



NEWSLETTER



February 2021

- Welcome back Hawks! ●
- We are halfway to the finish line. Let's make this second semester count! ●

Family Engagement Center PIQE

Parent(s) & Guardians,,
The Family Engagement Center would like invite you to participate in our virtual Parent Engagement Program hosted by Parent Institute for Quality Education in English and Spanish. Sessions will begin March 23rd through May 18th. Please contact Nancy Arredondo to register or if you have any questions. (760) 955-3353 x21311 or Narredondo@vvuhsd.org

Aeries

Keep track of your student's grades and attendance. Sign up for Aeries Parent Portal:

<https://portal.vvuhsd.org/parent/LoginParent.aspx?page=default.aspx>

For assistance contact Nancy Arredondo at (760) 955-3353 x21311 or Narredondo@vvuhsd.org.

College and Career Center

FAFSA Workshops

Students and parents,
Ms. Richardson would like to invite you to participate in the FAFSA workshops that will be held virtually throughout the month of February. Please contact her with any questions you may have. DRichardson@vvuhsd.org
(See page 3 for details)

Virtual College Fair

Students and Parents,
College Board will host its first Virtual Collage Fair. You will be able to explore the colleges, connect with current students, and will be able to ask questions to colleges of interest. Don't miss this opportunity! (see page 4 for more details)

Tutoring Resources

Are you struggling with any of your classes? Or would benefit from extra help? We have some resources for you.

- SHS After school Tutoring
- FEV Tutoring

(See pages 5-6 for details)

Year Book

We need your help! Although we are not physically on campus, the year book staff would like to capture memories of what the 2020-21 school year was for you. Please send in photos of your students. For questions please contact Summer Moreno at (760) 955-3353 x23119 or Smoreno@vvuhsd.org

Book Club

'Rado Readers



Silverado HS is starting a Virtual Book Club for students, hosted by Mrs. Conkle and Mrs. Lane. Students will get a Ebook copy of the book through the Sora App. The Book Club will meet virtually every other Tuesday at 1pm, starting Feb. 9th. For more information contact Kristin Lane, SHS Library Tech at (760) 955-3353 ext. 21215 or klane@vvuhsd.org .
(see page 7 for details)

Hawks for Christ

Everyone is welcome.
Join every Thursday at 12:30pm. Zoom
Code: 880 0375 1435
Contact Mr. McCarty for more info
kmccarty@vvuhsd.org

Self-Care During Quarantine

Hawks! We are halfway through this unprecedented school year. We are all in this together, and although this pandemic has altered the way we live in many ways, it is important that we take care of mental and physical health. Please read the article on (page 8) to learn 19-ways to practice self-care during quarantine.

Real Talk- Parent Workshops

Parent-to-Parent Group Chats

The Outreach Team from CAHELP will be offering parent-to-parent group chats. You will be able to build new connections, a support system, and learn new parenting tips and tools. (see page 10 for details)

Student Assistance Program (SAP)

Would your student benefit from extra support? SAP provides strategies and interventions to help empower youth by providing social skills groups, conflict resolution, individual counseling and many others. (see page 11 for more details)

Office Hours:

Just a reminder our office is open,
Monday -Friday 8:00am- 3:00pm.

Hello students and families,

Do you need Cash for College? It's not too late. Complete the Federal Application for Student Aid (FAFSA) or California Dream Act Application (CADAA) now! Join the California Student Aid Commission for our Cash for College Webinars. Learn about the FAFSA and CADAA applications and get your questions answered via the Cash for College hotline!

Event Dates & Times:

- Thursday, January 14, 2021 -- 5:30pm-8:00pm
- Thursday, January 21, 2021 (Bilingual/Spanish) -- 5:30pm-8:00pm
- Saturday, January 30, 2021 -- 10:00am-12:30pm
- Thursday, February 11, 2021 -- 5:30pm-8:00pm
- Thursday, February 25, 2021 -- 5:30pm-8:00pm
- Monday, February 22, 2021 (Bilingual/Spanish) -- 5:30pm-8:00pm

Link for students to register for webinars: <https://bit.ly/38AgyrT>

Website: <https://www.csac.ca.gov/cash-college>

THESE FAFSA/CADAA WORKSHOPS ARE REPLACING THE PREVIOUSLY ADVERTISED FAFSA/CADAA WORKSHOPS (which were every Tuesday at 1pm until March 2nd).

PLEASE HAVE THE FOLLOWING DOCUMENTS AVAILABLE DURING THE WEBINAR:

- Your parents (if your parents have an SSN) and your FSA ID (For FAFSA filers ONLY) or Dream Act Account (For CADAA filers).
- Driver's License, if you have one
- Social Security Card, if you have one
- Alien Registration Card, if you have one
- ITIN, if you have one
- List of colleges you are interested in to add to the application
- Most current bank statements, if you have any
- Any records of untaxed income
- 2019 tax information (1040's and W2's) - This includes your parents' tax information if you are a dependent student.

You will have an opportunity to ask questions via Q&A box (general questions only) or via our Cash for College hotline during and after the webinar. Please have your SA ID or Dream Act Account completed and ready for the webinar so you can follow along and complete the application.

Thank you!

Ms. DeAnna Richardson, MS, PPS

BigFuture Days

SIGN UP FOR COLLEGE BOARD'S FIRST-EVER VIRTUAL COLLEGE FAIRS

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture™ Days gives you a chance to get information about multiple colleges from college admissions officers and current college students.

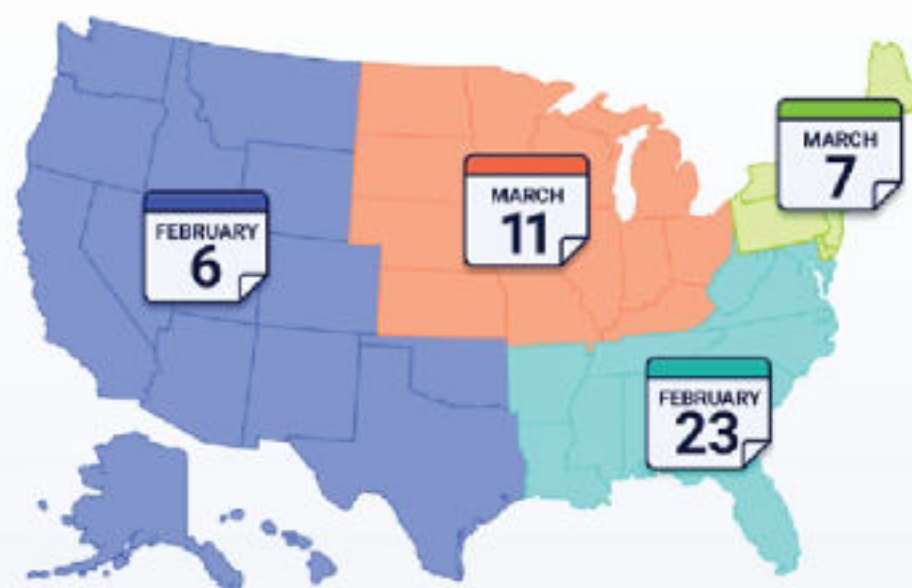
Here are five reasons to attend BigFuture Days:

- 1 Explore colleges in a way that's informative but not overwhelming.
- 2 Connect directly with colleges to get answers to your questions and show your interest in attending.
- 3 Hear from current college students who know what it's like on campus.
- 4 Take key college planning steps like searching for colleges and exploring scholarships.
- 5 Join these free events from a computer or mobile device.

Sophomores and Juniors: Save These Dates

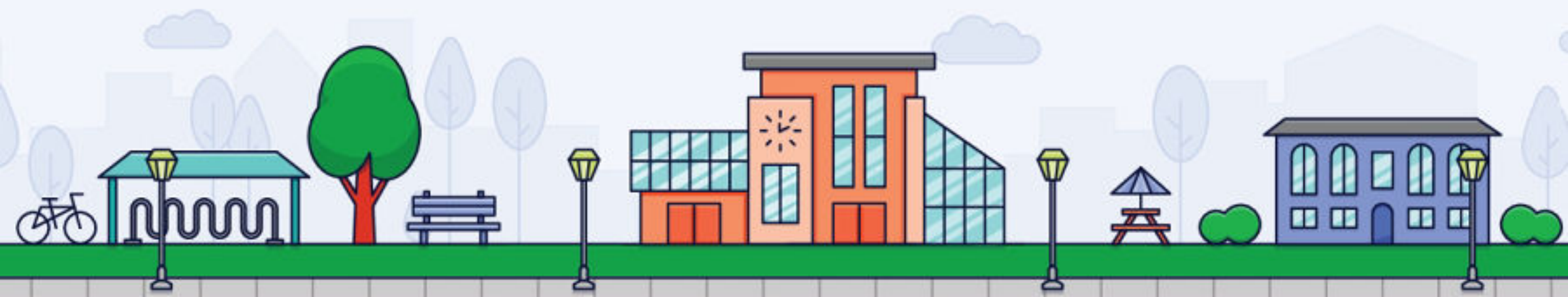
Explore your college options in each region—attend any or all of these events.

- **BigFuture Day West + Southwest**, Saturday, February 6
- **BigFuture Day Southeast**, Tuesday, February 23
- **BigFuture Day Northeast**, Sunday, March 7
- **BigFuture Day Midwest**, Thursday, March 11



Go to cb.org/bigfuturedays to register and learn more!

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Silverado High School
Distance After School Tutoring Schedule 2020-2021

English	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Castaneda	nrj3uwj	English	English	English
Lee	n3dfhss		English 9	
Petruschin	6aezi5p/qgqyed		English Lit & Comp	Eng 12CP
White	oqqg4es			English

Math	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Abadilla	42toh5j	Pre Calculus	Pre Calculus	Pre Calculus
		Statistics AP/CP	Statistics AP/CP	Statistics AP/CP
Casillas	eyat2yb	Int I	Int I	Int I
Castaneda	nrj3uwj	Int I	Int I	Int I
Harring	5ftflfv	Int I, II & III	Int I, II & III	Int I, II & III
Harris	tyr3uzy	Business Math, Int Math	Business Math, Int Math	
Mayo, A.	bxnefzo	Int I & II (XP), AVID	Int I & II (XP), AVID	
Offerman	g6olzqh	Int I, II & III	Int I, II & III	Int I, II & III
Snedegar	vmai64b		Int III	Int III
			Pre Calc/Calc	Pre Calc/Calc

Science	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Casillas	eyat2yb	Biology	Biology	Biology
Doria	wxnufl6	Chem & Chem HP	Chem & Chem HP	Chem & Chem HP
Fragoso	tf7cjxd	Biology I	Biology I	Biology I
Snedegar	vmai64b		Physics	Physics

Social Sci	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Ginorio	figr6fd	World/US History	World/US History	
		Government	Government	
		Geography	Geography	
Maldonado	edomrb2	Gov/Econ	Gov/Econ	Gov/Econ
		US History	US History	US History
Smith	lrdg7ey		US Hist/AP US Hist	
Wilson	sfcmvai	Psych, AP Psych, AP	Psych, AP Psych, AP	
		AP Gov/AP Macroeconomics	AP Gov/AP Macroeconomics	

PE	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Frye-Williams	lq66rpy	PE		
Record	ujymiyk			PE

Fine Art/Elective	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Blum	d46akkb			Art
Casillas	eyat2yb	Sped Elective	Sped Elective	Sped Elective
Paxton	bpd5ger	Art	Art	Art
Sears	4coukq7			Photography I, II & AP

Foreign Language	Classroom Code	Monday (3-4)	Tuesday (3-4)	Thursday (3-4)
Berumen	zplafy7	Spanish I, II & III	Spanish I, II & III	Spanish I, II & III
Solis	vhjp2gc	ELD I, II, III	ELD I, II, III	ELD I, II, III

Victor Valley Union High School District

FREE Tutoring Options

for the 2020-2021 School Year

Option 1

We call this Tier I Tutoring: Your child's teachers are available for 1-on-1 support between 12:37 - 2:50 p.m. daily. Each teacher can be contacted through their Google Classroom or email address for information on their availability.

Option 2

We call this Tier II Tutoring: Each school site has a custom tutoring program in place from 3:00 – 4:00 p.m. Please contact your school site or visit their website for more information and how to access this tutoring option.

Option 3

We call this Tier III Tutoring: District Teachers are available through Google Classroom, from 4:00 – 6:00 p.m. to help students. Below is the teacher name, subject, Google Classroom code, and days to join for help!

- ✦ Ms. Noble : MS English **7fskkjn** M & W
- ✦ Ms. Noble : MS Math **kymjbsc** T & TH
- ✦ Mr. Harring : HS Math **tuosre5** M & W
- ✦ Mr. Smith : HS History **bn6jr34** M & W
- ✦ Mr. Prado : MS History **s4xoear** T & TH
- ✦ Ms. Hunt : Special Education **u73qnb5** M & W
- ✦ Ms. Rodriguez : Spanish **srmrsfv** M & W
- ✦ Ms. Rodriguez : English Learners **ilpgt6r** Tues

Option 4



We call this Tier IV Tutoring. This is 24 hours a day, 7 days a week, live help with a tutor.

To access this tutoring option, Students sign in their Classlink Launch Pad:

and select the App:





'Rado Reads

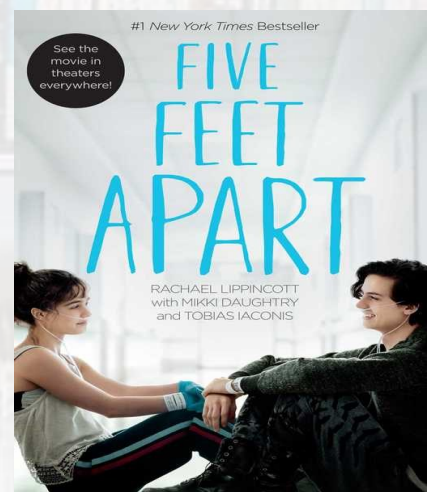


Silverado HS is starting a Virtual Book Club for students, hosted by Mrs. Conkle and Mrs. Lane. We'll meet virtually every other Tuesday at 1pm, starting Feb. 9th.

If you're interested in joining the Book Club, go to Google Classroom and click on "+" to join a class. Type in code **y4t4rbt** and click on "Join." Explore the classroom to find additional information and ask questions. Sign up early so you can start reading before our first meeting.

A free ebook copy of our first book "Five Feet Apart" by Rachael Lippencott will be provided to you through our Sora App and can be downloaded to your preferred device.

"Two teens fall in love with just one minor complication—they can't get within a few feet of each other without risking their lives."



19 Ways To Self-Care During Quarantine

Categories: [Life](#), [Mind](#)

COVID-19 has altered the way we live. And this departure from normal life can be tough on us, especially when we're socially isolated. Both mental health and physical health can suffer if we don't check in and give ourselves the comfort that we need. Many healthcare experts stress the importance of connection during the pandemic and suggest making time for social interactions, whether online or off.

Licensed psychologist, [Michael R. Bütz, PHD](#), reinforces our innate need for others. "We are social animals, and as such we need to have meaningful interactions with others. While we may not be able to navigate physical interactions, there are several things we can do to feel better. We are all in this together...." With Dr. Bütz's advice in mind, we put together 19 ways to care for ourselves during the COVID-19 lockdown.

1. **Keep in touch.** Like Dr. Bütz advises, it's important to schedule calls or facetimes with friends and family to maintain strong connections with the ones you love most.
2. **Disconnect from the online noise.** Take a daily break from all the screens by putting your devices down for long periods at a time.
3. **Journal your days.** Quarantine can feel like one long week, so try to differentiate between days and weeks by documenting your activities and feelings.
4. **Clean and organize.** A messy life is a stressy life, so cut down on clutter to keep your house and mind clear. We can all find some joy in a cleaner house.
5. **Just breathe.** Meditate or pray to give your mind a break from the constant churn.
6. **Get Cookin'.** The act of cooking can be incredibly calming. Be sure to take the time to feed yourself instead of getting stuck in the habit of always ordering out.
7. **Take a Bath.** When you take the time to sit and soak, your blood pressure and brain both get to slow down.
8. **Learn a new language.** Most of us have some free time now that we're stuck at home. Put it to use by learning a new language or skill.
9. **Get outside.** Fresh air is a rejuvenating force. Even if you don't have a dog to walk, getting outside is good for the soul.
10. **Stretch and strengthen.** Moving from bed to couch to desk chair isn't ideal for our bodies. Make sure you mix things up with stretching breaks to keep your circulation flowing.
11. **Juice.** Keeping your body full of vitamins and minerals is important. If you've never tried juicing, there's no better time than right now to get the nutrition you need in your system.
12. **Be creative.** Drawing, coloring, painting, and making crafts is a great way to release stress and use your mind in a different way.
13. **Read.** Never underestimate the power of a good book to help you relax and take your mind off life.
14. **Find a new podcast.** Listening to others talk about things that interest you is an easy and effective way to love on yourself.
15. **Dance party.** Moving our bodies gets our endorphins flowing, so blast your favorite album and shake it for a few songs.

16. **Do a puzzle.** It's amazing how immersed in a puzzle we can get. When we focus our brains on a challenge like this, we take our minds off of the more stressful things.
17. **Skincare routine.** Our skin is the largest organ we have, so show yourself some big-time love with a face mask or moisturizing treatment.
18. **Plant a garden.** Even in winter, an indoor herb garden can brighten up your kitchen and bring some fresh flavors to the table.
19. **Movie Night.** Even if you can't be around your friends, you can still get on a zoom call and all watch a movie together to save your Friday night social life.



RealTalk

Parent-to-Parent Group Chats

The Outreach Team will be offering parent-to-parent group chats. Join us for an interactive opportunity with support to help build connections, create community, and grow together as we fill our toolboxes with new tools and tips to assist with parenting. So grab a cup of coffee, a few snacks, and get ready to have a good time.

Registration

Secure your space now by going to the links listed, under each date.

Cost

Training is FREE to all parents and caregivers.

Audience

This workshop is intended for parents, foster parents, caregivers, and guardians.

Presenter

The Outreach Team

Special Accommodations

Please submit any special accommodation requests at least fifteen working days prior to the training by notating your request when registering.

Schedule

Participants can register to participate for the following days:

Day 1: **February 10, 2021** | 9:30-10:30 a.m.

[Link](#)

Day 2: **March 10, 2021** | 9:30-10:30 a.m.

[Link](#)

Day 3: **April 7, 2021** | 9:30-10:30 a.m.

[Link](#)

Day 4: **May 5, 2021** | 9:30-10:30 a.m.

[Link](#)

Day 5: **June 16, 2021** | 9:30-10:30 a.m.

[Link](#)



CAHELP
17800 Highway 18
Apple Valley, CA 92307



Jeni Galyean
Jeni.Galyean@cahelp.org
442.292.5094 ext. 213



www.cahelp.org/
<https://sbcass.k12oms.org>

Student Assistance Program (SAP)



Prevention & Early Intervention Services

SAP provides strategies, interventions, and activities to school staff, families, and youth that increase their knowledge of social, emotional, and behavioral issues.

Our goal is to provide protective supports for students and their families. SAP services available upon request and referral.

SAP empowers teachers by providing

- Signs/symptoms of mental illnesses and appropriate classroom interventions
- Brain development, stress, trauma, violence, and substance abuse
- Consultation regarding at risk students

SAP Empowers Youth by Providing:

- Social Skills Groups
- Bully Intervention Skills
- Substance Abuse Education
- Healthy Living/Wellness Education
- Conflict Resolution & Mediation
- Individual Counseling
- Anger Management

Parent support also available.

To get started, visit us today!

<https://dmchildrenscenter.org/services/sap>



Desert/Mountain
Children's Center
760-552-6700

