



Cougar Connections

August 23, 2024

Quick Tips!

Be sure to link your calendar to the [DÑO calendar](#) by clicking "+Google Calendar" at the bottom right of the calendar on the school website. Then [click here](#) to view instructions on how to sync your Google calendar with your iPhone or iPad calendar.

Newsworthy



The English Learners Advisory Committee ([ELAC](#)) makes recommendations regarding programs for students with second language needs.

- [ELAC flyer and Parent Resource Center](#)
- [Fall MLL Night](#)

Succeed for Free: English Classes for Families

Interested in learning English? Classes are free! There are North and South end options for families to attend classes: Carmel Valley Middle School and Oak Crest Middle School.

- [Succeed for Free Flyer](#)
- [DNO Homework Help](#)

Dear Diegueno families,

We had another fabulous week. Please let your children know how amazing they are and to keep up the great work. Title I/Back to School Night is Thursday from 5pm-7pm. See below for additional information. It has been reported that a few of our students have not been following E-Bike safety guidelines off campus. We encourage you to continue to review safety protocols with them. Thank you.

Principal San Juan Mendoza

Title I / Back to School Night, August 29th

Students will fill out their schedules during the CAT period on Thursday. They will then take it home and give it to their parents/guardians. Title I meeting will start in the Learning Commons at 5:00pm and will end at 5:25pm. The Principal at 5:25pm will give a quick message in the quad before everyone is released to their classes.

Title I / Back to School Night Schedule

5:00pm-5:25pm	Title I Meeting
5:30pm-5:40pm	1st Period
5:45pm-5:55pm	2nd Period
6:00pm-6:10pm	3rd Period
6:15pm-6:30pm	4th Period
6:35pm-6:45pm	5th Period
6:50pm-7:00pm	6th Period

Good news – Student pictures taken on 08/19/2024 are now ready for you to view and order:

<https://shop.jostenspix.com/login>

- **DIEGUENO MIDDLE SCHOOL**
- **Event Code: FE68524**
- **Also Needed: Aeries Student ID**



Message from PTSA President Staci Valdez

We Still Need Your Support!

**PLEASE JOIN THE PTSA NOW BY CLICKING [HERE](#) -
We Are At 62% Of Our Goal!**

This year, we have a big fundraising goal. We are committed to **continuing** all **MINI-GRANTS FOR TEACHERS**, which will **DIRECTLY IMPACT** your child's academic experience **THIS SCHOOL YEAR**. We will also give every teacher a **CLASSROOM SUPPLIES** allotment.

We've got some **FUN** member incentives like our **DÑO Directory**, so you know more about the families your kids are hanging out with, **Spirit Wear Discount**, **VIP seating & parking** at 8th Grade Promotion, and even **VIP bike parking!**

Please join the PTSA and help us reach our Academic & Community Goals. Joining requires **ZERO TIME COMMITMENT**, so you don't need to volunteer at all! (Of course, if you want to, you are always welcome!)

There's a tax-deductible donation level for every budget. Now that you have a Middle School student at SDUHSD, there are **NO EEF DONATIONS**, so you can re-route those funds to us (please!), along with your **CORPORATE MATCH**, if your employer participates. Ask me if you have questions about this. We can work directly with your employer to facilitate this if needed.

Our Spirit Store Is Open ALL YEAR And Ships Directly To You!

[DNO Spirit Store Flyer.pdf](#)

DIEGUEÑO
MIDDLE SCHOOL
ONLINE STORE

OR VISIT:
dieguenospiritwear.checkoutstores.com

T-Shirts	Hoodies	Ladies Tees
Sun Shirts	Headwear	Totes

COUNSELING CORNER

Diegueño Counseling News Middle School Transitions

There are two types of transitions that need to be made when a student arrives at middle school- academic and social. It is not uncommon to see students having difficulty balancing homework, family life and outside activities as the new school year begins. Be sure that your student is organizing themselves for success. Agendas should be written daily, backpacks should be cleaned out at least once a week and homework should be done nightly. Don't accept the "I don't have homework" excuse you may hear. Students should have homework nightly. If your child is struggling with the academic transition, you may need to help them set up some type of organization system and monitor their homework closely.

Be sure that they are breaking down long term projects into small parts and that they are not procrastinating with their assignments. If they are finding the material difficult, encourage them to ask questions in class or during CAT. Be sure to talk with your student's counselor if your child is experiencing consistent academic difficulty.

The social transition to middle school can often be overwhelming for students. Not only do they have to adjust to a new school with new rules, they are experiencing new social expectations and pressures that perhaps they've never dealt with before. If your student needs help dealing with this, please encourage them to come to see their counselor as we have many ways in which to help. Encourage students to get involved with activities on campus, whether it's attending a dance, joining a club, or participating in lunchtime activities. These are great ways to meet new friends who share similar interests. Encourage self-advocacy by role playing conversations that your student might need to have with their teachers. Work with them on graceful ways of getting out of sticky social situations. Just saying no is great, but how to say it can be complicated.

Counselors are available to help with any type of assistance that you may need, so feel free to contact us.

[SDUHSD Suicide Support](#)

Laura Martin (Counselor H-Z) / Sarah Wilhems (Counselor A-G)
laura.martin@sduhsd.net and sarah.wilhelms@sduhsd.net



Oak Crest will be hosting a **Bike Workshop** on Sept. 12 at 3pm. All SDUHSD students are welcome to participate in the course. Please contact Oak Crest for more information 760-753-6241. Diegueno students who attend will receive credit for their safety course portion of the [bike tag process](#).

ATTENDANCE CORNER



Please report all absences by sending an email to dgattendance@sduhsd.net or calling 760-944-1892 ext. 6605.

If your student needs to leave campus during school hours for any kind of appointment, medical, dental, orthodontist or simply going out of town. Please request an Off-Campus Pass 48-hours in advance through email or phone.

1. To minimize classroom interruption, please remind your student to pick the off-campus pass before school on the day of their appointment

2. If your pick-up time is during break or lunchtime, please remind your student to meet you in the attendance office for check-out.

3. REMINDER to all Parents and Guardians:

For the safety of our students a Parent or Guardian will always need to sign-out a student through the attendance window in the administration building. Students cannot walk or ride their bikes/e-bikes home.

4. Anyone picking up a student is required to show their ID

To clarify an "Off-Campus pass" is for the student to be able to show the teacher they have permission to leave class to meet parent/guardian at the attendance office. If the pick-up time is during nutrition break (10:15) or Lunchtime (12:40 - 1:15), remind your student to meet you in the attendance office for the check-out process.

PE CORNER



Diegueño's PE clothes are now for sale on our [Diegueño Webstore](#) (please note it may say 'session has expired' and you will just need to hit the restart button on the webpage). PE clothes purchased online will be distributed in your student's PE class over the next week. Please allow a few days for processing and distributing once purchased. You can also purchase with cash (exact change) or check (made out to Diegueño MS) starting Monday 8/19, in your student's PE classes.

All items are adult sizing (S-XL). Pricing can be found below:

- PE Cotton Shirt \$10.00
- PE Dry Fit Shirt \$15.00
- PE Shorts \$10.00
- PE Bag \$5.00

If you are purchasing your clothes online, you will need to create an account. The instructions are on the [webstore](#). When creating the account, please make sure to follow the formula provided based on your student's information as it appears in Aeries (your student's legal name). The website is particular, and if it is not what appears in Aeries, it will not allow you to make an account.

For those purchasing with cash or check, please print out and fill out this [form](#). Your student will need it to be able to purchase their items.

We will also be selling sweatshirts and sweatpants in limited sizes and quantities for \$10/ each. These can only be purchased first come first serve cash only.

Questions can be directed to Mallory Reeves at mallory.reeves@sduhsd.net.

Stay Connected



During the school year you will receive this Cougar Connection newsletter every week. This is an important way to stay updated about what's happening on campus and to learn how to set your child up for success.

Get alerted when DÑO's newsletter, the Cougar Connection, is released. The newsletter will open in the app, and click "This Link"!

Want an easier way to receive messages from your Superintendent, Principal, and DÑO's weekly newsletter, The Cougar Connection? Here's how!

Add the Parent Square app

- select the district - SDUHSD or San Dieguito.



ParentSquare



San Dieguito Union High School District

Since you are already on the distribution list via Aeries, the app will ask you if it is you. If your email is not verified, click the > symbol and a code will be sent. This code comes from Aeries and the subject line is: "Your Aeries Communications Verification Code." Confirm everything. Allow notifications for the app in your phone's settings. To receive text messages, make sure you toggle that option in the App's Menu in the upper left. Click ACCOUNT, then NOTIFICATIONS." then include a screenshot of that page.

Other ways to stay connected include:

- Bookmark our school [website](#)
- Subscribe to the Diegueño events [calendar](#)
- Follow the official Diegueño [Instagram](#) account

