



AHS Parent Newsletter

August 15 2025

Principal's Message

Monday August 18	Tuesday August 19	Wednesday August 20	Thursday August 21	Friday August 22
Periods: 0-6 3:30pm Dismissal	Periods: 0,1,2,5,SMART,6 3:30pm Dismissal	Periods: 0,1,3,4,6 2:27pm Dismissal *AHS Staff Meeting	Periods: 0,2,3,4,SMART, 5 3:30pm Dismissal	Periods: 0-6 3:30pm Dismissal

Welcome to the 25-26 School Year

Hi Alameda High School Community!

I am so excited to welcome you to the 25-26 school year. It is year 2 as principal and I am energized by the amazing energy that I have been part of this week. All 4 admin went into classrooms this week and saw some amazing things happening in classes – very creative ways to blend introducing content with getting to know teachers and their peers.

This week we have been on a period 0—6 schedule all week so that students can get familiar with all of their teachers and class locations but next week we begin our standard schedule (see below). Also, our back to school night is a little early this year – check in out below.

Back to School Night

Back to School Night is Thursday August 28th starting at 6pm – I will give a brief welcome and then you will have the opportunity to visit your students classes starting at 6:17pm. I hope to see you there – please [click here](#) for a printable flyer and schedule (you can use this to fill in information about your students schedule).

Bell Schedule

Its that time of year again – welcome back! I want to share our standard bell schedule which will begin starting on Monday.

2025-26 Bell Schedule

Monday/Friday		Tuesday		Wednesday		Thursday	
0	7:30 - 8:25 (55 minutes)	0	7:30 - 8:25 (55 minutes)	0	7:30 - 8:25 (55 minutes)	0	7:30 - 8:25 (55 minutes)
1	8:30 - 9:27 (57 minutes)	1	8:30 - 9:45 (75 minutes)	1	8:30 - 9:44 (74 minutes)	2	8:30 - 9:45 (75 minutes)
2	9:34 - 10:31	2	9:52 - 11:06	3	9:51 - 11:05	3	9:52 - 11:06

	(57 minutes)		(74 minutes)		(74 minutes)		(74 minutes)
Break	10:31 - 10:34 (3 minutes)	Break	11:06 - 11:10 (4 minutes)	4	11:12 - 12:26 (74 minutes)	Break	11:06 - 11:10 (4 minutes)
3	10:41 - 11:38 (57 minutes)	5	11:17 - 12:31 (74 minutes)	Lunch	12:26 - 1:06 (40 minutes)	4	11:17 - 12:31 (74 minutes)
4	11:45 - 12:42 (57 minutes)	Lunch	12:31 - 1:11 (40 minutes)	6	1:13 - 2:27 (74 minutes)	Lunch	12:31 - 1:11 (40 minutes)
Lunch	12:42 - 1:22 (40 minutes)	SMART Period	1:18 - 2:09 (51 minutes)	Early Release	2:27	SMART Period	1:18 - 2:09 (51 minutes)
5	1:29 - 2:26 (57 minutes)	6	2:16 - 3:30 (74 minutes)			5	2:16 - 3:30 (74 minutes)
6	2:33 - 3:30 (57 minutes)						

School Site Council

I want to give a quick heads up that we are getting School Site Council up and running – soon I will ask for those that would like to be part of SSC and want to give you a heads up. The primary focus on SSC is to monitor, give suggestions for and approve the SPSA (School Plan for Student Achievement).

Equity Coordinator Introduction

I am happy to introduce you to our Educational Equity and Family Engagement Coordinator, Sean Foster. He has been such a positive and enriching presence on campus and I am proud to share a little about him:

“My name is Sean Foster, and I’m proud to be joining the Alameda High School community. I was born and raised in Oakland, California, and have dedicated my life to youth development, education, and community empowerment. My academic journey includes studies at Chabot College, Clark Atlanta University, and UC Berkeley.

Since 2005, I’ve served youth in a variety of educational roles-including tutor, mentor, college and career readiness coordinator, humanities instructor, Cuban Salsa teacher, educational coach, curriculum writer, and senior pedagogical manager.

In 2012, I joined the nationally recognized African American Male Achievement (AAMA) program, whose mission to engage, encourage, and empower young Black boys deeply resonated with my own values. Through this work, I’ve taught and mentored across the K–12 system in Oakland, receiving several awards for my work with some of the city's

most at-risk scholars at Dewey Academy. I also supported school climate and culture transformation at MetWest High School, a Big Picture Learning model school in Oakland.

In 2020, I stepped into a leadership role as Culturally Responsive Pedagogy Manager with Kingmakers of Oakland (KOO), supporting educators across multiple districts including Oakland, San Leandro, San Francisco, Antioch, and Seattle Unified on how to become transformative, culturally grounded teachers.

I'm excited to bring my passion and experience to Alameda High School and look forward to learning from everyone on staff. I'm guided by a quote from local Oakland education champion Oscar Wright, who said:

"It's not about you. It's not about me. It's about the children."

Together, I hope we can continue to shine a light on the innate brilliance of our students and ensure they have a safe, nurturing space to grow, learn, and dream.

In Service,

Sean Foster"