

April 25, 2021

"Sometimes the most productive thing you can do is relax."

Mark Black

Dear TPES Families,

Maybe it's just because I am wearing a mask that I am especially aware of my breathing these days. Perhaps I have just recently had many opportunities to practice the self-calming strategy of inhaling and exhaling deeply. At least I can say more than ever I notice when I am not breathing. When I was a young girl in ballet class, my dance teacher would always walk by and tell me, "Remember to breathe." I had no idea that when I was trying so hard to point my toe, straighten my back and artfully round my arm, I was forgetting to exhale.

I would like, however, to think that my ballet teacher would notice my improvement in this self-regulation tool over the past year. When I remember to pause before I respond to a situation, a space opens up for my wiser self to enter the conversation. Pausing shifts my perspective and helps me right-size my expectations. I remember that everyone is doing the best they can and that this, too, shall pass.

I really want to thank everyone for taking a breath before entering the pick-up zones at Torrey Pines. I understand that things can get tight and congested right around 2:40-3:00 PM, but I notice how many of you are making an effort to be extra patient, forgiving and kind to others during this busy time of the day.

As we enter into the last seven full school weeks of the year, there is a lot of information to disseminate in this weekly message. You may need to digest this in chunks. Adding breaths and pauses can help us even enjoy the culmination of this unique and special school year.

I am wishing you a great final week of April!

Ms. Richard

Family Returning Survey *Due Friday, April 30, 2021

We are planning for next year! We would appreciate each returning family to complete this form so we have a clear picture of enrollment and staffing needs in preparation for 2021-2022. If your family is considering enrolling as an online learner for the fall, please complete the form and indicate this preference.

<https://forms.gle/1c2T1EAUixXL2Abs9>

TPES Foundation Gala: Join the TPES Family this Saturday, April 1 at 7:00 PM

It's here! Click your heels three times and repeat, "There's No Place Like Home for the Gala!" Everyone is invited to attend the FREE live online streaming event on May 1. [Check out this link to find more](#)

[information about how to purchase meal and drink tickets, including an Emerald City VIP Party Box, before supplies run out.](#)

On Saturday evening, there will be a Munchkinland component of the gala, designed just for children, from 7:00-7:30 PM.

Our amazing Student Council is spreading the word. Watch this [awesome video](#) that your children saw at school. This is the [padlet site](#) (password is TPES) where students can post pictures of their **Wizard of Oz-themed creativity** (art, dress up, coding, etc.) for a chance to win a Raffle Prize during the kids' **Munchkinland Gala on May 1 at 7pm!**

Then, the adults will have their turn for fun! Please stick around for the **Emerald City Gala at 7:30pm** for your chance to bid on our amazing Live Auction items! [Register here for the free online streaming event!](#) Don't forget to check out the amazing line-up of silent auction items [here!](#) We are adding new items every day!

This is the most important fundraiser of the year. Celebrate a great school year and invest in next school year, too. The Foundation pays for art, physical education, Spanish, performing arts, technology and other enrichment programs. In addition, the Foundation pays for support teachers and smaller class sizes.

Please consider joining us for this special event!

Summer Learning Opportunities for Students

On Monday, April 26, families will receive information from the District Office with directions for registering for a Summer Experience Program. This year, summer opportunities will be available for all elementary students, and this is made possible via the support of many community partners. You can learn more from the Level Up San Diego Website: <https://levelupsandiego.org>.

The Summer Experience will be held for four weeks, from June 21-July 16, for four hours each morning. Torrey Pines will **not** be hosting any of these district summer programs on our campus. We are awaiting for more information from our Facility Rentals Department to understand if the YMCA will house campus on our campus this summer.

Parents will have the opportunity to share their preferences for the schools and programs their children will attend for summer school.

2021 Extended School Year (ESY) Parent/Guardian Question and Answer Sessions

The San Diego Unified School District will be holding a series of Special Education Extended School Year (ESY). ESY is designed for a small number of students with IEPs who require higher levels of support to mediate regression that would otherwise occur over the summer weeks. ESY will be held from June 21-July 16 Question and Answer (Q&A) Zoom meetings for parents leading up to the start of ESY for elementary students. The days and times for these meetings are as follows:

May 5th 5:00-6:00 pm

May 19th 12:00-1:00 pm
June 2nd 10:00-11:00 am
June 16th 5:30-6:30 pm

Join any of the above sessions using the following link:

<https://sandiegounified.zoom.us/j/89101402080?pwd=MIkrQjZOSFRMNERNVb0tNWWtQZUhXU T09>

Meeting ID: 891 0140 2080
Password: 437690

To submit questions in advance, please complete this form:

<https://forms.gle/NHfxA5ZKbWxV77SPA>

TPES Online Learners Reminders

The next meeting with Ms. Richard for Parents of Online Learners is this Friday, April 30, from 1:00-1:45 PM. Please use this Zoom link: <https://sandiegounified.zoom.us/j/4877226500>.

Tomorrow, Monday, April 26, Coach Sergio will again offer a special PE session for online students. This will occur at 11:40 AM. We will record the session, and you can reach out to your child's teacher for the link. Online students can still participate with their classmates during rotation, but they may also participate in this online session instead.

The link to the 11:40 AM Zoom is

<https://zoom.us/j/8584532323?pwd=NUd2UmJmbnVMdEpnTWViM1dHcENpZz09>.

The password is the same.

In addition, remember that parents are welcome to reach out to meet other parents of online learners to form a support network. If you are interested, please contact paolaehrlichpr@gmail.com.

Finally, if you are an online learner and wish for more afternoon office hours to meet the needs of your online students, please reach out to your child's teacher and to me at nrichard@sandi.net. We will do our best to provide additional afternoon support to students who would like more time with teachers in the afternoon.

TPES Onsite Learners Reminders

Teachers have brought to my attention a consideration for parents to make when choosing to keep onsite learners at home for the day. It is wonderful that students who are feeling unwell have the option of joining their class on Zoom from home. Please remember that when students stay home from school, they do not have their texts, journals or other classroom materials with them. Teachers plan ahead to ensure committed online learners receive all materials necessary for at-home learning, but they cannot prepare at-home materials for students who are learning onsite.

Water Bottles

In addition, onsite learners need to bring a water bottle to school, as students are not allowed to use the drinking fountains. Students are encouraged to refill the water bottles at one of the many bottle

refilling stations around campus. We do not have sufficient water bottles to hand out to all children who ask for one. Thank you for your consideration of students' health and our environment.

Headphones

It's a great idea for students to keep headphones in their backpacks so they are accessible both at school and home.

SCHOOL MEAL MENUS

- ❖ [Breakfast Menu](#) - included in the take home meal bag for breakfast the next day, occasionally may be offered as students enter school if requested and coordinated with school kitchen
- ❖ [Lunch Menu](#) - served hot for elementary students, included cold in take home meal bags for secondary students
- ❖ [Supper Menu](#) - included cold in the take home meal bag, only served hot for students participating in Primetime
- ❖ [Weekend Menu](#) - included cold in the take home meal bags
- ❖ [Weekly Lunch Menu & List of What is Included in Take Home Meal Bags Each Day](#)

Open Mind Film Screening Event

We are sharing this film screening event with our families who may have an interest in this important topic.

<https://www.friendsofsemelinstitute.org/calendar>

Please join The Friends of the Semel institute for Neuroscience and Human Behavior at UCLA and the Resnick Neuropsychiatric Hospital Board of Advisors for a screening and discussion of the new critically acclaimed MTV documentary film, *Each and Every Day*, about teen mental health and suicide prevention.

This groundbreaking film from Peabody® Award-winning filmmaker Alexandra Shiva, in partnership with The Jed Foundation, profiles nine young people who have attempted suicide or had suicidal ideations as they share their experiences and the ways they have sought help. The nine subjects, who span across race, ethnic, religious, socio-economic and regional background, share their personal stories in an intimate and engaging conversation that goes deep into the fastest-growing epidemic among teens and young adults today. Audiences not only hear their stories of depression, anxiety and other mental health concerns, but importantly see the uplifting message of hope, recovery and the importance of treatment and honest conversation.

A panel discussion will immediately follow the screening which has a run time of 60 minutes. Participants include:

Joan Asarnow, PhD,
Sheila Nevins, Executive Producer,
Alexandra Shiva, Director, award-winning filmmaker
Victor Schwartz, MD, Medical Advisor to *EACH AND EVERY DAY*

It's Teacher Appreciation Week Next Week, May 3-7

We have fantastic teachers at TPES, and the first week of May is your chance to show your teacher how much you care about him/her! Consider following these suggestions for Teacher Appreciation Week!

Monday, May 3: Write your teacher a note telling him/her what you like most about your class and what you have learned about this year!

Tuesday, May 4: Bring your teacher flowers! This will be coordinated with our Foundation.

Wednesday, May 5: Bring your teacher his/her favorite snack.

Thursday, May 6: Wear your teacher's favorite color!

TPES Variety Show: Last Week for Video Entries

The **DEADLINE** to get your **VIDEOS IN** is **APRIL 30!**

SHOW OFF your **TALENT** at the annual **Torrey Pines Elementary School Foundation VARIETY SHOW!** It is the **DAZZLING highlight of the year** where students get to showcase their talent and let their light shine bright on the big stage! It is guaranteed to be a **NIGHT TO REMEMBER!**

Last year, **TPESF** pulled off a fantastic **VIRTUAL VARIETY SHOW** and we are excited to be offering it again this **SPRING!** Date to follow very soon!

Our **TPES** students know how to get their **GROOVE ON** so **TPESF** wants to celebrate with a theme to match their amazing talent. The theme for this year's **VIRTUAL VARIETY SHOW** is **BETTER WHEN I'M DANCING!** So, warm up your vocal chords, put on your dancing shoes, rehearse a skit, recite poetry, show us some magic, flip some cartwheels or bring whatever you have to this year's show! We cannot wait to see your **TALENT!**

To participate we ask each student to prepare a video of their act and upload it [here](#). Please **UPLOAD your student's video BY APRIL 30!** Click [here](#) for more information and instructions on how to film your video.

For questions, please email our **Variety Show** team at varietyshow@tpesfoundation.org.

Western Educational Equity Assistance Center: Equity Compass Report

In February 2021, analysts from the University of Denver met with various stakeholder groups (parents, students, office/custodial, teacher, special education, administration) at TPES to better understand how our school rates across a series of equity indicators, including implicit bias; curriculum; instruction; organizational culture; school leadership; advanced pathways to excellence; supporting English Language Learners; and gender equity. The Instructional Leadership Team met last week to review the summary report and will use the information to better prepare for fall instruction and beyond.

Some of the strengths at our school can be found in the current levels of increased safety and improved policies and procedures. In addition, it was noted that TPES has a wealth of community resources that enable enhanced learning opportunities, both formal and informal, for students. Area for growth center in our need for new staff members and experienced staff members to invest in standardizing curriculum so that all children have access to the same content. In addition, staff will continue to receive professional development in addressing the bias that everyone carries!

In the coming year, 2021-2022, the teachers and I are excited to strengthen our commitment to common English Language Arts instruction. All teachers, those newer to Torrey Pines and those who have been a part of TPES for decades, can benefit from working closely together to adapt and refine their instruction.

We are grateful for the efforts of the educational equity team. Please reach out if you would like more information.

Please Update School Phone Number

Please remember our new school phone number is 619 605 3700. This is the last week that the old number will forward to the new office number.

Weekly District Notices and Agendas

Please see attached.

Safety Committee

Wednesday, April 28 at 9:00-9:40 AM

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

Please email me any topics that you would like to see on the agenda, including emergency drills and safety patrol.

Next Meeting for Parents of Students Who are Learning Online Phase Two

Friday, April 30 at 1:00-1:45 PM

<https://sandiegounified.zoom.us/j/4877226500>

School Site Council

The next SSC meeting is scheduled for Friday, May 7 from 7:45-8:30 AM.

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

TPES Principal/Foundation Chat

Friday, May 7 at 9:00-9:30 AM

<https://sandiegounified.zoom.us/j/92277357059>

School Governance Team

The next SGT meeting is scheduled for Thursday, May 13 from 7:15 to 8:00 AM.

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

TPES New Family Session

Friday, May 14 9:00-9:40 AM with Q/A 9:40-10:00 AM

<https://sandiegounified.zoom.us/j/82101707679>

Upcoming Dates

Memorial Day Holiday: Monday, 5/31

Last Day of School: Tuesday, 6/15

La Jolla Cluster April 15 Meeting Summary

Please find information from our recent La Jolla Cluster Meeting:

- School Board Trustee Mike McQuary reported that he expects full-time in-person school in the Fall. There will be an online option with designated online teachers. He also reported that there will be a "summer experience" available for TK-12 students, details tbd. Enrollment in the district was down 4% last year, 1/2 of which was in TK-1st grades.
- Area Superintendent Merino presented an overview of the district's return to campus. See slides [here](#).
- Principals provided an update for all sites, many positive reports about the return to campus, but also some hurdles to work through. Enrollment is projected to be down at 4 of our 5 Cluster schools with an ensuing loss of teacher/staff allocations.
- GATE testing will not resume until all students have returned to campus. Our Cluster is considering alternative models.
- Final Cluster meeting will be on May 20 with a focus on student wellness and a short presentation from the Restorative Justice team.

Certification of COVID Safe Site

TPES received the attached certification on April 8, 2021. Per the guidelines in the "Mitigation and Monitoring Certification Process," Torrey Pines ES was validated by a PPO Response Liaison, and was found to have the appropriate mitigation measures to welcome students and staff back to campus. This certificate informs our school community that our campus arrangements meet the healthy and safety guidelines set forth by the District.

If you or your child have questions about any COVID-related safety issue, please make sure to immediately reach out to your child's teacher. If the teacher cannot resolve the issue, parents and teachers should reach out to the school principal: nrichard@sandi.net.

We will continue to hold Monday all-school meetings at 8:45 AM to remind and reinforce COVID protocols.

Register for YMCA Character Builders

Character Builders offers A Great Place to Learn and Play Before and After School in La Jolla. The program serves students from Transitional Kindergarten (TK) to Grade 5 at Torrey Pines Elementary.. Character Builders is an affordable way to ensure your child is in a safe, fun, and caring environment before and/or after school.

Parents can go to our website and fill out registration forms to submit online:

<https://www.ymcasd.org/programs/child-care/before-and-after-school/torrey-pines-elementary>

FOSTERING SAFE LEARNING ENVIRONMENTS

- ❖ The safety of our students, staff and families is our main priority.
- ❖ In a continuous effort to foster safe and inclusive school environments, we are providing the following information. Please share with your families, students and staff:
 - [Non-Discrimination Policy](#) for District Programs and Activities, inclusive of protections for Gender Identity and Gender Expression.

- [Student Non-Discrimination and Prohibition of Sexual Harassment Policy](#), inclusive of reporting procedures; and
- [Title IX](#) sexual harassment complaint procedures, including provisions for ensuring schools are free from sexual harassment, harassment, discrimination, intimidation and bullying.
- ❖ SDUSD Title IX Office information:
 - Title IX Office Coordinator: Lynn Ryan Phone: (619) 725-7225. Fax (619) 725-5529 Fax. Email: lryan@sandi.net. 4100 Normal St., Room 2129, San Diego, CA 92103
 - Important Prevention Hotlines:
 - 2-1-1. Community Resources
 - Child Abuse Hotline 1-858-560-2191
 - Suicide Prevention Hotline 1-800-273-8255
 - National Domestic Violence Hotline 1-800-799-7233
 - Mental Health and Substance Use Services 1-888-724-7240

Repeated Information:

TPES Reopening FAQs

Click the link above for TPES COVID and Phase Two Information.

District: COVID-19 Dashboard

<https://datastudio.google.com/u/0/reporting/18b89718-e1f9-4fa3-adff-9457e210131c/page/uUJkB>

Check out SDUSD's "[Reopening Updates](#)" on our website to share news and highlight our progress. Also, please check out this [Back to School Guide For Families](#).

Covid Testing For Students

A team from UCSD will be on our campus two additional times, May 3 and May 17, to administer COVID 19 testing for students and staff from 8:00-10:00 AM. **UCSD is unable to begin testing staff any earlier than 8:00 AM, so on these dates, we will not be able to open our gates for students until 8:15 AM.** I have shared with our Nursing and Wellness Department that last Monday some students who were registered to be tested did not receive a test. Unfortunately, as principal I am not provided access to the list of students being tested. It's clear that UCSD and the Nursing and Wellness Department will need to continue to work together to better facilitate testing at all sites.

Testing has been moved to the auditorium at our school site.

Testing is completely free. Please note at this time we cannot test other family members or students who attend another school. All information for families can be found here: <https://bit.ly/3mQhez8>
Important Notes Include:

1. 24 Hours prior to the testing date, you will receive an email from UCSD to sign up for a MyChart account. This account is where you will go to be able to access your child's COVID-19 testing results.
2. Results will be available on your UCSD MyChart account in 2-5 days but are usually available in 24 hours. All positive test results are also called to the family by UCSD.

Spanish Class Information

First Grade Thursdays

Apr 29,
May 6, 13, 20, 27
Jun 3, 2021

Meeting ID: 835 4302 1043

Passcode: 736939

TK & Kindergarten Fridays

Apr 30
May 7, 14, 21, 28
Jun 4

Meeting ID: 829 7275 9750

Passcode: 836906

Celebrating Birthdays

Please email your child's teacher far in advance if you would like to send any mementos to celebrate your child's birthday with his/her/their class. We discourage food celebrations for birthdays. Teachers are allowed just three food activities with their classes each year.

Bikes to School

Students may ride their bikes or scooters to school, as long as these guidelines are followed:

1. Students must wear a helmet at all times.
2. Students must walk their bike/scooter/skateboard on Cliffridge Avenue. No wheeled locomotion is permitted on the sidewalk or campus. (Remember this includes Zuca backpacks.)
3. Students must demonstrate appropriate and responsible behavior at all times during the school day.

Emergency Drills

Schools are required to practice a monthly emergency drill. This month, students will practice evacuating classrooms in the event of a fire or other emergency. Our first drill of the school year was very successful last Wednesday. Our next drill will be in May, as students and staff practice our procedures in the event of an earthquake. The teachers and I will be sharing with children what to expect during this drill in the days ahead of the event.

GATE Program, Testing and Class Placement

April 9 Update from District's Special Education Department:

"As previously stated, we will not resume GATE testing until all students have returned to onsite learning. This decision is based on both equity for our students and validity in the process of assessing and identifying students. We appreciate your patience as we develop a path forward."

Please visit the [SDUSD GATE webpage](#) and the [Muirlands GATE webpage](#) for the most current information.

Technology Tips

Please check out the Parent Support Website <http://bit.ly/sdusditsupport> for any technology concerns.

Our success depends on you! Thank you for being a part of Torrey Pines Elementary School.