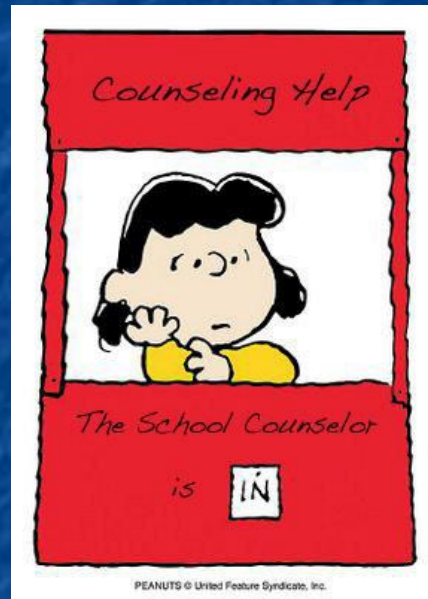


Welcome from Counseling & Administration



Cara Dolnik, Principal

Miriam Tullgren, Assistant Principal

Laura Martin, Counselor

Rebecca Vincent, Counselor

Wendy Woodard (760) 944-1892 x6604





Cougar PTSA



Please "Lend a Paw", and join the DNO PTSA to support your child's educational path at Diegueno Middle School. Your contributions are used directly for Diegueno students, teachers and school. ***You make a difference!*** www.dieguenoptsa.org/

Where does my money go?

Your contribution will support: Academic Enrichment, Mini Grants, Campus Beautification, Campus Environment, Connectedness and Safety, Parent and Student Speakers, Student Clubs, PE Enrichment, Career Day, Back to School Night, Staff Appreciation, Red Ribbon Week, Art Enrichment, Geography Bee.

**We rely on your generous contributions to achieve
this goal for students and teachers at Diegueño.**

Don't forget to consider asking your employer to match your donation.

Ways to Contribute - PTSA

General Support - **SUPPORT OUR STUDENTS & TEACHERS**

- *Basic PTSA \$50*
- **Cougar Buddy \$100 (RECOMMENDED)**
- Cougar Supporter \$250
- Cougar Sponsor \$500
- Benefactor \$1,000

**ANY AMOUNT HELPS
AND IS GREATLY
APPRECIATED!**

SUPPORT THE TECHNOLOGY DRIVE - Principal Dolnik & PTSA are working together to address the technology needs of our students.

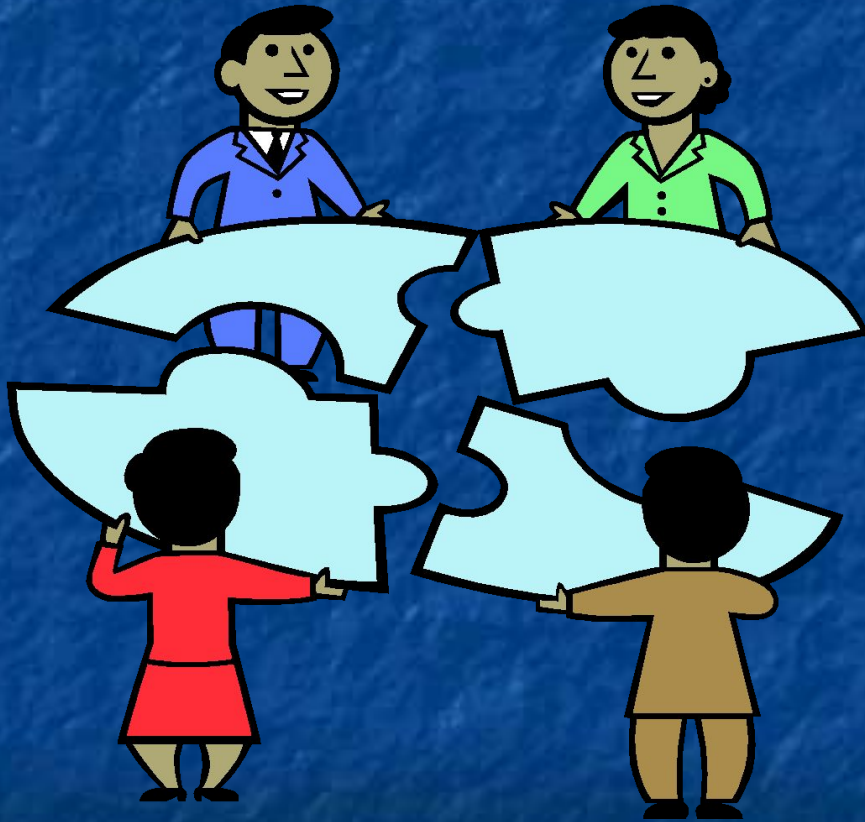
- Technology Drive \$100
 - **Technology Drive \$250 (RECOMMENDED)**
 - Technology Drive \$500
 - Technology Drive \$1000
1. Main funds are for Chromebooks, carts for Chromebooks, speech recognition headsets and accessories.
 2. Diegueno needs 300 additional Chromebooks to establish a one to one student ratio. WE also need 9 carts and 180 headsets. Total cost of \$91,500.
 3. Also supports ongoing repairs, upgrades and replacement for existing technology.

SDUHSD Online Enrollment

- SDUHSD Online Enrollment & Return of Required Documents due ASAP
- Go to sduhsd.net and click ENROLL tab, follow instructions
- Return documents to Diegueño Middle as soon as possible
- Intradistrict application window re-opened. Complete by Mon. March 9.
- Diegueño website - dg.sduhsd.net

Must enroll in district in order to choose courses for 2020-21.

Counselors - We are here to HELP!



- Academics
- Social/Emotional
- Scheduling
- Facilitation between all members of the school community
- Transitions and Connections



Single/Block day Scheduling

Single Period Days

- Monday - Periods 1-6
- Late Start every other Monday



Block Period Days

- Tuesday/Thursday - Periods 1,3, and 5
 - Wednesday/Friday - Periods 2,4, and 6
- CAT-Cougar Academic Time - Tues-Fri

Class Schedules

August 24 (1 day before school starts)

Schedules will be available through
the Aeries Parent Portal



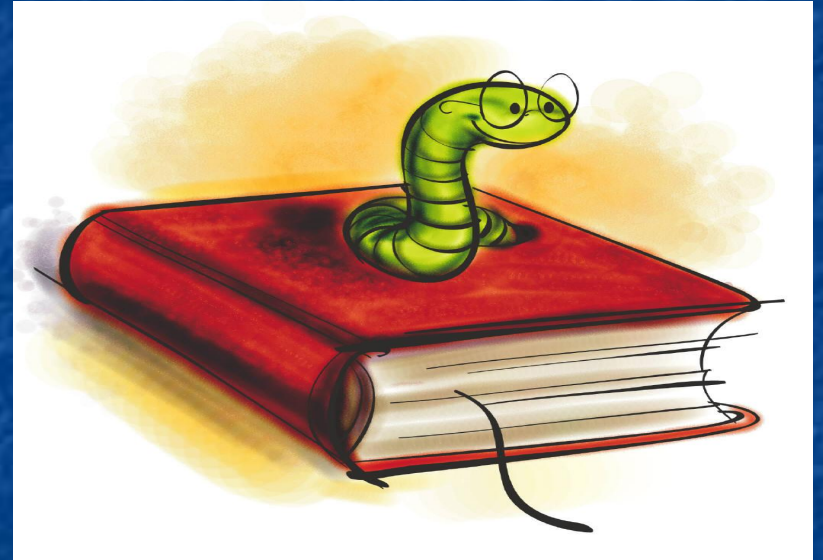
First Day of School:

Tuesday, AUGUST 25, 2020



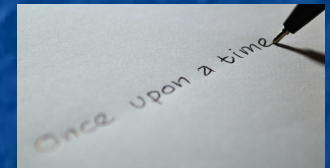
Required Classes

- Math
- English
- History
- Science
- Physical Education
- Elective/Support Class



Year-long Elective Classes

- Computer Programing and App Design
- Multimedia Design
- STEM Explorations
- Band
- Art
- Leadership/ASB
- Journalism
- College Readiness
- Spanish 1 CP
- Spanish Language Arts
- Drama
- Creative Writing



Electives that require applications

- Leadership
- Journalism
- Band



Electronic Applications are Available on the Counseling website (under [Counseling/Course Information](#))

Support Classes

Read 180

English Language Support (EL Learners)

Math A and B Skills

Academic Lab

Academic Success (Special Education Support)

PE Options

- General Physical Education
- Personal Fitness
- Basketball PE
- Surf PE

Health and wellness presentations and lessons through our on campus PE courses.

ISPE Info

Independent Study Physical Education (ISPE) - the district offers an ISPE program for eligible students who

1. Ranked by an association in an individual sport or performs at an advanced level in a sport or physically active performing art.
2. Medically unable to participate in regular P.E. classes even with modified program, and is under a physician's supervision, and will follow prescribed physical activities. Documentation is required.
3. Class schedule is impacted by a specialized program or needs-based intervention course, which prevents them from taking a general education elective during the school day.

ISPE Info

- Students are to use the time out of school for practices and training, students may not remain on campus during their designated ISPE period.
- Students are to complete 30 hours of practices/ workouts per quarter
- Students must complete and submit a practice log each quarter and once a semester complete a one-page self-evaluation narrative.
- Once a semester coaches are to complete a one-page narrative regarding the students goals and overall progress in their sport

Application process for ISPE?

- The window to apply for ISPE is Monday Feb 10 at 8:00am, and will close on Friday April 3 at 3:00pm
- All paperwork will need to be printed off, completed, and turned back into the District Office
- Parents/ guardians will be notified regarding approval status
- Click here for [ISPE](#)

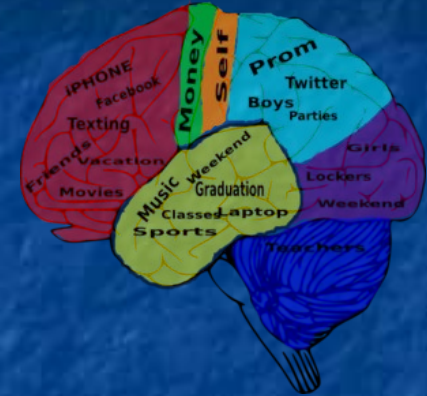
Student Connections

When students feel connected to school and peers their academic and social performances increase.

- Student Led Clubs
- Groups ran by Counselors
- Cougar Pride Parties
- Numerous ASB activities
- Spirit Week
- Kindness/ Wellness activities

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



Middle School Transition

A unique time in your child's life:

Middle Schools:

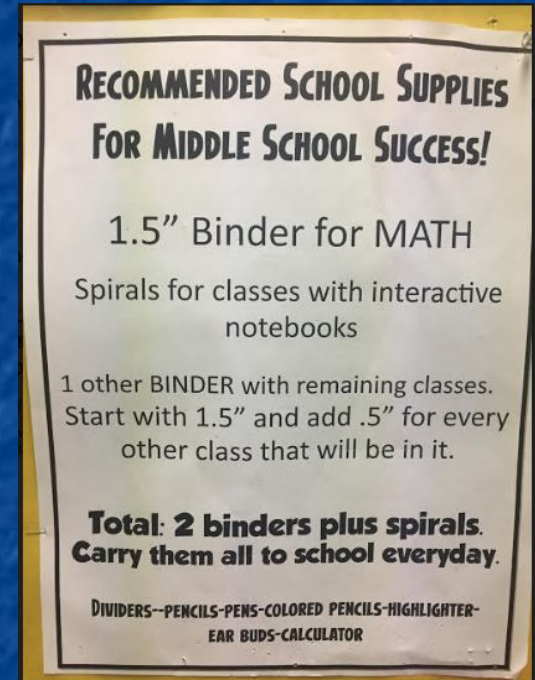
- ❖ Student centered
- ❖ Instruction: standards based, relevant, rigorous
- ❖ Effectively connect, communicate, and collaborate
- ❖ Foster fitness
- ❖ Address developmental needs/empower students
- ❖ Staff expertise in adolescent development

How can you support us in supporting your child?

- Communicate with your child about school and encourage them to reach out to teachers.
- If you have concerns, send an email to a teacher. Remember, they have been doing this a long time and have many suggestions for student success.
- Support our PTSA! Supporting PTSA helps us support students on campus whether through donation or time.
- If you have questions, reach out to our counselors or administrators. We have many systems in place to support kids and parents!

Organization and Supplies

- Students are issued textbooks which remain at home. A class set is available for use at school.
- Students will be given an agenda to write down assignments each day.
- Each teacher will provide a suggested list of supplies for their class during the first week.
- Basic supplies to start: Backpack, binders, dividers, spiral notebooks, pens, pencils, paper, highlighters, calculator.
- It helps to have a supply of markers and poster board.
- BYOD policy.



Dates to Remember

- **Feb 24-March 23** Zero Period interest survey
- **February 10-April 3** ISPE Application window
- **March 20** Course Selection sheets due back to elementary sites
- **March 9-20** Course Selection ONLINE
- **August 13 (tentative date)** Cougar Camp - student session in morning, parent session in evening.
- **August 25** First Day of Middle School

Miscellaneous Information

- Lunch...\$5.00
- PE/Clothes/Dressing out/lockers
- Student Clubs
- Sports through Boys and Girls Club
- ***Sign up for Cougar Connection***



Closing Thoughts



We are Parents too!

