

*What the new year brings to you will depend a great deal on what you bring to the new year.*

Vern McLellan

01.03.21

Dear Torrey Pines Community,

Happy New Year! I hope you and your family had an amazing winter holiday, and I am wishing you the very best for 2021.

Just like many of our students, over the winter vacation I enjoyed a much needed respite from computer screens and the kinds of days when I am “Zooming” away, working from home, when I realize, at 5:00 PM, that I haven’t stepped outside all day long.

Instead, over the past two weeks, I indulged in as much yoga, hiking and running, sleeping in, finishing my dissertation (and finding significant results!), bingeing on multiple Podcast series (Ten Percent Happier, Dare to Lead, Life Kit, The Happiness Lab, Tim Ferriss, ATN: Teaching to Thrive), gawking on incredible holiday light displays, watching my parents’ puppies attack their new Roomba, making sushi, spending the day(s) in my pajamas, making plans for summer travels and napping.

I am not one to make New Year’s resolutions, but I know setting goals for the year is common practice. I believe it is important to share with children - and model ourselves - how we can set realistic expectations for daily healthy habits...and then stick with them.

I am sure many of you have already heard about BJ Fogg, a researcher from Stanford, and his work with Tiny Habits! If you haven’t learned about his behavior change systems, you can study more at his website, [tinyhabits.com](https://www.tinyhabits.com). It may also be of interest to review Dr. Fogg’s advice for Tiny Habits during the time of the Coronavirus: <https://www.tinyhabits.com/expert-help>.

Have a wonderful week!

Cheers,  
Ms. Richard

### **Information for Your Review**

#### **New Rotations Begin This Week, January 4!**

Our TK/K and Grade 1 students will begin Spanish lessons. Please look for the new Zoom link from your teacher. Note: Spanish class replaces your child’s music class time for the next 11 weeks.

Grades 2-5: Make sure you have the technology coding link from your child’s teacher. Note that children will need to enter in a password to access the coding program. We may need your support with getting the technology rotation started this week. Note: technology (Coding with Kids) replaces your child’s music class time for the next 11 weeks.

#### **New Science Link!**

Welcome to our new science prep teacher, Rachel Jordan. If you didn't catch the Principal Corner's message before winter break, please find information from her here:

**Dear TPES community,**

Hello, I would like to introduce myself as Ms. Jordan, the new science teacher at Torrey Pines Elementary School! I am so excited to jump into this position and I am looking forward to getting to know the wonderful students and community here.

I have been teaching science and biology for the past two and half years in San Diego schools. Before becoming a teacher, I attended UCSD and earned a B.S in microbiology followed by my Masters of Education.

I'm a San Diego native and love being outside in the sun where I can appreciate nature. I have always had a passion for science which is often reflected in my hobbies. I collect and polish rocks, press flowers from my garden, and enjoy looking at slides of random fridge mold under the microscope just to name a few.

I hope to inspire students to think of science not just as a fun subject but rather a way of being curious about their everyday world. I'm looking forward to an excellent and engaging year of science!

Cheers,

Rachel Jordan



*Ms. Jordan does not receive her District Zoom account until tomorrow, January 4, so please look for the correct Zoom link for all students' science classes coming your way this week from your child's teacher.*

### **We Need Your Input for our Yearbook!**

5 Min Yearbook Survey - Please help the yearbook staff make your 2020-2021 TPES Yearbook great by answering a few short questions. Some yearbook info is given and questions are addressed within the survey (school portraits, distribution, content, etc). Thank you!

<https://www.surveymonkey.com/r/THPVY2X>

### **Order Your Yearbook - and Submit Photos, Too!**

Please see attached flier, and order early for the best price!

### **Mental Health and Wellness Guide**

- ❖ It is always so important to have access to resources, strategies and tools that could continue to nurture the Mental Health and Wellness of our diverse communities.
- ❖ This [resource guide](#) has been compiled by Mental Health Clinicians within the Mental Health Resource Services Department.
  - Resources include: general information for families, knowing signs of stress, mindfulness strategies, calming strategies of self-care for all grade levels and helpful websites.
  - For more information, please contact Yuka Sakamoto at [ysakamoto@sandi.net](mailto:ysakamoto@sandi.net)

### **Student Art and Yearbook**

The yearbook committee is planning on using student art from our online art gallery at [www.artsonia.com](http://www.artsonia.com) in this year's yearbook. If your child's artwork has permission to be shown publicly in the gallery, the art could be featured in the yearbook. If you do not wish for your child's art to be published in the yearbook, you must go to your account and change your privacy settings to 'private'. If you never signed up for the gallery, your child's art is defaulted to be private. If you need assistance with this, please email Jen Syeda at [jsyeda@sandi.net](mailto:jsyeda@sandi.net).

### **Looking for a Microwave (or two) for the Teacher Lounge**

If your family would like to donate a clean, used (or new) microwave to our teacher lounge, please let me know! We painted and upgraded our lounge furniture over the summer, but our microwave is very old. You can help us, please email me at [nrichard@sandi.net](mailto:nrichard@sandi.net).

### **Increasing Exceptional Performance (IEP) Parent Meeting**

Tuesday, Jan. 12th 4:30p.m. on Zoom

This is a meeting for parents with students who have IEPs in the LJ Cluster. Our goal is to meet as a group monthly to help bridge the communication between parents & schools to help meet the needs of our students with IEPs during distance learning.

Join Zoom Meeting

<https://us02web.zoom.us/j/88335008011>

Meeting ID: 883 3500 8011

### **San Diego Tutor Tree**

Check out this website for Tutoring: San Diego Tutor Tree [sandiegotutortree@gmail.com](mailto:sandiegotutortree@gmail.com) I emailed them and it took a few days to hear back from them. This may help with frontloading for the week

### **Check out this Padlet: Student Council Playground**

This is a central place where kids can find links to TPES Padlets and Flipgids, etc. Make sure to check out the great posts of our school community pets!

<https://padlet.com/Wordmaster/playground>

The password is TPES.

### **American Heart Association Challenge**

During the week of January 11, students will learn more about the American Heart Association challenge.

**To find out more, please pre-register your child by downloading the "Kids Heart Challenge" FREE App or type our school name and sign up HERE:** [www.heart.org/khc](http://www.heart.org/khc). Please watch for more information to come!

### **Technology Tips**

To avoid microphone issues, please ensure students are checking Chromebook volume before logging into Zoom. Also, students must login through the District's Clever app. Remember, 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.

### **Calling all Architects!**

Our TPES community is looking for an architect who would be willing to help us develop a plan for a permanent shade structure for one of our school playground areas. If you or anyone you know might be willing to donate their time or work for a reduced fee for this project, please contact: Susy Kim

(susymkim@gmail.com) or Arash Izadpanah ([arashderm@gmail.com](mailto:arashderm@gmail.com)).

### **District Notices and Agendas**

Please see attached.

### **Information Worth Repeating:**

#### **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

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

*Looking to add some mindfulness and mid-day centering to your week? KBC is still going strong. Please join Ms. Juju. We think you will feel energized and motivated!*

Join Zoom Meeting

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

Meeting ID: 788 3878 1992

Passcode: KBC

#### **Design For Safety**

We continue to look for a core group of parents who can invest their time in creating more safe and walkable pathways to and from the TPES campus. Please review the attached examples of exemplar projects. The team will begin the process by conducting a review of existing pathways and applying for grant funding. Please reach out to Michelle Woodhouse if you are interested in learning more.

#### **Our School's Telephone Number is Changing**

We are wrapping up our technology upgrades. The school's phone number has changed! Remember that at this time staff are working from home and are unable to answer the phone. Please continue to email office staff and teachers.

The new phone number is 619 605 3700.

Our old phone number, 858 453 2323, will continue to forward to our new line until May 2020.

#### **School Site Council and School Governance Team**

The next SSC meeting is scheduled for Wednesday, January 6 from 7:45 to 8:25 AM.

Zoom Link: <https://sandiegounified.zoom.us/j/82705330996>

The next SGT meeting is scheduled for Thursday, January 14 from 7:15 to 8:00 AM.

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

#### **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 for the 2021 are scheduled for 1/21, 2/18, 3/18, 4/15, 5/20. All meetings run from 4:15-5:30 PM.

Cluster Meeting Zoom Link: <https://sandiegounified.zoom.us/j/82879953442>

***Thank you for being an important part of our school!***