



# Cougar Connections

September 13, 2024

## Message from Principal San Juan Mendoza

This past week at Diegueno we had another successful week filled with learning and growth. However, we have recently received reports that some of our students are riding their bikes unsafely. Please review safety guidelines with your child. We want to ensure the well-being and safety of all our students.

In other news, our first School Site Council meeting is scheduled for Tuesday, where we will be approving last year's plan. On a final note congratulations to students Kirra Hopper and Drake Wiseman for being selected to represent our student's voice on our council. Go Cougars!

## Reminders

**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](#).

**Contact** - 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 Matters Flyer](#)

**Student Pictures** - Pictures taken on 08/19/2024 - please view and order [here](#).

DIEGUENO MIDDLE SCHOOL

Event Code: **FE68524**

Also required: Aeries Student ID

Contact: JostensPIX for further information - 1-877-515-1447 (option 1)

## Upcoming Dates

**School Site Council** - September 17 3 pm DNO LC

**Canine Unwind** - September 18

[Rocky Herron Presentation](#) - September 18

**Make up Picture Day** - Sept 20 Cougar Hall (8 am - 1 pm)

## PTSA Corner



### We Still Need Your Support!

We are just \$10,000 short of our budget goal! Can you help?

PLEASE JOIN THE PTSA NOW BY CLICKING [HERE](#)

Do you shop at Ralphs? Donate to Diegueno through the [Ralphs Community Rewards Program](#)

Mark Your Calendar for the ASB Fall Family Night on October 16th @ 5pm. Details Coming Soon!

Our next PTSA fundraiser & community event is Diegueno's first ever Pickleball Tournament!  
See below for details:

**DIEGUENO**

**PICKLEBALL**

**TOURNAMENT**

PLAYERS MUST REGISTER \* NON-PLAYERS WELCOME

**OCTOBER 13, 2024**

**\$60 TO PLAY**

1PM CHECK-IN  
1:30PM - 3:30PM PLAY TIME  
3:30PM - 5PM TACOS & MUSIC

**\$25 TO WATCH & EAT**

Register by 10.07.2024 \* Questions to stacilaw@gmail.com

**ADULTS ONLY - SIGN UP HERE:**

Staci Valdez | 2024/2025 Diegueno PTSA President stacilaw@gmail.com  
323-574-4775



Explore the arts and express yourself!



Get involved! PTA.org/Reflections

## It's Time For the PTA Reflections Art Contest!

This is a national art contest accepting submissions in Dance Choreography, Film Production, Literature, Music Composition, Photography, and Visual Arts.

The Diegueno submission deadline will be early to mid-October, so get started on your projects now! Stay tuned for more details!

To learn more about the contest [CLICK HERE](https://www.pta.org/reflections)

## ASB Corner

*Diegueno ASB September Events*

- 9/17-20** Club Rush packets available in the office  
Dance tickets available for sale during lunch
- 9/20** Completed Club Rush packets due
- 9/23-27** Lean on Me: Suicide Awareness Week
- 9/23** Wear yellow
- 9/24** Wear a jersey
- 9/25** Wear tropical  
Under the Sea School Dance 4:30-6
- 9/26** Wear neon
- 9/27** Wear travel attire  
Club Rush

**Under the Sea Dance Tickets**  
Pre-purchased tickets: \$10 check or cash  
Online store open until 3:00 pm on Tuesday  
Tickets at the door \$15 cash or check only

Tickets include one Cali Cream Ice Cream, snack, and picture.

Music! Games! Fun! Friends! Food!

## 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)

## SDUHSD Corner



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](#).

### [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:**

September 17 / October 8 / November 7

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

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

## 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](#)

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

## BIKE CORNER

### [Bike Info!](#)

- Fill out an [application](#) and turn it into the office with Ms. Mallory [mallory.reeves@sduhsd.net](mailto:mallory.reeves@sduhsd.net) (there is a box on the counter to drop it in!)
- EVERYONE MUST TURN IN A NEW APPLICATION EVERY YEAR!
- Provide proof of a bike safety class
  - 8th graders: if you took a bike safety course last year, it will transfer! No need to show proof of class
- Bike Tag distribution will begin on Late Start 9/23
  - 8th graders: you will need to receive a new tag for the new school year
- All bikes must be tagged by Friday 10/4