



# **EDUHSD E-News**

**November 28, 2016**

## **STUNT State Champions**

Congratulations to Oak Ridge High School's (ORHS) Super Varsity Comp Cheer Team who were the STUNT State Champions at the 2016 College STUNT Association National Championship. They earned a spot at the NorCal Regionals to compete for the UCA National High School Cheerleading Championship (NHSCC) Title for D-1 schools, February 11-12, 2017 in Orlando, Florida. NHSCC is the premiere competition for high school cheerleading and we are so proud that ORHS cheer has trained to reach this level of greatness. In addition to cheering at playoff football games, ORHS cheerleaders are also training 5 days a week in preparation for Nationals. Head Coach, James Blunk, shared, "This team has had to go through some tough injuries early in the year, but they have all worked hard and are exceeding expectations!"



## **AVID College Exploration**

Ponderosa High School's AVID classes recently had the opportunity to learn about the California State University (CSU) and University of California (UC) systems. Their AVID 1 and 2 classes explored the CSU Sacramento campus while their AVID 3 class teamed up with Union Mine High School on a visit to UC Berkeley. AVID (Advancement Via Individual Determination) is a college readiness program designed to help students develop the skills to be successful in college, and is in place at all four of the El Dorado Union High School District's comprehensive high schools. AVID has a special emphasis on improving writing, critical thinking, teamwork, organization, and reading skills.



AVID 1 & 2 at CSU Sacramento



AVID 3 at UC Berkeley

## **Dare to be Great Competition**

On November 5, 2016 all four bands from the El Dorado Union High School District (EDUHSD) attended the inaugural Golden State Band and Orchestra Association, Inc. competition, called Dare to be Great, in San Ramon. El Dorado and Ponderosa High School bands took first place in their respective divisions. Congratulations to all on your extraordinary performances!



Photo by: Shelly Thorene

## **Dog Fun Run**

If you are going to hit the road for a morning run, you might as well take along as many friends as possible. Recently, student athletes from Union Mine High School's Cross Country (XC) team joined forces with the El Dorado County Animal Shelter to take 10 shelter dogs out for a 1 mile run along the El Dorado Trail. Coach, Michael Hoffman, said "Our team is a lot larger than previous years with 38 student athletes. They train five days a week - running hills, distance, track intervals, tackle weight room workouts and compete in races scheduled each week. As a break for our great hardworking student athletes, I like them to have a 'fun day' to break up the hard workouts, be active and to just 'be the kids they like to be...'" Both student athletes and shelter dogs alike enjoyed the fun run. After all, tired dogs equal happy dogs!

## **TALK TO US!**

### **DO YOU HAVE UPDATES FOR FUTURE E-NEWS AND SOCIAL MEDIA POSTS?**

If you'd like us to help spread word about your High School's events, programs, clubs, awards, field trips, special projects and/or honors -- email them to [sfuson@eduhsd.k12.ca.us](mailto:sfuson@eduhsd.k12.ca.us)

to be included in our bi-weekly E-News and Social Media posts.

**Help us celebrate the great things that our students, faculty and staff accomplish every day!**

