



AHS Parent Newsletter

September 26th 2025

Principal's Message

Monday September 29	Tuesday September 30	Wednesday October 1	Thursday October 2	Friday October 3
Periods: 0-6	Periods: 0,1,2,5,SMART,6	Periods: 0,1,3,4,6	Periods: 0,2,3,4,SMART, 5	Periods: 0-6
3:30pm Dismissal	3:30pm Dismissal	2:27pm Dismissal *AHS Staff Meeting	3:30pm Dismissal	3:30pm Dismissal

Sports Schedules will be posted [here](#) – until that is updated I will provide information at the end of this newsletter.

➤ **Last Chance: Exciting News: Challenge Day Coming to Alameda High School!**

If you would like to sign your student up for Challenge Day, [please fill out and submit the following form](#). We are sending this to students as well so they can sign themselves up.

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!

➤ **School Site Council**

Please take a moment to help us determine the final 2 parent representatives for our School Site Council by clicking on the [link found here](#). The form will close on Wednesday October 1st 2025 – thank you for your support.

➤ **PSAT & SAT Exams**

We're reaching out with important information about the upcoming **PSAT and SAT exams** taking place at **Alameda High School**.

Exam Dates & Costs

• **PSAT Exam**

 *Wednesday, October 18, 2025 @ 8:30 AM*

 *Cost: \$30*

 *Priority given to Juniors*

• **SAT Exam**

 *Friday, October 31, 2025 @ 8:30 AM*

 *Cost: \$75*

 *Priority given to Seniors*

Registration Window

- **PSAT Registration:** September 22 – October 10

- **SAT Registration:** September 22 – October 23

 *Mr. Lee will be registering students outside the elevator on the 1st floor of C Hall from 8:00–8:15 AM.*

 *If you're unable to register in person during this time, please contact Mr. Lee at: MiLee@alamedaunified.org*

How to Pay

- **In-Person:** Pay with **cash or check** (*made payable to Alameda High School*) at the **School Bank**
- **Online:** Pay via [MySchoolBucks](#) (*a small convenience fee will apply*)

 [Click here](#) for MySchoolBucks directions from AUSD

Fee Waiver Information

- **In-Person Payment:**
If you qualify for a fee waiver, please visit **Ms. Lori** in the **College & Career Center** to get a **waiver ticket** before paying.
 - **Online Payment:**
If you're eligible for a fee waiver, the **discount will be automatically applied** at checkout on MySchoolBucks.
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Important Testing Day Reminder

All students must bring the following on test day:

-  A **registered AUSD Chromebook**
-  A **Chromebook charger**

 **Personal laptops are not permitted.** Only AUSD Chromebooks may be used for digital testing.

Classroom Assignments

- Testing room assignments will be posted in **Koffman Hall** the day before each exam.
- Please check the list so you know where to report.

➤ **A Word from the Counseling Department**

If your student is applying to a 4-year college that requires a Secondary School Report, your student needs to complete a Student Profile packet. Please note, UCs and CSUs do **‘not’** require a Secondary School Report. This packet has been e-mailed to all Seniors. It's also available on the Alameda High School website under the 'Students' section. Please go to the Counseling Office information section and look for 'Letters of recommendation / Secondary School reports' under Quick Links.

The deadline to submit this packet is Wednesday, October 1st at 3:45 pm. No requests will be accepted after the deadline so please make sure that your student submits the packet to their counselor by the October 1st deadline and remember this does not apply to students who are submitting applications to CSUs and UCs only. This information was shared with all seniors during the classroom presentations done by counselors last week. Please have your student check in with their counselor if they need any clarification.

➤ **Student Behavior: Meta Glasses and Privacy**

We are starting to see some behavior concerns that are connected to **Meta glasses**. These are smart glasses that have a built-in camera and can record video or take photos with a simple voice command. In other words, they're wearable tech — and students are using them in ways that can cause some pretty major classroom and privacy concerns.

Here's a link so you can see what they look like and what they're capable of: [Meta Ray-Ban Smart Glasses](#)



They look like regular Ray-Bans, so it's easy to miss them — but they do have recording features. We want to ensure you are aware as some students are starting to wear them in classes and it is a privacy concern and is becoming a distraction. Please speak with your students and ensure they know that they should not bring these types of glasses to class.

➤ **Sports Schedules for the Week**

Water Polo

October 2nd (Thurs) vs Bishop O'Dowd

4:00pm

JV Girls; Var Girls; Var Boys; JV boys

October 3rd & 4th (Fri/Sat) at 501 Tournament (Encinal High)

Var Boys

Girl's Volleyball

October 1st (Wed) vs Castro Valley High

F/S - 4:30pm

JV - 5:30pm

Varsity - 6:30pm

October 2nd (Thurs) vs Berkeley High

F/S - 4:30pm

JV - 5:30pm

Varsity - 6:30pm

Girl's Golf

October 1st (Wed) vs Arroyo and Castro Valley

Monarch Bay

3:00pm

Girl's Flag Football

October 1st (Wed) at San Ramon High

JV - 6:00pm

Varsity - 7:15pm

October 2nd (Thurs) at Hayward High

JV - 6:30pm

Varsity - 7:45pm

Cross Country

October 1st (Wed) League Meet #1
Pinole Point
4:00pm