



AHS Parent Newsletter

August 29 2025

Principal's Message

Monday September 1	Tuesday September 2	Wednesday September 3	Thursday September 4	Friday September 5
No School Holiday				Football Vs Concord @ Thompson JV: 4pm Var: 7pm
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

More Sports Events Are Listed Below

SMART Period – Block schedule

Week 2 we started our block schedule as well as our SMART period. SMART period is a time (51 minutes) twice a week where students can get a chance to get help from a teacher, make up quizzes or tests, or work on a project. During week 2 students were presented with the expectations of SMART period. When used appropriately, SMART period can be very beneficial to students, and it is up to the student to make the most of their time. Please have conversations with your students about how best to utilize their SMART period so they get what they need to be successful.

Club Fair

Friday, September 5, AHS will have their Club Fair where most clubs set-up tables, answer any questions and encourage students interested to join their club. If not already involved in clubs, sports, music, arts, or drama, then I encourage you to get your child to check out the fair. Clubs provide a great opportunity for students to meet and connect with peers.

School Site Council

Every school has a School Site Council, and this group of teachers and parents reviews data and school programs, discusses the schoolwide program, and what AHS might do to make improvements. The group meets monthly from 5:30pm-6: 6:30 online on Wednesdays starting in October. If you are interested or willing to serve on the council, please fill out this [brief survey with any questions or interests](#). Depending on who/how many is/are interested, I may put out a ballot (if needed). The council is generally made up of 5 parents, 5 teachers, a student and myself. We have folks returning from last year and need about 2 more parents to join us. I hope you will join us!

Exciting News: Challenge Day Coming to Alameda High School!

We're excited to announce that we'll be bringing **Challenge Day** to our high school on **October 9th!** This powerful, nationally recognized program is designed to build connection, empathy, and a stronger sense of community among students. In the coming weeks, we'll share more details about how students and families can **opt in** to participate. While we have space for only **100 students** in this first event, we encourage you to [watch videos](#) and [explore more](#) about Challenge Day to see the impact it can have. We may also reach out to families individually to gauge interest. For now, we just wanted to give you a heads-up about this exciting opportunity as part of our ongoing commitment to fostering a supportive, inclusive school culture. Stay tuned for more information!

Sports Events This Week

Women's Volleyball

<u>9/2/2025</u>	<u>Tuesday</u>	<u>Irvington</u>	<u>AHS</u>	-	<u>5:00</u>	<u>6:00</u>
<u>9/4/2025</u>	<u>Thursday</u>	<u>Las Lomas</u>	<u>LLHS</u>	<u>4:30</u>	<u>5:45</u>	<u>7:00</u>
<u>9/6/2025</u>	<u>Saturday</u>	<u>O'Dowd Tourney</u>	<u>BoD HS</u>	-	-	<u>8:00</u>

Women's Flag Football

<u>Sept 6</u>	<u>Sat</u>	<u>Heritage (DH)</u>	<u>@Heritage</u>	<u>10:15am</u>	<u>9:00am</u>
<u>Sept 6</u>	<u>Sat</u>	<u>Foothill (DH)</u>	<u>@Heritage</u>		<u>11:30am</u>

Men's and Women's Water Polo

<u>Wednesday, September 3rd</u>	<u>Washington HS</u>	<u>Encinal HS</u>	<u>JVG, VG, VB, JVB</u>	<u>4</u>	<u>4:00 PM</u>
<u>Friday/Saturday September 5th & 6th</u>	<u>Sierra Shootout</u>	<u>Rocklin</u>	<u>VB</u>	<u>4</u>	<u>TBD</u>
<u>Friday/Saturday September 5th & 6th</u>	<u>JV Clash Tournament</u>	<u>Chabot CC</u>	<u>JVB</u>	<u>4</u>	<u>TBD</u>

Women's Tennis

<u>9/3/25</u>	<u>Wed</u>	<u>Varsity</u>	<u>Miramonte</u>	<u>Miramonte</u>	<u>4:00 PM (Match Time)</u>
<u>9/3/25</u>	<u>Wed</u>	<u>JV</u>	<u>Miramonte</u>	<u>Washington Park</u>	<u>3:30 PM (Match Time)</u>
<u>9/6/25</u>	<u>Sat</u>	<u>JV</u>	<u>Logan Tourney - JV</u>	<u>James Logan High School</u>	<u>TBD - starts in morning</u>

Women's Golf

<u>9/3</u>	<u>3:00</u>	<u>O'Dowd, San Leandro</u>	<u>Metropolitan Golf Links</u>
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Cross Country

<u>Sat.</u>	<u>Sept. 6</u>	<u>Lowell Invite</u>	<u>Golden Gate Park, SF</u>
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