



Cougar Connections

August 30, 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



2024 DNO Yearbooks are on Sale NOW!

Buy your yearbook for the lowest discounted price all year! They are \$55 through Dec. 31st and go up to \$60 after the New Year.

[CLICK HERE](#) to Order!

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 a great turnout for our Title I/Back to School Night. It was great to see everyone and I'm glad you had an opportunity to meet our amazing faculty yesterday. The voting for our SSC will end today and the results will be shared next week. There is no school on Monday, September 2nd. Enjoy your three-day weekend. Go Cougars!

Principal San Juan Mendoza

Due to the very large number of student bike riders (over 200+ daily), when dropping off or picking up:



- Please use the turn-around on Village Park Way
- Parents are not permitted to drop-off and pick-up students in the main parking lot. We encourage you to drop-off your student before 8:00 am
- Note – After 3:00 pm, most of the bikes and cars are gone. Our middle school bike riders are still learning the rules of the road. Please be aware of your surroundings when near the campus.

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

Please contact JostensPIX if you need any help or have questions via phone at 1-877-515-1447 (option 1) or fill out at a form at <https://www.jostens.com/customer-service/contact-us-form>

Message from PTSA President Staci Valdez

We Still Need Your Support!

**PLEASE JOIN THE PTSA NOW BY CLICKING [HERE](#) -
We Are At 74% 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



Need to get a message to a staff member or teacher and you don't have access to email? Grab a [Diegueño Parent Question & Communication Form](#) from the Attendance Desk or Parent Resource Center and we will communicate your message or question to the appropriate person and get back to you with a response.

[Diegueño Parent Question & Communication Form](#)

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.

[Attendance Matters flyer](#)

BIKE CORNER

How to Get a Bike Tag:

All students riding a bicycle (traditional or E) will need to get a bike tag. Please start submitting the below information to the front office. Enforcement will begin on October 4. As we get closer to the date, we will do a mass bike tag drive to place the tags on bikes (more info to come).

Submit bike permit application (including parent/guardian signature) to the assistant principal's office. Students must submit a new application every year. We will affix a bike tag to your bike.

Provide proof of having attended a bike safety training. Some options include:

[City of Encinitas](#)

[San Diego County Bike Coalition](#)

[City of Carlsbad](#)

[Oak Crest Bike Workshop 9/12](#)



Click [HERE](#) for additional information. Questions? mallory.reeves@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](#).



Cougar Connections

Multilingual Learner Program/ELAC CORNER

The first English Learner Advisory Committee (ELAC) meeting of the year will take place on Tuesday, September 3, from 5:30-7 in the Learning Commons at Diegueño.

The ELAC meetings are a fantastic resource for the parents/guardians of English Learners and cover a variety of topics and issues all focused on supporting students and their families. We want and need your feedback to help make our school a better place.


At the first meeting, we will elect a Chair, Vice-Chair, Secretary, and District English Learner Advisory Committee (DELAC) representative. If you are interested in taking on one of these roles, please reach out to Alexis Hillenbrand at alexis.hillenbrand@sduhsd.net or express your interest at the ELAC meeting.

Please see the flyers below for additional ELAC meeting dates.

[2024-2025 ELAC Flyer](#)

[ELAC flyer and Parent Resource Center](#)

[Fall MLLNight](#)



PLEASE JOIN US FOR THE
ELAC MEETING

ENGLISH LEARNER ADVISORY COMMITTEE
FOR PARENTS

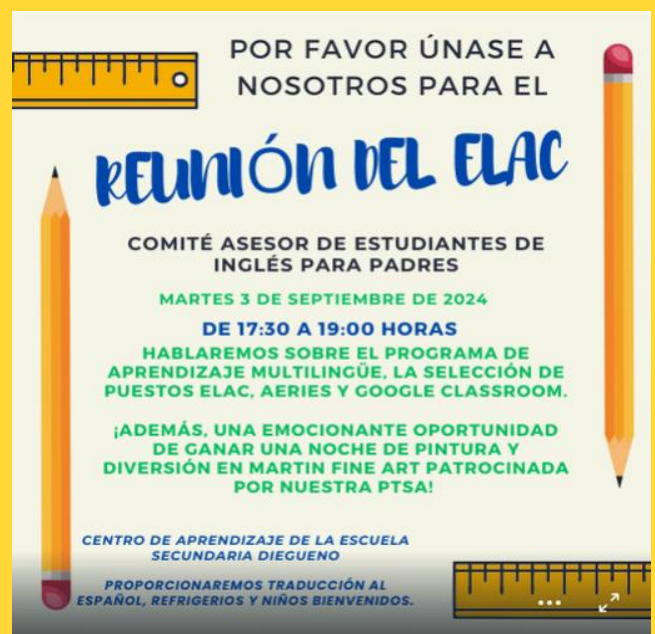
TUESDAY SEPTEMBER 3, 2024
FROM 5:30-7:00 PM

WE'LL BE TALKING ABOUT THE MULTILINGUAL
LEARNING PROGRAM, SELECTING ELAC
POSITIONS, AERIES & GOOGLE CLASSROOM.

PLUS AN EXCITING OPPORTUNITY TO WIN A
NIGHT OF PAINTING AND FUN AT MARTIN FINE
ART SPONSORED BY OUR PTSA!

DIEGUENO MIDDLE SCHOOL
LEARNING COMMONS

WE WILL PROVIDE SPANISH TRANSLATION,
SNACKS, & CHILDREN WELCOME



POR FAVOR ÚNASE A
NOSOTROS PARA EL

REUNIÓN DEL ELAC

COMITÉ ASESOR DE ESTUDIANTES DE
INGLÉS PARA PADRES

MARTES 3 DE SEPTIEMBRE DE 2024
DE 17:30 A 19:00 HORAS

HABLAREMOS SOBRE EL PROGRAMA DE
APRENDIZAJE MULTILINGÜE, LA SELECCIÓN DE
PUESTOS ELAC, AERIES Y GOOGLE CLASSROOM.

¡ADEMÁS, UNA EMOCIONANTE OPORTUNIDAD
DE GANAR UNA NOCHE DE PINTURA Y
DIVERSIÓN EN MARTIN FINE ART PATROCINADA
POR NUESTRA PTSA!

CENTRO DE APRENDIZAJE DE LA ESCUELA
SECUNDARIA DIEGUENO

PROPORCIONAREMOS TRADUCCIÓN AL
ESPAÑOL, REFRIGERIOS Y NIÑOS BIENVENIDOS.

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.



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

