

January 29, 2016

Dear Islander Families,

Welcome to a **new semester at CHS!** While CHS courses are largely year-long, our students and staff have an opportunity for fresh starts in curricular units and grades and achievement (alas, the attendance count does not refresh...). First semester grades (official grades which appear on the transcript) are currently available for view on Synergy, and report cards are being mailed to all families through the post today. If you have questions about any of your student's semester grades, please contact teachers directly.

CHS Strategic Planning: CHS shareholders representing Islander students, staff, and families will convene next week for our annual Strategic Planning session. Our focus this year will be on evolving our online learning and intervention programs and highlighting powerful, student-centered learning experiences in the interests of continuing to expand and improve how we maximize the potential and achievement of ALL students at CHS. In a future email, we will share what we have learned, and what our future plans are for online learning opportunities for students at CHS.

PSAT Scores: PSAT results are now available to students online. In order to access results, students will need to create an account and login to CollegeBoard.org. If the information you use when creating your account matches the information you listed on your PSAT (i.e. name, date of birth, etc.), students should be able to see results immediately. If not, please contact your student's counselor to receive a unique Access Code for results. We are expecting paper copies of results at the end of the month and will mail them to all families.

Point Loma Basketball Games: Our varsity basketball teams have an intense rivalry with Point Loma High School. Over the past few years, we have watched and monitored this rivalry as it manifests on social media, at the games, and outside both schools' gyms. In cooperation with Point Loma High School Administration, we have spoken with our student bodies at large, addressed individual behaviors, and reminded our students of the importance of conducting themselves respectfully and safely (in accordance with the CIF Code of Conduct and our Discipline Action Guide). Despite increased San Diego Police presence and the efforts of both Point Loma and CHS staff and administration, after the recent away games at Point Loma, students from both schools were involved in altercations which resulted in CHS students being injured. In the interests of student and spectator safety, and to refocus attention on our varsity athletes, we are hosting our home games on Friday, February 5 at earlier times—boys at 3:30 and girls at 5:00 PM. The Coronado Police Department will provide assistance at the games and patrol surrounding streets following the games. We are asking our students to refrain from verbal and physical taunting and threats and to remember that inappropriate communications via social media which disrupt safety or learning at school or school events will result in consequences. We are proud of our students and their Islander Pride and have come to expect respectful and enthusiastic participation at our athletic contests; we look forward to friendly

competitions against Point Loma and thank you for your support. ASB is planning a dance on campus after the games—stay tuned for more information. If you have questions or concerns please email Principal Jenny Moore at jenny.moore@coronadousd.net.

PTO Meeting and Parents' "Book Club" Meeting, February 8 at 6pm in the CHS Library: All CHS parents are invited to the next PTO meeting and a Book Club and discussion hosted by Principal Moore immediately following. Although it is short notice, we encourage you to read or research the books *How to Raise an Adult* by Julie Lythcott-Haims and *Where You Go Is Not Who You'll Be* by Frank Bruni. You don't need to have read the book(s) to participate in a lively discussion about parenting teens and our approach to applying to colleges. PTO will provide coffee/tea & light refreshments.

SAFE Parenting Conference: We hope you will consider joining community parents and local experts at the Coronado SAFE annual Parenting Conference in our CHS Theatre on Saturday, January 30. Click here for more information: <http://coronadosafe.org/calendar/event/annual-successful-parenting-conference/#.Vgqy9WS-mkp>

Freshman Fitness for Life "What Goes Around" Presentation sponsored by Kaiser Permanente on Monday February 1: As part of the freshman Fitness for Life curriculum, freshmen will attend a special assembly on STD and HIV prevention next month. Kaiser describes this awareness presentation as: *Kaiser Permanente's STD/HIV Prevention Program is designed for grades 9-12. The program uses technology and references social media as a way of engaging students while providing health information about sexually transmitted diseases in a topical way. Students hear the facts and myths about STDs and see how the choices they make have a lasting impact on the lives of other people. The program supports the Health Education Content Standards for California Public Schools in the areas of mental, emotional and social health; injury prevention and safety; and growth, development and sexual health.*

For more information please see the following link (<https://etsoutherncalifornia.kaiserpermanente.org/?cat=16>) and contact us with questions or concerns.

ENRICHMENT COURSE OPPORTUNITY:

Course Title: Mindfulness and the Art of Dream

Instructor: Karrie Jackson

Time: Saturdays 10am - 1pm, Second Semester Starting January 30 and Completed by March 19 with no class during Spring Break.

Location: Alternating Schedule: CHS Room 301 and Coronado Beach at Avenida De Las Arenas parking lot by the Shores (If raining students will meet at CHS Art Studio Room 301)

1/30 Studio CHS
2/6 Beach
2/13 Studio CHS
2/20 Beach
NO CLASS 2/27 DUE TO COSA INTERVIEWS
3/5 Studio CHS
3/12 Beach
3/19 Studio

This is an introspective course aimed to nourish the inner artist and promote peaceful inspiration through mindfulness meditation, art journaling and development of the imaginative faculty of the creative mind.

Students will be guided in visualization exercises as well as breath work and musical rhythm as well as rhythms in nature as experienced through mindful listening to ocean waves. The guided exercises will prepare students for entering a meaningful and personal creative process at a healthy conscious pace to promote student well-being. Students will be introduced to dream-related concepts and symbolism presented through dream related artworks. A portion of the course will also be dedicated to dialogue in which students can discuss connections between mindfulness practices, art making and dream.

Students will have the opportunity to draw inspiration for small meaningful artworks and art and dream journaling from both the mindfulness and visualization exercises as well as integrate aspects of class dialogue and dream art as conceptual inspiration for creating original artworks. Students will have the opportunity to share and discuss with each other the meaning embedded in the visual symbolism they create. Students will also have the opportunity to engage in art practices that promote mindfulness such as sand painting and abstract drawings based on Brain Gym movement activities.

It is key that students come prepared to be inclusive and contribute to the class community as a whole as well as being committed to using the time to explore meaningful concepts through art at a peaceful pace. This course is an opportunity to take time for YOU while supporting others to do the same.

Course will meet on Saturdays from 10 am until 1 pm. Mindfulness exercises will begin each class promptly at 10 am so it is crucial to arrive on time.

TO ENROLL: Please contact Karrie.Jackson@coronado.k12.ca.us no later than Wednesday, January 27 to enroll. Due to the nature of the class, enrollment is limited to 15 students. Enrollment is on a first-come first serve basis. Students must commit to 20 hours to receive 1 credit on their transcript for completing the course.

Go Islanders!!!