# PTA General Meeting Junta General de la PTA

### January 23, 2021

# PTA President's Report Reporte de la Presidenta da la PTA

## Mrs. Veronica Bailon

## PTA Membership/ Membresía de la PTA

- A way to support the PTA
- Write check payable to: Preuss School UCSD PTA
- \$15.00 per membership (coupon for free coffee and nachos)
- Anyone can become a member
- Drop off envelope with membership dues, your name, your child's name and grade @ Support Mobile or mail to the school XK
  - Pick up membership card at the Support Mobile (the following month after you buy your membership)







#### LAST NAME A-E

- Henghy Aln
- Aynalem Ambaye
- Luz Janet Andrade
- Maria Arias
- Dorotea Bautista
- Guadalupe Bejarano
- Diana Bermudez
- Abayneh D. Biratu
- Gebeyehu Bogale
- Enedina Anaya Bolanos
- Jacqueline Azize- Brewer
- Teodora Bustos Ocampo



- Sarai Campos
- Carmen Chavez
- Martin Chiroy
- Minerva Magaly Corenjo
- Yesixa Covarrubias
- Kim P. Dang
- Angel Diaz
- Andy Diep
- Eyob Dutrie
- Aron Eklibaselase
- Jose Estrada



#### LAST NAME F-P

- Areli Flores
- Lizbeth Garcia
- Beatriz Godoy
- Veronica Gomez
- Ana Gonzalez
- Yordamos Halie
- Haile
- Kibrom Haile
- Alem Kidane
- Bichok L. Kier
- Chuc Le

kV

- Felipe Martinez
- Norma Morataya
- Elizabeth Najera
- Lorenzo Lerma N
- Hang Nguyen
- Phuong Nguyen
- Lynn Nguyen
- Nohemi Olivares
- Francisco Ornelas
- Rosa Perez
- Irma Ponce
- Brian Ponce



#### LAST NAME R-Y

- Abel Ramirez Carmona
- Mayra A. Ramirez
- Maria Rendon
- Maritza Reynoso
- Ana Rodriguez
- Xochitl E. Rodriguez
- Michelle Sanchez
- Pepe Santiago
- Elfinesh Sebside
- Rashmi Shrestha
- Sudan Shrestha
- Lemlem Shifrawu
- Francine Sotelo

41

- Paul Ta
- Julia Tapia
- Askalu Tewelde
- Cleotilde Torres
- Tin Truong
- Thanh-Mai Thi Tuong
- Griselda Vargas
- Brenda Velazquez
- Julia Villanueva
- Kim Vo
- Maria Hernandez/SL Wampler, JM Nesam
- Mekasha Woldesilassie
- Vanhann Yiv



???

Thank you

# Principal's Report Informe del Director

## Dr. Matthew Steitz

The Preuss School UC San Diego

# The Principal's Report Dr. Matthew Steitz, Ed.D. '10 – Principal



## The Preuss School UC San Diego

### Our vision is...

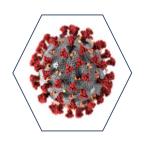
"To transform the lives of students who are from lowincome families and who are traditionally underrepresented in college, with the goal of qualifying them for university admission as the first generation in their families to attend four-year colleges or universities." Three items I would like to share morning



Athletics update (California Interscholastic Federation C.I.F)



What's happening



## THE PREUSS SCHOOL UC SAN DIEGO

#### Planning for our return to in person learning

**Athletics Update (CIF)** 

Below is the breakdown of each CIF Sport and the Tier Assignment in which sport specific practices and competitions will be permitted throughout the state of California: Purple Tier: Cross Country, Golf, Swim & Dive, Tennis, Track & Field **Red Tier:** Baseball, Field Hockey, Girls Lacrosse, Softball Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, rande. Volleyball, Water Polo Yellow Tier: Basketball, Cheer, Wrestling

**CIF Season** 

### CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

### **CIF Season 2 Sports (March - June)**:

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

#### <u>CIF Season 1 Sports (January - April):</u>

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

#### CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

\*Please refer to respective CIF Sections for verification of seasons of sport

#### WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/ Snowboarding, Swimming & Diving, Tennis, and Track & Field.

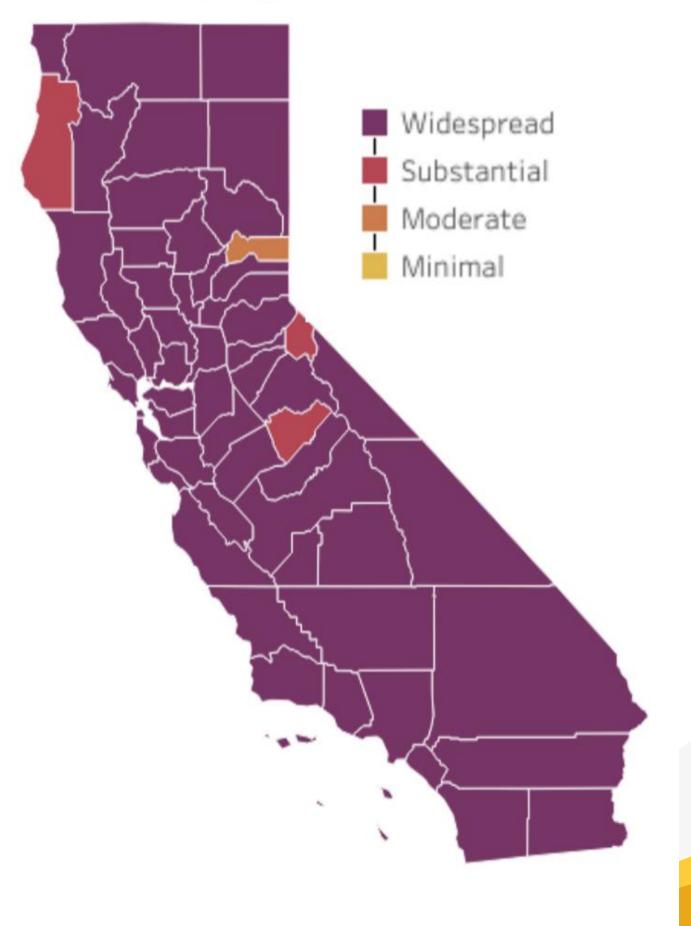
#### SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

#### MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

#### MINIMAL Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.



#### January 5, 2021 County Tier Status

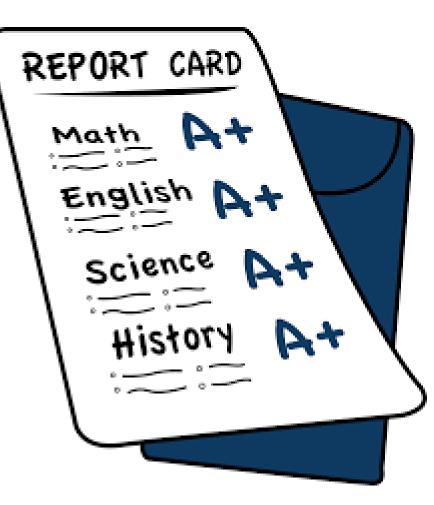


What does all this mean?

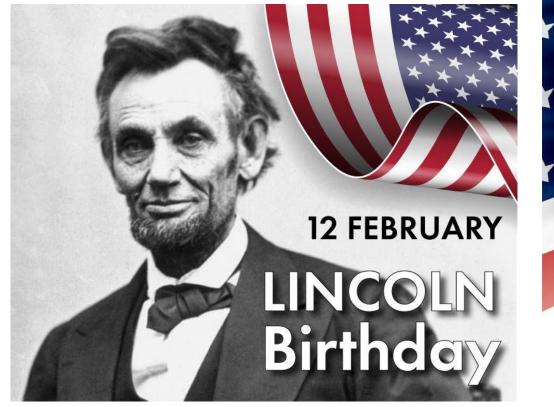
- If we return to the Red Tier (March) we may be able to have girls lacrosse
- If we return to the Orange Tier (March) we may be able • to have boys lacrosse, soccer, and volleyball
- If we return to the Yellow Tier (March) we may be able to have basketball
- Overall we need to start moving down the Tiers quickly • if we are going to return to participating in athletics



What's happening



Will be mailed this Wednesday



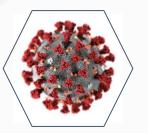
15 REBEEREDOL

Presidents' Day



#### February 2nd/ 3rd





## Planning for our Return to In-Person Learning

- Covid 19 and the Health Department has determine that we could not return on January 22nd.
- Our County remains in the Purple Tier (most restricted).
- We will be eligible to after the County has entered the Red Tier for five consecutive days.
- We are still planning on a workshop model approach, bringing students back by grade level.
- ost restricted). entered the Red Tier for

1



# January 2021







# January 2021





Phase 1		PLAN 1.0	PLAN 2.0	PLAN 2.1	PLAN 3.0 Asynchronous
Date	(A/B)	Grade Level (Advisory)			
<del>January 22, 2021</del>	A	6 <sup>th</sup> graders	If we get pushed back We may need to jump into Two grade levels at a time	If we are pushed back and we feel that we still need to phase into returning to school one level at a time	12 <sup>th</sup> graders
January 29, 2021	В	12 <sup>th</sup> graders			7 <sup>th</sup> graders
February 5, 2021	А	7 <sup>th</sup> graders			8 <sup>th</sup> graders
February 19, 2021	В	9 <sup>th</sup> graders	12 <sup>th</sup> graders / 9 <sup>th</sup> graders		9 <sup>th</sup> graders
February 26, 2021	А	8 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders	6 <sup>th</sup> graders
March 5, 2021	B	10 <sup>th</sup> graders	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders	10 <sup>th</sup> graders
March 12, 2021	A	11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	7 <sup>th</sup> graders	11 <sup>th</sup> graders
Phase II					
March 19, 2021	В	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	9 <sup>th</sup> graders	12 <sup>th</sup> graders / 7 <sup>th</sup> graders
March 26, 2021	А	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	8 <sup>th</sup> graders	8 <sup>th</sup> graders / 9 <sup>th</sup> graders
April 9, 2021	В	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	10 <sup>th</sup> graders	6 <sup>th</sup> graders / 10 <sup>th</sup> graders
April 16, 2021	A	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	11 <sup>th</sup> graders	11 <sup>th</sup> graders / 8 <sup>th</sup> graders
April 23, 2021	В	12 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	12 <sup>th</sup> graders / 7 <sup>th</sup> graders
April 30, 2021	A	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	10 <sup>th</sup> graders / 11 <sup>th</sup> graders
May 7, 2021	В	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	6 <sup>th</sup> graders / 8 <sup>th</sup> graders
May 14, 2021	А	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	9 <sup>th</sup> graders /10 <sup>th</sup> graders
May 21, 2021	В	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	9 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 7 <sup>th</sup> graders
May 28, 2021	А	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	6 <sup>th</sup> graders / 7 <sup>th</sup> graders	8 <sup>th</sup> graders / 9 <sup>th</sup> graders
June 4, 2021	В	12 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 10 <sup>th</sup> graders	12 <sup>th</sup> graders / 9 <sup>th</sup> graders	6 <sup>th</sup> graders / 10 <sup>th</sup> graders
June 11, 2021	A	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	8 <sup>th</sup> graders / 11 <sup>th</sup> graders	11 <sup>th</sup> graders / 12 <sup>th</sup> graders

## **Next Steps**

- We are aiming for March 5th
- Bus Contract
- Revisit our Logistical Plan
  - Grade Level Cohorts with Staffing
  - Transportation Schedules
  - Workshop Schedule
- Executive Vice Chancellor Has Approved
- Publish Phase 1-2 Plan
- Graduation



# Thank you



# Parent Announcements Anuncios para Padres

### Dr./Ms. Jacquie



# **Missing Income Cards**

- The income card information is crucial for the school to gather in order for our Preuss students to continue to receive free meals.
- If we are unable to collect this information *we can lose the free meal* **program** that we have been able to provide to all Preuss students in years past.
- Please call the school from at (858) 822-3000 during the hours of 8:00 a.m. to 4:00 p.m. If you leave a voicemail please leave your name, child's name, household size & income and this will be sufficient to submit as an income card for your student. You can also send an email to Mrs. Gomes at <u>vbgomes@ucsd.edu</u>. Monday, January 25<sup>th</sup> is the absolute last day to collect the income card information!

- Here is a breakdown of how many income cards we are missing by grade:

- 6<sup>th</sup> grade- 8 • 7<sup>th</sup> grade- 7 • 8<sup>th</sup> grade- 9 • 9<sup>th</sup> grade- 10 • 10<sup>th</sup> grade-12 • 11<sup>th</sup> grade- 16
- 12<sup>th</sup> grade- 10

#### A total of 72 are still missing.

# Support Mobile Apoyo Ambulante

- *Come visit The Preuss Support Mobile at one of our convenient neighborhood* locations. Designated dates below times for all sites are 11:30 am -5:30 pm
- Monday: <u>Balboa Public Library Parking lot</u> Date: Monday 1/25
- Tuesday: <u>City Heights Public Library Parking lot</u> Date: Tuesday 1/26
- Wednesday: Linda Vista Public Library Parking lot Date: Wednesday 1/27
- Thursday: <u>Malcom X Public Library Parking lot</u> Date: Thursday 1/28

All students *Please stop by and pick up your student ID card so that* you will have it before break and for COVID testing identification if testing is needed.





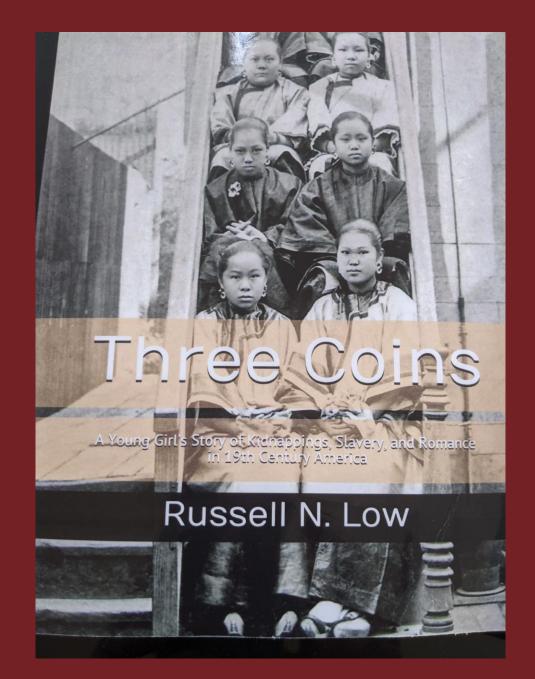


PLEASE PICK UP THE REQUIRED READING FOR MANDARIN 1, MANDARIN 2 AND AP CHINESE LANGUAGE AND CULTURE CLASSES FROM THE BOOKMOBILE NEXT WEEK

Three Coins by Dr. Russell Low



### THREE COINS BY RUSSELL N. LOW





### February 27 March 6 April 10, 17 May 1, 15

## SEA 2020-2021 9:00 – 11:00 a.m.

June 5

Zoom link: https://ucsd.zoom.us/j/98567143458

# Aeries & Parent Square

- Please update your contact information in Aeries which automatically updates your information in ParentSquare
- Actualice su información de contacto en Aeries, que actualiza automáticamente su información en ParentSquare
- This afternoon I will be sending an invitation to all parents who have not yet registered to register for ParentSquare
- Esta tarde enviaré una invitación a todos los padres que aún no se han registrado para registrarse en ParentSquare

# Parent Square

- You may select your preferred language to receive all communication from ParentSquare – you can change on your own or type in the chat your preferred language and we will change it for you
- Puede seleccionar su idioma preferido para recibir todas las comunicaciones de ParentSquare; puede cambiar por su cuenta o escribir en el chat su idioma preferido y lo cambiaremos por usted

# Save the Date **Reserve estas Fechas**

 Next PTA Executive Board Meeting: Tuesday, February 2<sup>nd</sup> at 5:30 – 7:00 pm

 Next PTA General Meeting: Saturday, February 20<sup>th</sup> at 9:30 – 11:00 am

Participation Hours/Horas de Participación

# **Presentation:** A Different Look at Mental Health

## Presentación:

# Una Mirada Diferente a la Salud Mental

## Mrs. Amanda Torre



# A DIFFERENT LOOK AT MENTAL HEALTH UNA MIRADA DIFERENTE A LA SALUD MENTAL

Amanda Torre LMFT 88617 Family Support Specialist



https://www.youtube.co m/watch?v=VQoiz4wfV c&t=72s

## What is mental illness/health? Que es la enfermedad/salud mental?

- social, work, or family activities. (American Psychiatric Association)
- Mental illness is a medical problem, just like heart disease or diabetes.
- Can't vs. Won't
- family of four, one person likely has experienced mental illness.
- diabetes.
- No puedo contra no quiero
- probable que una persona haya experimentado una enfermedad mental.

Physical dysfunction of the brain that causes an inability to think or feel or act in a person's normal manner. Mental illness is associated with distress and/or problems functioning in

According to a health survey conducted by the U.S. Centers for Disease Control and Prevention in 2004, the lifetime prevalence of mental illness in the U.S. was about 50%. That means in a

Disfunción física del cerebro que causa una incapacidad para pensar, sentir o actuar de manera normal. La enfermedad mental se asocia con angustia y / o problemas para funcionar en las actividades sociales, laborales o familiares. (Asociación Estadounidense de Psiquiatría)

La enfermedad mental es un problema médico, al igual que la enfermedad cardíaca o la

Según una encuesta de salud realizada por los Centros para el Control y la Prevención de Enfermedades de EE. UU. En 2004, la prevalencia de por vida de las enfermedades mentales en los EE. UU. Fue de aproximadamente el 50%. Eso significa que en una familia de cuatro, es

## Questions to look at when considering whether mental illness is a health issue:

- 1. Is it a bodily dysfunction that can kill you?
- Suicide is the 2nd leading cause of death is people ages 10-34
- Suicide is the 10th leading cause of death in the U.S.
- 2. Is it disabling?
- Depression is the leading cause of disability worldwide
- 1 in 8 of all visits to emergency departments are related to mental or substance abuse disorders
- 3. Does it cause your health to deteriorate?
- Rates of cardiometabolic disease are twice as high in adults with serious mental illness
- People with serious mental illness have an increased risk for chronic disease like diabetes or cancer.
- 4. Can we look inside the organs and show it in lab tests?

los EE. UU. todo el mundo mentales graves

#### 1. ¿Es una disfunción corporal que puede matarlo?

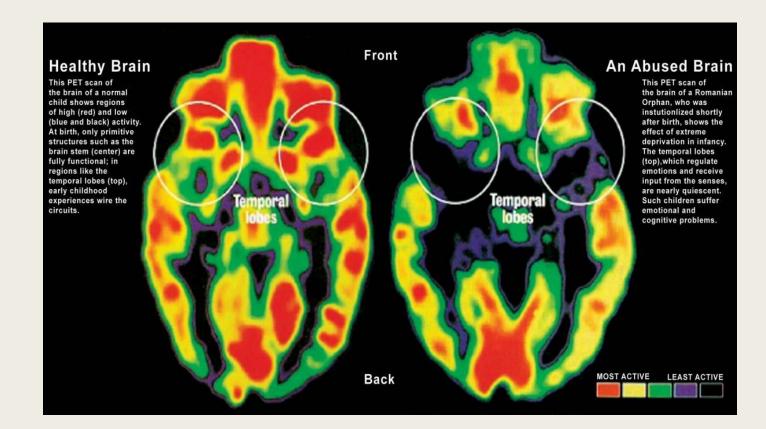
- El suicidio es la segunda causa principal de muerte en personas de 10 a 34 años
- El suicidio es la décima causa principal de muerte en

#### 2. ¿Es incapacitante?

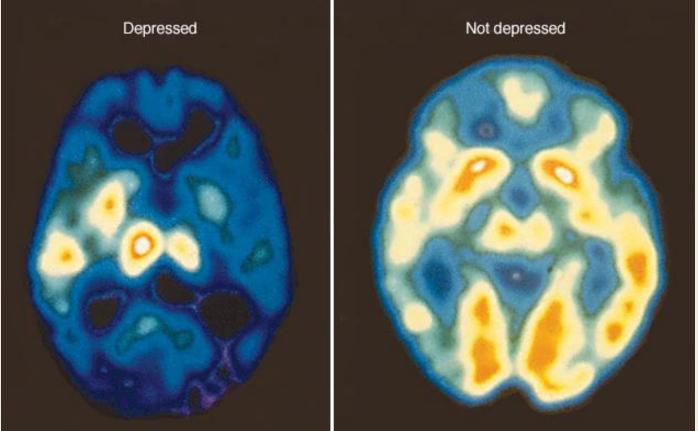
- La depresión es la principal causa de discapacidad en
- 1 de cada 8 de todas las visitas a los departamentos de emergencia están relacionadas con trastornos
- mentales o por abuso de sustancias

#### 3. ¿Hace que su salud se deteriore?

- Las tasas de enfermedad cardiometabólica son dos veces más altas en adultos con enfermedades
- Las personas con enfermedades mentales graves tienen un mayor riesgo de padecer enfermedades crónicas como diabetes o cáncer.
- 4. ¿Podemos mirar dentro de los órganos y mostrarlo en pruebas de laboratorio?







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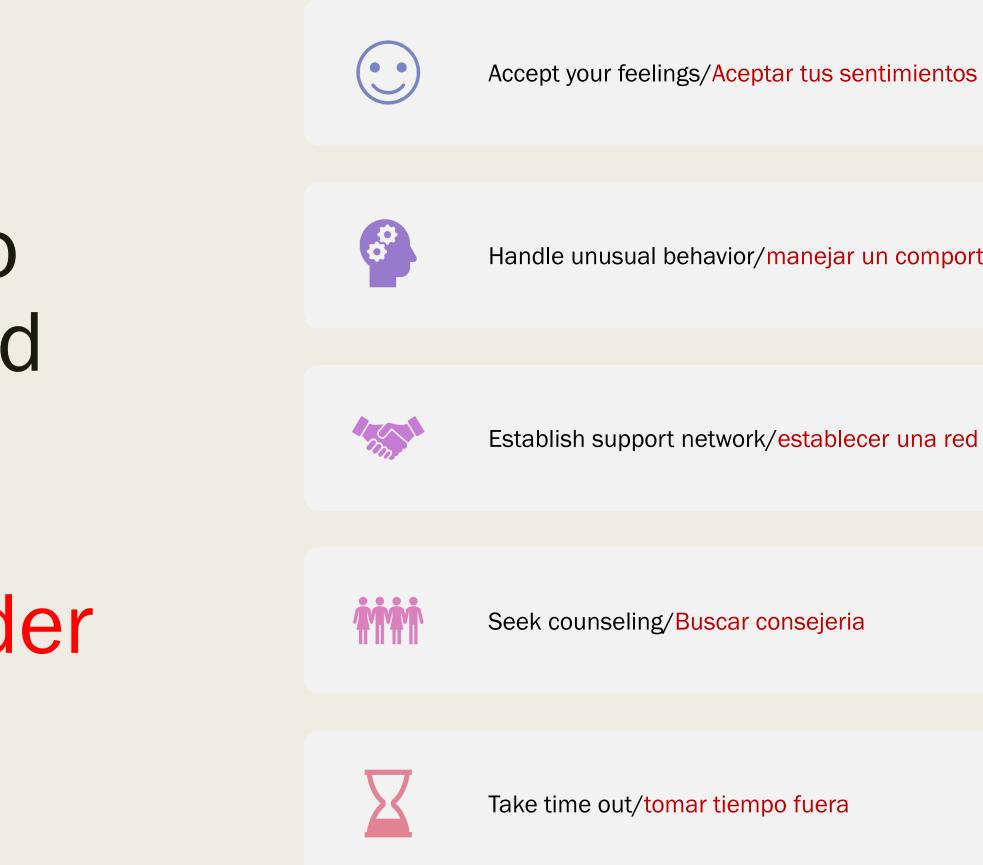
**SO**"

ASI"

Lemony Snicket, The Blank Book

## **"JUST BECAUSE YOU** DON'T UNDERSTAND IT DOESN'T MEAN IT ISN'T

# "EL HECHO DE QUE NO LO ENTIENDAS NO SIGNIFICA QUE NO SEA



## How to respond

## Como Responder

Handle unusual behavior/manejar un comportamiento inusual

Establish support network/establecer una red de apoyo

### Getting Help/ Obteniendo Ayuda

- The average delay between symptom onset and treatment is 11 years.
- People who get treatment in a given year:
- 43% of adults with mental health condition
- 64% of adults with serious mental health condition
- 51% of youth (6-17) with mental health condition
- 70%-90% individuals report improved quality of life after receiving support and treatment
- La demora promedio entre el inicio de los síntomas y el tratamiento es de 11 años.
- Personas que reciben tratamiento en un año determinado:
- 43% de adultos con problemas de salud mental
- 64% de los adultos con afecciones mentales graves
- 51% de los jóvenes (6-17) con problemas de salud mental
- 70% -90% de las personas informan una mejor calidad de vida después de recibir apoyo y tratamiento



## Treatable Vs. Curable/ Tratar vs. Curar

- Acute illness such as each infection cures itself
- Chronic illness- diabetes, high blood pressure, headaches, high cholesterol require additional treatments/medicine

#### Holistic Recovery Plan:

- Physical Needs- sleep, medication, learning to relax, eating, exercise
- Mental Needs- therapy, healthy thinking, stress management, recognizing triggers/cycles, engaging the mind, living a structured life.
- Spiritual Needs: discovering hope, knowing your identity, finding your purpose, growing spiritually, living in community
- Relational Needs: resolving conflict, overcoming stigma, serving, choosing to forgive

- sola

Enfermedad aguda como cada infección se cura

Enfermedad crónica: diabetes, presión arterial alta, dolores de cabeza, colesterol alto que requieren tratamientos / medicamentos adicionales

Plan de recuperación integral: Necesidades físicas: dormir, medicación, aprender a relajarse, comer, hacer ejercicio

Necesidades mentales: terapia, pensamiento saludable, manejo del estrés, reconocimiento de factores desencadenantes / ciclos, participación de la mente, vida estructurada.

Necesidades espirituales: descubrir la esperanza, conocer su identidad, encontrar su propósito, crecer espiritualmente, vivir en comunidad.

Necesidades relacionales: resolver conflictos, superar el estigma, servir, elegir perdonar

### Want to learn more? Quieres aprender mas?

- NAMI Basics Course: <u>https://namisandiego.org/services/child-teen-2/nami-basics/</u>
- https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx/La-salud-mental-en-la-comunidad-latina
- https://covid-19.sdcoe.net/Health-Practices/Mental-Health-Resources

# LET'S TAKE A LOOK AT WHAT IT LOOKS LIKE WHEN SOMEONE WORKS ON THEIR MENTAL HEALTH

# Scholar Spotlight

Finalists and Semi-Finalists of the Playwrights Project Young Playwrights Competition



# Playwrights Project Playwrights Project's California Young Playwrights Contest 2020

Aurrora Arnold, Playwrights Teaching Artist Dr. Phil Ensberg, The Preuss School UC San Diego

## **Playwrights Project**

- The Mission of Playwrights Project is to empower people of all ages and backgrounds to voice stories through theatre, inspiring individual growth and creating meaningful community connections.
- The Vision of Playwrights Project is to sustain an inclusive, compassionate community that broadens minds through the power of creativity and theatre.

## **Playwrights at Preuss**

- Grades 7-12
- Currently, offered 8<sup>th</sup> graders (since 2015).
- Donations support our program

## Playwrights Project's California Young Playwrights Contest!

### LAST YEAR'S COMPETITION

- 243 plays submitted, some alone and some in groups
- 73 schools, 26 districts
- Plays are all read blind, by division (15-18, 14 and younger)
- Each play is read by 1 or more professionals and by Rachael VanWorner (Playwrights teacher)
- They narrow to 50 finalists, who are sent to the final judges
- Winners are called to see if judges' interpretations match playwrights'
- Each winner gets a dramaturg to mentor with the revision