

# PARENT GENERAL MEETING

MARCH 9, 2024

# PTA ANNOUNCEMENTS

# 2024-2025 PTA BOARD ELECTIONS



# ✨ NOMINATED CANDIDATES ✨

## PRESIDENT

- Lizbeth Garcia
- Isabel Yañez

## TREASURER

- NO CANDIDATES

## SECRETARY

- Lourdes Garcia Chepe

## HISTORIAN

- Daniel Perez

## AUDITOR

- Andrea Briones

## VICE PRESIDENT

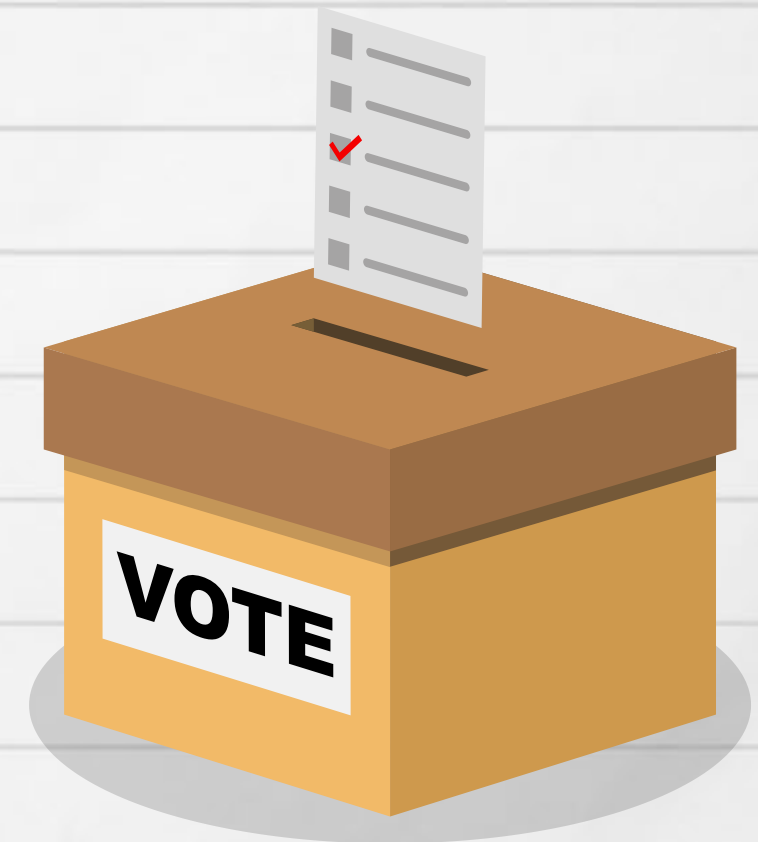
- Isabel Yañez
- Blanca Angel



# VOTING PROCESS



- The link to the online voting form will be emailed on March 9 by 2:00 pm
- Only those who have purchased a PTA membership for the 2023-2024 academic year PRIOR to elections are able to vote
- Voting will take place for two weeks and will end on Monday, March 25 at 4:00 pm
- Ms. Muños will cross check all entries to ensure voters:
  - Have purchased a PTA membership
  - Do not vote more than once
- Results will be announced via ParentSquare on Tuesday, March 26



# PTA MEMBERSHIPS

- Memberships can be bought in person with cash or check for \$12
- Memberships bought online have to be paid with a credit card for \$13
- Can make a donation while buying the membership
- Anyone can become a member!
- Membership cards are sent home with your scholar!



**AS OF TODAY, WE HAVE SOLD 62 MEMBERSHIPS!**

# PTA FRIDAY SNACK SALES

**Every Friday after school  
4:00pm - 5:00pm**

**Help with set up, selling snacks, handling  
cash, and clean up**

**Isabel Yañez (Hospitality Committee)  
isabelyanez1398@gmail.com**



**NORTH CENTRAL TEEN**

**RECOVERY CENTER**

**IMPORTANCE OF PARENT &**

**CAREGIVER SUPPORT**



# North Central Teen Recovery Center

MENTAL HEALTH SYSTEMS

**TUJRN** <sup>SM</sup>

Behavioral Health Services



LIVE WELL  
SAN DIEGO

A collage of diverse hands reaching towards the center, symbolizing support and community. The hands are of various skin tones and are positioned around the central text, creating a sense of unity and care.

# Importance of Parent and Caregiver Support

# Overview of topics



**TALKING**



**DEALING WITH  
STRESS**



**MOTIVATION**



**BUILDING  
RELATIONSHIPS**

# Creating a supportive environment



## Active listening techniques

- Pay Attention
- Repeat Back
- Ask Questions
- Body Language



## Recognizing and supporting feelings

- Understanding and accepting feelings
- Being Nice and Helpful
- Avoiding Judgment
- Talking to Understand

# Encouraging Openness

## Keep Things Private Unless it's Not Safe

Privacy Builds Trust  
Talk Openly  
Set Clear Rules

## Encouraging open talks

Respecting independence  
Being Open to Tough Subjects  
Respecting Limits

# Identifying signs of stress and frustration

## School Pressure

What parents Expect

Focusing on Success

Worrying About Doing Well

How it affects school interest

Parents Being Active

Controlling Yourself Helps

What This Means for Parents

# Identifying signs of stress and frustration

## Social Worries

Friends

Comparing to Others

Getting Help From Friends

Teacher Relationships

Classroom

Boys and girls might feel different

Effects of Being Scared of Math

The slide features a decorative background. On the left, there are several wooden figures of varying heights and colors (orange, white, yellow) on a light surface. On the right, there are overlapping green geometric shapes in various shades, creating a modern, abstract design.

# Teaching coping skills

- **Relaxation Exercises:** progressive muscle relaxation or guided imagery
- **Problem-solving skills:** breaking down challenges into smaller steps
- **Challenging negative thinking:** challenge negative thoughts related to stress or anxiety
- **Social Support Networks:** supportive relationships with family, friends, or trusted adults
- **Physical Activity:** sports, yoga, dancing, running, walking
- **Journaling and Writing:** express thoughts, feelings, and experiences
- **Time Management Skills:** Prioritize tasks, set realistic goals, and create time for self-care activities



# Setting realistic goals together

- Using the SMART goal framework
  - Specific: Clearly define goals to avoid vagueness.
  - Measurable: Set goals that can be tracked objectively.
  - Achievable: Goals should be realistic yet challenging.
  - Relevant: Align goals with broader objectives.
  - Time-Bound: Set clear deadlines for accountability.
- Celebrating small wins along the way
  - Appreciation
  - Feeling proud of what you've done
  - Being positive together
  - Building off small wins

# Provide Positive Reinforcement and Support



## Praising Effort and Progress

Highlighting hard work  
Keeping at it  
Feeling confident



## Offering Guidance

Respect personal choices  
Helping make their own decisions  
Helping find motivation from within

A large, light blue puzzle piece is shown against a bright yellow background. The puzzle piece is slightly offset, casting a soft shadow. The overall image is part of a presentation slide with a green and blue geometric design on the right side.

# Carving Out Quality Time

- Scheduling regular family activities
- Practical Advice
- Fostering Understanding
- Handling Conflicts
- Promoting Cooperation

# Utilizing various communication channels



## Using technology for daily check-ins

- Easy to Use
- Fast Communication
- Making the Most of Time
- Staying in Touch



## Making open lines of communication

- Supporting Openness
- Expressing Without Words
- Clearing up Confusion
- Be Clear About Limits

## HOW DO I KNOW IF A TEEN OR YOUNG ADULT HAS A SUBSTANCE USE DISORDER?

When adolescents start behaving differently for no apparent reason — such as acting withdrawn, frequently tired or depressed, or hostile — it could be a sign they are developing a drug-related problem. **Other signs include:**

- a change in peer group
- carelessness with grooming
- decline in academic performance
- missing classes or skipping school
- loss of interest in favorite activities
- trouble in school or with the law
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends

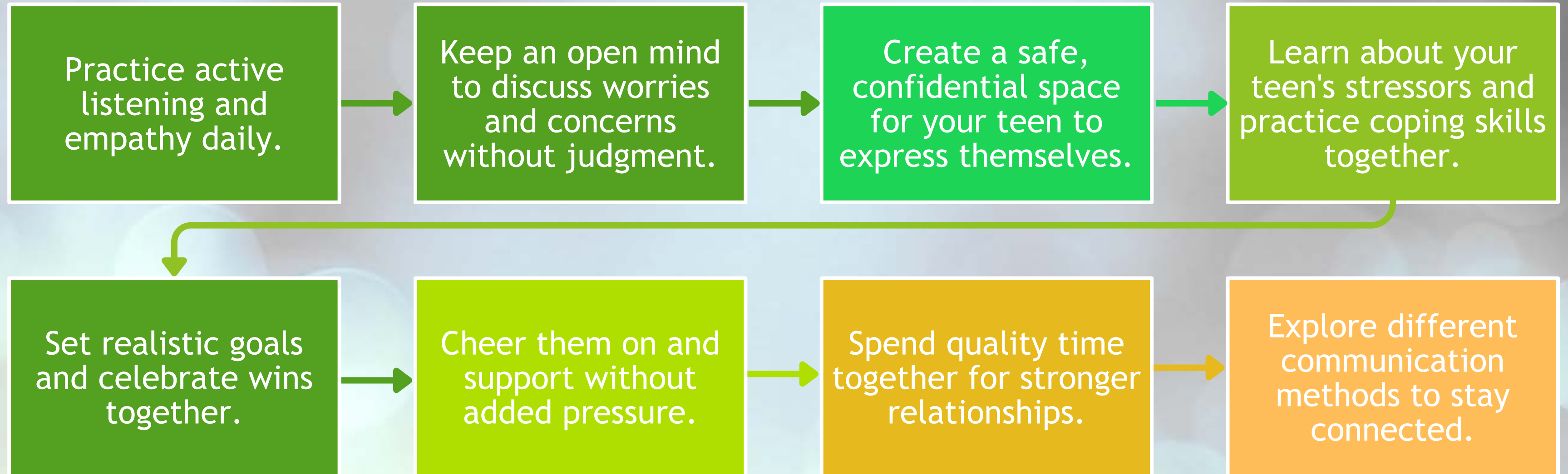
**SAMHSA's National Helpline: 1-800-662-HELP (4357)**



**NIH** National Institute  
on Drug Abuse

North Central  
Teen Recovery Center  
MENTAL HEALTH SYSTEMS  
**TURN**  
Behavioral Health Services

# RECAP



# North Central Teen Recovery Center



- **Who we serve:**
  - Adolescents ages 12-17 years old who are struggling with substance use



- **What we offer:**
  - Level of Care-Early Intervention, Outpatient Services, Intensive Outpatient Services
  - Individual counseling
  - Evidence-based practice/ treatment groups
  - Family support
  - Case management
  - Weekly drug testing
  - Art and Musical Expression groups
  - Prosocial activities/ events, and more!



# North Central Teen Recovery Center

MENTAL HEALTH SYSTEMS

# TURN<sup>SM</sup>

Behavioral Health Services

## CONTACT US AT

- **Phone number:**  
760-227-1354
- **Address:**  
4660 Viewridge Ave, Suite 100A  
San Diego, California 92123



Please take our survey  
Thank you!



Questions...



# **PARENT VOLUNTEER OPPORTUNITIES**

# MULTICULTURAL FESTIVAL

**Saturday, April 20**

**11 am - 1 pm**

**Parent volunteers to help with set up and clean up. All parents are invited to bring a cultural dish to share for the event!**

**Ms. Muños (Volunteer Coordinator)**

**[preussvolunteer@ucsd.edu](mailto:preussvolunteer@ucsd.edu)**

**858-822-0020**



A person wearing a dark blue long-sleeved shirt is shown from the chest up, holding a bright green paper flower. The flower has several layers of pointed petals. The person's hands are positioned to hold the flower. In the background, another person is partially visible, also holding a similar green paper flower. The setting appears to be an indoor space, possibly a school or community center, with a brown cardboard box in the foreground. The overall lighting is soft and indoor.

**The Preuss School UCSD  
welcomes you to...**

# PREUSS STAFF UPDATE



**CONGRATULATIONS ON YOUR NEW  
REGISTRAR POSITION, MS. VILLANUEVA!**



**SCIENCE OLYMPIAD  
DEMONSTRATION: TOWERS**





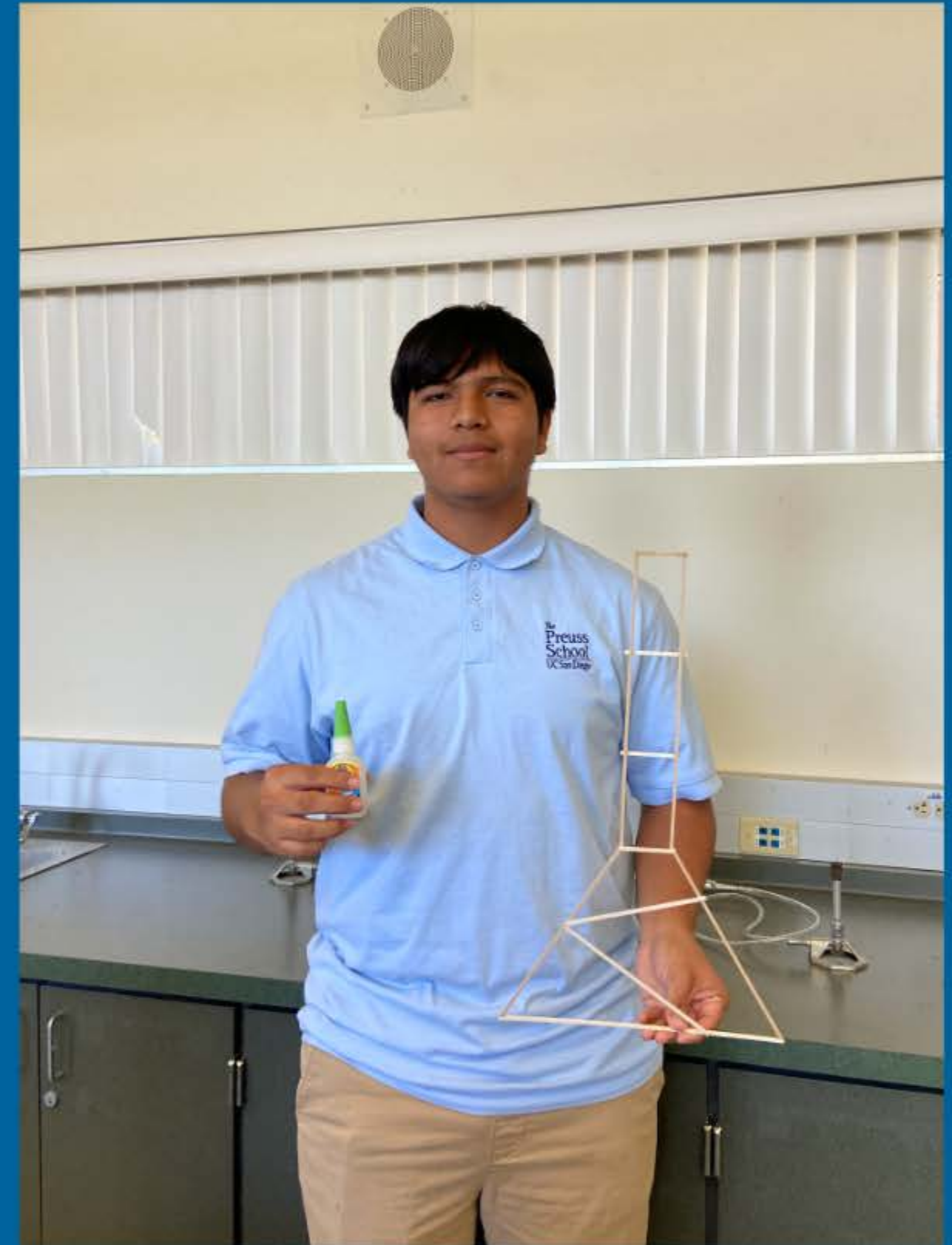
# Antonio, Class of '24

- **My Aspiration**
  - Become a mechanical engineer
  - Build a tower that will stay together
- **What I like about Science Olympiad**
  - Challenges, analysis and architectural skill
  - Provides lens into what engineering could look like
- **What I've learned from Science Olympiad**
  - Teamwork makes the dream work
  - Difficulty of building a tower with minimal materials



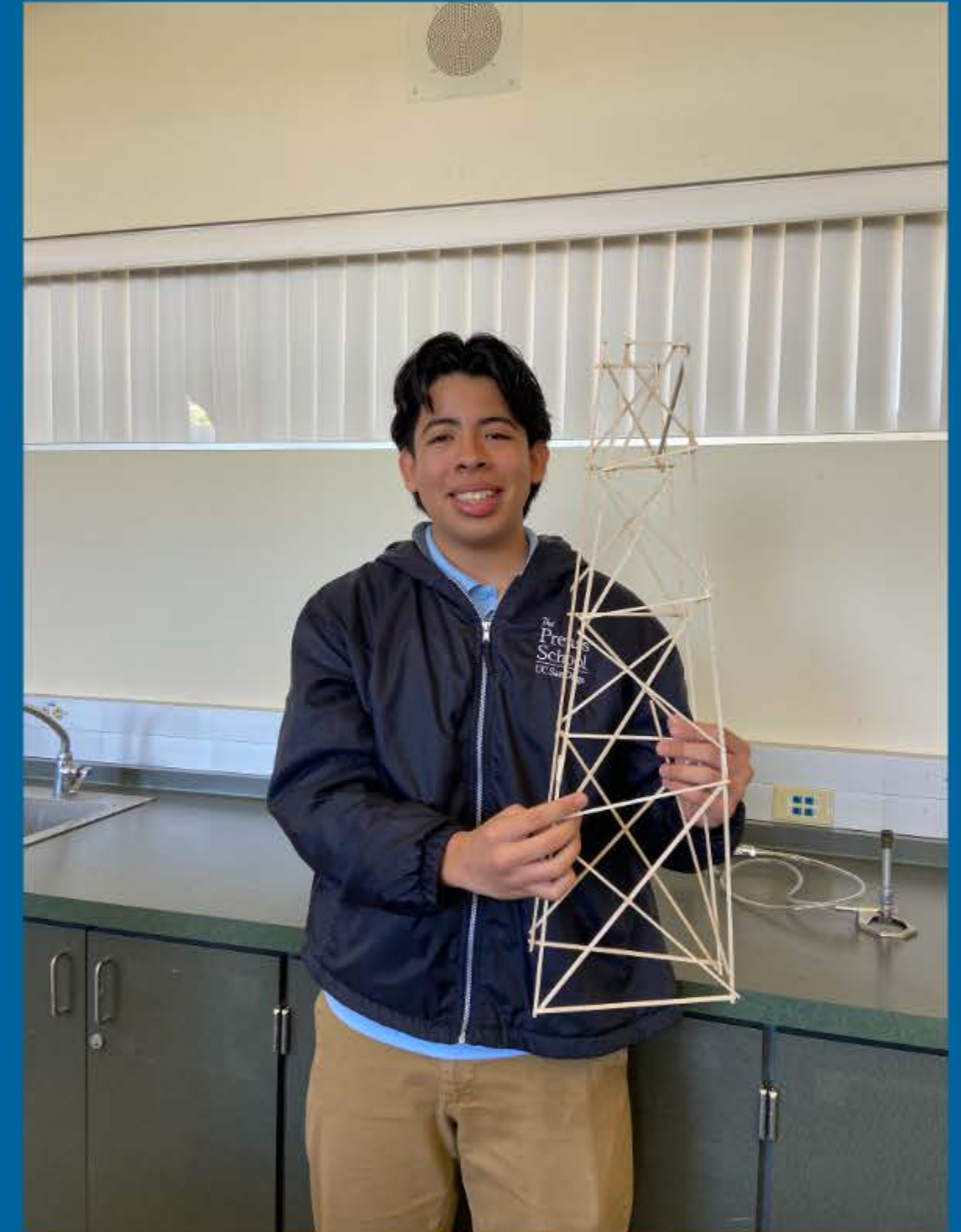
# Eduardo, Class of '24

- **My Aspirations**
  - Become Computer Engineer
  - Make friends and build strong tower
- **What I like about Science Olympiad**
  - I enjoy Science Olympiad because of the challenging restraints we have to overcome.
- **What I've learned from Science Olympiad**
  - I improved my critical thinking and communication skills



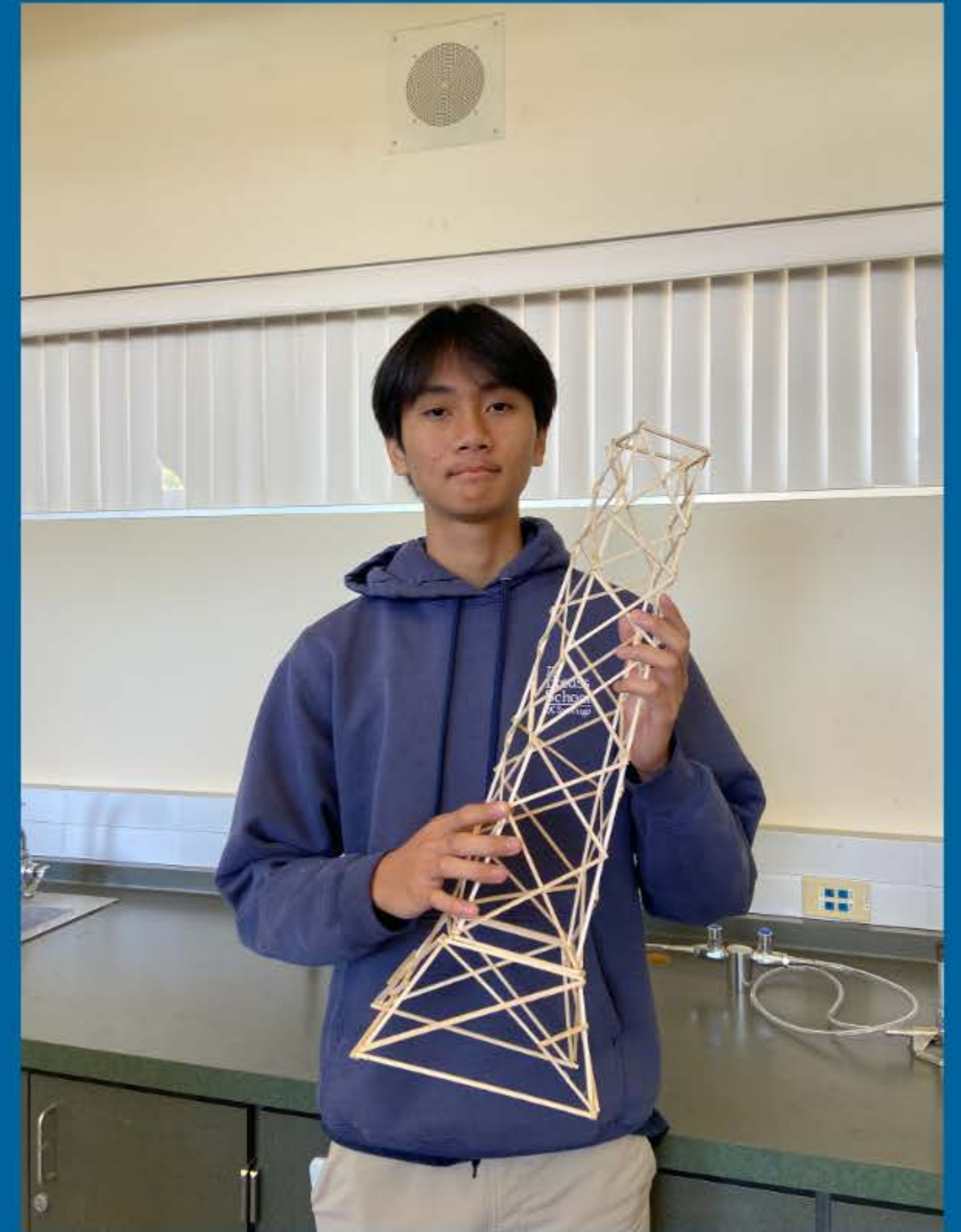
# Gael, Class of '24

- **My Aspirations**
  - Study Engineering and/or Data Science in college
  - Use my STEM skills to create positive and innovative change in the world
- **What I like about Science Olympiad**
  - Building my tower alongside amazing friends, crumbles my stress away.
- **What I've learned from Science Olympiad**
  - A mindset that is unwavering in the face of difficult challenges
  - Recognizing problems, then acting on an efficient plan to solve it.



# Triet, Class of '24

- **My Aspirations**
  - To pursue a career within the STEM field in college
  - Building the best tower
- **What I like about Science Olympiad**
  - Allow me to express and apply my creativity through logical reasoning
  - Get to do fun STEM activities
- **What I've learned from Science Olympiad**
  - Learn how to build and craft with the use of hand tools



# Ben, Class of '25

- **My Aspirations**

- To pursue a career in computer engineering 🧑💻
- To get first place in towers 🚀

- **What I like about Science Olympiad**

- Hanging out with my friends while making towers 💡
- Breaking my tower after all the hard work and effort I put into building my tower. 😞

- **What I've learned from Science Olympiad**

- My teammate and I have the best tower in Preuss Science Olympiad 😊
- I learned that you need commitment in order to score high in towers 🤝





# THANK YOU FOR COMING!

**NEXT MEETING: APRIL 20, 2024 @ 9:30 AM**

**NEXT EXECUTIVE MEETING: MARCH 12, 2024 @ 5 PM**