

10.11.2020

Mindfulness gives you time. Time gives you choices. Choices, skillfully made, lead to freedom. You don't have to be swept away by your feeling. You can respond with wisdom and kindness rather than habit and reactivity.
Bhante H Gunaratana

Dear Families,

During this time of the pandemic, it has been helpful for me to stay connected with other humans through podcasts, and Brene's discussions do not disappoint. As we begin Phase One this Tuesday, October 13, I have been thinking a great deal of an episode I listened to months ago: "Brene on Comparative Suffering, the 50/50 Myth and Settling the Ball." Among other insightful and pragmatic offerings, Brene describes how her family gets through difficult times. In any relationship, it's rare that both partners can contribute to its success equally at every moment. In any family system, it's important to acknowledge that individual family members are able to give at their respective capacities at any one time. Brene shares that when she is depleted, sick, or worried, she may only be at "20" out of "100." With some good sleep, healthy food and consistent self-care, there may shortly be a future time when she has a capacity of "75" out of "100." Together, as a family unit, the members pitch in at their respective capacities, and eventually, the contributions add up to a whole. Here's the podcast link: <https://brenebrown.com/podcast/brene-on-comparative-suffering-the-50-50-myth-and-settling-the-ball/>

This week some teachers and support staff will begin to offer in-person learning appointments on our school site. I acknowledge that members of our teaching staff and school community all have mixed feelings about school reopening. Many staff members have their own children home from school. In addition, many members of our team care for our elderly parents, and some of us have personal health conditions that make us vulnerable to getting sick. Not every member of the TPES team has equal capacity to return to onsite instruction. It's important to point out that each of our virtual classrooms is already filled with love, attention and organized, standards-based instruction. It's also worth noting that many of our families do not wish to return to onsite learning, and we are committed to continue providing rigorous instruction and meaningful, timely feedback for those children who are not returning to site.

The Torrey Pines team will continue to work collectively to bring students back onto campus at a rate that is safe and successful for student and staff well-being. Beginning this week, on Tuesdays and Thursdays, we will have small groups of students working with teachers and support staff throughout the afternoon. The teachers and I will continue meeting together to evaluate and refine our safe campus protocols, which we will be sharing with you and publishing on our school website later this week. We also invite you to attend our SGT meeting Thursday morning and/or attend the Cluster meeting Thursday afternoon to learn more about Phase One Reopening at our school and in our local community.

Wishing you the best,
Nona Richard

Read on to learn more about what you need to know for the week:

Thursday, October 15 at 7:15 AM: TPES School Governance Team (SGT)

Be a part of the discussion regarding Phase One Reopening plans, and get updated on all things affecting instructional minutes.

Zoom Link: <https://sandiegounified.zoom.us/j/84187461959>

Thursday, October 15 at 4:15 PM: La Jolla Cluster Meeting

SDUSD Chief Operating Officer, Drew Rowlands, will be a guest at this meeting, answering questions related to HVAC, outdoor classrooms and testing/tracing as we begin onsite learning.

Zoom Link: <https://sandiegounified.zoom.us/j/85312055625>

Tuesday, October 20 at 4:30 PM: La Jolla Cluster Special Education Subcommittee

Mission Statement:

The mission of the La Jolla Cluster Special Education Subcommittee is to provide monthly meetings with stakeholders (parents, teachers, admin, district), communicate with the La Jolla Cluster regarding students with IEPs and 504 plans, as well as advocate on the students' behalf to ensure that they are provided the necessary tools for academic achievement.

Teachers, admin and parents from any of our five schools are encouraged to participate. Our special education population does need a voice in our cluster, especially during distance learning.

Zoom Link: <https://us02web.zoom.us/j/7110696290>

Friday, October 30: Distribution Day

For those families wishing to make ONE trip to school, please come at your oldest student's grade level time. We will have any uncollected materials from earlier in the day available at the last tent. Please note the first tent will now be the Foundation's tent.

The schedule is below:

Grade TK/K:	8:00-9:00
Grade 1:	9:00-10:00
Grade 2:	10:00-11:00
Grade 3:	11:00-12:00
Grade 4:	12:00-1:00
Grade 5:	1:00-2:00

District Notices and Agendas

Please see attached.

Uniform Complaint Procedures Annual Notice 2020-2021

Please see attached. This is also posted in our school office.

English Learner Advisory Council (ELAC) Parent Representative Needed!

If your child is learning English in addition to another primary language, we need you! The school is required to have an active ELAC, or transfer responsibility for the oversight of English learner students to our School Site Council. If you are interested in hearing more, please reach out to Principal Richard at nrichard@sandi.net.

Thank you.

District Advisory Council TPES Parent Representative Needed!

Stay current on all information District-related. This Zoom meeting is held one Wednesday a month, from 6:15-8:30 PM. The next meeting is October 21. See Principal Richard if interested. Flier with dates is attached.

Please Help Address Technology Audio Issues

If your student's device is not functioning, the learning of all children in the Zoom session is impacted. Please reach out to Technology Support for support to ensure high-quality learning for all. If your child has any technology issues, please see this Parent Support Website <http://bit.ly/sdusditsupport> for next steps.

School Pictures

I know parents have reached out to me inquiring about the status of school pictures this year. I am still waiting on a reply from the District.

Information Worth Repeating

Choice Enrollment Window Opens

The Enrollment Options Online Application opened on October 5, 2020 and will close on November 16, 2020. Parents have the opportunity to submit an online Enrollment Options application via the School Choice, Magnet, and Voluntary Enrollment Exchange Program (VEEP), by accessing the district website at https://www.sandiegounified.org/departments/neighborhood_schools_and_enrollment_options/choice_enrollment_guide. The online application is available in English and Spanish and parents may identify up to three (3) schools of Choice. This year, the Enrollment Options guide will be published online in order to assist parents in making informed public school choices. There is no benefit to applying early, but applications must be received between October 5, 2020 and November 16, 2020 to receive priority in the electronic lottery. Applications submitted after November 16, 2020 will be added to the end of the randomized list in time/date order of submission, after the lottery of on time applications is processed.

Choice applications are required for all non-resident pupils wishing to enroll in a school including:

- Incoming younger siblings of currently enrolled Choice pupils
- Pupils who were enrolled as residents and then moved out of a school's area but wish to remain enrolled
- Currently enrolled Choice pupils who originally were accepted as residents of SDUSD, but then moved out of the District boundaries
- Children of employees
- Pupils currently attending a Pre K program at a site that is not their school of residence
- Pupils currently enrolled in Magnet programs who wish to articulate to a similar program at the next level, if it is not located in the same high school cluster as the current school of enrollment

Choice application are not needed for:

- Resident pupils
- Currently enrolled Choice pupils who have not moved out of the district
- Currently enrolled Choice pupils who reside out of district and have valid Interdistrict Attendance Permits on file, and/or are articulating to the next level within a cluster feeder pattern
- Currently enrolled Choice pupils who are preparing to articulate within the high school cluster to the next level school

Please note: Choice priorities expanded in the 2019-20 school year, and include:

- Comprehensive Support and Improvement (residents of identified CSI schools)
- Magnet continuity
- Currently enrolled siblings

- Children of employees
- Pupils enrolled in pre-k programs
- Move/continue (in district)
- Move/continue (out of district)
- Concurrently applying siblings (single site & same cluster)
- New to district residents coming from other school systems

We continue to offer the priority to employees of the district who wish to enroll their child(ren) in a school located in the high school cluster in which they work. Employees must be a minimum of .5 FTE in the cluster of employment.

Shop at Ralphs and Support Our School

It just takes a few minutes to register, so your purchases at Ralphs can directly support our school. During these times, resources are more important than ever! Please see the **attached flier** to learn more.

Kids Body Connection Available on Zoom Every Tuesday and Thursday from 12:30-1:00 PM

Join Zoom Meeting

<https://us04web.zoom.us/j/78838781992?pwd=ampkSIRBMm5oWDFHR01aSGtkTIB4Zz09>

Meeting ID: 788 3878 1992

Passcode: KBC

A balanced body is the key to a balanced life. Teaching kids to connect with their body and breathing unlocks unlimited potential for their future.

About the Program:

Kids Body Connection (KBC) was developed to teach children to learn how to use their body as a tool for everyday life. We start by influencing a Beginner's mind Mindset, open to learn and open to grow. The 15-minute program is designed with four parts.

Part 1: Conscious Body Flow (CBF), where a positive relationship with gravity is developed and simply applied. Good form is a great way to start the day.

Part 2: Conscious Breathing Exercises (CBE). Here we practice two rounds of 20 to 30 breaths with retention. Breathing practices allow children to pause to feel the feelings inside their body, allowing for a greater understanding.

Part 3: Body Connection Exercise (BCE). Here we focus on the 4 Pillars of Fitness: Posture, Flexibility, Balance, and Agility, the most foundational practice for human growth and development for everyday living activities.

Part 4: A Moment of Silence. For three minutes, all children sit together and pause to feel the sensations inside their body; transitioning into a growth mindset, ready to learn.

Kids Body Connection is a golden program designed to elevate human potential from an early age. Imagine if you had learned about your body and how to use it while at school. KBC is changing the way children interact, understand, and act toward themselves and others. Together we can integrate this simple, educational, timeless, and fun program in all schools.

Save the Date for GATE Parents Information Session Monday, October 19 from 300-4:00 PM

Our school psychologist, Eileen McNeil, will join the principal to share information about Gifted and Talented Education (GATE) assessment and instruction at Torrey Pines.

Save the Date for La Jolla Parenting Seminar with Dr. Susan Wais

[Please click this link to register for the first workshop on October 20 from 6:00-7:00 PM.](#)

See the attached flier for more information.

Breakfast and Books

Join Ms. Richard on Tuesdays and Thursdays from 8:00 - 8:30 AM for a read aloud and short chat with students at breakfast time, before the school day begins. Tuesdays will be geared toward a TK-2 audience. Thursdays will be oriented toward grade 3-5 students. Each session has a social-emotional focus.

Zoom link: <https://sandiegounified.zoom.us/j/91548369892>

The password is: **book**

School Site Council and School Governance Team

The next SSC meeting is scheduled for Wednesday, November 4 from 7:45 to 8:24 AM.

The first SGT meeting of the year is being scheduled for Thursday, October 15 from 7:15 to 8:00 AM.

La Jolla Cluster Meetings

Save the dates! These are a great way to hear more about issues that are affecting other SDUSD schools in our La Jolla community. The meeting dates this year are scheduled for 10/15, 11/19, 12/17, 1/21, 2/18, 3/18, 4/15, 5/20. All meetings run from 4:15-5:30 PM.

Technology Support

I apologize for the inconvenience in advance, but we are no longer allowed to exchange non-working Chromebooks for working Chromebooks onsite. If your child has any technology issues, please see this Parent Support Website <http://bit.ly/sdusditsupport> for next steps.

***Don't miss out on important information about TPES! Register on the Foundation page:

<https://www.tpesfoundation.org/register>

Thank you for all you do!

Ms. Richard