



Diegueño Middle School

Cougar Connection



April 3, 2020

Message from the Principal

Dear Cougar Parents and Students,

Our Cougar Connections is coming out a little early so we can communicate with all of you before Spring Break. That's right - students still get Spring Break next week from April 6 -10! We know many families had to cancel travel plans as did much of our staff, but I would encourage you to find some fun "vacation-like" activities to do with your family like hiking, s'mores over an outdoor fire pit, BBQing and eating outdoors, etc. (Is it obvious my family had to cancel our planned camping trip next week?)

That being said, if you would like to continue some of the rhythm you have found with your family schedule, you can still encourage students to find enrichment activities that enhance their school learning. The district has compiled a variety of learning activities for students here: [SDUHSD Enrichment Learning Activities](#) list. In addition, Common Sense Media has provided a variety of instructional resources that can be found [HERE](#). Some students find solace in learning so may enjoy these suggested activities. Family games and family reading time are also excellent learning opportunities for students!

Beginning on April 13, we will begin an expanded approach to distance learning across the district. We will be finalizing that plan over Spring Break so it will be sent out at the start of that week. We will also be implementing credit/no credit for the second semester of the 2019-2020 school year. Moving to credit/no credit grading will benefit our students and staff without negative consequences for students with collegiate aspirations. Prior to our return, please keep an eye out for additional communication regarding the details of the SDUHSD Middle School Distance Learning Plan.

We also know these uncertain times may be causing stress and anxiety for many families. Please see the detailed message below providing additional support through SDUHSD. Attached are resources for students as well: [10 Self-Care Strategies for Teens](#) and [Student Self-Care Tips for Virtual Learning](#). Please know through all of this, we are continuing to think of our Cougar Community and how we can be most helpful in supporting one another during these uncertain times.

Please take care and enjoy your time next week. We look forward to continuing our distance learning plan with renewed vigor on April 13.

Take care,
Cara Dolnik, Principal



Support for Students and Families

We know that this time of uncertainty may be challenging for all families. The San Dieguito Union High School District is committed to the health, safety, and well-being of students, staff, and parents. In an effort to continuously support this commitment, the District has approved an agreement with Care Solace. Care Solace is an online resource with a live 24X7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services. To use Care Solace, individuals answer ten basic questions in order to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of private insurance including Medi-Cal, Medicaid, and Medicare and those that have no insurance. The system also filters by age, gender, zip code and special request. Care Solace is now available for use by San Dieguito students, staff, and families at no cost. Please note, this service is an optional resource available by choice. Care Solace does not require a user's name, address, phone number, or date of birth. All of the information that is entered on their platform is completely confidential and stored securely. If you are interested in seeking counseling-related services at this time, please consider visiting caresolace.com/sduhsdfamilies or clicking the link to begin.

Sabemos que estos momentos de incertidumbre puede ser un desafío para todas las familias. El Distrito Escolar de San Dieguito está comprometido con la salud, seguridad, y el bienestar de los estudiantes, personal escolar, y padres de familia. Esforzandonos para asegurar este compromiso continuamente, el Distrito ha aprobado un acuerdo con Care Solace. Care Solace es un recurso en-línea con un centro de llamadas disponible las 24 horas en vivo enfocado en asistir a las personas en encontrar servicios locales relacionados con programas de salud mental y servicios de asesoramiento y terapia. Al usar Care Solace, las personas responden diez preguntas básicas para recibir una extensa lista de referencias de proveedores de salud. Care Solace toma en cuenta toda clase de seguro privado de salud, de la misma manera a Medi-Cal, Medicaid, y Medicare y también a aquellas personas que no tienen seguro de salud. El sistema también filtra por edad, género, código postal y pedidos especiales. Care Solace ya se encuentra disponible para el uso de los estudiantes del Distrito Escolar de San Dieguito, personal escolar, y familias sin costo alguno. Por favor tome en cuenta que este servicio es un recurso opcional el cual está disponible por elección propia. Care Solace no requiere el nombre del usuario, dirección, número telefónico, ni la fecha de nacimiento. Si está interesado(a) en consultar servicios relacionados con el asesoramiento y la terapia, por favor visítanos en la siguiente pagina caresolace.com/sduhsdfamilies o haga click en el enlace que se encuentra a continuación para iniciar.

Public Review of Middle School Science Instructional Materials

SDUHSD is considering instructional materials from three publishers to align with California's newly adopted Next Generation Science Standards (NGSS). This year, middle school science departments are piloting the three programs being considered for adoption in both 7th and 8th grades, and will recommend one or more of these programs for adoption beginning with the 2020-2021 school year. Due to the COVID-19 pandemic and the closure of our school campuses, this public review will be held virtually from April 13-17. We appreciate your involvement in this process, and invite you to visit our Public Review website during April 13-17 to explore the materials and provide feedback and ask questions.

Residency Verification

Residency Verification documents can be scanned to wendy.woodard@sduhsd.net.

Helpful links and information:

Up to Date information from SDUHSD: [Coronavirus Information on sduhsd.net](https://www.sduhsd.net/Coronavirus-Information)

This page includes several Resources links at the bottom of the page. A few I thought might be most relevant for our students and families:

- [Nutrition Services during school closure](#)
- Coping and Managing Stress Resources for everyone (see tab on district page)
- [Additional Social-Emotional Supports](#) during school closure
- [Testing and Assessment Information](#) - this is being updated as information becomes available

Technology Information:

If you need to borrow a Chromebook, email Mrs. Tullgren at miriam.tullgren@sduhsd.net, so you can be added to the student needs list. There will be at least one additional day of Chromebook pick up on April 14. More details to follow.

For internet access, please go to the [Internet Access for Families page](#) on my.sduhsd.net.

RESOURCES

[DÑO Website](#)

[DÑO Bell Schedule](#)

[SDUHSD Website](#)

[DÑO Calendar](#)

[DÑO PTSA](#)

[DÑO Attendance](#)

[Bus Schedule](#)

[Late Start Bus Schedule](#)

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