



Diegueño Middle School

Cougar Connection



March 22, 2020

Message from the Principal

Dear Cougar Parents and Students,

I hope in the week school has been closed (hard to believe it has only been a week!) you and your families are doing well and staying healthy. In the last week, as we prepared to transition to distance learning, I was on campus a few times. It was odd seeing it so empty - and I definitely missed all of the students smiling faces and warm greetings.

As you should have heard, the school closure has been extended until April 13. Since this is longer than originally anticipated, district personnel, teachers and administrators have worked collaboratively to create a Distance Learning Plan for students. Starting on Monday, March 23, teachers will be providing students with instruction via the internet. There will be a variety of ways teachers will do this to ensure students have learning opportunities to fit the needs of our various classes and our diverse student population.

Just like when students are at school and each of the teachers might do things a little differently, you will find that to be the same online. By Monday or Tuesday, your teachers will reach out to you to re-connect with you, inform you of their virtual office hours, and let you know how they will be "teaching" you. You may have already heard from some as they were quite eager to re-connect with their students! We are going to ease into this new style of learning as each teacher will only be sending out 1-2 lessons this week. Will you be expected to sit in front of a device from 8:30-3:05 every day, five days a week? No, that would be difficult for anyone! Teachers will assign lessons through online means such as their websites or Google Classroom for you to complete. Teachers will also have designated days and times when they will be available to you online for you to ask questions to them directly, although there will be ways for you to contact them as needed. Our suggestion is for you to set a schedule for you to work on your own school work each day, beginning by 8:30 or 9:00 am, then setting time throughout the day to alternate between completing assignments, getting exercise, eating snacks or lunch, and spending quality time with your family.

Our district sent a suggested schedule to our teachers on how to plan their lessons to go out, and I believe it may also help for students to follow a similar routine.

- Monday & Wednesday - English, Science, Electives
- Tuesday & Thursday - Math, Social Science, World Language, Physical Education
- Friday - Student Support & Outreach.

This is only a suggestion as some students may prefer completing subjects in a different order or more on one day and less on others.

Here is what all students need to do now:

Ensure that you can access your SDUHSD district-provided Google accounts to participate in distance learning. **This is the same username and password that you are accustomed to using for Chromebooks and Google Classroom.**

Student login names are:

last name + first initial + last 4 digits of permanent ID @my.sduhsd.net

For example: smithj1234@my.sduhsd.net

To reset a password, visit my.sduhsd.net, scroll down and click on "reset your password here."

Also, get into the habit of checking your district-provided email account. Your teachers may be communicating with you there; or if you email your teacher, remember to check your email again to see what your teacher's reply has been.

For anyone who needs to borrow a Chromebook to use in order to complete school work, please see the details later in this letter regarding pick up of a device. There is also information on how to get free internet if you do not have it at your home. SDUHSD is sending out an email regarding "student technology" to families some time on Sunday, but I [linked it here](#) for you as well.

Some students may be excited to have contact with your teachers again starting next week, while others may not be that excited to do "school work". I do know your teachers are excited to re-connect with you and offer distance learning opportunities for you to continue your education. I can also assure you this: Despite how you might feel about getting back to learning and school work, I think it will be nice for all of you to re-connect with your teachers and your peers in your classes.

Your counselor will also be available to you starting next week, should you need anything. You can email Mrs. Martin as laura.martin@sduhsd.net with any questions. There is also information contained in the newsletter about the many resources our district is providing at this time as we know it can be difficult emotionally for all.

Please continue to take care of yourself and one another. For students - please help your parents and guardians with whatever you can. Doing some extra chores around the house or helping a younger sibling with school work might put a big smile on someone's face and keep you from getting "bored"! Or, suggest to play a board game or watch a movie together so you can have fun family time. Enjoying time together will make this time feel more positive.

We greatly appreciate your support, patience and understanding as our teachers transition to this new way of teaching and connecting with students. Please note our campuses will remain closed throughout the school closure for the safety and well-being of the community. Most personnel (including myself) will be working from home and balancing our work life with our family lives as so many of you are. I will be working to update our website to provide helpful information while we are on school closure - please note it will take a few days to organize. What a great learning experience for all! We will get through these times together. I am continuously thinking about all of you and sending positive thoughts that we will all remain safe and healthy.

Go Cougars!!



Cara Dolnik, Principal

Helpful links and information:

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

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 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. The information on pick up of a device is as follows:

SDUHSD will begin distributing technology to students who are in need. Students will be able to pick up a Chromebook from SDUHSD Staff from 11:30 am - 1:00 pm at either:

- *Earl Warren Middle School - 155 Stevens Ave., Solana Beach, CA 92075*
- *San Dieguito Academy - 800 Santa Fe Drive, Encinitas, CA 92024*

on Monday (3/23), Tuesday (3/24), and Wednesday (3/25). SDUHSD staff will ensure social distancing protocol during this pick-up.

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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