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
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
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
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
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)
RECAP

- Practice active listening and empathy daily.
- Keep an open mind to discuss worries and concerns without judgment.
- Create a safe, confidential space for your teen to express themselves.
- Learn about your teen’s stressors and practice coping skills together.
- Set realistic goals and celebrate wins together.
- Cheer them on and support without added pressure.
- Spend quality time together for stronger relationships.
- Explore different communication methods to stay connected.
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!**
北中央青少年康复中心

行为健康服务系统

联系我们
- 电话号码：760-227-1354
- 地址：
  4660 Viewridge Ave, Suite 100A
  San Diego, California 92123

请参加我们的调查

谢谢！
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
858-822-0020
The Preuss School UCSD welcomes you to...
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.
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