

January 6, 2016

HAPPY NEW YEAR, ISLANDERS!! It was great to see happy, healthy, rested faces after the holiday break. Our students and staff hit the ground running, with two weeks remaining in the semester to culminate curriculum, projects, assignments and exams (see schedule: <http://chs.coronadousd.net/static/media/uploads/Coronado%20High%20School/Fin%20Exam%20Schedule%20January%202017.pdf>)

We are planning our second annual **Career Day at CHS on March 2**, and 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/UzksSL8rfNHDbMD3>. There will be two hour-long panels, with lunch provided in between. Thank you for your support of our students!

We are proud of our beautiful campus and facilities, and of the fact that our student body demonstrates respect for their environment and each other by maintaining cleanliness on campus. Nevertheless, we have had a number of incidents lately of concern, and we are appealing to our students, staff, and families for their awareness and vigilance. We have had damage and theft from our outdoor vending machine, eggs thrown onto windows and walls, and instances of graffiti on walls and furniture. On Friday before break, a teacher's keys were taken and used to open a classroom and steal substantial funds stored in a locked cabinet, funds collected to support our woodworking program and students' enrichment projects.

Such acts erode trust and our sense of community, safety, and shared responsibility, and they detract from the right of all to a safe, healthy learning environment. If you have information related to the theft from woodworking, please contact us.

**We are proposing some New Year Islander "Resolutions" to guide us:**

- Mindfulness of our responsibility to our Islander Community and resolving to "see something; say something" (practicing situational awareness, advocating for others, demonstrating respect for all, promoting safety of ourselves and peers by speaking up, speaking out, and reporting unsafe and/or illegal activity)
- Mindfulness of our impact on the wider community and striving for positive interactions (driving and biking safely, picking up litter, volunteering, etc.)

**Speaking of mindfulness**, did you know we hold **weekly 5-minute mindful moments** on campus? Students and staff meet at 8:30 on Wednesday mornings to practice relaxation breathing and techniques to help manage stress and anxiety. Please join us! In addition, our clinical counselor Afsaneh Safaie, will be offering more intensive opportunities in groups meeting at 8 AM on Tuesdays and Wednesdays at lunch from 12:10-12:30, starting January 17th. Interested students may sign up with Ms. Safaie in the front office.

**We are excited about several upcoming events at CHS:**

January 9-12: End-of-Semester Exams and Projects Week: Monday is a modified full day, and minimum days/modified schedule on Tuesday, Wednesday, and Thursday for completion of exams and projects.

January 13, Friday: Non-student work day for CHS staff

January 16, Monday: Martin Luther King, Jr. Holiday

January 17, Tuesday: First day of new semester, regular school day.

January 19, Thursday: Late-Start Schedule

January 20, Friday: Winter Pep Rally and Schedule

January 21: Winter Dance, 6-9 PM, FLUXX Downtown

February 16: NJROTC Islander Company Annual Inspection

February 24: CHS Strategic Planning/LCAP Review

February 27: **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.

February 27, 6PM: PTO Meeting and Book Club Presentation (Topic TBD)

March 2: Late-Start Thursday/Career Day Panels

March 9: CSF Telethon/CHS Theatre & Quad/4:00-8:30 PM

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