

SEPTEMBER 2023

The Connection

OHigh PTO Newsletter

MOMENTUM & SAFETY

By Alex Park & Brooklyn Williams,
PTO Co-Presidents

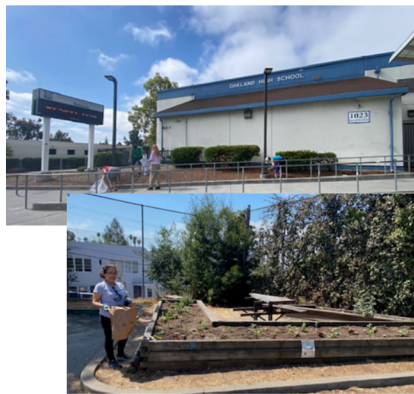
Our year is off to a great start! We had some community time together last month where we were able to get to know each other (Community Coffee & Back to School Night), work together (Campus Clean-up Day), and show appreciation (Wellness Break contributions). We had our first PTO meeting of the year where we met our administrators, counselors, and case managers; and learned about the resources provided by the Shop 55 Wellness Center. Another important topic was discussed: Safety. There have been accidents this year already involving cars and students. We are working to advocate for traffic and pedestrian safety around the school with City staff and elected officials. We know that students need to feel safe in order to learn, and as families, school staff, and community partners, we will continue to work together to improve safety at Oakland High.

First Student Newscast released!



Follow us on Instagram!

AUGUST RECAP:



Campus Beautification/Green Team Day 1:

We had a great turnout for the campus clean up on August 19 - thanks to everyone who came and worked hard to pull weeds, collect leaves, and clean up trash! Also, thanks to Franco Castaldini for volunteering to lead the Campus Green Team to beautify our campus. We will have our next beautification day this month on Sep 23 from 10 am - 1 pm. Bring gardening gloves if you have them and some water - we'll be working on the Senior Court and the back corner garden. Also, we are working on a student survey to get input on ideas for how to beautify the campus.

Back to School Night:

Back to school night was a great time meeting teachers and other families. We had food (shout out to Trybe!), performances (Jazz band represented and OHigh Cheerleaders were on point!), meet & greet with teachers, an ICE CREAM truck (yum!), and a photo scavenger hunt around the campus with A's tickets prizes. If you didn't make it this year, be sure to come next year!



Important Dates:

Sep 8 - First Home Football Game! (PTO Calendar has times for Girls Volleyball, tennis, cross country, and other football games)

Sep 15 - No School & Alumni Home Football Game

Sep 21 - SSC Meeting

Sep 23, 10 am-1 pm - Campus Green Team Beautification/Clean Up

Sep 25, 6-7 pm - PTO meeting on Zoom with translation available (Spanish, Cantonese, Vietnamese, and Arabic)

Sep 27 - Wellness Break for staff (long Wednesday)

Sep 28 & 29 - Makeup Picture Days Thu/Fri in the Theater

Sep 30th, 2-3:30pm - Jazz band to perform at 'Oaktobefest' (Fruitvale & McArthur Blvd)

Coming soon: OHigh Drama Club will be doing The Addams Family Musical this year! Keep your eye out for info about auditions or come to room 329 on Thursdays after school.

Contents:

August Recap

PATHWAY HIGHLIGHTS

Sports News

Volunteer Opportunities

OHigh Staff Highlight

ALSO

- How to Become a PTO Member
- OHigh Gear Store Info
- PTO Google Calendar
- How to Donate to PTO



The mission of Oakland High PTO is to foster relationships and build community among the Oakland High parents & caregivers, teachers, staff and students through communication, gatherings, and service and to facilitate resources to address the highest needs of the school.

PATHWAY HIGHLIGHTS

Welcome Events

Our first-year students will learn more about the available pathways (LSJ, IDEA, Visual Arts and Media (VAAMP), Public Health Academy (PHA), Environmental Science Academy (ESA), & RISE) later this school year and will be asked to choose their pathway in the Spring.

Over the last couple of weeks, many of Oakland High's pathways held welcome events to kickoff a positive start to the school year. **ESA** and **RISE** held interactive assemblies to introduce new staff, review pathway policies, and share information about how and where to access various resources across campus. In mixed-grade level teams, **LSJ** students did a campus wide scavenger hunt as a community building activity. **PHA** held their annual welcome back ice cream social for all students and staff, and it was DJ'd by their new case manager, Jamil Brown, a Class of 2012 Oakland High graduate.

PHA Ice Cream Social



SPORTS NEWS

Varsity football won 16 to 8 for their first game of the season! This month there are also several girls volleyball, tennis, and cross country meets – see the PTO calendar for details and show up to cheer on the Wildcats! Also, the football team is just over 30% of the way to their fundraising goal. If you would like to support the team, please contribute using the QR code to help fund new endzone padding, up-to-date shoulder pads for the players, and snacks & drinks for the players before practice and games. The Alumni game is Friday 9/15, 7 pm at OHigh, so if you're an alumni or know someone who is – let them know and come support the current Wildcats!

Buy Sports Tix Here:



Search How it works Start a GoFundMe



VOLUNTEER OPPORTUNITIES!



Sep 23 - Campus Clean-up day. Come to the school to help beautify/clean up the campus on Sat, September 23 from 10 am – 1 pm. Bring gardening gloves if you have them and some water – we'll be working on the Senior Court and the back corner garden.

Sep 27- Wellness Break for Staff is hosted by the Wellness Center where they can get snacks, fruit, tea, and coffee every long Wednesday from 10:30am - 3:00pm. If you would like to contribute, they welcome donations of fruit and any pre-packaged individual snacks (i.e. granola bars, wrapped candy, individual-size trail mix, individual-size popcorn bags/ chips, etc.). Email President@oaklandhighpto.org if you are interested!

Bilingual? Help with translation! We can use help with translation of this newsletter and during the meetings if OUSD translators are not available. If you can help, contact President@oaklandhighpto.org.

How to become a school volunteer (working with students):

There are different levels of volunteering, depending on what you want to do, there are different requirements for becoming a volunteer when working with students:

- First fill out the form for either virtual or in-person volunteer at the link to the left.
- For in-person, select the type of activities you would like to volunteer for and fill out the form.
- Depending on what you want to volunteer for, you will be classified as a Virtual Guardian Volunteer, a Supervised Guardian Volunteer, or an Unsupervised Guardian Volunteer.
- Requirements can include registration, tuberculosis (TB) test/clearance, and fingerprinting

If you need help or it doesn't make sense, you can email osv@oaklandedfund.org for assistance.



STAFF HIGHLIGHT: MS. RANY (ATH)



What is your role at OHigh?

Wellness Center Director and Community Schools Manager

Where are you from and where did you go to high school?

I was born and raised in Oakland, grew up on 13th Ave, graduated from OHigh in 2002!

What might (someone) be surprised to know about you?

In my free time I make videos - short highlight videos, photos of the kids growing up or travels.

What is your favorite thing about working at OHigh?

The people – the people I work with, teachers/admin/counselors/shop 55 providers are full of commitment, dedication, and love towards supporting students.

Tell me about someone who has influenced your decision to work at OHigh?

This is my 17th year working at OHigh. My dad was a refugee from Cambodia, growing up and learning about his story: the sacrifices he made migrating to the US, the financial and social challenges he experienced when he settled in Oakland. He encouraged me to do well in school and to be helpful to others, and taught me not to hold grudges or hold on to pain and just to keep helping others. I see how when others in the Cambodian community need help with taxes or fixing cars, they're over at his house – he has been my example.

Tell us about the Shop 55 Wellness Center at OHigh:

The Shop 55 Wellness Center is a one stop shop to receive mental, emotional, academic, and employment support. It's also a place for adults to take care of ourselves so we can be healthy and well to be able to support students. We organize a lot of community events during lunchtime. On Oct 20 we will have a field day where each period is dedicated to a grade level to come out onto the field with the purpose of cultivating joy. There will be things like a snack bar, sports games, video game truck, rock wall climbing, a giant inflatable slide, and human foosball. Wellness is about taking care of self, each other, and cultivating joy.

What do you do personally for your own wellness:

I cuddle and spend time with my kids – I have two boys 11 (at Edna Brewer) & 6 years old. A wellness goal I have is to spend more time outdoors going for hikes and spending time in nature.

What are some needs at the school related to wellness for students and staff?

The biggest post-pandemic need we see is mental health. Based on the last community survey, mental health was the #1 need for teachers, students, families, and staff – mainly for more 1 on 1 support. It would be great to have more providers – but we don't have enough physical space to accommodate – it would be great if we could expand space by building up.

If you could change something at OHigh, what would it be?

Some needs I see include cleaner and better stocked restrooms, having translators available on campus – how scary/nerve racking it must be for students who are not English speakers to not be able to communicate what they need. A recent student survey showed that the unhoused student population is bigger than what was expected based on registration numbers. It would be great if we could have facilities for kids to do laundry and shower before school.

What do you wish other people knew about OHigh?

That we're a school community that focuses on relationships – we intentionally start our year by getting to know each other – that is why the teachers start off with doing circles and ice breakers in class.

Back to School Night Scavenger Hunt Photos (great job!):



<<Heissman pose at the trophy case



Happy pose at the wellness center >>



<< Reading at the library



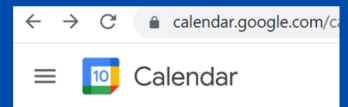
Main office pose with Ms. Gayle >>

The Links

How to Become a PTO Member:



OHigh PTO Google Calendar



Donate to OHigh PTO



Get OHigh Gear Here:

