

Alt Ed Family Monthly Newsletter

Family Newsletter for March 2024

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/>

Principal's Message

Hello Alt Ed Families,



February passed by like a blink of the eye. We have moved on. March has started with a boom and loads of great news for our Alt Ed Campus. For starters, Stein High has been earned the prestigious award from the California Department of Education, being named Model Continuation High School. There are 400+ continuation high schools in California, only 31 were named as a 2024 Model Continuation High School. The letter from the State Superintendent of Public Education, Tony Thurmond is below.

Congratulations to the Stein High Family. The Grizzly Basketball team hosted their very first, ever in Tracy Unified, tournament and were able to go undefeated.

March is a time to prepare for the end of school year. We are wrapping up Quarter 3. March is when time changes - again. This time we spring forward on the 10th. The weather begins to change and things warm up. As we await warmer weather, we want to keep our students focused on continuing to strive to do their best and finish the school year strong. Thank you and know that we appreciate all of the support and effort from you, the parents and families of our students. Your support carries over and impacts their success at school.

Spring Break begins next week, March 11 - 15, 2024. School resumes Monday, March 18, 2024. A few tips to help you and your teen navigate this time away from school.

- [1. Expect your kids to sleep in; keep the schedule flexible.](#)
- [2. Remember that it's the little things that make memories.](#)
- [3. Proceed with caution when it comes to teen Spring Break trips.](#)
- [4. let your kids enjoy balanced, unhurried days.](#)
- [5. Make your home a comfortable place to be, for both them and their friends.](#)
- [6. Find one go-to activity that your family enjoys doing together.](#)
- [7. Take some time to remind your kids to finish the school year strong.](#)

At Stein, our schoolwide learner outcomes are grounded in GRIT. Stein High graduates will acquire tools to sustain **Goals, Relationships, Integrity, Tenacity**. The vision for Duncan Russell is that students learn and perform to their fullest potential, respect themselves and others, and become responsible contributors to society. I have been through several classes and witnessed many thoughtful in class discussions. Teachers have worked hard to plan engaging and rigorous activities.

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!

Friday, 3/8/2024 - Stein & TYAP Minimum Day

Monday, 3/11 - 15/2024 - Spring Break - No School

Tuesday, 3/26/2024 - TUSD Board Meeting @ 7:00 pm

Wednesday, 3/27/2024 - SSC Meeting - Alt Ed Campus @ 1:45 pm

Wednesday, 3/27/2024 - Quarter 3 Awards (Stein & TYAP) @ 9:00 am

Wednesday, 3/27/2024 - Quarter 3 Awards (DRCDS) @ 2:30 pm

Thursday, 3/28/2024 - DELAC Meeting TUSD Boardroom @ 3:30 pm

Friday, 3/29/2024 - Good Friday - No School

Monday, 4/1/2024 - Easter Holiday - No School

Grateful to Serve,

Mrs. Mitchell, Principal

No Problems...Only Situations!



**CALIFORNIA DEPARTMENT
OF EDUCATION**

1430 N STREET, SACRAMENTO, CA 95814-5901 • 916-319-0800 • WWW.CDE.CA.GOV

TONY THURMOND
STATE SUPERINTENDENT OF
PUBLIC INSTRUCTION

March 6, 2024

Traci Mitchell, Principal
George and Evelyn Stein Continuation
650 West 10th Street
Tracy, CA 95376

Dear Principal Mitchell:

On behalf of the California Department of Education (CDE), I congratulate you, your staff, and your school on your selection as a 2024 Model Continuation High School (MCHS).

I commend you for demonstrating extraordinary commitment to your students and their families. By providing your students with a myriad of educational options, mental health resources, and other support services, you have addressed their needs, elevated their strengths and assets, and set them on a trajectory for success. You exemplify the power in listening "through this whole student's ears" to understand, respect, and value their goals, challenges and lived experiences. This comprehensive support has prepared them with the necessary skills to move forward toward successfully completing high school, transitioning to higher education, academic and/or vocational, and entering the workforce.

During the three years that your school is designated as an MCHS (April 2024 to March 2027), the CDE, and co-sponsor California Continuation Education Association Plus, will identify you as a resource for districts that are planning to establish new continuation high schools and for new and existing continuation schools that would like expert support in expanding and deepening their educational practices. We request that you submit an annual assurance of conformance to model school guidelines for the second and third years of designation. The Annual Assurance of Services Form will be made available on the CDE's [MCHS Recognition Program web page](#).

If you have any questions regarding this subject, please contact Dan Sackheim, Education Programs Consultant, Educational Options Office, by phone at 916-323-2183 or by email at ContinuationEduc@cde.ca.gov.

Again, congratulations on being designated as a Model Continuation High School.

Sincerely,

Signed by

Tony Thurmond
State Superintendent of Public Instruction

Athletics Corner

Basketball Tournament Dates:

- 1 March @ Kimball in Tracy
- 8 March in Merced

Soccer Practice

- Tuesday, Wednesday, Thursday 1:45-3:00 every week (not including Spring Break) until the last tournament on 4/5/24
- Must have your sports physical and permission slip turned in to participate
- See Mrs. Chavarria or Mrs. Alger for more information

Soccer Tournament Dates:

- Thursday, March 28, 2024 @ Sequoia High School (Merced)
- Departure Time: 7:15 am
- Location: 1900 G Street, Merced
- Friday, April 5, 2024 - Stein High Tournament @ Kimball High
- Departure Time: MEET AT KIMBALL at 7:45 am



- Location: 3200 Jaguar Run, Don Nicholson Stadium

Dodgeball Practices

- Starts 4/8/2024
- Tuesday, Wednesday, Thursday, Friday 1:45-3:00pm
- Must have your sports physical and permission slip turned in to participate
- See Mr. Vallotton or Mrs. Christenson for more information

Dodgeball Tournament:

- Friday, April 19, 2024 @ Sequoia High School (Merced)
- Departure Time: 7:15 am
- Location: 1900 G Street, Merced

Dodgeball Team vs Staff Game - TBD



Graduation Cap & Gown Information

2024 SENIORS!



**THERE IS STILL TIME TO
ORDER YOUR CAP & GOWN**

Deadline to order: March 1st, 2024

Scan the code below, or visit us
online at **highschool.herffjones.com**



866.238.5336 // highschoolcs@herffjones.com // herffjones.com



EM-1953-R23



Stein High Graduation Requirements

Stein High Graduation Requirements

- Students must earn 185 credits total, and complete all subjects as outlined below.
- 130 credits will be earned in the required subject areas, 55 electives.
- Students must complete and present the **Student Portfolio** (elective credits).
- Students must complete Strategies for Academic Success course (elective credits).
- Students must earn **20 credits in residency** at Stein

40 credits - English

30 credits - Social Studies

30 credits - Science

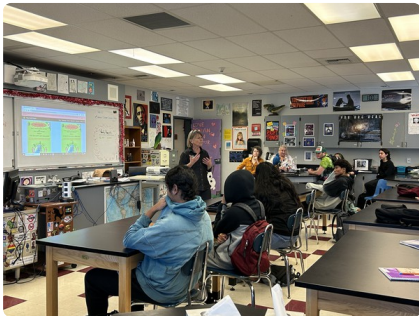
20 credits - Math (*including Algebra 1*)

10 credits - Fine Arts

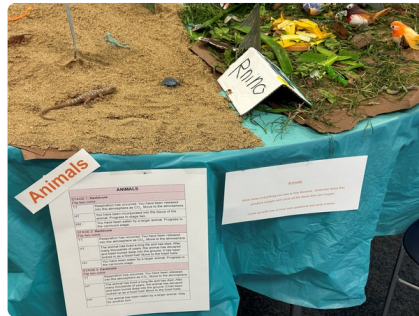
55 credits - Electives (*including Physical Education*)

Total 185 credits

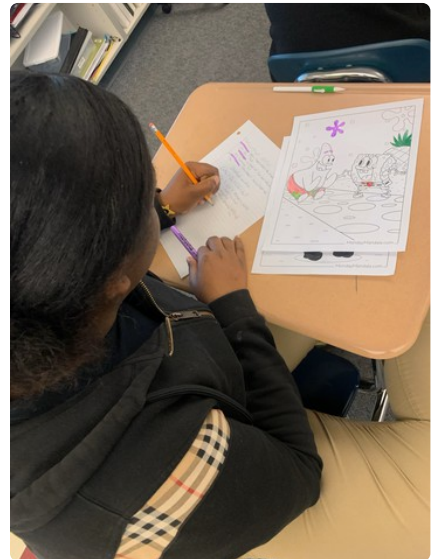
Our February 2024



**Earth Day Challenge
Presentation**



Science with Mrs. Peltz



**Science Fun with Mrs.
Coker**

Dates to Remember

March 2024-

3/6 Coffee with the Principal

3/11-3/15 Spring Break - No School

3/26 TUSD Board Meeting
3/27 Quarter 3 Awards
3/27 School Site Council 1:45 PM
3/28 DELAC Meeting TUSD Board Room
3/29 Good Friday - No School



April 2024

4/1 Spring Holiday - No School



100 Fun Spring Activities for Kids & Adults {printable list!}

HUGE list of 100 fun things to do in Spring - a great FREE printable bucket list of activities for kids & adults to enjoy together!

kcedventures.com



Over 18 cool Easter gifts for teens that will make their Easter special too. | 2022

We've found over 18 exceptionally cool Easter gifts for teens that go way beyond stuffed bunnies and marshmallow chicks.

coolmompicks.com



5 Social Emotional Learning Activities for High School

Learn how to integrate social-emotional learning (SEL) into high school classrooms. Explore 5 social-emotional activities for high school students.

🔗 panoramaed.com



Officer Gomez

Welcome, 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



Parents We Need You!



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: 11/2/23, 1/25/24, 2/15/24, 3/28/24 and 5/9/24

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 9:00AM-10:00AM.

Dates: 11/8, 2/5, 2/21





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: 10/18/23, 2/7/2024, 3/27/2024, 4/10/2024

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- 9/26/23, 1/23/24, 3/19/24 and 5/14/24



Resources

Centro de Recursos Familiares Tracy

FEBRERO 2024



Invertiendo en Familias Para Superar Pobreza Generacional

236 W. Beverly Place, Tracy CA 95376 / (209) 229-4922
Abiertos Monday - Friday 8:30 am - 5:00 pm

Eventos Semanales

Mi Mama y Yo
Lunes @ 9:00 AM

**Mercado de Agricultores
Gratuito**
3er Lunes @ 10:30 AM

Second Harvest Comida
Martes @ 11:00 AM

Inscripcion de Cal Fresh
Martes - Con Cita

Inscripcion de Medi Cal
Miercoles Y Jueves - Con Cita

Pan de Panera
Miercoles @ 9:30 AM

Pan de Costco
Viernes @ 9:30 AM

PG&E's REACH Asistencia de Pago

Si su saldo vencido es menos de \$1,000 y tiene una nota que le van a cortar la luz en 15 dias, 48 horas, o no tiene servicio de luz. Usted es eligible para este programa de asistencia de pago. Porfavor llamenos para mas information!

VITA Programa de Asistencia de Impuestos

Nuestro Programa de Preparacion para los Impuesto VITA empezara Febrero 12 para las personas que ganan 60,000 o menos al ano. Citas disponibles hasta Abril 15 de 2024.



Hearts of Harvest

La fundacion de Hearts of Harvest (HOHF) es una organizacion basada en Tracy, California que tiene una mission de larga furia para proporcionar asistencia financiera y apoyar a familias en el condado de San Joaquin con hijos que tienen cardiopatía y otras enfermedades criticas. Para mas information, porfavor de pregunta por Silvia Mejia al 209-229-4921.

Administrador de Casos

Nuestros Administradores de casos asisten a familias y individuos por variedad de crisis. como Violencia Domestica, Traumas Emocionales, Problemas de Salud, Problemas Financieros etc. Porfavor de llamar a Silvia Mejia.



Asistencia de Tarea

Nuestro Programa de Asistencia de Tarea continuara hasta el fin del año. Para mas information por favor de contactar a Laura Ornelas, Resource Coordinator lornelas@cpfsj.org

Prevail at TFRC

Prevail, anteriormente conocido como el Centro de Mujeres YFS, esta teniendo horas de oficina en el Centro De Comunidad en Tracy cada otro Lunes de 9 a 11 de la manana. Para mas information contacese con la oficina.

CPF Works Program

El programa de CPF Works proporciona habilidades, herramientas, y capacitacion para participantes de CalFresh motivados y comprometidos en acontrar trabajo. **Conceptos:** Supervisada Busqueda de Trabajo - Experiencia Laboral - Entrenamiento Vocacional - Servicio de Apoyo - Retencion de Empleo - Para mas informacion contacte a Alicia Leperchey, aleperchey@cpfsj.org

Mercado Movil Gratuito

El Mercado Movil Gratuito sera el **Lunes 18 de Marzo de las 10:30am** Favor de traer su propia bolsa! Proporcionado por el Stockton Emergency Food Bank.



FUNDED BY USDA SNAP, AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. VISIT WWW.CALFRESHHEALTHYLIVING.ORG FOR HEALTHY TIPS.



Tracy Family Resource Center

FEBRUARY 2024



Investing in Families to Overcome Generational Poverty

236 W. Beverly Place, Tracy CA 95376 / (209) 229-4922
Open Monday - Friday 8:30 am - 5:00 pm

Weekly Events

Mommy & Me
Mon @ 9:00 AM

Free Farmers Market
3rd Mon @ 10:30 AM

Second Harvest Food
Tues @ 11:00 AM

Cal Fresh Enrollment
Tues by Appt.

Medi Cal Enrollment
Wed & Thurs by appt.

Panera Bread
Wed @ 9:30 AM

Costco Bread
Fri @ 9:30 AM

PG&E's REACH Payment Assistance

If your outstanding past due balance is \$1,000 or less and you have a 15 day or 48 hour shutoff notice, or your power is currently shutoff, you may be eligible for this payment assistance program. Please give us a call for more information!

VITA Tax Assistance Program

Our VITA Tax Assistance Program will begin February 12th for those earning 60,000 or less per year. Appointments now available through April 15th 2024.



Hearts of Harvest

Hearts of Harvest Foundation (HOHF) 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. For more information, please ask for Silvia Mejia

Case Management

Our Case Managers assists families and individuals through a variety of crises like: Domestic Violence, Emotional Traumas, Health Issues, Financial Problems, etc. Please call 209-229-4921 to schedule an appointment.



Homework Assistance

Our homework club & tutoring program continues for the new semester. For more information contact: Laura Ornelas Resource Coordinator lornelas@cpfsj.org

Prevail at TFRC

Prevail, formerly known as the Women's Center YFS, is having office hours at the Tracy Family Resource Center every other Monday from 9AM to 11AM. For more information contact our office.

CPF Works Program

The CPF Works Program provides skills, tools, and training to motivated and committed CalFresh recipients. Find a Job. Find a Better Job. Find a Career. **Concepts:** Supervised Job Search - Work Experience - Vocational Training - Supportive Services - Job Retention - For more information contact: Alicia Leperchey, aleperchey@cpfsj.org

Farmer's Market

Free Farmer's Market will be **Monday March 18th from 10:30 AM** Please Bring your own bag. Provided by the Stockton Emergency Food Bank.



FUNDED BY USDA SNAP, AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. VISIT WWW.CALFRESHHEALTHYLIVING.ORG FOR HEALTHY TIPS.



STOPP
Smoking & Tobacco
Outreach/Prevention Program

CESSATION RESOURCES FOR SAN JOAQUIN COUNTY
Are you ready to be tobacco free?

Agency/Contact	Days/Time	Language(s)	Cost & Services
San Joaquin County Health Education 209-455-4747 2000 W. Hammer Lane, Stockton	Call for information	English Translation services available	Counselors offered. Call for direct services from primary provider
Asian Pacific Self Development and Resilience Association (APASRA) 209-469-1777 3830 Alvarado Avenue Suite C, Stockton	Monday-Friday 9am-5pm	English Chinese Vietnamese Korean	Call to make an appointment. Offered by certified tobacco cessation staff based on the needs of the person.

Agency/Contact	Days/Time	Language(s)	Cost & Services
Kick It California Initiative (State funded program) 800-355-8888 English: 1-800-355-8888 Spanish: 1-800-455-4551 Chinese: 1-800-638-8817 Korean: 1-800-558-5564 Vietnamese: 1-800-778-8860	Monday-Friday 7am-5pm Saturday 9am-5pm	English Spanish Chinese Korean Vietnamese	Free counseling with a coach to help you quit. Other services include free quit kit and distribution for educational material by mail or email.
National Cancer Institute Smoking Quitline 800-QUIT-4357 1-877-468-7348	Monday-Friday 9am-5pm ET	English Spanish	Free programs tailored to women, women, pregnant women, teens, and people with disabilities. Visit the website or call for counseling and educational materials.
American Cancer Society 800-422-6243	All day every day	English Spanish Translation services available	Referrals to cessation services. Educational materials are available on their website. Other services include free quit kit and distribution of educational material by mail or email.
American Lung Association 800-558-4512 Lung Health Professionals: 1-800-548-8232	Monday-Friday 7am-5pm ET Saturday 9am-5pm ET	English Spanish	Free online and in-person classes, self-guided program, and online community support. Visit website to learn about their "Freedom from Smoking" program.
Asian Smokers' Quit Line 209-469-1777 Counselors: 1-800-848-8811 Korean: 1-800-558-5564 Vietnamese: 1-800-778-8860	Monday-Friday 9am-5pm PT	Monahan Korean Vietnamese	Free, accessible, evidence-based cessation services provided by trained speakers. Free nicotine patches based on eligibility.

Call Training Resources
Updated November 2023

San Joaquin County
Public Health Services
Health Equity Team

STOPP
Smoking & Tobacco
Outreach/Prevention Program

CESSATION RESOURCES FOR SAN JOAQUIN COUNTY
Are you ready to be tobacco free?

Name/Logo	Language(s)	Description	How to Download (Android & iPhone)
No Butts 	English	This mobile app offers quick and tailored help, right from the palm of your hand. Created by Kick It California, No Butts uses proven methods to help you quit. Like a personalized quit plan and motivating an effective support system. The app also has other helpful information features like logging your smoking triggers, reminders to take your medication, and pointers on all kinds of quit smoking topics. Website: https://www.no-butts.org/	
No Vape 	English	This app was created by Kick It California, a stop vaping service and research-based program at the University of California, San Diego. Research included in the app includes a dashboard to view your quit journey, advice on how to get over cravings, and a plan that shares strategies that has helped others quit. Website: https://www.no-vape.org/	
QUITSTART 	English	This app is a product of Smokefree Team (SFT), a smoking cessation resource for teens. It was created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals, smoking cessation experts, and suggestions from former smokers. Website: https://www.quitstart.org/	
Quit Guide 	English	This free app helps you understand your smoking patterns and build the skills you need to quit smoking. The app has been tested and validated by a team of experts and is available for free. Website: https://www.quitguide.org/	
Smoker Free 	English French German Portuguese Russian Spanish Swedish	This evidence-based app allows you to track your health improvements, money saved, track cigarette savings, and provides interactive tools to keep you on track to becoming tobacco free. Website: https://www.smokerfree.com/	

Call Training Resources
Updated November 2023

San Joaquin County
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CESSATION RESOURCES FOR SAN JOAQUIN COUNTY
Are you ready to be tobacco free?

Website	Language(s)	Information	Audience	Cost/Notes
KickIt.org 	English Spanish	Find your reason to quit. The Kick It California website serves as a hub with many resources available to help you quit smoking and/or vaping. Text message program available in English, Spanish, Chinese, Korean, Vietnamese. Must be at least 13 years old to enroll. Message and data rates may apply. Website: https://www.kickit.org/	Youth & Adults	YES Text: QUIT 800-355-8888
BeSmokefree.org 	English Spanish	The Be Smokefree app is a free smoking cessation program. It is based on personal and social factors that former smokers and uses the latest scientific research from the experts at the Mayo Clinic. A blog page helps. The blog page is only available in English. Website: https://www.besmokefree.org/	Youth & Adults	YES *Must create an account first
Smokefree.gov 	English	Smokefree.gov helps you create a personalized quit plan. The information and professional assistance available can help to support your immediate and long-term needs as you become and remain smoke-free. Text message program available in English and Spanish. Message and data rates may apply. Website: https://www.smokefree.gov/	Youth & Adults Veterans Women	YES Text: QUIT to 87868 Or 800-488-7348
Freedomfromsmoking.org 	English	Freedom from Smoking Online (FFSO) Online is a program specifically designed for adults, like you who want to quit smoking. It is an adaptation of the American Lung Association's gold standard, group-based quit program that has helped thousands of smokers to quit for good. Website: https://www.freedomfromsmoking.org/	Youth & Adults	NOT AVAILABLE
Text Message Quit (TMQIT) 	English	This is a Quitting is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. The program is based on quit program resources from other young people like them who have experienced, or successfully quit, e-cigarettes. Website: https://www.quittext.com/	Youth & Young Adults Ages 13-24	YES Text: QUIT to 88709 Parent text: QUIT to 847-276-8762

Call Training Resources
Updated November 2023

San Joaquin County
Public Health Services
Health Equity Team

Cessation Resources for San Joaquin County

Cessation Resources Page 2

Cessation Resources Page 3

The Parent PROJECT
Parents Are The Answer

AYUDAR A LOS PADRES A CAMBIAR LAS CONDUCTAS DESTRUCTIVAS DE LOS ADOLESCENTES

ORIENTACIÓN DE PADRES
VIERNES 9 DE FEBRERO DEL 2024
HORA: 9-11AM
UBICACIÓN: NORTH ELEMENTARY SCHOOL
ROOM C142 LION'S DEN
PARA MAS INFORMACION CONTACTAR:
(209)830-3350

PROGRAMA GRATUITO DE 10 SEMANAS

- Manejar los desafíos de comportamiento de su hijo
- Mejora tu relación con tu hijo
- Crear y mantener la estructura en el hogar
- Prevenir o intervenir en el consumo de alcohol y otras drogas
- Mejorar la asistencia y el rendimiento escolar

23 de Febrero - 17 de mayo de 2024
Cada viernes de 9:00-11:00 a.m.

SAN JOAQUIN COUNTY OFFICE OF EDUCATION
 TRACY

HORARIO DEL PROGRAMA
THE PARENT PROJECT

Fecha	Hora	Unidad
02/23/24	9am-11am	Unidad 1: Cómo comprender a nuestros hijos *North Elementary School
03/08/24	9am-11am	Unidad 2: Atención a las conductas problemáticas *North Elementary School
03/15/2024		NO HABRÁ CLASE
03/22/2024	9am-11am	Unidad 3: Supervisión activa y estructura *North Elementary School
03/29/2024		NO HABRÁ CLASE
04/05/24	9am-11am	Unidad 4: Mejora de la asistencia y el rendimiento escolar *North Elementary School
04/12/24	9am-11am	Unidad 5: Consumo de Drogas: identificación, prevención e intervención *North Elementary School
04/19/24	9am-11am	Unidad 6: Cómo abordar las conductas incontrolables *North Elementary School
04/26/24	9am-11am	Unidad 7: Desarrollo de planes personales de acción *North Elementary School
05/03/24	9am-11am	Unidad 8: Búsqueda de ayuda y apoyo *North Elementary School
05/10/24	9am-11am	Unidad 9: Cómo construir relaciones saludables *North Elementary School
5/17/2024	9am-11am	Unidad 10: Graduación! *North Elementary School

SAN JOAQUIN COUNTY OFFICE OF EDUCATION
 TRACY

The Parent PROJECT
Parents Are The Answer

HELPING PARENTS CHANGE DESTRUCTIVE ADOLESCENT BEHAVIORS
English Class

PARENT ORIENTATION
THURSDAY, FEBRUARY 15th, 2024
TIME: 6-7PM
LOCATION: 1975 W. LOWELL AVE
TRACY, CA 95376
Prevention Services Conference Room
FOR MORE INFO CONTACT: (209)830-3218

FREE 10 WEEK PROGRAM

- Manage your child's behavioral challenges
- Improve your relationship with your child
- Create and maintain structure in the home
- Prevent or intervene in alcohol and other drug use
- Improve school attendance and performance

February 22nd - May 2 2024
Thursday Evenings
6:00-8:00pm

SAN JOAQUIN COUNTY OFFICE OF EDUCATION
 TRACY

Parent Project

Parent Project Schedule

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
- Intirability
- 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)
- Practice yoga
- Go for a walk
- Journal
- Talk to a counselor or therapist
- Exercise

WHERE CAN YOU GO TO GET HELP?

Community Mental Health Centers
Mental Health Helpline
(209)830-3350 (Toll-free Aug 20th, 2023)
Dial 988
Crisis Text Line
Text "HOME" to 747474

Scan QR Code for more info

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 nuestros 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
- Intirabilidad
- Dificultad para concentrarse
- Desaos de estar solo por largos periodos 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
- Da un paseo
- Hablar con un consejero o terapeuta
- Escribir un diario
- Hacer ejercicio

¿DÓNDE PUEDES IR PARA OBTENER AYUDA?

Community Mental Health Centers
Servicio de ayuda de salud mental
(209)830-3350 (Toll-free Aug 20th, 2023)
Dial 988
Crisis Text Line
Envía el texto "HOME" a 747474

escanea el código QR para más información

SAN JOAQUIN COUNTY OFFICE OF EDUCATION



We are here to serve you

Student Mental Health Resources - English

Student Mental Health Resources - Spanish



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 HEARINGS
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

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

BENEFICIOS DE CALFRESH POR HOGAR** EL MÁXIMO 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**

**SAN JOAQUIN
COUNTY**
Behavioral Health 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**

**SAN JOAQUIN
COUNTY**
Behavioral Health 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
sstube@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

**For More Information Contact:
Roya Foundation
info@royafoundation.org
208-740-2784**



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

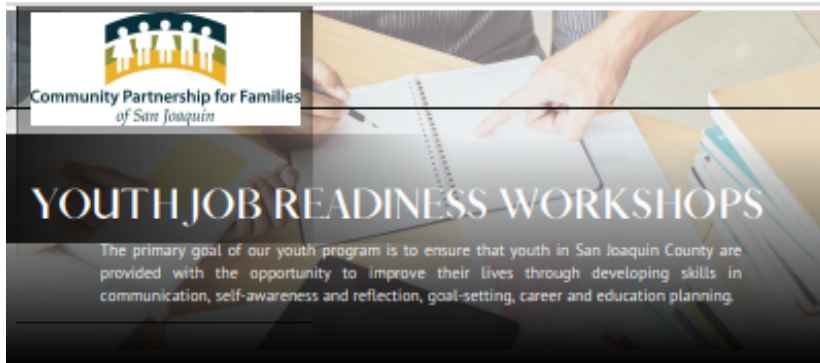
306 E Main St Suite 211

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



YOUTH JOB READINESS WORKSHOPS

The primary goal of our youth program is to ensure that youth in San Joaquin County are provided with the opportunity to improve their lives through developing skills in communication, self-awareness and reflection, goal-setting, career and education planning.



CPF youth program offers

1:1 case management with youth and/or family.
We connect and assist families with navigating available resources in San Joaquin County.



Job readiness workshops

We assist with creating a resume, online job search, mock interviewing, interview and work attire.



Driver's license project

We assist youth and guardian with navigating the steps to obtain a California I.D and drivers permit/license.

Join us in providing youth with work experience, skills, and fun activities.

Give us a call to sign up!

Contact Silvia Mejia at

(209)229-4921

or (209) 284-5869

for more information and to sign up.

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

