time in PACE history these up and coming tenth graders will face an indisputably tough AP US History class with a bit of experience under their belts. Over a year and a half ago Mr. Montooth and Jason Manack, the AP Environmental Science teacher at Poly for 18 years, suggested to include this class in the core ninth grade curriculum. The course includes content from biology, chemistry, as well as an emphasis on economic and ecologic issues. It dovetails perfectly with the concepts taught in the ninth grade Government and Economics course and gives meaning and relevance to the intercurricular projects required of PACE ninth graders. These projects provide students with the opportunity to examine issues and information through the varying lenses of the different content areas of their classes, each class's content reinforcing the others. Both the C-Span StudentCam video competition and the environmental business plan projects authentically served this purpose.

Collaboration by involved teachers in cross-curricular projects is an essential element of the PACE paradigm. The wholehearted willingness to collaborate and support the content and teaching of their colleagues characterizes the PACE ninth grade teachers in superb fashion. They meet regularly to discuss agendas, projects, and the inevitable glitches that arise unexpectedly within an academic year. Through regular conferences with the PACE counselor Ms. Loggins, the ninth grade teachers strive to ensure that the individual needs of their students are being met and that all of our students are given opportunities for success.

The AP score reports by the College Board will doubtless be out by the time of publication of this newsletter, but in all honesty, the scores achieved by our ninth graders in AP Environmental Science are not the most important part of this equation. What is most important is the opportunity for students to begin their tenure in PACE in a class that demands more than they have ever given before in terms of comprehension, analysis, and synthesis of complex concepts. What matters most is opportunity to acquire writing and practice writing skills with guidance by Ms. Floto and Mr. Manack, and reinforced by all the ninth grade teachers, that will propel this group of students forward into increasingly challenging coursework.

The summer bridge for next year's ninth grade class just concluded. The students rotated through modules that previewed their freshman classes, reviewed study skills, and discussed ethics and academic integrity. We sincerely hope that this brief introduction inspires the students to read, read, read this summer, reflecting on their reading and its effects on their interior worlds. And we hope, of course, that the summer holds plenty of time to enjoy a relaxed schedule, the luxury of sleeping in, and the opportunity to anticipate with eagerness their coming year in PACE.

Year in Review

Brigitte Bigham, President
PACE Parent Support Group

Congrats to the 2017 graduates and best wishes for the new journeys that you will travel. Hats off to our freshman who completed their first year of high school. Well-done sophomores and juniors that are on their pathways to their dreams.

I am writing to you on my way home from a camping trip that included a stay in Sunset Bay State Park in Oregon and Jedidiah Smith State Park in California. What a wonderful escape after a school year with a PACE senior and freshman in our household! It took a couple of days to transition from books, electronics and full schedules to leisurely activities of hiking, jumping in ice cold rivers, plunking crabs out of the ocean, star gazing, looking with amazement at redwood trees over 1,000 years old and laughing at the boisterous barks of the seals and sea lions. Stepping into nature simplifies and puts life in perspective. Take the time to disconnect this summer and visit our beautiful parks, lakes and beaches; you will be glad you did!

The 2016-2017 school year felt like a race through the starting gate with my PACE freshman and a mad dash to the finish line for my PACE senior. Happy to say, all made it through smiling after the last final exam! Our freshman daughter took her first AP class, AP Environmental Science, a class that was new to the PACE freshman curriculum this year. The general consensus amongst her friends was that taking an AP class was a challenging but manageable load. What a relief when morning AP review sessions were done! We did however, have some interesting conversations about our environment. Did any freshmen become vegetarians after learning how some of our food is produced?

We were elated at the end of April when the college decision was done for our PACE senior. The beginning of the school year was busy searching out colleges, writing personal essays, submitting college applications, one final ACT test and a constantly open checkbook! There was a moment to breathe once the applications were in. Soon after came the anticipation of hearing back from colleges! There were races to the mailbox and regular email searches in hopes of getting a yes from all of the colleges applied to. The reality is that there will be some disappointment, but there is also much joy and relief when a yes comes in. Ms. Loggins and Dr. Aberle have always stressed the importance of finding the right college "fit" for the student. I am confident that our daughter found her college fit thanks to the guidance of these two wonderful counselors. I imagine if our PACE seniors were surveyed, even a few years from now, they would also conclude that they have found their fit. Thank you to Dr. Aberle, Ms. Loggins our amazing PACE teachers and Poly staff for an incredible 4 years!

Have a fantastic summer, relax and enjoy our beautiful outdoors!

2017 PACE Scholarship Winners

Congratulations to the 12 recipients of the 2017 PACE Parent Support Group Scholarship Awards. These outstanding students were selected from a pool of extremely qualified applicants by a faculty committee appointed by the PACE administration based upon academic, athletic and artistic achievements and other life circumstances. These scholarships are made possible through the generosity of PACE families and alumni that have designated donations to the Scholarship Fund.

Nancy Gray Love of Learning Award \$2,500 Lina Banda

PACE Awards \$2,000 each

Elizabeth Bigham Nhi Cao
 Michael Chun Jessica Diaz
 Eric Fuson Trinity Hood
 Ashley Huendo Timothy Quach
 Veronica Santana
 Maddie Zimmerman



College Acceptances & Choices PACE Class of 2017 *

Alaska Pacific University 1	Colorado State University 2/1	Samford University 1	U of Southern Cal (USC) 9/3
Allegheny College 1	Cornell University 1	Savannah Coll Art & Des 1/1	University of the Pacific 2
American University 1	Dartmouth College 1	Scripps College 1/1	University of Utah 1
American Univ of Paris 1	DePaw University 1	Seattle University 4/1	University of Virginia 1
Amherst College 1	Fordham University 10/2	Sierra Nevada College 1	University of Washington 9/1
Arizona State University 2	George Fox University 1	Smith College 1	U.of Wisconsin Madison 1
Austin College 1	George Washington Univ 1	Spelman College 2	Vanguard University 1
Ave Maria University 1	Georgetown University 1	St. John's University 2	Villanova University 2/1
Azusa Pacific University 4	Gonzaga University 1	Swarthmore College 2	Washington & Jefferson College 1
Bard College 1	Harvard University 1/1	The Art Inst Hollywood 1	Washington State Univ 3/1
Barnard College 1/1	Harvey Mudd College 1	The New School 1	Washington U at St. Louis 2
Bates College 1	Hawaii Pacific University 1	Thomas J. Long School of Pharmacy 1/1	West Coast University 1/1
Baylor University 1/1	High Point University 1/1	Thompson Rivers Univ. 1	Western State Colorado University 1/1
Bethune Cookman Univ 1	Howard University 2	Tulane University 1	Western Washington Univ 2
Biola University 1	Indiana University 2/1	United States Naval Academy 1/1	Westminster College Utah 1/1
Boise State University 1	Iowa State University 1	University of Arizona 1	Westmont College 1
Boston College 5	Ithaca College 1	UC Berkeley 17/5	Whitmore College 1
Boston University 5/1	Johns Hopkins University 2	UC Davis 23/5	Williamette University 3
Brigham Young University 1/1	Kalamazoo College 1	UC Irvine 74/34	Williams College 2/2
Brigham Young Univ Idaho 1	Kenyon College 1	UCLA 22/14	Worcester Polytechnic 1
Bucknell University 1	Lawrence College 1/1	UC Merced 6	Yale University 1
Cal Lutheran University 1	Lehigh University 3	UC Riverside 16/1	
Cal Poly Pomona 7	Lewis & Clark College 1	UC San Diego 26/6	Schools students will attend are bolded with the number attending after the /.
Cal Poly San Luis Obispo 36/10	Long Bch City College 19/12	UC Santa Barbara 27/3	
Cal State Bakersfield 2/1	Loyola Marymount Univ 11	UC Santa Cruz 37/2	
CSU Chico 3	Macalester College 1	University of Denver 1	
CSU Dominguez Hills 4	Michigan State University 1	University of Illinois 1	
CSU East Bay 1	New College of Florida 1	University of Miami 1	
CSU Fullerton 12	New York State Buffalo 1	University of Michigan 5	
CSU Long Beach 117/20	New York University 6/2	University of Minnesota 2/1	
CSU Los Angeles 4	New York Univ Paris 1/1	U of North Carolina at Wilmington 1	
CSU Northridge 2	North Carolina A & T 1	U of Nevada at Reno 1	
CSU Sacramento 1	Northeastern University 1/1	University of Notre Dame 1	
CSU San Diego 25/4	Northern Arizona Univ 1	University of Oregon 2	
CSU San Francisco 1/1	Occidental College 2	University of Penn 2/1	
CSU San Marcos 2/1	Olin Coll. of Engineering 1/1	University of Portland 1	
CSU Sonoma 1	Oregon State University 1	Univ of Puget Sound 5/1	
Campbell University 1	Pace University 1	University of Richmond 1	
Carleton College 1	Pepperdine University 4/1	University of San Diego 3	
Case Western Reserve 1	Purdue University 1	Univ of San Francisco 5/1	
Chapman University 6/1	Reed College 3/1	University of Santa Clara 2	
Cogswell Polytech College 1/1	Rensselaer Poly Institute 2		
College of Wooster 1	Salt Lake City Business College 1		
Colorado School of Mines 2			



Congratulations to the Class of 2017

Ms. Connie Loggins
 PACE Counselor



As I reflect upon the past four years, I am reminded of the many triumphs and trials you have encountered. You are an extraordinary class, and as individuals, you have consistently forged ahead and succeeded in overcoming challenges that were presented to each of you in different ways; for this, you are to be truly commended!

Many of you will be relocating to different states and countries. I am confident that you will continue to set records and forge new trails. Stay confident, caring, energetic and excited about preparing for your future. Know that you are capable of accomplishing anything that you put your mind to do and that one day, you will succeed in making even greater contributions to your chosen environment, future professions and society.

As your high school counselor, I am especially proud of you because I know the hardships and disappointments that some of you have overcome to have the joy that you are experiencing today. My journey with you has been a very enriching and rewarding one, especially as I have observed the individuals you have become as you model the Poly motto, "Enter to learn and go forth to serve." This is a great motto! My wish is that you will embrace it and always stay true to it.

Welcome to the Class of 2021

"Enter to learn, go forth to serve", this is the motto of Long Beach Polytechnic High School. You have been admitted to one of the most respected high schools in the country. Poly is known nationwide for its high Advanced Placement tests passage rate, outstanding sports, accomplished humanitarianism and excellent music programs. A great deal of thought and consideration has gone into the process of inviting you to join this great institution of learning. Welcome to the Home of Scholars, Champions and Musicians.

As an incoming freshman, you will have the opportunity to participate in an academic setting that will challenge you intellectually and socially. You will be encouraged to define your individuality and to develop and refine your academic and social skills. I encourage you to explore and embrace your school community. The following four years will go by very quickly. Do your best to create a healthy balance and take advantage of the support systems that are here for you as you enjoy the process of being on this outstanding high school campus. I look forward to meeting and getting to know you in the months and years to come. Have a wonderful summer and again, welcome to Poly.

Musicians: If are interested in participating band or orchestra, you may contact Mr. Osman or Mr. Stevens they will provide information regarding auditions. Their telephone number is: 562- 591-0581 ext. 5129.

Athletes: If you interested in participating in a sport you should have attended the Sports Orientation Day on Friday, June 16 at 10:00am. If you were unable to attend, and haven't yet contacted the coach, please contact him or her immediately. All coaches are listed on SchoolLoop. There is a pre-registration tab on Poly's SchoolLoop homepage that will have the pre-reg. packets posted by grade level on the website.

Incoming Seniors Class of 2018

Your summer reading is posted on SchoolLoop. You have received a comprehensive college packet and are encouraged to work through it this summer. Senior Registration will take place on the day and time of your Senior College/Graduation appointment that you signed up for when I spoke with you in Mr. Meckna's class.

Incoming Juniors Class of 2019

Your summer reading is posted on SchoolLoop. I have provided you with test preparation organizations that many students use if you desire to participate in a formalized test preparation program this summer or next fall.

Incoming Sophomores Class of 2020

Your English and AP US History summer reading assignments are posted on SchoolLoop.

Incoming Freshman Class of 2021

Your summer reading is posted on SchoolLoop. Freshman Summer Bridge will be on Friday, June 16th from 9:00-10:00am and Monday, June 19th from 9:00-11:40am in Poly's main gym. Attendance is strongly encouraged. Pre-registration packets for incoming 9th graders will be mailed home in July.

New PACE Parent Website

Be sure to check out the PACE Parent Support Group's new website at www.paceparent.org

Important Dates in August

- 22 Junior Registration
 Last Name A-L 8:00-10:00am
 Last Name M-Z 12:00-2:00pm
- 23 Sophomore Registration
 Last Name A-L 8:00-10:00am
 Last Name M-Z 12:00-2:00pm
- 24 Freshman Registration & Orientation
 Last Name A-L 8:00am-2:00pm
- 25 Freshman Registration & Orientation
 Last Name M-Z 8:00am-2:00pm

Thank You to All of Our Generous Donors!

PACE would not be possible without the generous support of all of our donors listed on our website at paceparent.org.