

February 20, 2017

Dear Islander Families,

We hope you had a wonderful extended weekend in honor of President's Day!

Upcoming Events and News:

February 27: **Freshman Fitness for Life "What Goes Around" Presentation** sponsored by Kaiser Permanente: 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.

February 27, 6PM: **PTO Meeting and Parents' Book Club Discussion:** We will be discussing the book *A Survival Guide to Parenting Teens: Talking to Your Kids About Sexting, Drinking, Drugs, and Other Things That Freak You Out* by Joani Geltman

March 2: Late-Start Thursday/Career Day Panels: We need YOU to talk about your career path! We are looking for a wide range of types of vocations to represent to our students on panel discussions. If you are free between 10:00 and 2:30 on that day, please sign up here: <https://goo.gl/forms/UzzksSL8rfNHDbMD3>. There will be two hour-long panels, with lunch provided in between. Thank you for your support of our students!

We are very excited about hosting our second annual **Career Day on March 2** (late-start schedule). Students had the opportunity to select two professional panels to attend. Freshmen will ALL participate in a workshop on social media in the afternoon featuring Cyber Educator Jon Moffat (see his website here: <https://www.jonmoffat.com/>). Parents/guardians of 9th graders are invited to attend this engaging and informative assembly as well, at 12:45 PM in the theatre.

Have you heard? A new series of **Yoga and Mindfulness Class** is starting February 27th! Classes consist of various activities that support students in building self-awareness and resiliency. Mindfulness supports students in feeling more relaxed and provides them with tools to improve their focus and concentration. The class will be meeting on Mondays after school from 2:45-3:30 PM for eight weeks. The prerequisites to attend are students must be committed to attending the weekly classes and to having an open mind. For more information regarding the class or to register please email Afsaneh Safaie, Afsaneh.Doctorsafaie@coronadousd.net.

Sophomores and Juniors may apply for membership in our **CHS Chapter of the National Honor Society**--see application here (deadline March 15): (<http://chs.coronadousd.net/static/media/uploads/Coronado%20High%20School/FULL%20NHS%20application%20form%20pdf.pdf>)

Students enrolled in our **Advanced Placement (AP) courses and who are interested in taking the exams in May should register here by MARCH 17:** <https://aptests.wufoo.com/forms/coronado-high-school-ap-exam-order-form/>

Are you or do you know a young woman between the ages of 14 and 18 who exhibits leadership qualities as a volunteer in your community or school? Who sees challenges instead of obstacles? Hope instead of despair? If you know a young woman who believes in the power of volunteer action, then she may be eligible for a **Soroptimist International of Coronado Service Award**.

The SIC Service Award is a leadership and volunteer recognition program dedicated to teen girls. It recognizes young women leaders who make the community and world a better place through volunteer efforts. This does not necessarily mean starting one's own not-for-profit business or accomplishing a miraculous feat. Taking a first step in trying to make a difference in the world is recognized as showing leadership and initiative. Volunteer actions that benefit women or girls are of particular interest. Although we realize that volunteering is its own reward, we also know the power that positive reinforcement brings, especially in supporting and encouraging young women to continue their work as a community volunteer leader. The deadline has been extended to March 31--please apply here:

<http://coronadosoroptimist.org/wp-content/uploads/2017/01/2017-SIC-Service-Award-App-KS.pdf>

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