

12/15/17

**Dear Islander Families,**

**It's been a week of performances, games, wrapping up semester work in classes, and dressing up for spirit days. Our campus was full of ugly holiday sweaters today, and alumni in town came back to CHS for our annual "Home for the Holidays" visits to classrooms, where they shared their post-high school college and career advice with current Islanders.**

**We hope you enjoy vacation together as a family and sustained time away from daily homework and school routines. Here's an article with 10 stress busters for teens, including sleep, getting outside, and just hanging out with friends: <https://www.psychologytoday.com/blog/teen-angst/201411/top-10-stress-busters-teens>. When we return to school after the holidays, we will help students prepare for finals with some mindfulness groups. Stay tuned!**

**Please be aware that this weekend we have soccer games and a basketball tournament at CHS, and a large swim meet at the BBMAC pool--parking near school will be scarce and the campus, despite the start of holiday break, will be busy!**

**DON'T FORGET OUR FIRST DAY BACK TO SCHOOL IS WEDNESDAY, JANUARY 3RD, AND WE WILL HAVE A REGULAR, NON-BLOCK DAY, WITH E Period beginning at 7 AM and 1st Period at 7:58. We look forward to welcoming our students back in the New Year! See the schedule here: <http://chs.coronadousd.net/news/week-after-winter-break-bell-schedule-january-3-5-2018/>.**

**The next week is our end-of-semester schedule, including minimum days: <http://chs.coronadousd.net/static/media/uploads/Coronado%20High%20School/Final%20First%20Semester%20Academic%20Week%20%20Schedule%20January%202018.pdf>.**

**Happy Holidays, Islanders!**

Thank you,

*Jenny*

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<http://chs.coronadousd.net/>

Support the Coronado Schools Foundation: <https://csfkids.org/>

Join the CHS PTO: <http://chs.coronadousd.net/students-parents/chs-parentteacher-organization/>

Support the arts in our district and Coronado School of the Arts: <http://cosafoundation.org/>

Support CHS Student Athletes: <http://islandersportsfoundation.com/>

Like CHS on Facebook: <https://www.facebook.com/CoronadoIslanders/>