Benefits of Student Involvement

- Show more positive attitudes toward school
- Less likely to engage in at-risk behavior
- Higher GPA
- Better Attendance
- Meet new people
- Learn lifelong skills

Parent Involvement

Research over the past 20 years has shown consistently that parent involvement increases student achievement and self-esteem. When families are involved in their children’s education in positive ways, their children:

- Achieve higher grades and test scores
- Have better attendance at school
- Complete more homework
- Demonstrate more positive attitudes and behavior

The results have been consistent in large and small communities, from pre-school through high school, in poor and affluent areas, in urban, rural, and suburban communities. Students whose parents help them at home and stay in touch with the school score higher than student of similar aptitude and family background whose parents are not involved.

Communication: A Two-Way Street

Listen
- Let your child know that what he/she has to say is important to you
- Listen to him/her daily
- Look and act and be interested without interrupting or being distracted
- Show respect for his/her feelings and opinions without being judgmental
- Ask him/her to do all of the above when you are talking

Reflect
- Make sure you understand what he/she means by repeating back what you think you heard and asking if you understood him/her correctly

- In a positive manner, rephrase what you thought he/she said until you both agree that now you understand what he/she meant
- This feedback process doesn’t necessarily mean you agree, but it shows that you understand what he/she is saying and that you are really listening
- Ask him/her to do the same when you are expressing yourself

Share
- Since communication is a two-way street, your feelings and opinions and those of your child must both be stated without criticizing or lecturing
- Every single exchange does not need to be balanced, but make sure your communication is a genuine two-sided sharing
- Besides creating a warm and caring environment, this process gives your child practice in developing communication skills.

Discuss
- Talk about issues. Sometimes if you do not agree, you simply can agree to disagree.
- When a solution is needed, work together to solve the problem.
  - Define the problem
  - Set out the options
  - Look at the pros and cons of each and at possible consequences
  - Make a decision
  - Plan to reexamine the decision after a certain time has passed

Effective Praise
- Should immediately follow the desirable behavior
- Must be sincere
- Is specific

Effective Discipline
- Is specific and immediately follows the undesirable behavior
- Gives your child the change to be part of the solution
- Must be consistent and fair
## Athletics

### Fall Sports
- Football
- Girls Volleyball
- Boys Soccer
- Water Polo
- Girls Tennis
- Cross-Country
- Girls Golf

### Winter Sports
- Boys Basketball
- Girls Basketball
- Wrestling

### Spring Sports
- Baseball
- Softball
- Girls Soccer
- Boys Golf
- Boys Tennis
- Swimming/Diving
- Track
- Boys Volleyball

*For more information about athletics at El Camino, contact:
Cici Robinson, Athletic Director
crobinson@sanjuan.edu

## Academic Electives & Extracurricular Activities

| Band
| Choir
| Newspaper/Journalism
| Yearbook
| Drama
| AVID
| KYDS Radio Station
| Art
| Lyceum
| Eagle Polytechnic Institute
| Speech & Debate
| Science Olympiad
| National Honor Society/CSF

## Clubs

| Art Club
| Baking Club
| BoBoy Club
| Black Student Union
| Change for Change
| Christian Club
| Club Tech
| Conflict Management
| Dance Team/EC Drill
| Drama Club
| Equestrian Club
| Fashion Club
| Film-for-Thought
| French Club
| Frisbee Club
| Gay-Straight Alliance
| Geography Club
| Hip Hop Anonymous
| Key Club
| KYDS/Lo Down
| LEAP
| Lend a Hand
| The Movement
| Photography Club
| Recycling Club
| Science Club
| Screaming Eagles
| SE-Water Club
| Spanish Club
| EC Cheer

*This listing changes each year, as students create clubs based upon their interests.

*For more information about student activities at El Camino, contact:
Minh Vu, Activities Director
mvu@sanjuan.edu

## Important Dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to School Night</td>
<td>Aug. 21</td>
</tr>
<tr>
<td>Back to School Rally &amp; Dance</td>
<td>Aug. 15/16</td>
</tr>
<tr>
<td>Homecoming Spirit Week</td>
<td>Sep. 23-27</td>
</tr>
<tr>
<td>Homecoming Rally &amp; Football Game</td>
<td>Sept. 27</td>
</tr>
<tr>
<td>Homecoming Dance</td>
<td>Sept. 28</td>
</tr>
</tbody>
</table>

* Check the school website for a more complete listing: http://sanjuan.edu/elcamino.cfm

*This listing changes each year, as students create clubs based upon their interests.