



# Cougar Connections

September 6, 2024

## Upcoming Dates

- Mon Sept 9 – DNO Late Start
- Wed Sept 11 – Fall MLL night – Earl Warren 6 pm
- Thurs Sept 12 – Band Booster Parent Night – G8 6.30 pm
- Thurs Sept 12 – OC Bike workshop
- Tues Sept 17 - School Site Council - 3 pm DNO LC
- Wed Sept 18 - Canine Unwind
- Fri Sept 20 – Makeup Picture Day

## Reminder

**Cell Phones:** As a reminder, cell phones (including smart watches) need to be turned off and placed in a backpack for the day. There have been a handful of students whose cell phones were placed in the office because they were using it or had it in a pocket. More information regarding our policy can be found [here](#).

## Student Pictures

**Good news** – Student pictures taken on 08/19/2024 are now ready for you to view and order [here](#).

**DIEGUENO MIDDLE SCHOOL**

Event Code: **FE68524**

Also Needed: Aeries Student ID  
Contact JostensPIX for further information.

1-877-515-1447 (option 1)

Dear Diegueno families,

We had another great week here at Diegueno. The first Muffins with Mendoza and our ELAC meetings were both a success. September is Suicide Awareness month and we will be educating our students during Advisory. Please review the resources provided in our newsletter with your child. Congratulations to our new Parent School Site Council members Lani Miller and Amber Izzard! Have a great weekend. Go Cougars!!!

**Principal San Juan Mendoza**

## Job Opportunities



SDUHSD is seeking individuals who want to make a difference in children's lives as a classified staff member. Current job opportunities include Nutrition Services Assistant, Instructional Assistant, Campus Supervisor, Custodian, and Student Health Care Specialists.

We have both full and part-time positions at campuses throughout the school district. The District offers great benefits, including paid time off, health and retirement benefits for eligible positions.

Our job opportunities can be viewed [here](#). If you have questions, please email [here](#).

### [Ethnic Studies Engagement Plan](#)

In the 2025-26 school year, the district shall offer a one-semester course in ethnic studies as specified in Education Code 51225.3 ([AR 6143](#)).

### Community Engagement Nights:

August 14 September 17 October 8 November 7

5:30 to 7:30 p.m. at Earl Warren Middle School

Fliers: [English](#) | [Spanish](#) | [Mandarin](#)

Parents from all of our district's schools are invited to this evening event on 9/18 - [Rocky Herron Presentation](#)

# 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!**

**Staci Valdez | 2024/2025 Diegueño  
PTSA President [stacilaw@gmail.com](mailto:stacilaw@gmail.com)  
323-574-4775**

## Do You Shop at Ralphs? Donate to Diegueño through the Community Rewards Program!

Here's How to Enroll:

- Visit [ralphs.com](https://ralphs.com)
- Sign In or Create a Ralphs account
- Select "My Account"
- Select "Community Contributions"
- Search for "Diegueno Middle School PTSA" or "HT608"
- Click Enroll!
- REMEMBER to enter your Rewards Card/Phone Number when shopping



**DIEGUENO**  
MIDDLE SCHOOL  
**ONLINE STORE**

OR VISIT:  
[dieguenospiritwear.checkoutstores.com](https://dieguenospiritwear.checkoutstores.com)

T-Shirts	Hoodies	Ladies Tees
Sun Shirts	Headwear	Totes

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

[DNO Spirit Store Flyer.pdf](#)

**ORDER NOW  
FOR THE  
LOWEST PRICE  
OF THE YEAR**



**GET YOUR YEARBOOK**

**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!

# COUNSELING CORNER

## September is National Suicide Prevention Awareness Month

During *National Suicide Prevention Awareness Month*, communities across the US raise awareness about the **protective factors** and help-seeking behaviors that help to build resilience and prevent suicide. We also reach out and support those impacted by loss, and enhance efforts to connect individuals who may be at a heightened risk of suicide to qualified mental health systems.

## SDUHSD Suicide Support


5 Ways to Stretch Positive Feelings and Strengthen Happiness – [here](#)

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

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



**Diegueno Middle School  
Homework Help**

	Monday 2:45 - 3:45 pm	Tuesday 2:45 - 3:45 pm	Wednesday 2:45 - 3:45 pm	Thursday 2:45 - 3:45 pm
				
Math/Science/ Organization	Mr. Yee Room C1	Mr. Yee Room C1	Mrs. Coulter Room C6	Mrs. Nguyen Room F4
English/History/ Organization	Mr. Fajardo Room D7	Mrs. Jones Room D6	Mr. Fajardo Room D7	Mrs. Wasika Room K5

**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](mailto: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](mailto: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

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.

Please see the flyers below for additional ELAC meeting dates.

2024-2025 ELAC Flyer

ELAC flyer and Parent Resource Center

Fall MLLNight

Contact: Alexis Hillenbrand - [alexis.hillenbrand@sduhsd.net](mailto:alexis.hillenbrand@sduhsd.net)

**San Dieguito**  
UNION HIGH SCHOOL DISTRICT

**Fall Multilingual Learner Night & Family Listening Circle**

**SEPTEMBER 11**  
**6:00 - 7:30 P.M.**

Earl Warren Middle School  
155 Stevens Ave., Solana Beach, 92075  
Doors open at 5:30

**CHILDCARE/REFRESHMENTS/ INTERPRETATION**

**What is a Listening Circle?**

- Our schools, families, & MLL community are coming together to understand the strengths and needs of our district's Multilingual learners.
- A Listening Circle offers people the opportunity to express what they think and feel, share their lived experiences, and listen to one another in a safe environment.

**Register using this [link](#) or QR Code**  
Questions? Contact: Miriam Kramer, Coordinator of Multilingual Learners  
miriam.kramer@sduhsd.net (949)551-4481 ext. 3539

**San Dieguito**  
UNION HIGH SCHOOL DISTRICT

**Tarde de otoño para estudiantes multilingües y círculo de escucha para familias**

**11 DE SEPTIEMBRE**  
**DE 6 A 7:30 DE LA TARDE**

Escuela secundaria Earl Warren  
155 Stevens Ave., Solana Beach, 92075  
Las puertas se abren a las 5:30 de la tarde

**SERVICIO DE CUIDADO DE NIÑOS/REFRESCOS/INTERPRETACIÓN**

**¿Qué es un círculo de escucha?**

- Nuestras escuelas, familias y comunidad multilingüe se unirán para hablar acerca de puntos de dominio y necesidades de los estudiantes multilingües de nuestro distrito escolar.
- El Círculo de escucha ofrece los participantes la oportunidad de expresar lo que piensan y sienten, de compartir experiencias vividas y de escucharnos los unos a los otros dentro de un ambiente seguro.

**Regístrese usando este [enlace](#) o código**  
¿Preguntas? Contacte a Miriam Kramer, Coordinadora de estudiantes multilingües  
miriam.kramer@sduhsd.net (949)551-4481 ext. 3539

**San Dieguito**  
UNION HIGH SCHOOL DISTRICT

**秋季多语言学习生之夜和家庭聆听圈**

**九月十一日**  
**晚上6点至7点半**

厄尔沃伦中学  
Earl Warren Middle School  
155 Stevens Ave., Solana Beach, 92075  
开门时间是下午5点半

**儿童照顾/小点心/翻译**

**什么是聆听圈?**

- 我们的学校、家庭和母语学习社区聚集在一起，共同了解我们学区多语言学习生的优势和需求。
- 聆听圈为人们提供了一个机会，让人们在安全的环境中表达自己的想法和感受，分享生活经历以及彼此聆听。

**注册请点击链接或扫描二维码**  
有疑问? 联系: Miriam Kramer, 多语言学习生协调员  
miriam.kramer@sduhsd.net (949)551-4481 ext. 3539

**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](#)