Welcome to Coffee With the Principal
April 23, 2021
Agenda

❖ Mindful Minute
❖ Celebrations
❖ Roomies and Zoomies
❖ Counselor Gilbert Updates
❖ Announcements from Nurse Paula
Mindful Minute

- Mindfulness is paying attention to what’s happening right now.
- It can help us calm down when we are angry, frustrated or sad.
- It can help us feel relaxed and happy.
- It can help us focus and do well in school, sports or music.

- Let’s try a mindful minute:
  Quiet bodies
  Quiet minds
  Breathe...
Grounding With Your Five Senses

What are 5 Things You Can See:
- Sun
- Picture on the wall
- People walking

What are 4 Things You Can Feel:
- Wind blowing
- Feet on the floor
- Pencil in hand

What are 3 Things You Can Hear:
- Birds chirping
- Clock ticking
- Car horns

What are 2 Things You Can Smell:
- Food from the cafeteria
- Laundry detergent on clothes
- Fresh cut grass

What is 1 Thing You Can Taste:
- Mint
- Breakfast toothpaste
What a wonderful two weeks we have had with your children, back at school!
After 8 full days in school, we only sent home 8 children with symptoms that could be considered the same as COVID symptoms. So far all have tested negative.

All of the staff have been tested twice and so far, all of the staff have tested negative.

Most all of the children are doing very well with wearing masks. Only a few reminders needed to wear it over the nose, mostly for our littlest ones. Students doing very well with social distancing and handwashing and sanitizing.

Today 2 children took the COVID test and had no problems with it! Voluntary and free!

If you would like your child to get the test next time on May 6th please
Email: ppotter@sandi.net or call 619-624-2612
What’s Happening in San Diego

1.3 million of all San Diego County residents have received one vaccine; 847,000 have received 2 vaccines. Goal is 2.1 million people as soon as possible. Many locations available now for anyone 16 years of age & older.
Attention all Fay PTA Members!

Fay PTA is hosting a special meeting this Friday, April 23rd at 3:30 PM to discuss fundraising ideas for Mother’s Day, Father’s Day, and Teacher Appreciation Week.

We’d love to hear everyone’s ideas and get a plan in place soon as these will start in May.

Hope to see you there!

https://sandiegounified.zoom.us/j/89259336125
Meeting ID: 892 5933 6125
Roomies and the Zoomies

Where are we now?

- 375 students in person (70% of enrollment).
- 147 students (28%) learning from home.
- 13 students (2%) were not able to be reached and are not enrolled elsewhere in the district.
Coast Guard Partnership
Announcements from Counselor Gilbert

No Place for Hate Week!
- April 26th-April 29th
- Focusing on our Identities
- Names, Characteristics, Family
Helpful numbers:

Fay Voicemail Line: 619-701-6963

Internet/Hotspot Support: 619-260-2460

Technical (IT) Support: 619-732-1400

Broken computer? Repair or replace at:

Hoover High School
4474 El Cajon Blvd
Mon- Fri 10:00 am - 3:30 pm
Thank you for joining us!
Peg Crane, Principal
pcrane@sandi.net
Ana Gray, Vice Principal
agray1@sandi.net

Any Questions?