



San Ysidro

School District

EST - 1887

QUALITY EDUCATION AND OPPORTUNITY FOR ALL STUDENTS TO SUCCEED

District Highlights

Week of September 2, 2022



SUPERINTENDENT

Gina Potter, Ed.D.

JUANITA NUÑEZ, 2022-23 SAN DIEGO COUNTY TEACHER OF THE YEAR! ¡MAESTRA DEL AÑO DEL CONDADO DE SAN DIEGO!



Source: SDCOE News - [2022-23 San Diego County Teachers of the Year Announced](#)



“Five local educators representing schools in Del Mar, National City, Poway, San Ysidro, and Chula Vista have been named San Diego County Teachers of the Year. The honorees were announced at a reception Friday night as part of the 32nd annual “Cox Presents: Salute to Teachers,” brought to you by San Diego County Credit Union in partnership with the San Diego County Office of Education (SDCOE).

The 2022-23 San Diego County Teachers of the Year are:

- Stephanie Cluxton, Torrey Hills School, Del Mar Union School District
- Jacqueline Ma, Lincoln Acres Elementary, National School District
- Aimee McCoy, Mesa Verde Middle School, Poway Unified School District
- **Juanita Nuñez, Ocean View Hills, Sunset, Smythe, Willow, and La Mirada elementary schools, San Ysidro School District**
- Melissa Rains, Castle Park Middle School, Sweetwater Union High School District

The five Teachers of the Year will represent San Diego County in the California Teacher of the Year program.

Juanita Nuñez, Ocean View Hills, Sunset, Smythe, Willow, and La Mirada elementary schools, Grades 4-6 STEM/Physical Education, San Ysidro School District

Juanita Nuñez is a STEM and physical education teacher across five different schools within the San Ysidro School District. She engages 370 students each week in 80-minute “Sci-Phy” classes, where a combination of science and physical education instruction is covered. Juanita grew up a child of migratory farm workers, and her early experiences have shaped her into a compassionate and inspiring educator. Those who know her say Juanita pours her heart, soul, and mind into making learning fun and meaningful for her students.

“Juanita is the type of rare and beautiful human being that can mesh both sides of the brain to instruct students in advanced material while thoroughly enjoying themselves. She’s intelligent and capable of teaching robotics, but funny and charismatic at the same time. Her students love her and bond with her. She teaches them life lessons right along with science and technology lessons. Her students come back years later and pinpoint what they learned from her. Some of these important lessons are life lessons that have saved lives. She has the capacity to build trust and connections with students.

These students open up to her and she dedicates endless hours to supporting them and making sure they are in a good state of mind. Once they are ready to learn, she takes them to advanced levels of rigor in science and technology. Ms. Nuñez's students are fortunate to have such a talented, intelligent, and nurturing teacher.”

Elva De Baca, resource teacher, San Ysidro School District”



VIDEO: JUANITA NUÑEZ' REMARKS AFTER BEING NAMED TEACHER OF THE YEAR

<https://drive.google.com/file/d/1I6bNh45Jh2F-nCVH6MSZTOHjoHqoLL3k/view?usp=sharing>

BROADCAST: JUANITA NUÑEZ ON KUSI GOOD MORNING SAN DIEGO WITH COUNTY TEACHERS OF THE YEAR

<https://drive.google.com/file/d/1sU7Defza6t2AhF1WX9KkHV2utMWM5iHY/view>

KUSI NEWS CAST - MEET SAN DIEGO COUNTY TEACHER OF THE YEAR - JUANITA NUÑEZ

<https://www.kusi.com/meet-san-diego-county-teacher-of-the-year-juanita-nunez/>

SURPRISE CONGRATULATIONS AND FLOWERS FOR JUANITA NUÑEZ - COUNTY TEACHER OF THE YEAR

On Monday, August 29th, Superintendent Potter, Cabinet, Management, the Sci-Phy Team and Ocean View Hills Elementary Staff congratulated Juanita Nuñez for being selected as San Diego County Teacher of the Year.





UPCOMING DATES

EVENT	DATE/TIME	LOCATION
Fall Break	Monday, September 19, 2022 thru Monday, October 3, 2022	No School
First Day back from Fall Break	Tuesday, October 4, 2022	All students return to school

SCI PHY PROGRAM GROWS TO SUPPORT ALL STUDENTS

Since its inception, in 2016-17 the Sci Phy program has been an innovative approach to enriching the learning experience of students through the inclusion of Project Lead the Way (PLTW) and Physical Education for our elementary school students. The team has worked on the refinement of instructional practice to include integrated English language development (ELD) during every lesson, Social Emotional Learning (SEL), and Next Generation Science Standards aligned PLTW learning modules. This year we are proud to announce that we have increased services to include all students in Grades TK - 6 across all of our student programs. Our students engaged in this special program from the two groups that we have added most recently, Transitional Kinder and Moderate/Severe program students in Grade TK-6. In the photos below students are engaged in a lesson on the role of a pediatrician as part of the launch to the module on the human body.





SMYTHE PRESCHOOL AND CHILD DEVELOPMENT CENTER - VIRTUAL BACK TO SCHOOL NIGHT

Congratulations and thank you to Director Lorena Varela-Reed, their teachers and staff for all the hard work that went into this great virtual event. Director Lorena Varela-Reed met with parents via Zoom meeting to greet them and share information about the upcoming school year. Afterwards parents had an opportunity to virtually meet their child's teacher.



VIRTUAL BACK TO SCHOOL NIGHT AT SUNSET PRESCHOOL

Our final Virtual Back to School Night will be Sunset Preschool on Thursday, September 14th from 4:00 to 5:00 pm. Sunset Preschool will send out more details including classroom login information.

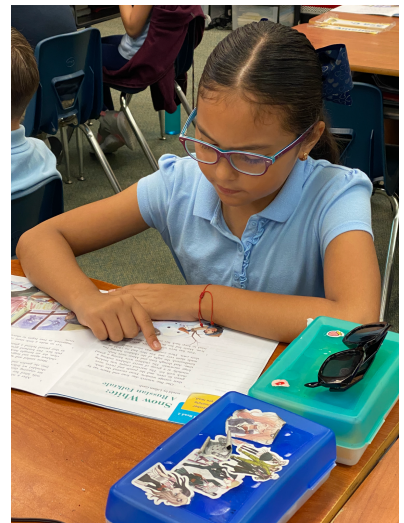
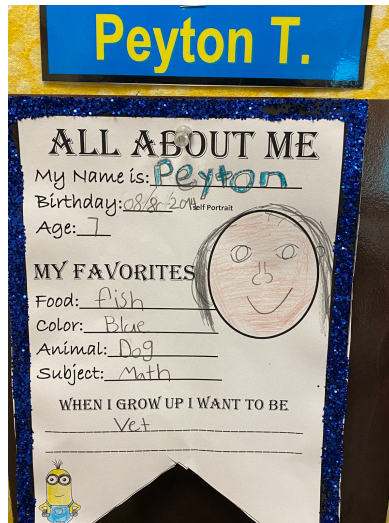
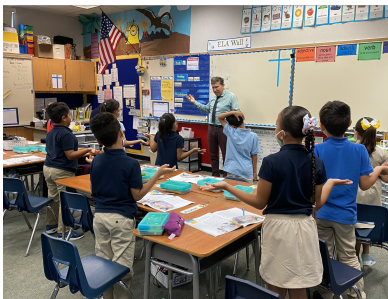
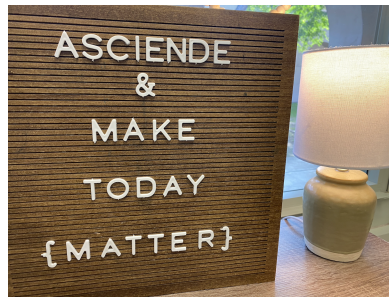
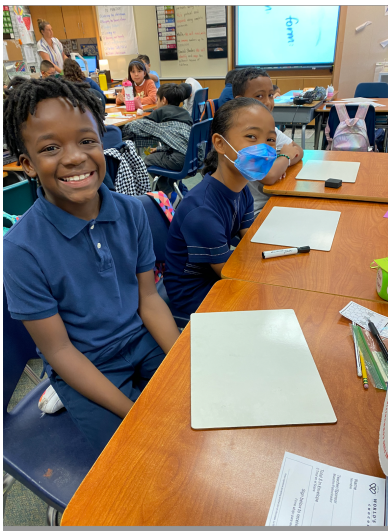
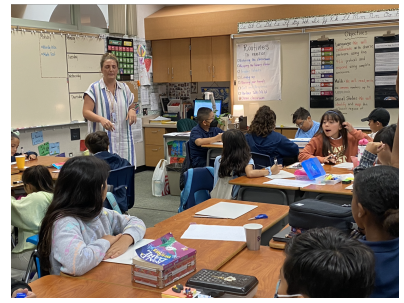
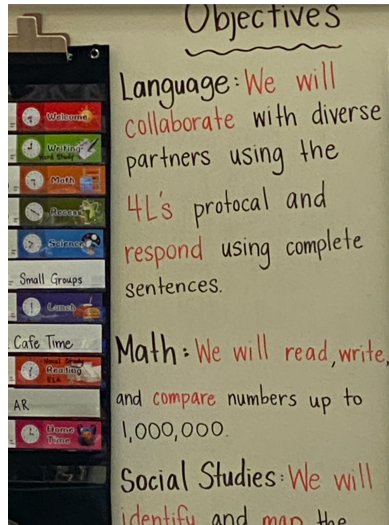
Day/Date	School
Thursday, September 14, 2022	Sunset Preschool

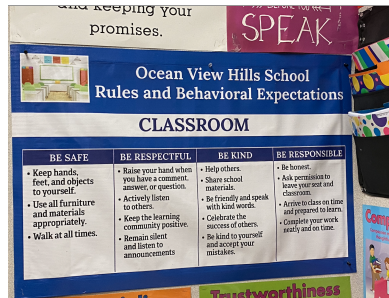
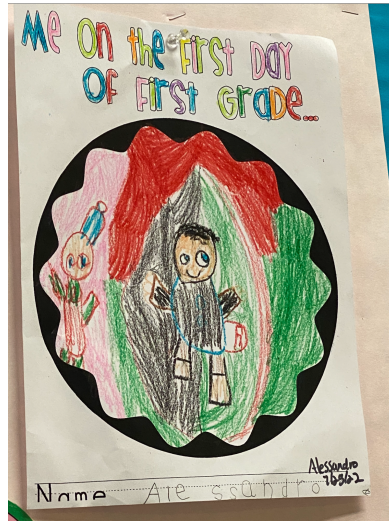
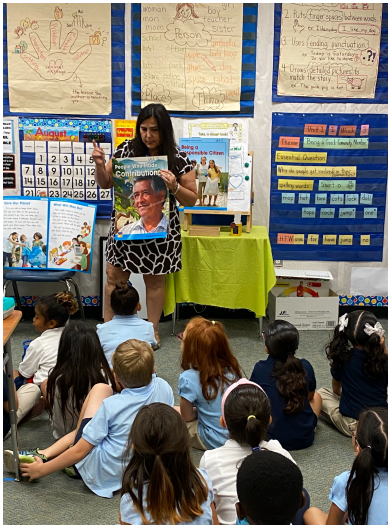
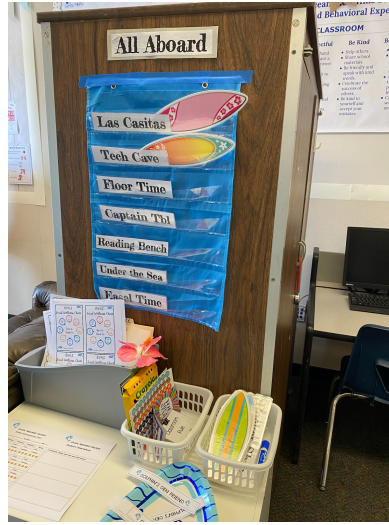
OCEAN VIEW HILLS SCHOOL VISIT

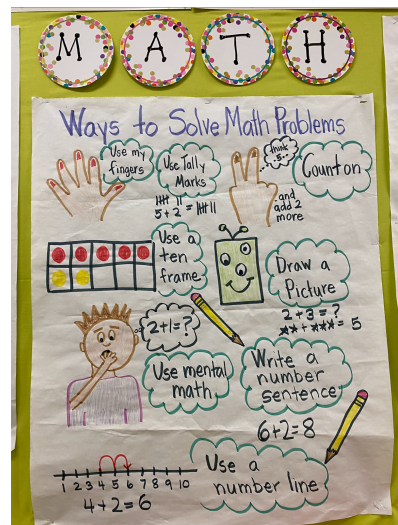
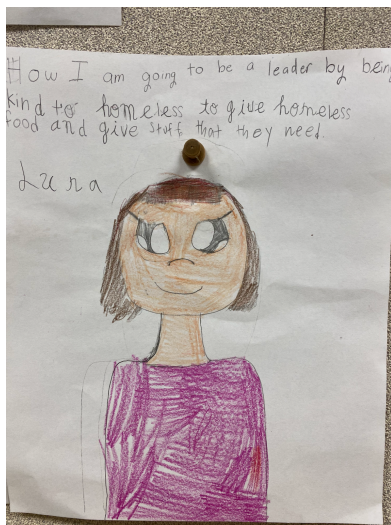
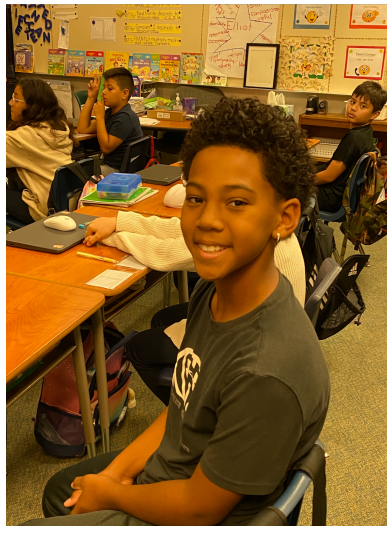
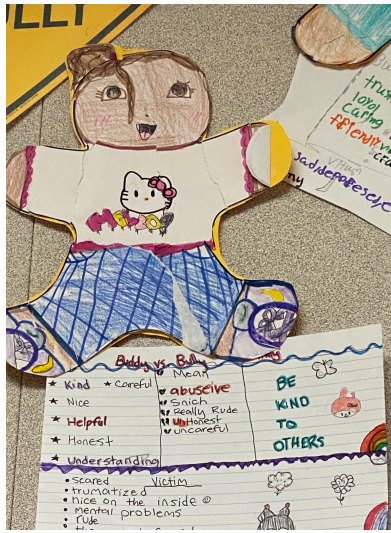
On Monday, August 29th, Board Member Zenaida Rosario, Superintendent Potter and Cabinet (Temporary Senior Management Manuela Colom, Executive Director of Educational Services Cynthia Monreal González, Executive Director of Human Resources Linda Olea and Chief Business Official Marilyn Adrianzen) had a great school visit to Ocean View Hills Elementary School. They were hosted by Principal Erika Meza who facilitated classroom visits. Thank you Principal Meza, staff and teachers for everything you do for our students and families.

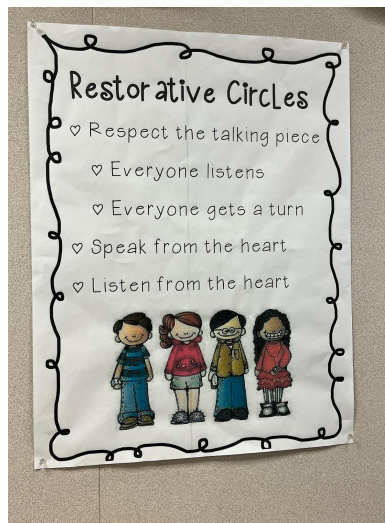
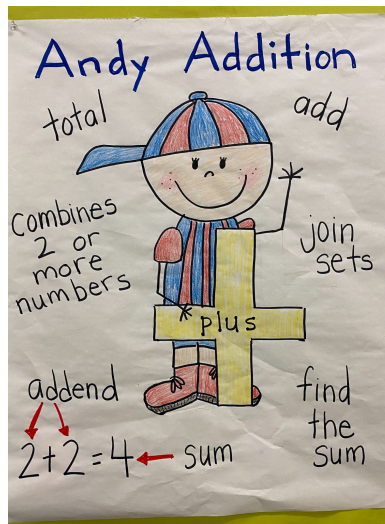
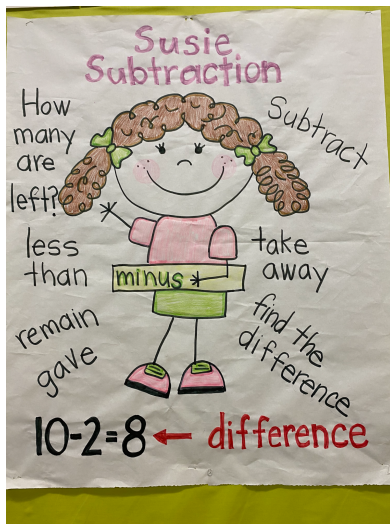
PHOTO HIGHLIGHTS











San Ysidro School District HEAT GUIDELINES FOR SCHOOLS

We are currently experiencing hot weather season and there is increased risk of heat injury – dehydration, heat exhaustion and heat stroke. The danger is highest if the individual is outside and engaged in vigorous activity.

Children take longer to adjust to hot environments than adults do, and their bodies reach core temperature much faster. Children's bodies have greater surface area to body mass ratio, so they absorb more heat on a hot day.

Here are some things that we can all do to help prevent heat injury:

1. Provide adequate sports drinks or water (1/2 to 1 quart per hour, preferably cold) and ensure that breaks are taken every 15-20 minutes during strenuous exercise/work.
2. Ensure that staff and students adjust gradually to working/playing in the heat. Acclimatizing is essential to preventing heat injuries.
3. Schedule heavy work/workouts for the cooler part of the day. Consider scheduling periodic fitness testing during the cooler parts of the year.
4. Avoid overexertion especially in hot weather and in the sun. For heavy work, use mechanical aids or teams of people to accomplish tasks.
5. Use shaded areas and grass fields for athletic activities when possible to reduce radiant heating.
6. Encourage use of sunscreens to protect exposed skin.
7. Wear loose-fitting, lightweight, light colored clothing. Do not layer clothing; more clothing increases risk of heat injury.
8. Monitor environmental conditions such as heat, humidity and wind.
9. Train staff/students to recognize and treat heat injuries and encourage them to monitor each other for signs of heat stress.
10. Individuals with a febrile illness or any acute illness other than a mild cold should not engage in any heavy physical activity.
11. If you have questions, contact your District School Nurse or School Health Clerk.

The State of California has adopted heat regulations that require that the following be provided for worker protection:

- a. Access to adequate supplies of sports drink or cool water.
- b. Shade for workers who are on the verge of becoming ill or already have started to feel the effects of heat illness.
- c. Training on critical elements of heat illness prevention.
- d. A requirement for the Standards Board to review the feasibility of requiring shade for all rest periods (excerpted from JPA, School Safety Bulletin SEP. 2005)

Heat Illness Signs and Symptoms

Sunburn: Redness, pain, swelling of skin, blisters, fever and headaches. -

Treatment: Leave water blisters intact to speed healing and avoid infection.

Heat Cramps: Heavy sweating can cause painful, usually in the legs, but possibly in the abdomen. -

Treatment: Apply firm pressure on cramping muscles or gently massage to relieve spasm; give sips of water, move person to cooler place to rest.

Heat Exhaustion: Heavy sweating, weakness, cold pale and clammy skin; weak pulse, fainting and vomiting. - **Treatment:** get person out of sun, move to a cooler environment, lay person down and loosen clothing, apply cold wet cloths, give sips of water.

Heatstroke: Severe medical emergency, hot, dry skin, rapid and strong pulse, possible unconsciousness. - **Treatment:** Call 911, if unable to get person to medical help immediately move person to a cooler environment, remove outer clothing, do not give fluids.

Heat Index	Category	Activity Limitations
Less than 80	Normal	No limitations
81 to 90	Alert	Regular school day. Limit intensity of /or modify physical activity and monitor. Encourage hydration.
91 to 95	Caution	Limit duration and intensity of /or modify physical activity and closely monitor. Possible need to enforce contingency schedule. Enforce hydration. light activity or rest. Sunstroke, heat cramps and heat exhaustion possible.
96-105 or greater	Extreme Caution	Enforce contingency schedule, and hydration. Closely monitor. Sunstroke, heat cramps and heat exhaustion possible.

Distrito Escolar de San Ysidro

PAUTAS DE CALOR PARA LAS ESCUELAS

Actualmente estamos experimentando una temporada de clima cálido y existe un mayor riesgo de lesiones por calor - deshidratación, agotamiento por calor y golpes de calor. El peligro es mayor si la persona está afuera y participa en una actividad vigorosa.

Los niños tardan más en adaptarse a los ambientes cálidos que los adultos, y sus cuerpos alcanzan la temperatura central mucho más rápido. Los cuerpos de los niños tienen una mayor proporción de área de superficie a masa corporal, por lo que absorben más calor en un día caluroso.

A continuación aparecen algunas cosas que todos podemos hacer para ayudar a prevenir lesiones debido al calor:

1. Proporcione bebidas deportivas o agua adecuadas (1/2 a 1 cuarto de galón por hora, preferiblemente fría) y asegúrese de que tomen descansos cada 15-20 minutos durante el ejercicio/trabajo extenuante.
2. Asegúrese de que el personal y los estudiantes se adapten gradualmente a trabajar/jugar en el calor. La aclimatación es esencial para prevenir lesiones por calor.
3. Programe trabajos pesados/entrenamientos para la parte más fresca del día. Considere programar pruebas de aptitud periódicas durante las partes más frías del año.
4. Evite el esfuerzo excesivo, especialmente en climas cálidos y bajo el sol. Para trabajos pesados, use ayudas mecánicas o equipos de personas para realizar tareas.
5. Use áreas sombreadas y campos de césped para actividades deportivas cuando sea posible para reducir el calentamiento radiante.
6. Fomente el uso de protectores solares para proteger la piel expuesta.
7. Use ropa holgada, ligera y de colores claros. No ponerse capas de ropa; usar más ropa aumenta el riesgo de lesiones por calor.
8. Monitoree las condiciones ambientales como el calor, la humedad y el viento.
9. Capacite al personal/estudiantes para reconocer y tratar las lesiones por calor y aliéntelos a monitorearse mutuamente para detectar signos de estrés por calor.
10. Las personas con una enfermedad febril o cualquier enfermedad aguda que no sea un resfriado leve no deben realizar ninguna actividad física intensa.
11. Si tiene preguntas, comuníquese con la enfermera escolar del distrito o la auxiliar de salud escolar.

El estado de California ha adoptado regulaciones de calor que requieren que se proporcione lo siguiente para la protección de los trabajadores:

- a. Acceso a suministros adecuados de bebidas deportivas o agua fría.
- b. Sombra para los trabajadores que están a punto de enfermarse o que ya han comenzado a sentir los efectos de la enfermedad por calor.
- c. Capacitación sobre elementos críticos para la prevención de enfermedades por calor.
- d. Un requisito para que la Junta de Normas revise la viabilidad de requerir sombra para todos los períodos de descanso (tomado de JPA, School Safety Bulletin SEP. 2005).

Signos y síntomas de enfermedad por calor

Quemaduras solares: enrojecimiento, dolor, hinchazón de la piel, ampollas, fiebre y dolores de cabeza.

Tratamiento: deje las ampollas de agua intactas para acelerar la curación y evitar infecciones.

Calambres por calor: la sudoración intensa puede causar dolor, generalmente en las piernas, pero posiblemente en el abdomen.

Tratamiento: aplique una presión firme sobre los calambres musculares o masajee suavemente para aliviar el espasmo; dar sorbos de agua, mover a la persona a un lugar más fresco para descansar.

Agotamiento por calor: fuerte sudoración, debilidad, piel fría, pálida y húmeda; pulso débil, desmayos y vómitos. **Tratamiento:** sacar a la persona del sol, pasar a un ambiente más fresco, acostar a la persona y aflojar la ropa, aplicar paños fríos y húmedos, dar sorbos de agua.

Golpe de calor: emergencia médica severa, piel caliente y seca, pulso rápido y fuerte, posible pérdida del conocimiento.

Tratamiento: llame al 911, si no puede llevar a la persona a asistencia médica, muévala inmediatamente a un ambiente más fresco, quítele la ropa exterior, no le dé líquidos.

Índice de calor	Categoría	Límites en actividades
Menos de 80	Normal	Sin límites
81 a 90	Alerta	Día escolar regular. Limite la intensidad de/o modifique la actividad física y monitoree. Fomente la hidratación.
91 a 95	Precaución	Limite la duración e intensidad de/o modifique la actividad física y vigile de cerca. Quizá sea posible la necesidad de hacer cumplir el horario de contingencia. Implemente un programa de hidratación. Actividad ligera o descanso. Es posible que haya golpes de sol, calambres por calor y agotamiento por calor.
96-105 o más alto	Precaución extrema	Hacer cumplir el horario de contingencia e hidratación. Vigilar de cerca. Es posible que haya golpes de sol, calambres por calor y agotamiento por calor.