

Diegueño Parent Orientation

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Topics of Conversation

❖ Introduction

- PTSA Supports
- Middle School Transition
- Understanding the Adolescent Brain
- Supporting your child/preteen/tween

❖ Peer Relationships

- Bullying/Cyberbullying
- Peer Conflict
- Parenting Positively & Fostering Independence

❖ Nuts & Bolts

- ASB
- Safety
- Drop Off/Pick Up
- Lunch Accounts

❖ Student Expectations

- Dress Code
- Academic Honesty
- Attendance
- Progress Reports

❖ Ways to Stay Connected

PTSA Supports

Technology (updating chrome books across all departments is our main priority this year)

Experiences (speakers in fields of internet safety, anti-bullying, drug/alcohol awareness, field trips)

Environment (providing a safe and comfortable learning environment for your student)

www.dieguenoptsa.org

PTSA Supports

- \$100 Supply Grants for Teachers
- Mini-Grants for Teachers
- Shade structures for campus
- Computer programs for teachers in classes
- Volunteers for student activities
- Chromebooks & carts
- Campus Beautification projects such as shade umbrellas
- Staff & student connectedness initiatives
- Overall surround support for students, staff & parents

Middle School Transition

A unique time in your child's life:

Why Middle School... Infrastructure shifts - Elementary School vs. Middle School
"Taking Center Stage" - CA Dept of Ed

Middle Schools:

- ❖ Student centered
- ❖ Instruction: standards based, relevant, rigorous
- ❖ Effectively connect, communicate, and collaborate
- ❖ Foster fitness
- ❖ Address developmental needs/empower students
- ❖ Staff expertise in adolescent development

It's not your imagination...

- ❖ Brain shift: concrete to abstract thinking
- ❖ Learning connections to the real world
- ❖ Biological clock shifts
- ❖ Sleep is vital
- ❖ Adolescents use different part of the brain to interpret information = misinterpreting what an adult says (sound familiar?)
- ❖ Frontal lobe is under construction = judgment vs. impulse control
- ❖ Hormones trigger impulse behavior



Keeping up with the Middle Schooler

- ❖ Early on, check in with student at least weekly to help with organization, time management, cleanliness of backpack :)
- ❖ If anxious or struggling, help them reach out to teacher by encouraging them to talk with teacher or to write an email

- ❖ Check in with your child 1-2 times per week on their progress
- ❖ Help them set a homework schedule/time that is efficient
- ❖ Check Aeries about every 2 weeks
- ❖ If concerned, email teacher with questions

The Middle School Rollercoaster

The teenage years can be a roller-coaster ride for both parents and teens.

- ❖ All adolescents experience changes to one degree or another.
 - Their bodies and hormones are changing
 - Intellectual development is not complete

We want to share a few things you may see and some ideas on how to continue to love and support this “new” person in your household.

Self-consciousness is normal

- They are anxious
- They do not want to be different
- They are “dying of embarrassment” on a regular basis!
- Teens may be irritable and moody due to the changes internally and the increased stresses in their lives.

To help, parents can:

- ★ Focus on strengths of the individual
- ★ Empathize with their issues - Feelings are not right or wrong
- ★ Parent calmness counters teen emotionality - Don't let your teen's moods rule your moods

Peer Relationships

Peer relationships become the center of your teen's life

- ❖ Needing to belong is a priority
- ❖ Being seen in the company of your parents is not cool
- ❖ Your child needs to be with peers, but in a supervised environment
- ❖ Teens are often impulsive and subject to “group think”
- ❖ Role-play possible situations with your teen, and talk about choices and ways to get out of potentially dangerous situations

Bullying/Cyberbullying

Bullying is defined as “an act of repeated aggressive behavior with the intention to hurt another person physically, mentally or emotionally” - this may include in person or online known as Cyberbullying

Contact an administrator immediately if you believe your student may be a victim of bullying & not simply typical middle-school “drama”

Bullying is NOT tolerated on our campus and will be dealt with by administration swiftly, directly, and fairly.

Peer Conflict

Middle School students are often navigating the world of friendships - making new friends, keeping friends as they grow, and losing friends as their interest changes.

Much of what we deal with between students is Peer Conflict. Our counselors and administration team are well equipped to support students with Peer Conflict using a variety of conflict resolution strategies and coping strategies.

Encourage your middle schooler to see a counselor or administrator if they are having any concerns with other students, or just not feeling good about a situation and need some support.

The Art of Parenting Positively

- In an effort to foster a strong **self-image**, many parents devote themselves to protecting their children from any situation or experience which may be difficult, upsetting or stressful.
- However, over-protection may actually handicap your child's confidence. **Overcoming obstacles gives children confidence** and a sense of their own abilities.
- **Resiliency is one of the greatest character traits you can help build in your child for life-long success**

Fostering Independence

First we do it *for* you.

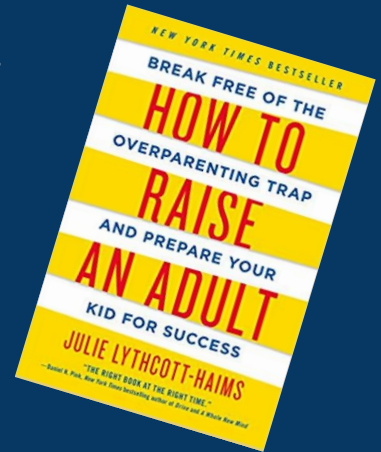
Then we do it *with* you.

Then we *watch you* do it.

Then you do it completely *independently*.

Don't do for your kid what your kid can already do, or can *almost* do.

From *How to Raise an Adult* by Julie Lythcott-Haims



Parenting Hints

Critical Reminders

- ❖ Clearly communicate your expectations of them
- ❖ Talk to your child about potential issues/challenges
- ❖ Get to know your child's friends and their families
- ❖ Supervise and structure free time
- ❖ Seize teachable moments!

Students have FUN in middle school!

- ASB - Friday Fun, Club Day, Red Ribbon Week, “Strangers Project”, Canned Food Drive
- Guest speakers - 2 authors in Learning Commons, PE = “Healthful Eating” and “San Dieguito Alliance”
Teen Mentors
- Music on Fridays
- Student athletics at Boys & Girls Club

Associated Student Body (ASB)

Leadership Class of students who determine campus-wide student activities for the year (with support from teacher).

Activities:

Cougar Camp

Red Ribbon Week

Kindness Week

Spirit Week

Field Trips

Guest Speakers

Fun Fridays

Dances

Fall & Spring Festivals

Chromebooks

Cougar Pride Party

Student Spirit Shirts

Geography Bee

Talent Show

Other student activities

Student Learning

- Daily student learning through classroom lessons, activities, collaboration, projects, etc.
- Enrichment activities built in to many classes, also have Honors for Math and English, Spanish 2
- Dual Language Immersion (DLI) program
- Student support classes: Math Skills, English Enrichment, READ 180, College Readiness, Academic Support
- **Tutoring Program & CAT time in the day for support**

Safety

- ❖ Emergency Drills - Fire, Earthquake, Lockdown
- ❖ Medications - Bring to our Health Office with form.
- ❖ Visiting Campus: Always check-in at the front office and sign in before entering campus. Any meeting on campus will require a form of ID.

Coming to and going from campus

- ❖ Drop off/Pick up Lane
- ❖ Bus (for passes and routes, visit www.sduhsd.net)
 - Morning is on time, afternoon pick up from school is at 3:45 pm
 - District offers AM pass, PM pass, or AM/PM pass
- ❖ Walk - Drop off blocks away from school and walk
- ❖ Bike or Skateboard - Helmets required & lockable racks available

Drop Off/Pick Up Lane

- Drop off & Pick up students in the turn-around lane, NOT in the parking lot. Bus lanes can be used for drop off.
- At pick up, be aware of No Parking Signs along street. Do not have your student cross the turn-around lane to get to your vehicle.
- Drop off students by 8:25 am for them to arrive to their class on time. (7:25 for Zero Period)
- Final bell rings at 3:05 pm. It is best to arrive AFTER 3:05 pm to ensure traffic is moving. If you arrive early, be courteous of our neighbors and park along the street without blocking or parking in their driveway.

Lunch Accounts

Online Lunch Account (PayPams)

- Allows parents to create a lunch account, fund account, monitor balance & view purchases (www.paypams.com)

School-based Lunch Account

- Parents can use cash or check to fund account
- No online access with PCS account
- PCS lunch account form can be turned into office at any time

Free & Reduced Lunch application, [click here](#)

School-wide Expectations

COUGAR PRIDE

Potential

Respect

Integrity

Decision-making

Empathy

Agenda Books

Dress Code

Dress code for DNO is detailed in the student agenda. Please review with your student as they may be required to wear our choice of clothes for the day or have proper attire sent to school.

Progressive Discipline will be enforced for dress code violations:

- 1st - Warning + new clothes/loaned clothes
- 2nd - 30 minute detention
- 3rd - 1 hour detention
- 4th + - increased detention, possible suspension for defiance

Academic Honesty

Academic Honesty for SDUHSD is explained in detail in the Student Agenda. Please review it with your student. Academic dishonesty is not tolerated in any class (PE **not** an exception).

Honest behavior is an expectation for all Diegueño students

Consequences:

- 1st Time = Parent Contact + Friday Night School + Academic Honesty Contract + loss of credit for assignment
- 2nd Time = Suspension from school / Possible no credit for class

Attendance

Regular attendance and class participation are an integral part of our students' learning experience; together, they determine student success. The San Dieguito Union High School District (SDUHSD) is committed to cultivating exemplary attendance habits.

- A student is tardy when he/she is late to a single scheduled class period.
- A student is absent when he/she is not present during the entire scheduled class period.
- A student is chronically absent when they miss 10% of the school year or 18 total days.
- Over 50 students who were chronically absent last year

Please plan vacations in alignment with our [district instructional calendar](#).

Attendance

Report all absences to our attendance secretary as soon as you know your student will be absent. Visit the school website for more details regarding the appropriate information for when contacting the school.

Phone: 760-944-1892 x6605 Email: dgattendance@sduhsd.net

Attendance Secretary - Veronica Meza

- Unexcused tardies and/or absences = progressive discipline
- Excessive tardies and/or absences = discipline per CA Education Code 4260.5
"...absent from school without a valid excuse more than three days or tardy in excess of 30 minutes on each of more than three days in one school year is a truant..."

Formal Progress Reports

- ❖ **Deficiency Notices**: For D/F grades at 5-week point of each quarter
 - Fall = Oct. 4 & Dec. 18 Spring = March 9 & May 13
- ❖ **Quarterly Progress Reports**: Update on all grades at 9 weeks
 - Fall = October 30 Spring = April 3
- ❖ **Semester Report Cards**: Final grades reported on transcripts
 - Fall = January 31 Spring = June 15
- ❖ All grade reports will be posted online ONLY on **Aeries Portal**

Ways to stay connected

- Back to School Night - September 18
- DNO website: dg.sduhsd.net
- [DNO Facebook Page](#) - like us!
- DNO Weekly Parent Eblast for news and events
- [Aeries Parent Portal](#)
- Teacher websites
- [Coffee with the Principal Monthly](#)
- PTSA & DNO Parent Information Nights
- [JOIN THE PTSA!!](#) Get the PTSA Parent Weekly Eblast!

We are here to help

Cara Dolnik, Principal

Miriam Tullgren, Asst Principal

Laura Martin, Counselor

Rebecca Vincent, Counselor (part time)

Amazing Cougar Staff!