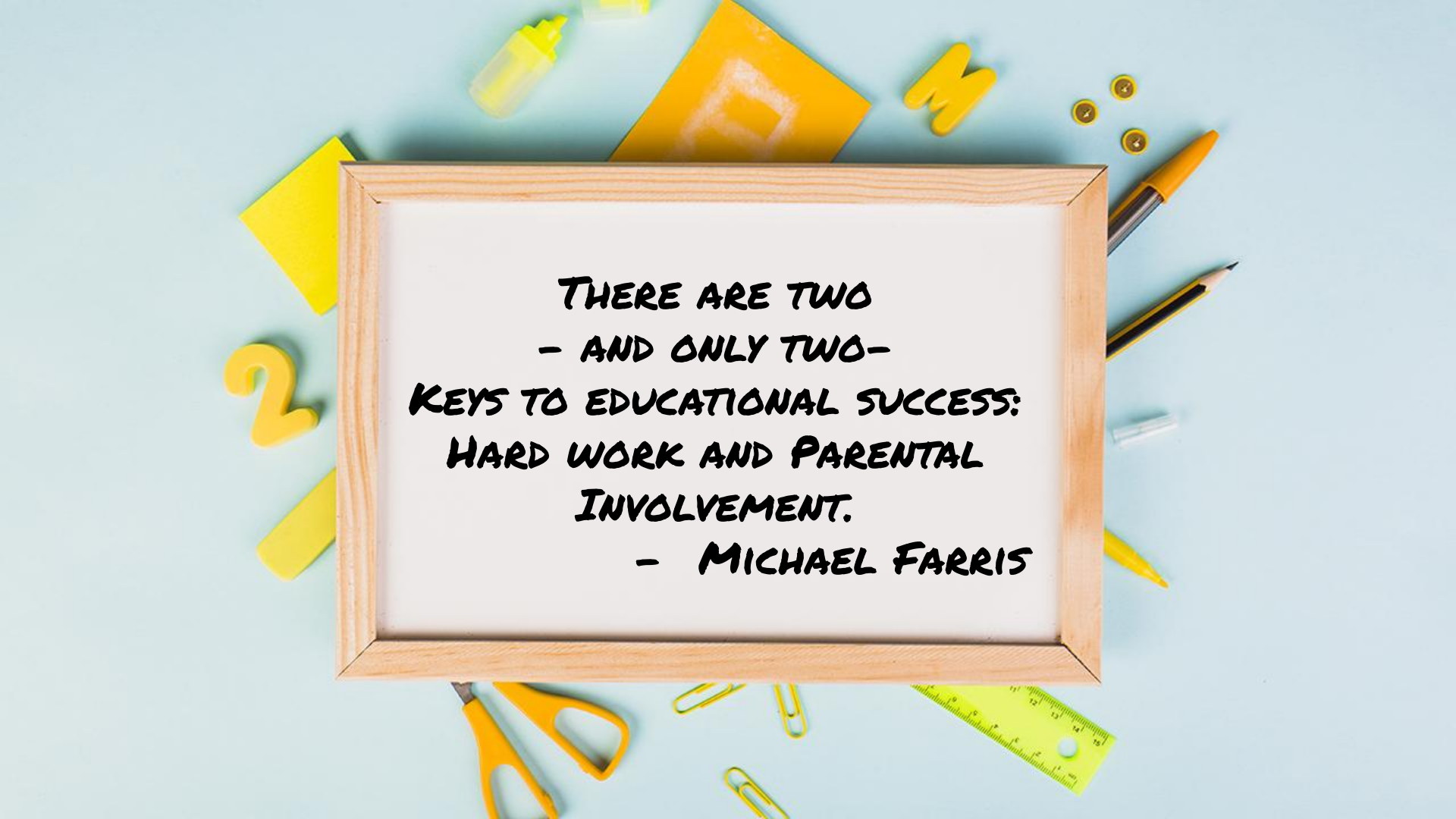
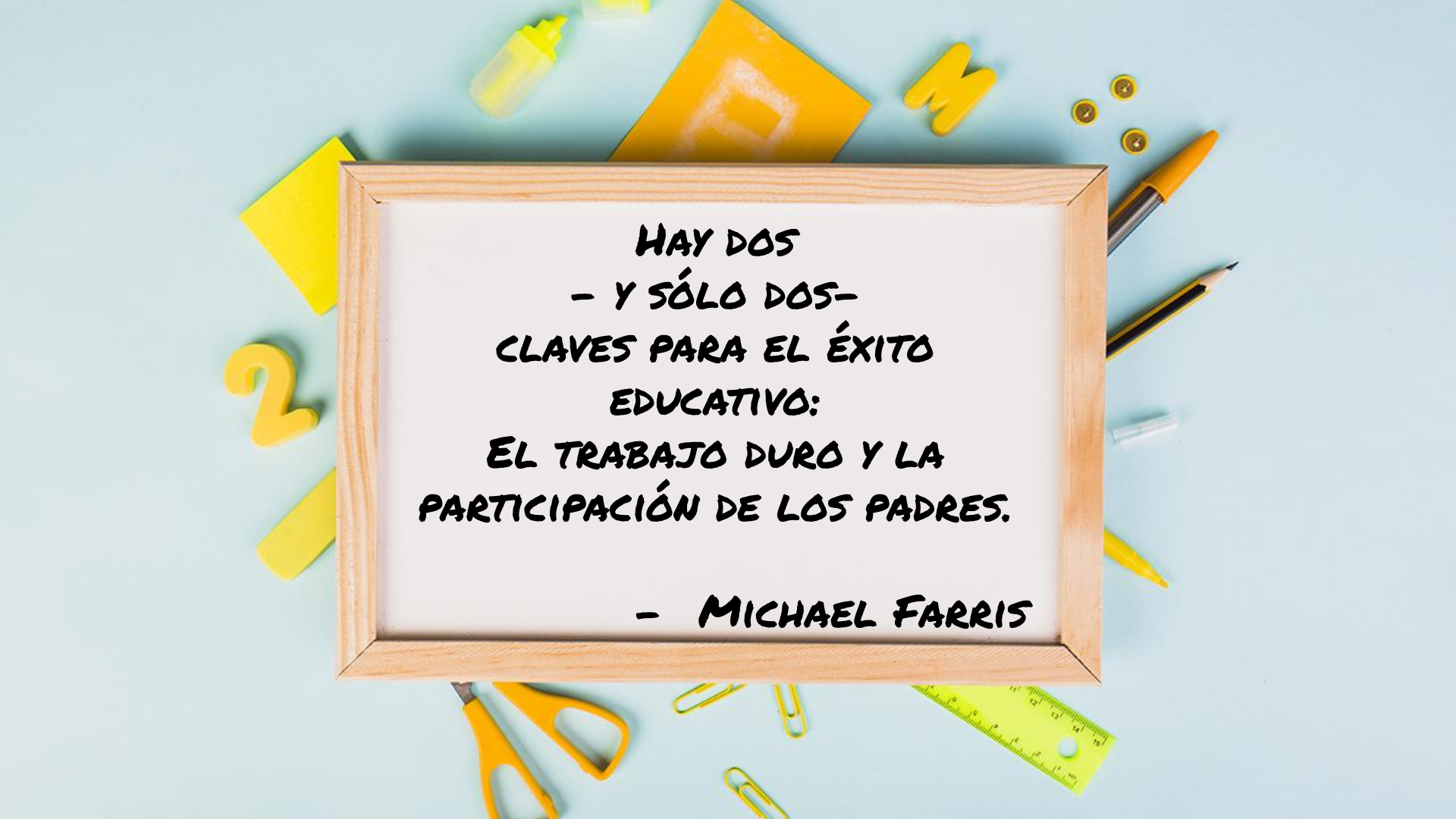


Thank you for being here!  
*¡Gracias por estar aquí!*



**THERE ARE TWO  
- AND ONLY TWO -  
KEYS TO EDUCATIONAL SUCCESS:  
HARD WORK AND PARENTAL  
INVOLVEMENT.  
- MICHAEL FARRIS**



**HAY DOS  
- Y SÓLO DOS-  
CLAVES PARA EL ÉXITO  
EDUCATIVO:  
EL TRABAJO DURO Y LA  
PARTICIPACIÓN DE LOS PADRES.**

**- MICHAEL FARRIS**

**VDM Principal / Directora de VDM**

**Irene Herrera-Cevallos**

**(619) 453-9125**

**[irene.herrera-cevallos@sysdschool.org](mailto:irene.herrera-cevallos@sysdschool.org)**





# My Family / Mi familia



**SAN YSIDRO  
HEALTH**



**UCSF** Medical  
Education  
School of Medicine



Married 29 years to Dr. James Cevallos,  
with 3 great kids  
James Anthony, 25, Nicolas 23, and Teresa 21.

Berkeley **UCSF**  
Joint Medical Program



# **ORIENTATION**

## **Counselor**



**Ms. Garcia**  
**Counselor**

# GRADE POINT AVERAGE CALCULATION



## Each grade equals points

- A=4 points
- B=3 points
- C=2 points
- D=1 points
- F=0 points

## To calculate the average

- Add up all the earned points and divide by the number of classes taken.
- Example:
- 6 A's =24 points
- $24 \text{ points} / 6 \text{ classes} = 4.0$
- GPA=4.0



**SAN YSIDRO SCHOOL DISTRICT  
VISTA DEL MAR MIDDLE SCHOOL  
PROMOTION REQUIREMENTS**

**PROMOTION/ ATTENDANCE CERTIFICATE**

PROMOTION

- Attendance: 90%+ percent of enrollment
- 21-24 Semester Credits
- Grade Point Average of 1.5+

ATTENDANCE

- Attendance: 90% percent of enrollment (More than 18 days missed)
- 21 Semester Credits (Not more than 3 Failed classes)
- Grade Point Average below 1.5

- Requirements begin in 7<sup>th</sup> Grade.
- At the end of 8<sup>th</sup> Grade students will receive either a Promotion or Attendance Certificate.

# VDM NORMS



**Assume positive intent**

**Be truthful and speak up**

**Keep it student focused**

**Begin and end on time**

**Address conflict head on**

**Treat everyone with dignity and respect**

# VDM MISSION STATEMENT

Vista Del Mar Middle School provides students the opportunity to achieve, contribute and strive for excellence.



# LA DECLARACIÓN DE LA MISIÓN DE VDM

La escuela de Vista Del Mar proporciona a los estudiantes la oportunidad de lograr, aportar y esforzarse por la excelencia.



# VDM VISION STATEMENT



The vision of Vista Del Mar Middle School is to ensure a safe, supportive environment so that all students can reach their full potential. We are committed to providing a rigorous standards-based instructional program that engages students and prepares them to be successful in the path for college and career readiness for the 21<sup>st</sup> century.

# LA DECLARACIÓN DE LA VISIÓN DE VDM



La visión de Vista Del Mar es asegurar un ambiente seguro y de apoyo para que todos los estudiantes puedan alcanzar su máximo potencial. Estamos comprometidos a proporcionar un programa de instrucción riguroso basado en los estándares que involucra a los estudiantes y los prepara para tener éxito en el camino de la universidad y la preparación profesional para el siglo 21.

# REGISTRATION

Online Registration / Inscripción en línea



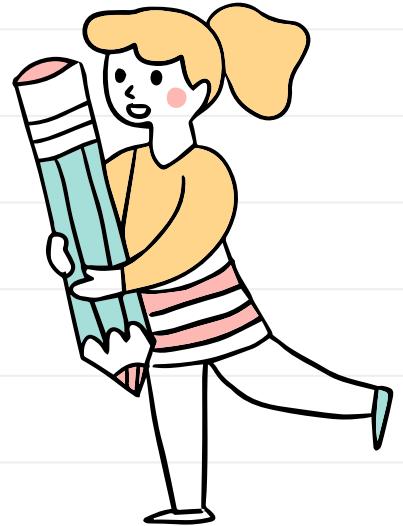
2021-2022 School Year



# OFFICE HOURS



**Monday thru Friday  
7:30 to 3:30 pm**



Cristina d'Oleire

**Administrative Assistant**

[cristina.doleire@sysdschools.org](mailto:cristina.doleire@sysdschools.org)

(619) 661-6753 ext. 3997

Dolores Preciado

**Administrative Clerk**

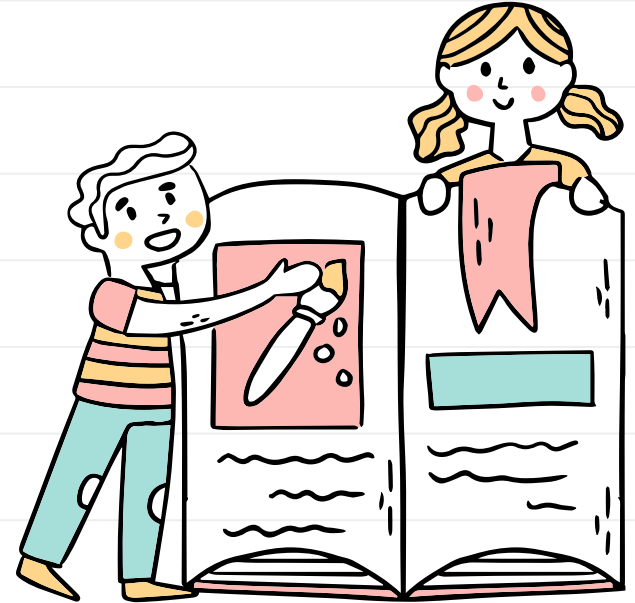
[dolores.preciado@sysdschool.org](mailto:dolores.preciado@sysdschool.org)

(619) 661-6753 ext. 3995

Nirvana Bustos

**Outreach Consultant**

[nirvana.bustos@sysdschools.org](mailto:nirvana.bustos@sysdschools.org)

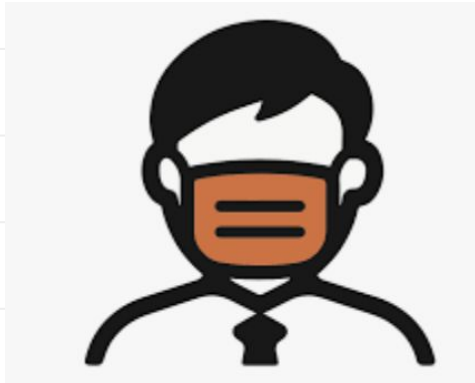


# COVID-19 Safety Plan (CSP)



- Face Coverings
  - Indoors @ Schools
  - Outdoors - not required
- Hand washing hygiene
- Using updated Quarantine School Guidance
- Symptomatic Testing Required; Asymptomatic Testing optional unless an unvaccinated close contact
- Ventilation air filtration
- No temperature checks necessary
- Visitors on campus cannot go into classrooms at this time.

## Plan de seguridad COVID-19



- Mascarilla en el interior de la escuela  
- Al exterior - no es obligatorio
- El lavado de manos
- Uso de la Guía Escolar de Cuarentena actualizada
- Prueba sintomática requerida; prueba asintomática opcional a menos que sea un contacto cercano no vacunado
- Filtración del aire de ventilación
- No son necesarios los chequeos de temperatura
- Los visitantes del campus no pueden entrar en las aulas en este momento

## Home Self Screenings

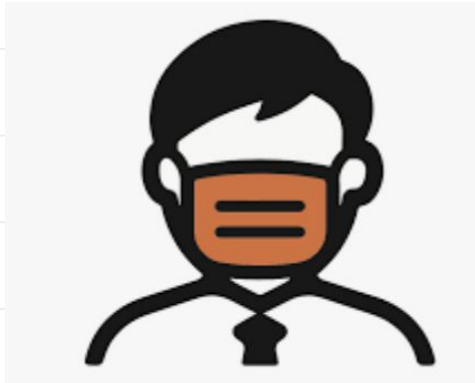
### COVID-19 Safety Plan (CSP)



- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Home Self Screenings

### Plan de seguridad COVID-19



- Fiebre o escalofríos
- Tos
- Dificultad para respirar (sentir que le falta el aire)
- Fatiga
- Dolores musculares y corporales
- Dolor de cabeza
- Pérdida reciente del olfato o el gusto
- Dolor de garganta
- Congestión o moqueo
- Náuseas o vómitos
- Diarrea

# ATTENDANCE

Middle School begins promptly at 8:00 AM

First week of school July 26th to 30th -  
Minimum Days. Dismissal is at 12:45 pm



# DROP OFF PROCEDURES

Please use the drop off area in front of the school. Pull up to the front of the drop off area.



# Student Schedule

## Semester 1

### 2021/2022

	<b>7th Grade</b> Monday thru Thursday <b>Regular Schedule</b>	<b>8th Grade</b> Monday thru Thursday <b>Regular Schedule</b>		<b>7th Grade</b> <b>Minimum Days</b> Schedule & Fridays	<b>8th Grade</b> <b>Minimum Days</b> Schedule & Fridays
<b>7:30-7:55 am</b> 25 Min	Breakfast	Breakfast		Breakfast	Breakfast
<b>8:00 – 8:53 am</b> 53 min	<b>Period 1</b>	<b>Period 1</b>	<b>8:00 – 8:38 am</b> 38 min	<b>Period 1</b>	<b>Period 1</b>
<b>8:56-9:49 am</b> 53 Min	<b>Period 2</b>	<b>Period 2</b>	<b>8:41 – 9:19 am</b> 38 min	<b>Period 2</b>	<b>Period 2</b>
<b>9:52-10:45 am</b> 53 min	<b>Period 3</b>	<b>Period 3</b>	<b>9:22 – 10:00 am</b> 38 min	<b>Period 3</b>	<b>Period 3`</b>
	<b>Lunch</b> <b>10:45-11:30 am</b> 45 min	<b>Period 4</b> <b>10:48-11:41 am</b> 53 min		<b>Lunch</b> <b>10:00-10:45 am</b> 45 min	<b>Period 4</b> <b>10:03-10:40 am</b> 37 min
	<b>Period 4</b> <b>11:33-12:26 pm</b> 53 min	<b>Lunch</b> <b>11:41-12:26 pm</b> 45 min		<b>Period 4</b> <b>10:48-11:25 am</b> 37 min	<b>Lunch</b> <b>10:40-11:25 am</b> 45 min
<b>12:29-1:22 pm</b> 53 min	<b>Period 5</b>	<b>Period 5</b>	<b>11:28-12:05 pm</b> 37 min	<b>Period 5</b>	<b>Period 5</b>
<b>1:25-2:19 pm</b> 54 min	<b>Period 6</b>	<b>Period 6</b>	<b>12:08-12:45 pm</b> 37 min	<b>Period 6</b>	<b>Period 6</b>

# ParentVUE

Web portal where families can view their student's school information

- School site information and contacts
- Class Schedule
- Course History
- Student ID
- Student's Google account is StudentID@sysdschools.org
- parentvue.sysdschools.org
- Login credentials are the same as online registration
- itsupport@sysdschools.org or (619) 454-0897

# ParentVUE

Portal web en el que las familias pueden ver la información escolar de sus alumnos

- La información y contactos de la escuela
- Horario de clases
- Historial de cursos
- Identificación del estudiante
- La cuenta de Google del estudiante es StudentID@sysdschools.org
- parentvue.sysdschools.org
- Las credenciales de inicio de sesión son las mismas que las del registro en línea
- itsupport@sysdschools.org o (619) 454-0897

# School Changes

[https://synergy.sysd.k12.ca.us/production/PXP2\\_Login.aspx](https://synergy.sysd.k12.ca.us/production/PXP2_Login.aspx)

## ParentVUE and StudentVUE Access



I am a parent >



I am a student >

# Schedule Changes

No schedule changes the first two weeks of school.



## Schedule Change Request Form

Date received in the office: _____
Office Staff Initials: _____

All requests for schedule changes must use this form. Schedule changes are subject to class availability. Since some changes require the shifting of other classes it may not be possible to grant the request due to conflicts and/or class size.

Student's Name: \_\_\_\_\_ Date of Request: \_\_\_\_\_

Grade: \_\_\_\_\_ Perm ID: \_\_\_\_\_

Requested by:

\*Student  Parent  Teacher  Admin  Other \_\_\_\_\_

Class to Drop: \_\_\_\_\_ Period: \_\_\_\_\_ Teacher: \_\_\_\_\_

Class to Add: \_\_\_\_\_ Period: \_\_\_\_\_ Teacher: \_\_\_\_\_

Reason for Request (Use the back if you need more space): \_\_\_\_\_

Name (completing request/please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Guardian approval and signature: \_\_\_\_\_

(\*Required for Student requests)

\*\*\*\*\*FOR OFFICE USE ONLY\*\*\*\*\*

Date of Action: \_\_\_\_\_

Approved

Denied

Reason: \_\_\_\_\_

Signature of Site Administrator \_\_\_\_\_

Parent was notified:  Call  Met with parent

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Notified by: \_\_\_\_\_

# BUS ROUTES



- 3 week grace period to to get bus pass. Application and photo must be submitted to transportation.
- [Application Link](#) send to [johanna.velasco@sysdschools.org](mailto:johanna.velasco@sysdschools.org) with facial photo or (619) 428-4476 Extension 3058
- Routes:
  - 7:05 am- Crescent Bay/ Otay Mesa Rd
  - 7:10 am-Caliente Ave/ Airway Rd
  - 7:20 am-1036 Denney Rd
  - 7:25 am-Riviera Shores/ Del Sol Blvd
  - 7:30 am-Lyndhurst/ Ebbtide Way
  - 7:40 am-Drop Off at Vista Del Mar School



# RUTAS DE BUS



- Período de gracia de 3 semanas para obtener el pase de bus. La solicitud y la foto deben ser entregadas a transporte
- [Enlace de la solicitud](#) enviar a [johanna.velasco@sysdschools.org](mailto:johanna.velasco@sysdschools.org) con foto de la cara
- Rutas:
  - 7:05 am- Crescent Bay/ Otay Mesa Rd
  - 7:10 am-Caliente Ave/ Airway Rd
  - 7:20 am-1036 Dennery Rd
  - 7:25 am-Riviera Shores/ Del Sol Blvd
  - 7:30 am-Lyndhurst/ Ebbtide Way
  - 7:40 am-Llegar a Vista Del Mar

# PARENT INVOLVEMENT

- Back to School Night, August 19th at 4 pm. Format TBD
- Coffee with the Principal, Monthly
- Become a member of:
  - School Site Council
  - English Language Advisory Committee
  - District Language Advisory Representative



# PARENT INVOLVEMENT

Parent Institute of Quality Education (PIQE)



# Uniforms

- Required in all SYSD schools;
  - Grace Period: **July 26 - Aug 13 to allow families sufficient time to purchase uniforms.** T
- If your family needs support for school uniforms, please contact our Student and Family Services Manager, Veronica Medina at (619) 428-4476 x3083 or [veronica.medina@sysdschools.org](mailto:veronica.medina@sysdschools.org)

# Uniformes

- Obligatorio en todas las escuelas del SYSD;
  - Período de gracia: **el 26 de Julio al 13 de Agosto** *para que las familias tengan tiempo suficiente para comprar los uniformes.*
- Si su familia necesita ayuda para los uniformes escolares, póngase en contacto con nuestra Directora de Servicios Estudiantiles y Familiares, Verónica Medina, en (619) 428-4476 x3083 o [veronica.medina@sysdschools.org](mailto:veronica.medina@sysdschools.org)



## Uniforms at Vista Del Mar Middle School

### The following uniform attire is acceptable:

Navy blue, light blue, or white polo collared shirt (short or long sleeves with a collar).

Pants, skirts, shorts, skorts, or jumpers must be uniform style and color (Navy blue or Khaki).



### The following items are not considered uniform and are not allowed:

Spaghetti straps, crop tops, any color Jeans, torn jeans, sweat pants, stretch pants or leggings, spandex, baggy pants, bell-bottoms, carpenter or cargo styles, hiphuggers, side knee pockets (No emblems, logos, or decorations are allowed), Adidas joggers.



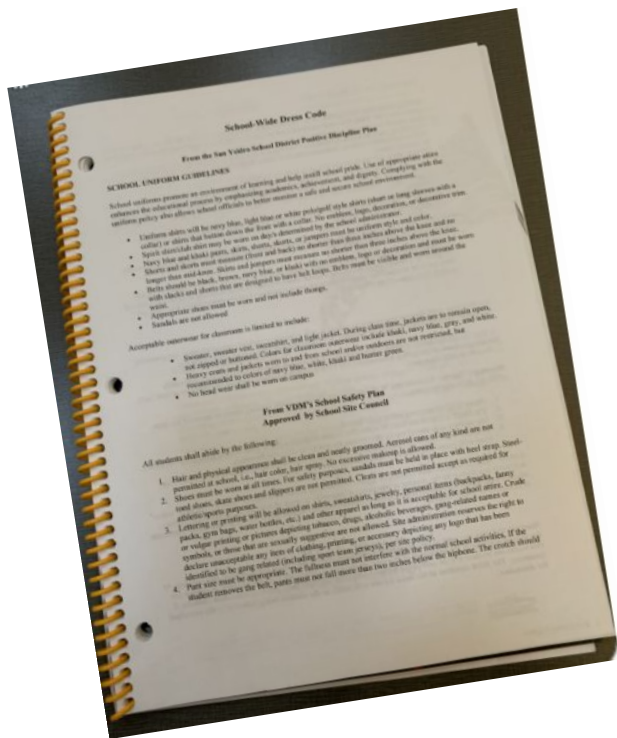
Shorts and skorts must measure (front and back) no shorter than three inches above the knee and no longer than mid-knee.

Skirts and jumpers must measure no shorter than three inches above the knee.

**NO** head wear shall be worn on campus (ex. Do-rag, hats).

\*\*\*For further information regarding uniforms, please see the office for a detailed version\*\*\*

# VDM DRESS CODE



Information found in the planner and on our school website. Please review with your child.

# PE UNIFORMS

- ❑ PE Uniform Sales TBD
- ❑ 1st week are minimum days - students do not need PE clothes.
- ❑ Combination locks are provided by school

## Coach Herrera

- Navy Blue Shorts
- Gray Shirt

## Coach Pitts

- Navy Blue or Black Shorts or Sweats
- Gray or Navy Blue Shirt



# UNIFORMES DE EDUCACIÓN FÍSICA

- ❑ Venta de uniformes de Educación Física (está por determinar)
- ❑ Todos los días de la primera semana son de horario reducido- los estudiantes no necesitan uniformes de educación física.
- ❑ Las cerraduras con combinación son proporcionadas por la escuela.

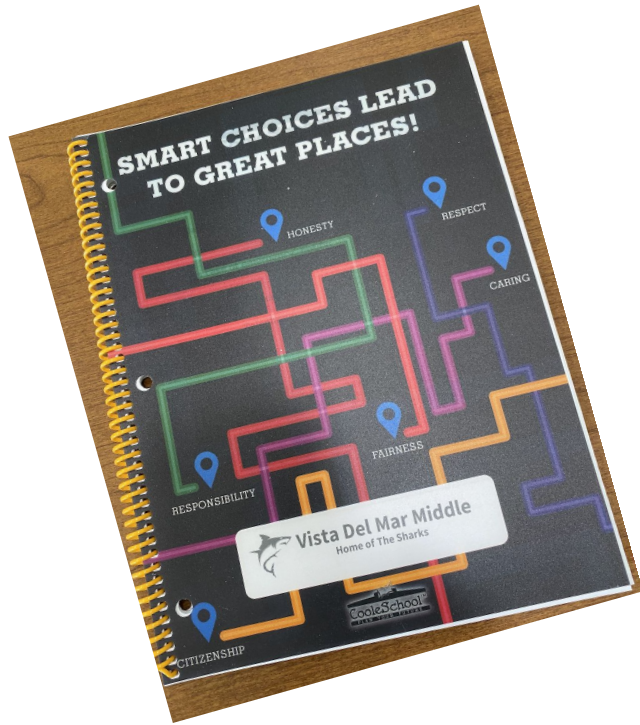
## Coach Herrera

- Pantalones cortos azul marino
- Camisa gris

## Coach Pitts

- Pantalones cortos o pantalones de chándal - azules marinos o negros
- Camisa gris o azul marino

# Planners, Textbooks & Chromebooks



Distributed at school

# OUR VDM SCHOOL RULES

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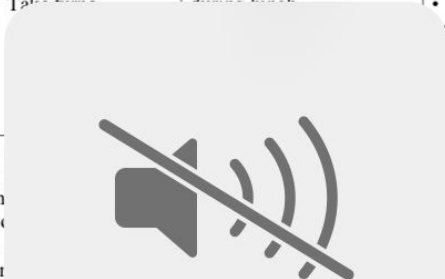
**B  
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## VDM SCHOOL RULES

- **Be Respectful** – relates to compliance to teacher requests and positive peer and adult relationships.
- **Be Responsible** – addresses school efforts, such as being ready for class, completing work, and keeping the school and classroom clean and orderly.
- **Be Safe** – implies a feeling of social, emotional, and physical safety and creates a feeling of belonging.

**All expectations must be regularly taught and reviewed.**

Common Area	Be Respectful!	Be Responsible!	Be Safe!
<b>Cafeteria</b> 	<ul style="list-style-type: none"> <li>• Allow anyone to sit next to you.</li> <li>• Use quiet voices.</li> <li>• Follow adult directions, the first time given.</li> </ul>	<ul style="list-style-type: none"> <li>• Pick up after yourself-around the tray and underneath the table.</li> <li>• Raise your hand to throw trash away or to go to the bathroom.</li> <li>• Get all utensils, milk, etc. when first going through the line.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep food to yourself.</li> <li>• Sit with feet on the floor, bottom on bench, and facing table.</li> </ul>
<b>Blacktop and Field</b> 	<ul style="list-style-type: none"> <li>• Play fairly.</li> <li>• Include everyone.</li> <li>• Take turns.</li> </ul>	<ul style="list-style-type: none"> <li>• Use only restrooms located by the cafeteria during lunch.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk to and from blacktop and field.</li> <li>• Be aware of activities and games around you. Eat in designated areas. Keep your food to yourself.</li> </ul>
<b>Passing Areas</b> 	<ul style="list-style-type: none"> <li>• Stay on the right side of the hallway.</li> <li>• Walk at all times.</li> <li>• Wait for the class to enter/exit.</li> </ul>		<ul style="list-style-type: none"> <li>• Stay on the right side.</li> <li>• Walk at all times.</li> <li>• Wait for the class to enter/exit.</li> </ul>



## **BULLYING: WHAT IS IT?**

Bullying is the use of aggression with the intention of hurting another person. It can include:

- Physical violence and attacks
  - Verbal taunts, name-calling, put-downs
  - Threats and intimidation
  - Stealing of money and possessions
  - Exclusion from peer group
-



## BULLYING: QUE ES?

'Bullying' es el uso de la agresión con la intención de hacer daño a otra persona.

Puede incluir:

- Violencia física y agresiones
  - Burlas verbales e insultos
  - Amenazas e intimidación
  - Robo de dinero y posesiones
  - Exclusión del grupo de compañeros
-



## **BULLYING**

The intent is to harm. The bullying is done to hurt or harm.

The behavior is repetitive. Bullying is generally a repeated action, but can sometimes be a single incident.

There is an imbalance of power. The notion that the powerful have the right to intimidate the powerless.



## **BULLYING**

La intención es hacer daño. El bullying se hace para herir o dañar.

El comportamiento es repetitivo. El bullying es generalmente una acción repetida, pero a veces puede ser un solo incidente.

Hay un desequilibrio de poder. La noción de que los poderosos tienen derecho a intimidar a los impotentes.





## **BULLYING VS. CHILDHOOD CONFLICTS**

The act is committed by one or more people against another. Bullying can be done by a single person or by a group.

There is real or perceived imbalance of power. A child without power cannot bully.

Power is defined as:

- Intimidation
- Physical strength or
- Social status

**PLEASE STOP  
BULLYING NOW!**

**STAND UP &  
SPEAK OUT**



# BULLYING

- El acto es perpetrado por una o más personas contra otra. El bullying puede ser realizado por una sola persona o por un grupo.
- Hay un desequilibrio de poder real o percibido. Un niño sin poder no puede hacer bullying.
- El poder se define como:
  - Intimidación
  - La fuerza física o
  - Estatus social



Q+A



**THANK YOU FOR  
ATTENDING! /  
¡GRACIAS POR  
ASISTIR!**



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