

PTA General Meeting
Junta General da la PTA

OCTOBER 17, 2020

PTA President Report

Reporte de la Presidenta de la PTA

MS./DR. JACQUIE ON BEHALF OF

MRS. VERONICA BAILON

- 
- Welcome / **Bienvenidos**
 - Treasurer's Report / **Reporte de la Tesorería**
 - 49 memberships = \$815
 - Donations = \$40
 - Total Deposited to bank this week: **\$855**
 - PTA Memberships / **Membresías de PTA**



Principal's Report Informe del Director

DR. MATTHEW STEITZ

The Principal's Report

Dr. Matthew Steitz, Ed.D. '10 – Principal



The Preuss School UC San Diego

The vision of The Preuss School UC San Diego is to transform the lives of students who are from low-income 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.



▶ Hello!

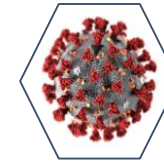
▶ Three **items I would** like to share morning



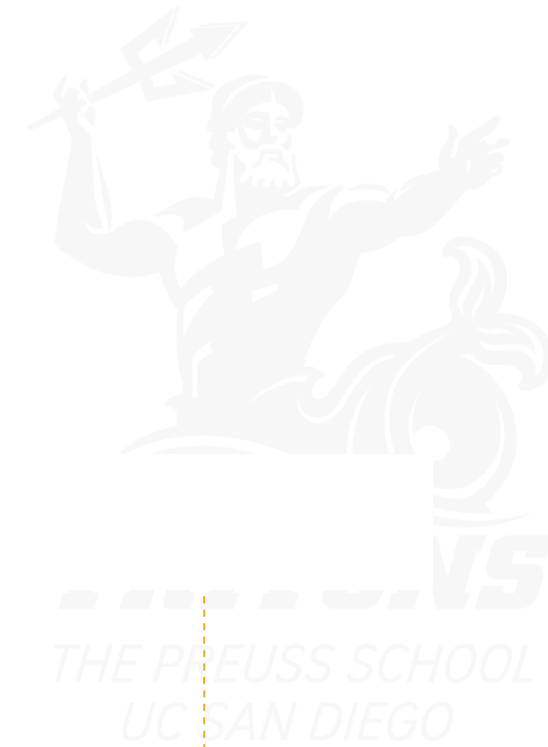
Open
Learning
how are we
doing?



What's happening



January - Planning for
our return





Open Learning

- I have been dropping into several classes. Our scholars are doing very well - **if they are engaging in the class.**
- On November 6th we will only have 10 weeks till the end of the semester (January 15th)
- Reminder your scholar needs to
 - be online and meet with their teachers daily
 - wear their Preuss polo daily
 - attend every classes everyday
 - attend tutoring and Saturday Enrichment Academy

What's happening

- Coming up this next week is our first ever virtual SPIRIT WEEK!

10/20- 10/23
Spirit Week!



 Make sure to post your instagram stories using these hashtags:

#Preussspiritweek
#Preusstrition
#Tritionspirit

@preussasb

SHOW YOUR TRITON COLORS!

October 20




Wear your triton colors and post a picture on your Instagram stories using the hashtags!
@preussasb

 We look forward to seeing your triton spirit!



#THROWBACK THURSDAY

October 22



RECREATE A PICTURE OR JUST USE THE HASHTAGS AND POST THEM ON YOUR STORIES!

 Share with us pictures from your past!



Preuss High School ASB's (@preussasb) Instagram profile • 15...
393 Followers, 217 Following, 151 Posts - See Instagram photos and videos from Preuss Hi...
instagram.com

WEAR YOUR COLOR!
Triton Spirit Day!

	= 6th	9th = 
	= 7th	10th = 
	= 8th	11th = 
		12th = 

REPRESENT YOUR CLASS COLOR !

Wear your class color and post on instagram story using the hashtags and tag the preuss asb account!

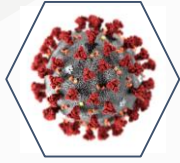
 @preussasb

OCTOBER 23



What's happening

- The Preuss School UC San Diego will be holding a virtual Serenity Day on 10/30/2020
- What is a Serenity Day?
 - This day is designed as a social emotion break from our work
 - This day is for everyone faculty, staff, scholars
 - A series of classes / activities will be offered throughout the day
 - These are not your everyday classes
 - Some are from students, some for staff
 - Topics are more about passions, doing makeup, hair dressing, cooking cultural food, baking, ect.
- More information will be coming home soon!

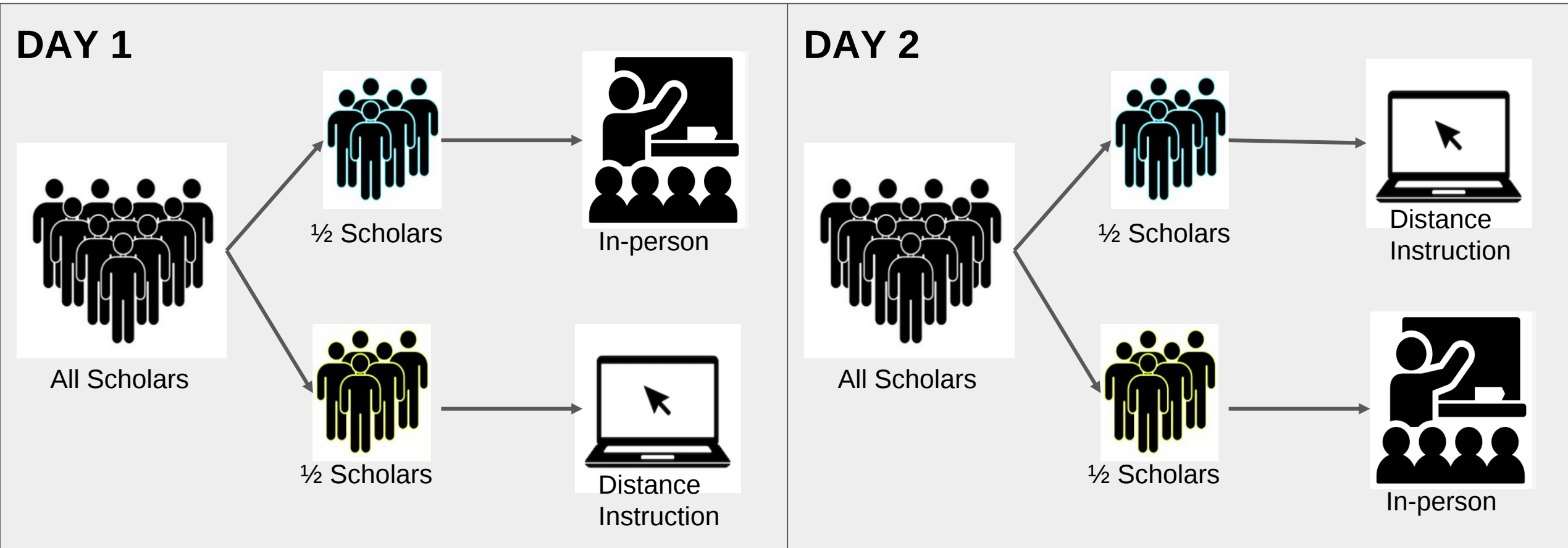


January - Planning for our Return

- Covid 19 and the Health Department will determine if we can return in mid January
- We are beginning to plan for a modified return to campus, yesterday staff spend their professional development morning looking into three difference models.
 - Hybrid model with students returning to campus one day
 - Hybrid model with students returning to campus two days
 - Workshop model were students return by grade level groups for a week three time during the spring semester

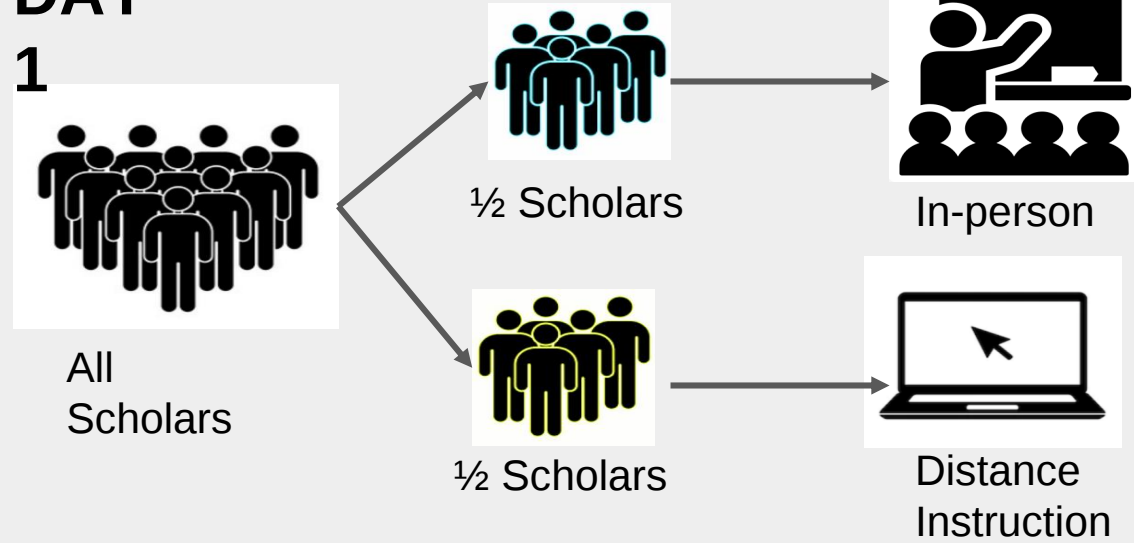
Hybrid model (with students returning to campus one day)

Hybrid Model 1

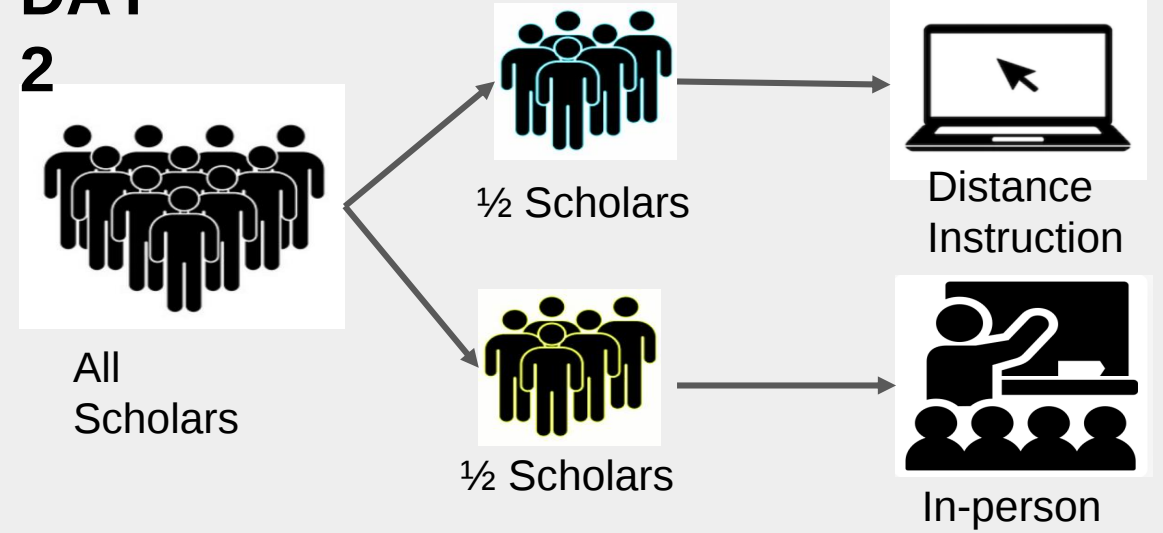


Hybrid model (with students returning to campus two days) Hybrid Model 2

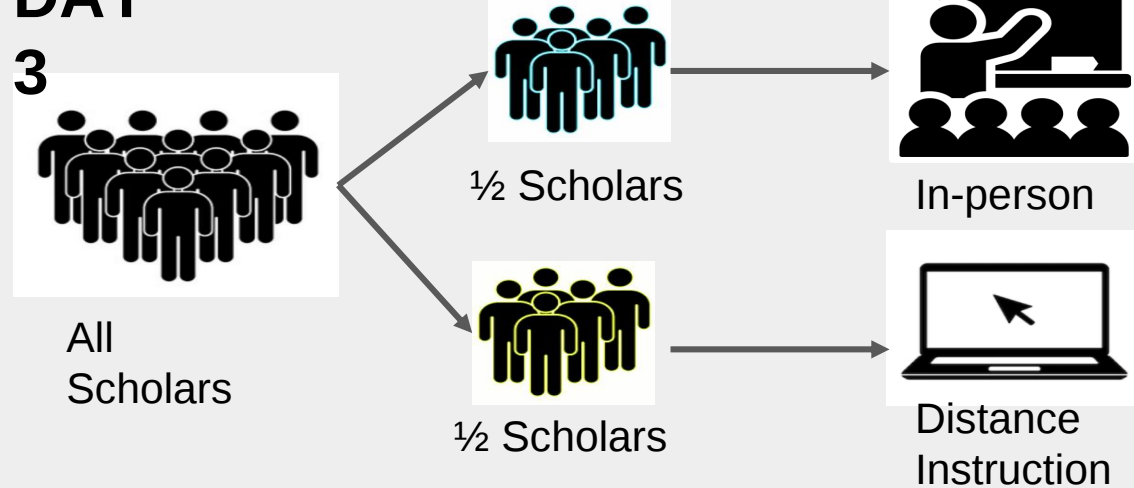
**DAY
1**



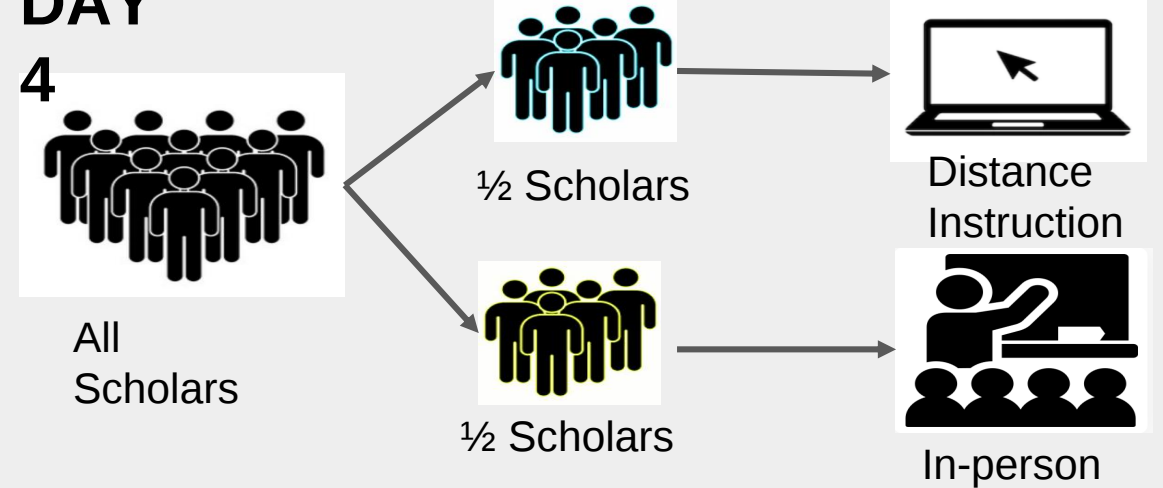
**DAY
2**



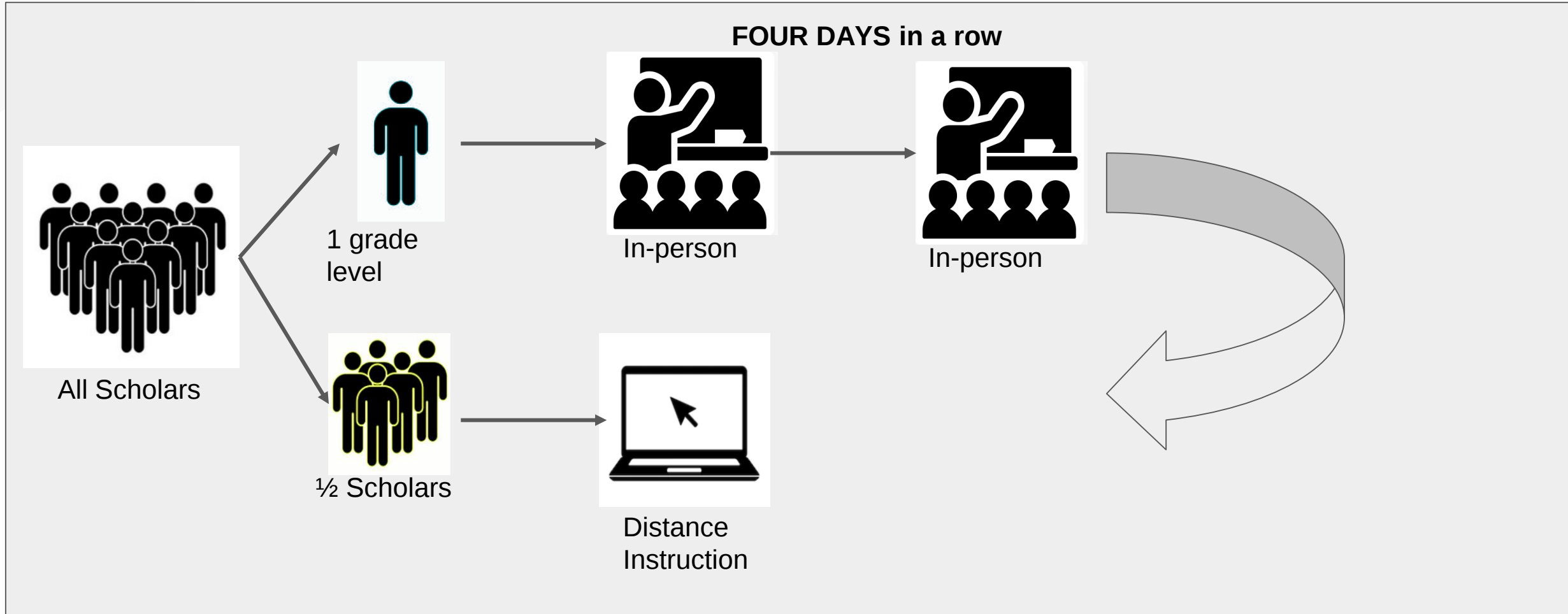
**DAY
3**

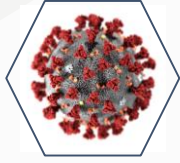


**DAY
4**



Workshop Model - Grade levels at a time





January - Planning for our Return

- Each model has positives and negatives
- We will schedule an evening where we go into more detail with parents about each model in the upcoming weeks.
- This morning was just a quick update on our return to in person instruction work.





Thank you

Exercise and Health
Sciences Dept.

Departamento de
Ejercicio and Ciencias
de la Salud

MR. FULCHIRON

Sexual Health Curriculum Parent Letter

Plan de Estudio de Salud Sexual
Carta para los Padres



NEWS FROM MS. TORRE NOTICIAS DE SRA. TORRE

10/17/2020

CALIFORNIA HEALTHY KIDS SURVEY

ENCUESTA DE CALIFORNIA HEALTHY KIDS

This is a very important survey that will help promote better health and well-being among our youth, improve the school learning environment, and combat problems such as drug abuse and violence. *Your child does not have to take the survey. If you do not want your child to complete the survey, you must notify your school.*

Esta es una encuesta muy importante que ayudará a promover una mejor salud y bienestar entre nuestros jóvenes, mejorará el ambiente de aprendizaje escolar y combatirá problemas como el abuso de drogas y la violencia. Su hijo no tiene que realizar la encuesta. Si no desea que su hijo complete la encuesta, debe notificar a su escuela.



SNACKS FOR HOME FROM THE BOOKMOBILE

SNACKS PARA CASA DESDE EL MÓVIL DEL LIBRO

https://docs.google.com/document/d/1p42ahyHWWaIZ0VXnc52k9WGRS0qGVIEY-slmm_Z6QZI/edit

See Preuss Website (Library)

Red Ribbon Week (Oct.26th-Oct. 30th)

Semana del Listón Rojo

- Red Ribbon Week is the nation's oldest and largest drug prevention awareness campaign. Today, millions of people celebrate.
- This years theme is Be Happy. Be Brave. Be Drug Free
- During Red Ribbon Week at Preuss we:
 - Provide information about healthy coping
 - Create dialogue about the effects of drugs and alcohol
 - Raise awareness through lunchtime and classroom activities

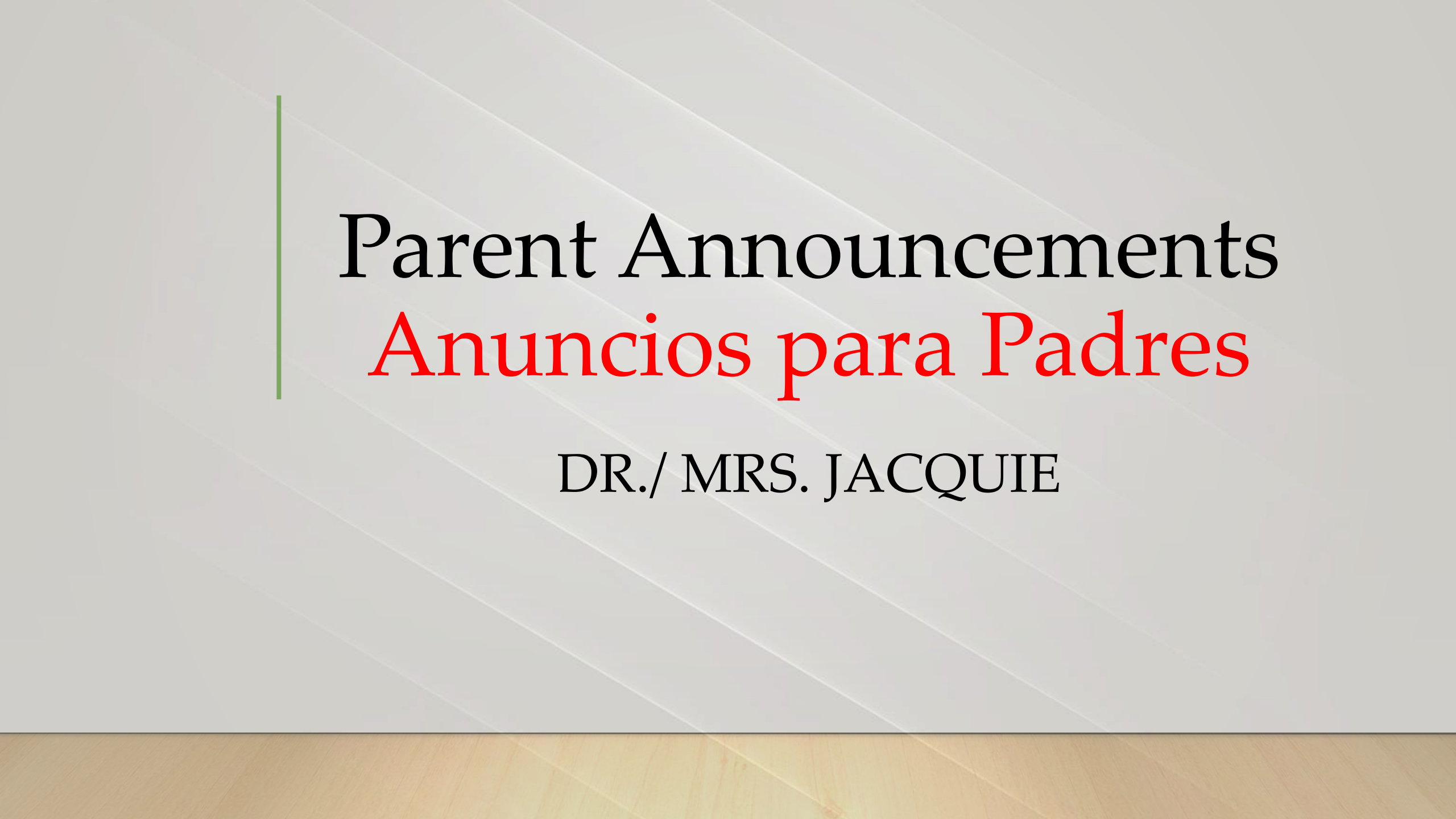


- La Semana del Listón Rojo es la campaña de concientización sobre prevención de drogas más antigua y más grande del país. Hoy, millones de personas celebran.
- El tema de este año es Be Happy. Sé valiente. Estar libre de drogas
- Durante la Semana del Listón Rojo en Preuss:
 - Brindar información sobre afrontamiento saludable
 - Crear un diálogo sobre los efectos de las drogas y el alcohol.
 - Sensibilizar mediante actividades a la hora del almuerzo y en el aula

TIPS for talking to your child

CONSEJOS para hablar con su hijo(a)

- Parents are the biggest influence in a child's life. When parents create supportive and nurturing environments, children make better choices.
- It is better to talk about drugs/alcohol before children are exposed. Short, frequent discussion are best.
- Not talking about alcohol/drugs still sends a message.
- Make your views and rules very clear.
- Remember the conversation goes both ways.
- What you do is just as important as what you say.
- Los padres son la mayor influencia en la vida de un niño. Cuando los padres crean entornos de apoyo y cariño, los niños toman mejores decisiones.
- Es mejor hablar sobre drogas / alcohol antes de que los niños estén expuestos. Lo mejor es una conversación breve y frecuente.
- No hablar de alcohol / drogas sigue enviando un mensaje.
- Deja tus puntos de vista y reglas muy claras.
- Recuerde que la conversación va en ambos sentidos.
- Lo que haces es tan importante como lo que dices.



Parent Announcements

Anuncios para Padres

DR./ MRS. JACQUIE

Bookmobile

Biblioteca 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: Balboa Public Library Parking lot Dates: 10/26, 11/16, 12/14
- Tuesday: City Heights Public Library Parking lot Dates: 10/27, 11/17, 12/15
- Wednesday: Linda Vista Public Library Parking lot Dates: 10/28, 11/18, 12/16
- Thursday: Malcolm X Public Library Parking lot Dates: 10/29, 11/19, 12/17





SEA

2020-2021

9:00 – 11:00 *a.m.*

Zoom link:

<https://ucsd.zoom.us/j/98567143458>

August 29

September 12

October 3, 24

November 7

December 5

January 9

February 6, 27

March 6

April 10, 17

May 1, 15

June 5

WHY ATTEND SATURDAY ENRICHMENT ACADEMY (SEA)?

POR QUE ASISTIR A LA ACADEMIA DE ENRIQUECIMIENTO DE LOS SABADOS (SEA)?

- Academic help/tutoring / Ayuda académica/tutoría
- One on One tutoring / Tutoría Uno a Uno
- Small group direct instruction from a teacher in the content area / Instrucción directa de un maestro en el área de contenido en grupos pequeños
- A safe place to make mistakes / Un lugar seguro para cometer errores

Aeries & Parent Square

- Please update your contact information in Aeries which automatically updates your information in ParentSquare
- Teachers are trying to contact parents and there is no contact information
- Actualice su información de contacto en Aeries, que actualiza automáticamente su información en ParentSquare
- Los maestros están tratando de comunicarse con los padres y no hay información de contacto

ParentSquare/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, cont.

- 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, November 3rd at 5:30 – 7:00 pm
- Next PTA General Meeting:
Saturday, November 14th at 9:30 – 11:00 am
- Participation Hours/**Horas de Participación**



Union of Pan-Asian Communities (UPAC) Presentation

MRS. MARIA OREGON AND MRS. CARMEN PAT

Mental Health in a Pandemic

Salud Mental en una Pandemia

UPAC Multicultural Community Counseling

Carmen Pat, LMFT

Maria Oregon, AMFT



UPAC Multicultural Community Counseling

- Specializing in mental health treatment services for Asian/Pacific Islander and Latinx youth, ages 5-20
- Services provided at school, home, and in the community
- Services also provided in the office or through telehealth
- Especializado en servicios de tratamiento de salud mental para jóvenes asiáticos / isleños del Pacífico y latinx, de 5 a 20 años
- Servicios brindados en la escuela, el hogar y la comunidad
- Servicios que también se brindan en la oficina o mediante telesalud

Services Provided

Recursos Disponibles

- Individual and Family Therapy
 - Psychiatric Evaluation and Medication Management
 - Intensive Case Management
 - Collaboration with caregivers, schools, and support persons
-
- Terapia individual y familiar
 - Evaluación psiquiátrica y manejo de medicamentos
 - Gestión intensiva de casos
 - Colaboración con cuidadores, escuelas y personas de apoyo

What is Mental Health?

¿Qué es la Salud Mental?

- Our inner well-being
- Affects how we think, feel, and act
- Determines how we handle stress
- Nuestro bienestar interior
- Afecta cómo pensamos, sentimos y actuamos
- Determina cómo manejamos el estrés

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Impact of COVID-19 on Mental Health

Impacto de COVID-19 en la Salud Mental

- Added stress to pre-existing concerns such as financial, academic, cultural problems
- Disruption in normal routines of daily life
- Losses: social interaction, loved ones, jobs
- Fears regarding health and safety
- In May, 1/3 of Americans surveyed reported showing signs of clinical anxiety and depression
- Se agregó estrés a preocupaciones preexistentes, como problemas financieros, académicos y culturales.
- Interrupción en las rutinas normales de la vida diaria.
- Pérdidas: interacción social, seres queridos, trabajos
- Miedos acerca de la salud y la seguridad
- En mayo, 1/3 de los estadounidenses encuestados informaron mostrar signos de ansiedad clínica y depresión.

Impact on Youth

Impacto en la Juventud

- Isolation
 - Increased calls to crisis hotline (6% increase in summer)
 - Increase in suicidal ideation, self-harm behaviors, and substance use among teens
 - Increases in depression, anxiety, posttraumatic stress disorder
 - Less access to mental health services with schools closed
-
- Aislamiento
 - Aumento de las llamadas a la línea directa de crisis (aumento del 6% en verano)
 - Aumento de la ideación suicida, las conductas de autolesión y el consumo de sustancias entre los adolescentes
 - Aumento de la depresión, ansiedad, trastorno de estrés postraumático
 - Menos acceso a los servicios de salud mental con escuelas cerradas

What to look for

Que tienes que buscar

- Difficulty sleeping
- Fatigue, less energy
- Feeling easily overwhelmed
- Irritability or sadness
- Changes in eating
- Difficulty concentrating
- Repetitive thoughts
- Seem to be having less fun
- Changes in behavior

- Dificultad para dormir
- Fatiga, menos energía
- Sentirse abrumado fácilmente
- Irritabilidad o tristeza
- Cambios en la alimentación
- Dificultad para concentrarse
- Pensamientos repetitivos
- Parece divertirse menos
- Cambios de comportamiento

What Should I do?

¿Qué debo hacer?

- Do not ignore those early warning signs
- Ask questions, listen, and don't judge
- It's important to experience uncomfortable emotions. Ignoring them leads to longer-term problems.
- Empathize

- No ignore esas señales de advertencia tempranas
- Haga preguntas, escuche y no juzgue
- Es importante experimentar emociones incómodas. Ignorarlos conduce a problemas a largo plazo.
- Empatizarse

When Should I Seek Mental Health Services?

¿Cuándo debo buscar servicios de salud mental?

- Feeling overwhelmed
- Less ability to "bounce back" from stress/changes
- When it's harder than usual to get through your day
- Barriers
- Sentirse abrumado
- Menos capacidad para "recuperarse" del estrés / cambios
- Cuando es más difícil de lo habitual pasar el día
- Barreras

What do therapists do?

¿Qué hacen los terapeutas?

- Teach children to talk about their feelings and emotions
 - Through books, art, games, and talk
- Coach children what to do when they have difficult emotions (angry, sad, irritable)
- Educate family how to respond when their child is having a hard time
- Provide linkages to other resources when beneficial to the child and family
- Enseñe a los niños a hablar sobre sus sentimientos y emociones.
 - A través de libros, arte, juegos y charlas
- Enseñe a los niños qué hacer cuando tienen emociones difíciles (enojado, triste, irritable)
- Educar a la familia sobre cómo responder cuando su hijo está pasando por un momento difícil
- Proporcionar vínculos a otros recursos cuando sea beneficioso para el niño y la familia

Referral

Referencia

- Criteria:
 - 5-20 years old
 - Asian, Pacific Islander, or Latinx
 - Medi-Cal or Case by Case
- Referral Form can be found on UPAC website here:
<https://www.upacsd.com/programs/mcc/>
- Call (619) 578-2211 and the referral will be taken over the phone
- Speak to child's school counselor

- Criterios:
 - 5-20 años
 - Asiático, Isleño del Pacífico o Latinx
 - Medi-Cal o Caso por Caso
- El formulario de referencia se puede encontrar en el sitio web de la UPAC aquí:
<https://www.upacsd.com/programs/mcc/>
- Llame al (619) 578-2211 y la referencia se tomará por teléfono
- Hablar con el consejero escolar del niño

A Final Word

Una Palabra Final

We are gardeners, not construction workers.

Somos jardineros, no trabajadores de la construcción.



Questions Preguntas



Resources

- <https://www.cnn.com/2020/10/08/health/teen-mental-health-pandemic-wellness/index.html>
- <https://www.mentalhealth.gov/basics/what-is-mental-health>
- <https://patch.com/california/pleasanthill/teenagers-cutting-increases-due-coronavirus>
- <https://www.yalemedicine.org/stories/mental-health-covid-19/>



Scholar Spotlight