

11.07.2020

Move a muscle. Change a thought.

Carl Tuchy Palmieri

Dear Torrey Pines Families,

I hope you are enjoying this beautiful fall weekend! I wanted to share this delightful link I discovered mid-week: Window Swap: <https://www.window-swap.com>

Need a change in perspective? Just check out the view from somewhere else in the world.

This week I am remembering that whether it's finally going for the jog I have been putting off; physically relocating where in the house, office or school I am working; or visualizing how a situation might appear from another person's point of view, it's when I take action that I get the shift I need.

It's great to remind our students of this adage, too. One afternoon this week I met with a fifth-grader who shared just how lonely and sad he is feeling "Zooming" all day in his bedroom. I was reminded of how hard it is for children to not be receiving the ordinary movement and connections they need. Managing our feelings, while working in relative physical isolation, is a challenge for everyone, adults and kids alike.

But I also remain confident that our TPES community can successfully navigate through this season. Together, let's continue to put all of our tools to use - without waiting until we "feel" like doing so!

In partnership,
Ms. Richard

Read on to learn more about what you need to know:

No School Wednesday

Remember, there is no school Wednesday, November 11, in honor of Veterans Day.

Federal Impact Aid Survey Card

The Federal Impact Aid Survey cards have been mailed out. You should receive one for every student. It's important to complete the survey for each student and **return it in the postage paid envelope** that's included with the survey. *Please do not return it to the TPES office.* Please return it by November 13, 2020.

Shop at Ralphs? Please Register to Help Our School Earn Money (and tell your friends)

<https://www.ralphs.com/i/community/community-contribution-program>

Muirlands Middle School Tours for Incoming Sixth Graders

Fifth-grade parents, please register for an upcoming tour:

<https://sites.google.com/a/sandi.net/muirlands-counseling/virtual-parent-tours-for-future-muirlands-students>

Choice Window Remains Open Through November 16

Click this link for more information: [2021-22 School Choice Application Window](#)

Consider Creative and Performing Arts Middle School

San Diego Unified 5th graders can pursue their passion for the arts at one of two different arts magnet middle schools. [San Diego School of Creative and Performing Arts](#) serves grade 6-12 and [Creative, Performing and Media Arts Magnet Middle School](#) serves grades 6-8. The choice application window is open now through **November 16, 2020**. Interested students and families should read this [letter from VAPA Director Russ Sperling](#).

Parent Learning Session Monday, November 9 from 5:30-6:30 PM

Families can learn about "The Basics" Navigating Online Learning from Home. This presentation is created from the authors of *The Distance Learning Playbook for Parents*, Rosalinda Wisemann, Doug Fisher, Nancy Frey, and John Hattie. See link below:

<https://docs.google.com/presentation/d/1j6ODwS8wcVhhDPjB63dmGECR16TLX0vOLQYS5skQsmc/edit?usp=sharing>

Food Services: Food Available at Grab and Go Locations During the Week of 11/9-11/19

*Please click the link above for more information!

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

Due to a Principal Training, Breakfast and Books will be canceled on Tuesday, November 10.

On Thursday, November 12, all grade levels are welcome to Breakfast and Books focused on the Thanksgiving theme!

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**

Nutcracker Virtual Performance

Consider registering for a virtual Nutcracker ballet this year: <https://www.powayonstage.org/event/SCB-Nutcracker/>

District Notices and Agendas

Please see attached.

Information Worth Repeating

Parent Learning Menu

Please explore these modules to help support students during online learning.

<https://docs.google.com/presentation/d/e/2PACX->

[1vQMabeh2IgzobmfAFn63HszcoZuEcM2xzH7TshabnOjDeAgUvieXMn-SFeQ0MTRIUPgDYcjWkvdxZw-/pub?start=false&loop=false&delayms=3000&slide=id.g8e52ad2b0f_0_0](https://docs.google.com/presentation/d/e/2PACX-1vQMabeh2IgzobmfAFn63HszcoZuEcM2xzH7TshabnOjDeAgUvieXMn-SFeQ0MTRIUPgDYcjWkvdxZw-/pub?start=false&loop=false&delayms=3000&slide=id.g8e52ad2b0f_0_0)

Free Flu Shots

<https://drive.google.com/file/d/1zlvCse9ROweqJ-3m6SgORM7-2NMx-EDF/view>

Fence

As part of our increased security plan, you will notice that the ten-foot fence is being erected along the perimeter of our campus and is expected to be completed by the new year. Please let us know if you have any questions.

La Jolla Resilience Parenting Workshop Series

Our final workshop is this Tuesday. Please join us for an informative night!

Tuesday, November 10

6:00-7:00 PM

Here is the Zoom link for all workshops: <https://sandiegounified.zoom.us/j/83209720154>

Parent Teacher Conferences

There will be no Phase One instruction during the week of November 16. In addition, there will be no rotations during the week of November 16. Enjoy conferences with teachers!

Mark Your Calendar! Upcoming November and December Dates

Wednesday, November 11	No School Veterans Day
Monday, November 16 - Friday, November 20	Parent-Teacher Conferences, Minimum Days
Monday, November 23 - Friday, November 27	Thanksgiving Holiday, No School
Monday, November 30	School Resumes
Friday, December 11	Distribution Day
Monday, December 21 - Friday, January 1	Winter Holiday, No School
Monday, January 4	School Resumes

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.

School Office Open Wednesdays 9 AM-12 PM (phones not answered)

Please continue to email office staff. We are still unable to answer phone calls.

Maureen Olsker: substitute ESA - molsker@sandi.net

Jill Pallulat: enrollment clerk - jpallulat@sandi.net

Anna Czajkowski: attendance assistant - aczajkowski@sandi.net

Nona Richard: principal - nrichard@sandi.net

School Site Council and School Governance Team

**Agendas posted on our school website 72 hours in advance*

**Please keep your video on and/or identify yourself by name on your Zoom square.*

The next SSC meeting is scheduled for Wednesday, December 2 from 7:45 to 8:24 AM.

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

The next SGT meeting is scheduled for Thursday, November 12 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 this year are scheduled for 11/19, 12/17, 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>

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

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

***We are thankful you are part of our outstanding Torrey Pines community! Stay safe! Stay healthy!
Have a great week!***