

**Don't be the same...  
be better!**

# *AltEd Monthly*

Family Newsletter for August/September 2023

Click here for the Stein High School Website

<https://steinhigh.tracy.k12.ca.us/>

Click here for the Duncan Russell Community Day School Website

<https://duncanrussell.tracy.k12.ca.us/>

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## *Principal's Message*



**Hello Alt Ed Families,**

Welcome to the 2023 - 2024 school year! We are thrilled to welcome our students and staff back to school. We hope that you were able to relax and make special memories with your friends

and families. Now it is time to look forward to a wonderful new school year as we are focusing on not being the same, but being better!

Our staff have prepared classrooms and the activities for the new school year. I am grateful for our amazing custodial staff as they worked all summer getting our school in great shape. Our portables have been painted, we now have a room of recumbent bikes and we are preparing an area for pickle ball. The office staff, Ms. Herrington, Ms. Manzo, Ms. Parsons, Ms. Pellegrini, and Ms. Vasquez are working hard to ensure a smooth start for staff, students, and families.

Our staff believe this is a special place to learn and grow. We are proud of our school and have high expectations for each and every student. Together we believe that we can make connections with students and help them create plans for the next chapter in their journey.

Stein's vision is to offer an environment where students learn to articulate their academic and career goals while striving to achieve GRIT.

The vision of Duncan Russell Community Day School students learn and perform to their fullest potential, respect themselves and others, and become responsible contributors to society.

Partnering with families is crucial to promoting students success academically, socially and emotionally. This year we will continue to place a strong emphasis on social emotional learning while focusing on building academic skills. We encourage families to stay connected and informed by following us our district website (click the link above) and through our Alt Ed Month Newsletter.

### **SAVE THE DATE!**

**Wednesday, 8/23/2023 - Meet the Principal Breakfast 8:15am - 9:30am.**

**Thursday, 8/24/2023 - Back to School Night 5:00pm - 6:30pm (Dinner Provided)**

**Wednesday, 9/13/2023 - School Site Council and ELAC Meeting**

**Monday, 9/18/2023 - Parent Café @ 8:45am Stein Office**

Grateful to Serve,

Mrs. Mitchell, Principal

*No Problems...Only Situations!*



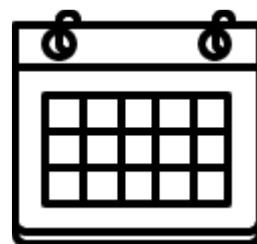
## ***Dates to Remember***

### **August 2023**

8/7 First Day of School

8/23 Meet the Principal Breakfast 8:15AM-9:30AM

8/24 Back to School Night 5:00PM-6:30PM



### **September 2023**

9/4 Labor Day Holiday- No School

9/13 School Site Council and ELAC Meeting 8:15AM-9:15AM

9/18 Parent Café 8:45AM





*Meet the Principal Breakfast*  
*Wednesday, 8/23/23*  
*8:15am - 9:30am*



*Desayuna Para Conocer La Directora*  
*Miercoles 8/23/23*  
*8:15am - 9:30am*



## Back to School Night

Thursday, 8/24/2023 5:00pm – 6:30pm

Dinner Provided



## Noche de Regreso a Escuela

Jueves, 8/24/2023 5:00pm – 6:30pm


Se proveera cena





# Parent Café

**CHILD ADVOCATES**  
PARENT-CONNECTION  
OF SAN JOAQUIN COUNTY



**DONDE:** Stein Continuation High School  
650 W 10th Street, Tracy, CA 95376


**CUANDO:**  
Lunes: 9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11

**HORA:**  
8:45 AM

**En Parent Cafe:**  
Compartimos información e ideas que nos ayudan a cuidarnos a nosotros mismos, criar hijos seguros y desarrollar relaciones positivas con nuestras familias.

Habrás una RIFA cada semana!

Si completa el programa, entrará a una rifa para tener la oportunidad de ganar una tarjeta de regalo de \$200!




Para mas información, por favor llame a:  
**Angela Irigoyen: 209-561-5862**

MAKE NEW FRIENDS  
LEARN ABOUT RESOURCES IN THE COMMUNITY  
GET NEW IDEAS ON HOW TO BECOME A BETTER PARENT  
SHARE YOUR HOPES AND DREAMS FOR YOUR FAMILY  
BUILD A STRONGER COMMUNITY

**SAN JOAQUIN COUNTY**  
Behavioral Health Services

**CHILD ADVOCATES**  
PARENT-CONNECTION  
OF SAN JOAQUIN COUNTY



**WHERE:** Stein Continuation High School  
650 W 10th Street, Tracy, CA 95376


**WHEN:**  
Mondays: 9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11

**TIME:**  
8:45 AM

**At Parent Cafe:**  
We share information and ideas that help us take care of ourselves, raise confident children, and build positive relationships with our families.

Weekly Raffles!

If you complete the program, you will be entered into a raffle for a chance to win a \$200 gift card!



For more information, please call:  
**Angela Irigoyen: 209-561-5862**

MAKE NEW FRIENDS  
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**SAN JOAQUIN COUNTY**  
Behavioral Health Services

# Parents Tips



## A Healthy New School Year

The school year brings opportunities for social connection. Learn how you can work to create a healthy and supportive school for your child.

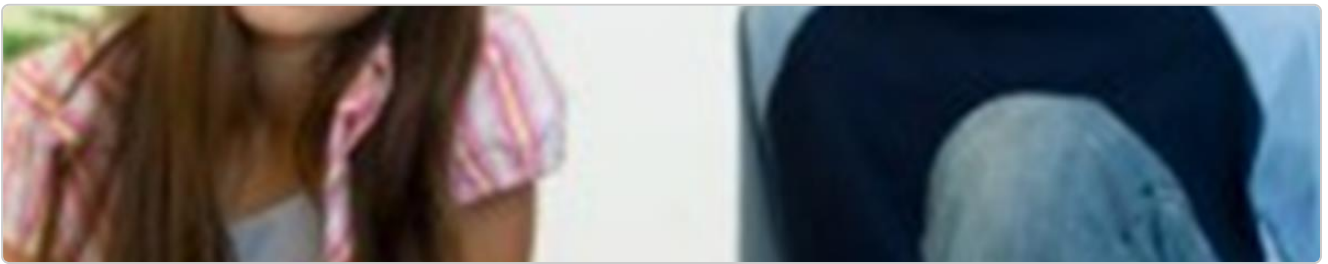
📄 [cdc.gov](https://www.cdc.gov)



### What to Do If Your Teen Hates School: 15 Strategies That Work

My teenager hates school, and I don't know what to do! If this is you, then these 15 strategies will help you get through to your teen.

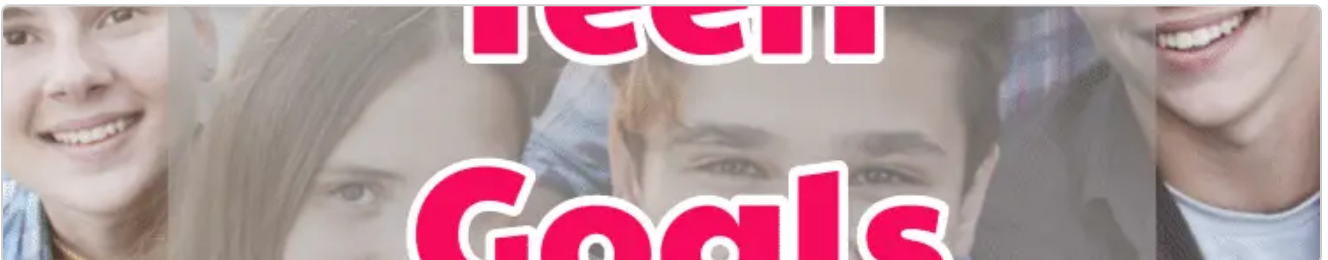
🔗 [daniel-wong.com](http://daniel-wong.com)



### Stages of Adolescence

Adolescence is the period of transition between childhood and adulthood. It includes some big changes-to the body, and to the way a young person relates to the world. Learn about these different stages here.

🔗 [healthychildren.org](http://healthychildren.org)



### Teen Goals

As a teenager, you probably place a high priority on enjoying yourself and becoming independent. You may want success because it promises a certain level of freedom. But you have to set the foundation for success before you can see it through. Setting teen goals teaches you how to manage your life as you take on more responsibility.

🔗 [selffa.com](http://selffa.com)



**Officer Gomez**



Parent tips and social media tricks. There is a lot going on with social media and parents have a hard time keeping up. Officer Gomez explains some of the challenges to parents and kids.

[youtube.com](https://www.youtube.com)



**DELAC - District English Learner Advisory Committee**

Subcommittee on English Learner Education is to provide to the Board of Education and District Staff on needs and services for English Learners.

Tracy Unified School District at Boardroom 3:30PM-5:00PM

Dates:

**ELAC - English Learner Advisory Committee**

The ELAC Is a committee for parents or other Community members who want to advocate for English Learners major function.

School Site 8:15AM-9:15AM.

Dates:



**SSC - School Site Council**

School Site to Council is a group of teachers, parents, classified employees, and students (high school level) that work with the principal to develop, review, and evaluate school improvement programs and school budgets. The members of the School Site Council are generally elected by their peers.

School Site 8:15AM-9:15AM

Dates:

**Title 1**

Title 1 meeting is to provide information to families of participating children about the Title 1 program and their rights to be involved in their child's education.

District Office Board Room 9:00AM-10:30AM

Dates- TBD



# Resources

## MENTAL HEALTH STUDENT RESOURCES

Mental health can affect how we think, act, and feel.

### WHAT CAN IMPACT OUR MENTAL HEALTH?

- Stress
- Our environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

### WHAT ARE SOME SIGNS THAT SOMEONE IS STRUGGLING WITH THEIR MENTAL HEALTH?

- Too much or too little sleep
- Over/under eating
- Lack of motivation
- Irritability
- Difficulty concentrating
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Hearing voices or seeing things that are not there
- Thoughts of death or dying

### WHAT CAN WE DO TO MANAGE OUR MENTAL HEALTH?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors becoming harder to manage.

- Practice deep breathing (Inhale for 4, hold for 7, exhale for 8)
- Go for a walk
- Talk to a counselor or therapist
- Journal
- Practice yoga
- Exercise
- Meditate

### WHERE CAN YOU GO TO GET HELP?

Community Medical Centers  
Mental Health Hotline  
(209) 937-4000 (Hours Aug 20th, 2023)

National Suicide Prevention Lifeline  
Dial 988  
Crisis Text Line  
Text "HOME" to 74174

San Joaquin County Office of Education

## RECURSOS DE SALUD MENTAL PARA ESTUDIANTES

La salud mental puede afectar cómo pensamos, actuamos, y nos sentimos.

### ¿QUÉ PUEDE AFECTAR A NUESTRA SALUD MENTAL?

- El estrés
- Nuestro propio ambiente
- La escuela/trabajo
- La familia y los amigos
- Los cambios repentinos en nuestras rutinas
- Factores biológicos
- Un duelo y pérdida
- El consumo de alcohol o drogas

### ¿CUÁLES SON ALGUNAS SEÑALES DE QUE ALGUIEN ESTÁ TENIENDO PROBLEMAS CON SU SALUD MENTAL?

- Dormir mucho o muy poco
- Comer demasiado o muy poco
- Falta de motivación
- Irritabilidad
- Dificultad para concentrarse
- Deseos de estar solo por largos períodos de tiempo
- Falta de interés por cosas que antes disfrutaba
- Escuchar voces o ver cosas que no existen
- Tener pensamientos de muerte o agonía

### ¿QUÉ PODEMOS HACER PARA CUIDAR NUESTRA SALUD MENTAL?

Las siguientes son habilidades positivas para enfrentar problemas que puedes practicar cuando sientas que tus sentimientos, pensamientos o comportamientos son cada vez más difíciles de manejar:

- Practica la respiración profunda (Inhala durante 4 segundos, mantén la respiración otros 7 segundos, exhala durante 8 segundos)
- Meditar
- Practicar yoga
- Dar un paseo
- Hablar con un consejero o terapeuta
- Escribir un diario
- Hacer ejercicio

### ¿DÓNDE PUEDES IR PARA OBTENER AYUDA?

Community Medical Centers  
Línea de ayuda de salud mental  
(209) 937-4000 (Llamadas 24 horas)

Línea Nacional de Prevención del Suicidio  
Marzo 988

Palatanga Center  
New Canaan

Línea de Texto en Caso de Crisis  
Envía el texto "HOME" al 74174

San Joaquin County Office of Education



We are here to serve you!

Student Mental Health  
Resources - English

Student Mental Health  
Resources - Spanish

## Tracy Family Resource Center

*"How are the Children doing?"*

236 W Beverly Pl, Tracy CA 95376 • (209) 229-4822

### Events

Community Partnership for Families of San Joquin  
David Eubler  
(209) 229-4822

**Weekly Events**

Monday:  
Tuesdays:  
2nd Harvest Food  
Cal Fresh Enrollment & Renewals

Wednesdays:  
Medi-Cal Enrollment & Renewals  
Free Breast Exam Panels

Thursdays:  
Medi-Cal Enrollment & Renewals

Fridays:  
Catholic Bread

Saturdays:  
open

Sundays:  
open

**Monthly Events**

Mobile Farmer's  
Market 3rd Monday  
Each month Holidays Excepted

**Core Values**

Working together to build  
strong and successful  
families and communities

## AUGUST 2023

OPEN MONDAY - FRIDAY 8:30AM - 5:00PM

**HOMEWORK ASSISTANCE AT THE TRACY FAMILY RESOURCE CENTER!!!**

Announcing our homework club & tutoring program for the new school year at the:  
**Tracy Family Resource Center**  
236 W Beverly Place, Tracy Ca

**EMERGENCY FOOD BANK**  
Nutrition • Education • Health

**MOBILE FARMER'S MARKET**  
Monday August 21st  
10:30-11:30AM  
Bring your own bag...  
236 W Beverly Pl.,  
Tracy CA 95376

**Catholic Charities**  
Catholic Charities of the Diocese of Fresno

Do you have Medi-Cal questions?  
CFFSJ has partnered with Catholic Charities to help families apply for Medi-Cal and Healthy Smiles dental program for kids 0-18...

We have free enrollment assistance on Wednesdays and Thursdays. For more information or to schedule an appointment, call our office: 209-229-4822

**Job Club**  
Thursdays  
Don't miss this opportunity!  
Join us on Thursdays at 11:00 am to get help with your resume and job applications  
Are you looking to increase your income? Applying for a job or maybe you need help with your computer skills? If you need help for any of these questions then please let us know of how job club can assist you!  
Thank you, Tracy Family Resource Center  
236 W Beverly Pl, Tracy CA 95376  
(209) 229-4822

**Hearts of Harvest**  
Hearts of Harvest Foundation (HCHF) is a non-profit organization based in Tracy California whose long range Mission is to provide financial assistance and support to families in San Joaquin County with children who have heart disease and other critical illnesses. Call us for more information 209-229-4822

## Tracy Family Resource Center

"How are the Children doing?"

236 W. Beverly Pl., Tracy, CA 95376 • (209) 229-4922

Community Management Director  
David Fowler  
(209) 229-4922

### Events

#### Weekly Events

Monday:  
Tuesday:  
2nd Harvest, Food  
Cal Fresh Enrollment &  
Benefits

Wednesday:  
Meal Cal Enrollments & Benefits  
Free Breakfast for Parents  
Thursday:  
Meal Cal Enrollments & Benefits

Friday:  
Catholic Mass

Saturday:  
open

Sunday:  
open

#### Monthly Events

Meals for Women's  
Market 3rd Monday  
Each month Holidays Excepted

### Core Values

Working together to build  
strong and successful  
families and communities

# AUGUST 2023

OPEN MONDAY - FRIDAY 8:30AM - 5:00PM



### Employment & Training Program

Developed to serve **CAL FRESH** recipients, who are 18-59 years of age, and are currently working less than 30 hours per week... If you are motivated and committed to a positive change, give me a call...

Alicia Laperchay  
(209) 229-4922



PG&E's REACH Payment Assistance Program .. If your outstanding balance is now **\$500 or less** and you have a shutoff notice Please call us for details: 209-229-4922

Like our Facebook page and keep in touch what's going on at the Tracy Family Resource Center!!



### TRACY CONNECTS

The Tracy Family Resource Center will be at the Tracy Chamber of Commerce's 38th ANNUAL "TRACY CONNECTS" Resource Fair at Lincoln Park on **SEPTEMBER 6TH** from 10:00 AM to 3:00 PM. There will be entertainment, free refreshments, kids games and activities for the whole family...



## TRACY COMMUNITY CONNECTIONS CENTER

RESOURCES FOR HOMELESS & AT-RISK

324 E. 11th Street, Suite B1, Tracy, CA 95376 ~ Phone: (209) 407-9649 ~ [www.tracyccc.org](http://www.tracyccc.org)

### Housing WORKs program



We are pleased to partner with the First 5 of San Joaquin to provide additional resources to families in need. If you meet the below requirements, you may qualify for this specific program designed to serve families that receive CalWORKs (cash assistance) through the San Joaquin County Human Services Agency.

Even if you don't qualify for this specific program, as a resident of San Joaquin County you can still receive services through the Tracy Community Connections Center. To speak to a case manager about your situation and the other services we provide please call us directly at (209) 407-9649.

#### Are you:

- 1.) ☐ A resident of San Joaquin County
- 2.) ☐ Currently receiving CalWORKs cash assistance for both yourself and at least one child under the age of 18 in the home.  
OR  
☐ Are you a pregnant mother currently receiving CalWORKs cash assistance
- 3.) ☐ Are you currently experiencing homelessness  
☐ Have you already received an eviction notice  
☐ Are you facing eviction within the next 14 days

If you answered yes to all of the above please contact us immediately to schedule an appointment to meet with a case manager at (209) 407-9649.

#### What to bring with you to your appointment:

- 1.) Copy of your eviction notice
- 2.) Current statement showing balance of rent due from Landlord or Property Management
- 3.) Contact information for your Landlord or Property Management so we can contact them
- 4.) Verification of Benefits for CalWORKs if you have it





## Catholic Charities CalFresh Outreach Program

236 W. BEVERLY PLACE, TRACY, CA 95376

### CONTACT INFORMATION

MAHIRA: 209-444-5944 MARIA: 209-444-5922  
FOR APPOINTMENTS CALL: 209-229-4922



### Required Documents

✓	PROOF OF CITIZENSHIP OR IMMIGRATION STATUS
✓	PROOF OF INCOME (FOR 30 DAY PERIOD)
✓	UTILITY BILLS: (PG&E, WATER, GARBAGE, PHONE)
✓	SOCIAL NUMBER(S)
✓	PICTURE ID AND BIRTH CERTIFICATES (CHILDREN)
✓	RENT RECEIPTS OR MORTGAGE PAYMENT

### Services Provided

NEW ENROLLMENTS  
CASE FOLLOW-UP  
SEMI-ANNUAL REPORTING  
ANNUAL RECERTIFICATION  
FAIR WEARINGS  
VERIFICATIONS  
FOOD PANTRY REFERRALS

CALFRESH DOLLARS PER HOUSEHOLD\*\* THE MAXIMUM DEPENDS ON YOUR HOUSEHOLD SIZE, INCOME AND EXPENSES

Size	1	2	3	4	5	6	7	8
Maximum amount	\$281	\$516	\$740	\$939	\$1116	\$1,339	\$1,480	\$1,691

Maximum amounts until September 30, 2023



@calfreshoutreachprogram



@Calfresh Outreach Program

Funded by USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



## Programa CalFresh Outreach en Caridades Catolicas

236 W. BEVERLY PLACE, TRACY, CA 95376

### INFORMACIÓN DE CONTACTO

MAHIRA: 209-444-5944 MARIA: 209-444-5922  
PARA CITAS LLAME AL: 209-229-4922



### Documentos requeridos

✓	COMPROBANTE DE CIUDADANÍA O DE ESTADO MIGRATORIO
✓	COMPROBANTE DE INGRESO (DE UN PERIODO DE 30 DÍAS)
✓	COMPROBANTE DE UTILIDADES: (PG&E, AGUA, BASURA, TELEFONO)
✓	NÚMERO(S) DE SEGURO SOCIAL
✓	IDENTIFICACIÓN CON FOTO Y ACTAS DE NACIMIENTO (NIÑOS)
✓	RECIBO DE RENTA O HIPOTECA

### Servicios

NUÉVAS INSCRIPCIONES  
SEGUIMIENTOS DE CASOS  
REPORTE SEMI-ANUAL  
RECERTIFICACIÓN ANUAL  
AUDIENCIAS  
VERIFICACIONES  
REFERENCIA A DESPENSA DE ALIMENTOS

BENEFICIOS DE CALFRESH POR HOGAR\*\* EL MAXIMO DEPENDE DEL TAMAÑO DE SU FAMILIA, GASTOS, E INGRESOS

Tamaño	1	2	3	4	5	6	7	8
Cantidad Maxima	\$281	\$516	\$740	\$939	\$1116	\$1,339	\$1,480	\$1,691

Cantidad máxima hasta el 30 de Septiembre del 2023



@calfreshoutreachprogram



@Calfresh Outreach Program

SUPPORT  
CONNECTION  
SUCCESS

Presented by  
**SAN JOAQUIN**  
COUNTY  
Behavioral Health Services  
Mental Health • Substance Use • Crisis Services



## FREE MENTORING SERVICES

### Transitional Age Youth Mentoring (TAY) Program

The TAY program provides FREE mentoring services for youth and young adults between the ages of 16-25 years old.



Education



Emotional Wellbeing



Physical Health



Community Engagement



Parenting Skills



Housing Exploration



Employment



Financial Planning



Social Supports

*Prepare for success + independence!*

Contact us at (209) 490-2744

FOLLOW US ON INSTAGRAM @TAY\_CAPC



Scan this QR code with your camera app to visit our website!



APOYO  
RELACIÓN  
ÉXITO

Presented by  
**SAN JOAQUIN**  
COUNTY  
Behavioral Health Services  
Mental Health • Substance Use • Crisis Services



## APOYO PARA JOVENES GRATIS

### Programa de Guía Transicional

El Programa de Guía Transicional ofrece servicios gratuitos para adultos jóvenes entre las edades de 16-25.



Educación



Bienestar Emocional



Salud Física



Participación en la Comunidad



Habilidades de Padres



Vivienda



Empleo



Planificación Financiera



Apoyos Sociales

*Prepárese para el éxito y independencia como adulto!*

Contactenos (209) 490-2744

SÍGUENOS EN INSTAGRAM @TAY\_CAPC



Escanea el código QR con la aplicación de tu cámara para visitar el sitio!







# Automotive Technology



**TUESDAYS  
4:00PM TO 8:00PM**



**Hands-On, Real-World, Occupationally Relevant Experiences in The Following Areas:**

- ✓ Systems Diagnostics, Service, and Repair
- ✓ Modification & Fabrication
- ✓ High Performance Engine Tuning
- ✓ Aftermarket Component Installation

**Related Job Opportunities:**

- ✓ Automotive Service Technician
- ✓ Automotive Maintenance Worker
- ✓ Specialty Vehicle Shop Employee
- ✓ Shop Foreman Technical Writer, Dispatcher
- ✓ Insurance Investigator, Inspector
- ✓ General Mechanical Maintenance and Repair Worker

**Project Based Learning  
Classroom and Shop Time**

Safety - Hand & Machine Tool Use - Welding - Machining  
Engines - Drivetrain and Suspension - Electrical  
Maintenance, Diagnostics, Service & Repair

**\$50 PER STUDENT**

**SIGN UP TODAY AT TRACY ADULT SCHOOL**

1895 W. Lowell Avenue  
Tracy, CA 95376

209-830-3384  
sstrube@tusd.net



**International Alliance  
To Assist Children**

**Roya Foundation Proudly Presents Learning Programs**

- Monday: Computer & Laptop Training
- Wednesday: Arts & Leadership
- Thursday: Youth Financial Literacy
- Friday: Coding & ESL

**All classes are FREE.  
Classes are held  
from 3:30 to 4:30**

We are accepting applications for the Learning Programs and for free laptops. Due to limited resources, we can only provide service to those with the greatest needs. However, we plan to monitor and fulfill the unmet technology needs of low-income and at-risk students.

Registration applications are available at the Youth Technology Center located at:  
**305 West Street, Tracy**  
and online at:

**[www.Royafoundation.org](http://www.Royafoundation.org)**

**For More Information Contact:  
Roya Foundation  
[info@royafoundation.org](mailto:info@royafoundation.org)  
209-740-2784**



YOUTH 16 - 24 LIVING IN SAN JOAQUIN COUNTY

# APPLY TODAY!

OUT OF SCHOOL/DROP OUT,  
FOSTER YOUTH, LOW INCOME,  
HOMELESS, JUSTICE INVOLVED



Powered by:



WorkStart YES

Funded by:



THIS WIOA TITLE I FINANCIALLY ASSISTED PROGRAM OR ACTIVITY IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM. AUXILIARY AIDS AND SERVICES ARE AVAILABLE UPON REQUEST TO INDIVIDUALS WITH DISABILITIES. CALIFORNIA RELAY SERVICE 711 OR 1-800-735-2922 (ENGLISH) 1-800-855-3000 (SPANISH)

## WORKSTART YES

POWERED BY eckerd connects

### PROVIDING CONNECTIONS

Connecting young adults, ages 16-24 to no-cost education, training and employment opportunities



#### CAREER EXPLORATION & TRAINING

- Career Assessments
- Workforce Preparation
- Vocational & Technical Training



#### WORK READINESS WORKSHOPS

- Referrals to job openings
- Resume & Interviewing Tips
- Application assistance
- Earn a cash incentive for completion



#### INTERNSHIPS & PAID WORK EXPERIENCE

- Build valuable job skills
- Earn while you learn
- Entrepreneurial Development

Complete an interest form!



Contact us:

Phone: (209) 323-5169

306 E Main St Suite 211

Stockton, CA 95202

WorkStartYes@eckerd.org



This WIOA Title I financially assisted program or activity is an equal opportunity employer/program. Auxiliary aids and services are



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# *Student Handbooks*

## **23-24 Stein Student Handbook.pdf**

[Download](#)

647.9 KB

## **23-24 DRCDS Student Handbook.pdf**

[Download](#)

601.4 KB



**Traci Mitchell**

Traci is using Smore to create beautiful newsletters