

November 6, 2017

Dear Islander Families,

A heartfelt THANK YOU to our Homecoming support team, including ASB students and Advisor Nicole Belong and Accountant Natalie Cruz, Athletic Director Robin Nixon and our football coaching staff and players, our cheer coach and cheerleaders, our Class Advisors (Nate Aldworth, Grace Kim, Matt Stoever, and Brad Couture), office and custodial staff, NJROTC Islander Company, the City of Coronado and police and fire departments, the parents who supported float building at their homes, and our Homecoming Dance parent and staff chaperones! We had enthusiastic student participation in floats and the parade, a fun pep rally, a smooth halftime show and crowning (congratulations to Queen Abby Boyle and King Blanchard Seniff), and a successful and safe dance! As always, our students impressed the staff and security at the Ruben H. Fleet Science Center with their behavior and graciousness.

Our volleyball, tennis, water polo, cross country, and football teams are still competing in playoffs! Go Islanders!

We hope you enjoy a long Veteran's Day weekend, with no school for students this Friday. We honor our Islander family and community members who serve and have served our country in the armed forces. Thank you.

Our math teachers are initiating new, focused help opportunities for all students enrolled in Integrated 1 through Pre-Calculus. There are scheduled times on M, T, Th, and F mornings, and on Tuesday and Thursday afternoons. Times are posted in each teacher's room (ask your student) or email your child's math teacher for details. A reminder that we offer free tutoring in all subjects **in the CHS Library every Monday and Wednesday from 2:30-4 PM.** Both peer and staff tutors are available!

In an ongoing effort to promote student awareness of wellness and mental health, **CHS will be holding a "Check Your Mood" Day on November 9 in our College and Career Center from 9:30 AM-2:30 PM.** Counselors from Coronado SAFE and the Coronado community will provide surveys to students who volunteer to be screened. If a student scores high on the rating scale they will be referred to a school counselor, and families will be contacted if necessary. Students are encouraged to stop by the CCC and begin a lifelong habit of checking in and maintaining mental health and life balance.

We are excited to offer Mindfulness Groups on campus! CHS counselor Ms. Safaie is holding drop in Mindfulness Groups on Tuesdays and Wednesdays in our newly created "Zen Den" located in the College and Career Center (CCC). Mindfulness Groups meet on block days at 11:30 AM in the Zen Den. Students have an opportunity to de-stress from the day and learn some mindfulness and breathing techniques. CHS's goal is to expand our Mindfulness Program by adding Mindfulness Groups at lunch and after school. For more information or to have a

reminder sent to your student in class please email Ms. Safaie at Afsaneh.DoctorSafaie@coronadousd.net.

Have a great week, CHS!

Thank you,

Jenny

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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/>

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