



San Ysidro

School District

EST - 1887

QUALITY EDUCATION AND OPPORTUNITY FOR ALL STUDENTS TO SUCCEED

District Highlights

Week of August 11, 2023



SUPERINTENDENT

Gina Potter, Ed.D.

WELCOME NEW DIRECTOR OF EARLY CHILDHOOD EDUCATION:

JULIE PRETZER

SYSD would like to give a special welcome to Julie Pretzer, who has been hired as our new Director of Early Childhood Education. Julie's wealth of experience includes over 20 years of classroom teaching experience, including 5 years in preschool and 16 years as a Transitional Kindergarten/Kindergarten teacher. She has also been a part time Adjunct Professor at Southwestern College. We are delighted to have Mrs. Pretzer join our outstanding management team.



BACK TO SCHOOL NIGHT SCHEDULE

Day/Date	School	Start/End Time with Detailed Schedule
Thursday, August 17, 2023	Sunset Preschool	4:00-5:30 pm
Thursday, August 17, 2023	Sunset Elementary School	4:00 - 4:30 Principal Welcome and Presentation 4:30 - 5:30 Classroom Visits
Wednesday, August 23, 2023	Smythe Elementary School	4:15 - 4:30 Principal Welcome and Presentation in Cafeteria 4:30 - 5:30 Classroom Visits
Thursday, August 24, 2023	La Mirada Elementary School	3:30 - 4:00 Principal Welcome and Presentation 4:00-5:00 Classroom Visitation
Thursday, August 24, 2023	Willow Elementary School	4:00 - 4:30 Principal Welcome Presentation 4:30 - 5:30 Classroom Visits
Friday, August 25, 2023	Ocean View Hills Elementary	2:00 - 2:30 Principal Welcome and Presentation 2:30 - 4:30 Classroom Visits
Thursday, August 31, 2023	Vista Del Mar Middle School	4:30-5:00 pm - Principal Welcome and Presentation 5:00-6:30 pm Classroom Visits
Thursday, August 31, 2023	San Ysidro Middle School	4:30-5:00 pm - Principal Welcome and Presentation 5:00-6:00 pm Classroom Visits
TBA	Ocean View Hills Preschool	To be announced
Wednesday, August 30, 2023	Child Development Center	4:00-5:30 pm

UPCOMING DATES

EVENT	DATE/TIME	LOCATION
Labor Day Holiday	Monday, September 4, 2023	No school & District office closed
Fall Break	September 25, 2023 thru Monday, October 9, 2023	No School
First Day back from Fall Break	Tuesday, October 10, 2023	All students return to school

SPECIAL EDUCATION DEPARTMENT TRAINING

On Wednesday, August 9th, our Special Education Department provided a training session to new staff including teachers, speech and language therapists, and school psychologists on best practices.



MENTAL HEALTH RESOURCES POSTERS ARE COMING SOON TO ALL OF OUR SCHOOLS!

New mental health resource posters will soon be placed in areas of high visibility to our students, parents, and staff in all of our San Ysidro School District school premises, Administration Offices, and our San Ysidro School District Office. The posters are available in both English and Spanish. There are two versions for each language, one for our Middle School students and another for our Elementary School students. The content is written with a different choice of words, according to age appropriateness and neurological development.



MENTAL HEALTH RESOURCES





WHAT IS MENTAL HEALTH?

- It is a part of **all of us**
- Includes our emotional, psychological, and social well-being
- Affects how we think, feel and act
- Affects our physical health
- Important at every stage of life!



HOW DO WE TAKE CARE OF OUR MENTAL HEALTH?

- Connecting with others
- Learning about social-emotional skills
- Sleeping and eating well
- Physical activity
- Having fun
- Talking to a counselor/therapist



HOW DO I KNOW IF I NEED SUPPORT?

- Sleeping a lot or not enough
- Over/under eating
- Feeling sad, nervous or mad most of the time
- Wanting to be alone for long periods of time
- Lack of motivation and interest in things that used to be enjoyable
- Using drugs or alcohol
- Having thoughts of harming yourself or others



WHERE CAN I GET HELP AT SCHOOL?

- School Social Worker/Therapist
- School Psychologist
- Any Trusted Adult



WHERE CAN I GET HELP IN MY COMMUNITY?

- San Diego Access and Crisis Line
◦ 888-724-7240
- National Suicide Prevention Hotline
◦ 988
- The Trevor Project Lifeline
◦ 866-488-7386



SAN YSIDRO SCHOOL DISTRICT

For any questions or concerns, please contact the Pupil Services/ Special Education Department at (619) 428-4476

www.sysdschools.org
AB 748



RECURSOS DE SALUD MENTAL





¿QUÉ ES LA SALUD MENTAL?

- Es una parte de **todos nosotros**
- Incluye nuestro bienestar emocional, psicológico y social
- Afecta cómo pensamos, sentimos y actuamos
- Afecta a nuestra salud física
- ¡Es importante en todas las etapas de la vida!



¿CÓMO CUIDAMOS DE NUESTRA SALUD MENTAL?

- Al conectar con los demás
- Al aprender sobre las habilidades socioemocionales
- Durmiendo y comiendo bien
- Actividad física
- Divirtiéndonos
- Al hablar con consejeros/terapeutas



¿CÓMO SE SI NECESITO APOYO?

- Duermes demasiado o no lo suficiente
- Comes mucho o muy poco
- Sientes tristeza, nervios, enojo casi todo el tiempo
- Quieres estar solo/sola por largos periodos de tiempos
- Te falta motivación e interés en las cosas que solías disfrutar
- Usas drogas o alcohol
- Tienes pensamientos de lastimarte o lastimar a otros



¿DÓNDE PUEDO OBTENER AYUDA EN LA ESCUELA?

- Trabajadora social escolar / Terapeuta
- Psicóloga/o escolar
- Con cualquier adulto en quien confíes



¿DÓNDE PUEDO OBTENER AYUDA EN MI COMUNIDAD?

- Línea de Acceso y de Crisis de San Diego
◦ 888-724-7240
- Línea Directa Nacional de Prevención del Suicidio
◦ 988
- Línea Directa de The Trevor Project
◦ 866-488-7386



DISTRITO ESCOLAR DE SAN YSIDRO

Para cualquier pregunta o duda, póngase en contacto con el Departamento de Servicios al Alumnado / Educación Especial al (619) 428-4476

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SCI/PHY BEGINS!

The week of August 7th marked the beginning of the amazing San Ysidro School District Sci/Phy program. The Sci/Phy teams served all district students this week, at all school sites. The instruction incorporates Project Lead the Way (PTLW), NGSS Science Standards, and Physical Education. Great start Sci/Phy teams!



MEDIA UPDATE

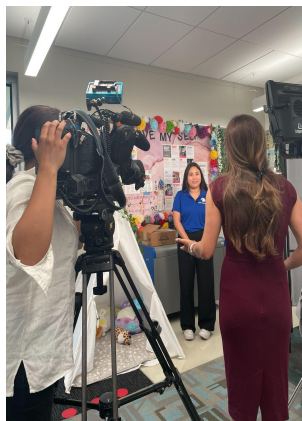
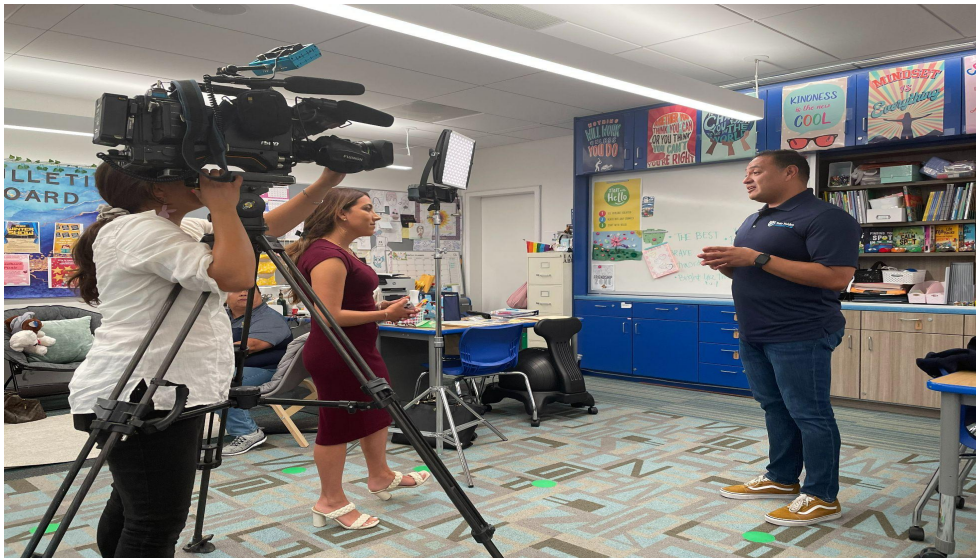
Sister Television Stations NBC 7 and Telemundo 20, interviewed our Director of Special Education, Oscar Madera, our Coordinator of Student Services, Denisse Villezcas, Social Worker, Jedzida Herron as well as La Mirada Elementary parent Irene E. Lopez and her beautiful daughter Natasha M. Osuna Lopez.

They all spoke about issues surrounding mental health, the importance of our students identifying the signs related to it, and the resources available to them.

Our courageous student, Natasha, gave a powerful interview in which she shared her experiences at La Mirada and how her social worker, Jedzida, has changed her life for the better. She also shared how her classroom has become a safe haven for her and her peace of mind.

Link:

<https://www.telemundo20.com/videos/videos-destacados/mas-recursos-de-salud-mental-para-el-regreso-a-clases-en-san-diego/2322037/>





ENGLISH LANGUAGE LEARNER CLASSES FOR PARENTS - FALL 2023 SEMESTER

Southwestern College will soon begin offering English as a second language classes for the parents of our San Ysidro School District students at Willow Elementary School as well as at our Parent Resource Center.

Classes will begin at Willow Elementary on Monday August 21st, 2023 and our Parent Resource Center classes will begin on Tuesday August 22th, 2023, both courses will continue until the month of October.

Smythe will begin its classes on October 24th, 2023, the last day of class will be December 6th, 2023. San Ysidro Middle School will have classes available to parents from October 23rd, 2023 through December 6th, 2023.

Our Communications Specialist, Cristina Inzunza and Southwestern Community College San Ysidro Campus continue assisting parents with the enrollment process for our classes starting in October, via email, over the phone, or by parents picking up printed applications at our San Ysidro District Office or Southwestern Community College San Ysidro Campus.

For more information or assistance email:
cristina.inzunza@sysdschools.org

Link to enroll: opencccapply.net

DISTRICT JOB OPENINGS



Please click on the link to access our current district job openings:

<https://www.edjoin.org/Home/Jobs?countyID=37&districtID=650>

