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Spartan Connection Parent Newsletter 12/13/2024

[Caroline Gonella](#) • a day ago • Monday, Dec 16 at 4:16 PM • Rio Mesa High School



Spartan Connection: RMHS Parent Newsletter | 12/16/2024

Important Dates:

Tuesday, December 17th:
Mindful Eating w/ HealthCorps & Wellness @ Lunch

Wednesday-Friday (12/18-12/20)

FINALS SCHEDULE

**Minimum Day-School out @ 1:00 pm
12/20-1/7 WINTER BREAK*

Spartan Spirit Alert! ✨

Hello Spartans! Here's your guide to all the amazing activities happening at Rio Mesa High School. 🏫



Finals Week Schedule ✓

Dear Rio Mesa Families, Students, and Staff,

As we approach the holiday season and prepare for finals, I want to take a moment to express my gratitude for our incredible Spartan community.

To our students—your hard work and determination this semester have been inspiring. Best of luck on your final exams! Remember to stay focused, take care of yourselves, and finish strong. To our parents and staff—thank you for your unwavering support and dedication to our students' success.

May this holiday season bring joy, peace, and quality time with loved ones. Here's to a restful break and an exciting new year ahead. Together, we make Rio Mesa shine!

Warmest wishes,
Gary Peterson
Principal, Rio Mesa High School

Our quad is fully
decked for Xmas!



Our students enjoying ASB's Holiday Spirit Week activities!

It's Finals Week, Spartans! Here's the schedule:

- **Monday & Tuesday:**
Regular full days (Periods 1-6).
- **Wednesday, December 18th:**
Periods 1 & 2.
- **Thursday, December 19th:**
Periods 3 & 4.
- **Friday, December 20th:**
Periods 5 & 6.

Finals Days Start:
8:30 AM | **End:** 1:00 PM
Nutrition Break:
10:30-10:54 AM

Santa's Workshop



This week, the Junior Class will host **Santa's Workshop** during lunch. Stop by and check out what you can make!

Holiday Spirit Days 🌲

Show your Spartan spirit with these festive dress-up days:

- **December 17th:**
Trip to the North Pole — Wear red, green, or brown.
- **December 18th:**
Grinchmas — Wear your best Grinch or green and black.
- **December 19th:**
Happy Hanukkah — Wear blue or white.



- **December 20th:** Christmas Vacation — Wear your best tourist or beach attire.

Let's make the end of the semester merry and bright, Spartans!



Ace Your Final Exams: Tips for Success

Final exams are coming, and Rio Mesa High School is here to help! Use these proven strategies to prepare effectively and manage stress.

Study Smarter

1. **Start Early:** Review materials in advance using spaced repetition.
2. **Break It Down:** Study in short, focused sessions with regular breaks.
3. **Be Active:** Quiz yourself, use flashcards, or explain topics to someone.
4. **Stay Organized:** Keep your study space clean and distraction-free.

Handle Stress and Anxiety

1. **Relax:** Try deep breathing or meditation to stay calm.

2. **Stay Active:**
Exercise reduces stress and boosts focus.
3. **Get Sleep:** Aim for 7-9 hours nightly for better memory and clarity.
4. **Keep Perspective:**
Remember, one test doesn't define you.

Use Available Resources

- **On-Campus Tutoring:** Join after-school sessions (check with teachers or counselors).
- **Online Tools:** Access resources like Khan Academy and Quizlet.
- **Study Groups:** Team up with peers for review sessions.
- **Counselors:** Reach out if stress feels overwhelming.

For Parents

- **Encourage Routines:** Help your child stick to a study schedule.
- **Support Healthy Habits:** Promote good nutrition, hydration, and sleep.

- **Be Encouraging:**
Offer reassurance and positivity.

Finals can be tough, but with preparation and support, you can succeed. The Rio Mesa community believes in you—finish the semester strong, Spartans! For more resources, contact the counseling office or visit our website.

Youth Truth Survey: We Still Need Your Voice!

Spartan students and staff, don't forget to complete the **Youth Truth Survey**! Your feedback is essential for making important school decisions. Let's make our voices heard! Links are below:
[Parents!](#)
[Staff!](#)
[Students!](#)

Rio Mesa High School Parents
[Tell us how we are doing](#)



ytsurvey.org/louhsdfamily24

[Cuéntanos cómo lo
estamos haciendo](#)

Wellness Center: Supporting Student Mental Health 🧠❤️

Did you know Rio Mesa High School has an **Wellness Center aka "Olympus"**

dedicated to supporting student mental health?

Whether you're feeling overwhelmed, stressed, or need someone to talk to, help is available.

How to Access Support:

- **Visit the Wellness Center:** Stop by during school hours to connect with counselors and wellness staff. The center is located in West Campus.
- **Outside Resources:** Prefer to get help outside of school? The center can also help connect you with community mental health services.

- **Online Resources:**
Check out the **Rio Mesa Wellness Center Website** and the **District Wellness Site** for tools, tips, and additional support.

Your mental health matters, Spartans. Don't hesitate to reach out for help—you're not alone!

The Holidays Can Be Tough

For many students, the holidays can be a difficult time. If you or someone you know is struggling, remember that there are resources available to help:

- **988 Suicide & Crisis Lifeline:**
Call or text **988**, or chat at 988lifeline.org. It's free, confidential, and available 24/7.
- **National Suicide Prevention Lifeline:** Call **1-800-273-TALK (8255)**.
- **Trevor Project:** Support for LGBTQ youth.
- **American Foundation for Suicide Prevention.**

Reach out to
the **Wellness Center**
or a trusted adult—
you're not alone, and
support is always here
for you.

SCHOOL SAFETY AND CRISIS

PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

RISK FACTORS

- Depression
- Previous self-harm (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family discord/abuse
- Presence of a firearm in the home

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOPE" to 747474).

Everyone has doubts, help is available.
 People in crisis, treatment works.
 Don't keep silent, tell a trusted adult.

WHAT TO DO

- Recognize the warning signs in yourself, your friends, or in social media.
- **SEE THEM, YOU DON'T GO TO THEM.**
- Tell an adult. Tell to your parent, family, parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helpful apps like Virtual Hope Box, 911, or a friends app.
- Ask if your school has a crisis team.

REMINDERS FOR FRIENDS

- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if your friend has thoughts of dying or suicide.
- **Protect.** Take any threats seriously. Do not agree to keep a secret.
- **Ask.** Do not leave a person alone if you are concerned about them being at imminent risk.
- **Act.** Call for help immediately.

NASP
National Association of School Psychologists
For additional guidance, visit www.nasponline.org/safety-and-crisis or call 1-800-273-TALK.

Hay esperanza. Hay ayuda. El suicidio puede evitarse.

Si tú o algún conocido están pensando en cometer suicidio, busca ayuda inmediatamente. Llama al 911 o a la Línea Nacional de Prevención del Suicidio al 1-800-273-TALK, o envía "HOPE" a la línea de mensajes de texto para casos de crisis 747474.

Cosas que debes saber y decir

- La vida de todos es importante. Hay ayuda disponible.
- A las personas les importa. El tratamiento funciona.
- No lo ocultes. Cuéntale a un adulto en quien confíes.

Qué hacer

- Identifica señales en quienes puedas confiar en la escuela y en la hogar.
- Evita las drogas y el alcohol.
- Considera descargar aplicaciones de ayuda, como Virtual Hope Box, 911 o a Friend App.
- Reconoce las señales de advertencia en ti, los amigos y las redes sociales.
- **Evita ayudar. No puedes hacerlo solo.**
- Habla con un psicólogo escolar, un consejero, maestro, los padres u otro adulto.
- Llama al 911 o al 1-800-273-TALK, o envía "HOPE" por mensaje de texto al 747474.

Para que los amigos tengan presente

- **Conéctate.** Escucha, acepta, no juzgues.
- **Confirma.** Pregunta si han pensado en morir o suicidarse.
- **Protege.** Toma en serio las amenazas que hacen. **No accedes a mantener el secreto.** Cuéntale a alguien.
- **No lo ayudes.** No dejes sola a la persona que le preocupa que podría estar en riesgo inminente. Pueden usar su salvación.
- **Actúa.** Pide ayuda de inmediato.

Factores de riesgo

- Sentirse deprimido, desesperado
- Lesiones intencionalmente "cosidas"
- Pensamientos y comportamientos previos al suicidio
- Tener familiares o amigos que intentaron suicidarse o se suicidaron
- La pérdida de una relación importante (p. ej., terminar una pareja)
- Estar aislado o solo
- Haber sido víctima de un trauma o abuso
- Consumo de drogas o alcohol

Señales de advertencia

- Amenazas suicidas tanto directas (p. ej., "Quiero irme a donde ya no despertaré")
- Notas, planes, publicaciones en redes sociales
- De narrativas suicidas
- Hacer planes finales, regalar las cosas favoritas
- Preocupación sobre la muerte o la vergüenza
- Cambios en el comportamiento, la forma de vestir y comer, la apariencia, los pensamientos
- Cambios extremos de humor, ira, resentimiento
- Repetitiva actividad inusual

NASP Para obtener más información, visita www.nasponline.org/safety-and-crisis o llama al 1-800-273-TALK.
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SCHOOL SAFETY AND CRISIS

PREVENTING YOUTH SUICIDE: TIPS FOR PARENTS AND EDUCATORS

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

RISK FACTORS

- Depression
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Everyone has doubts, help is available.
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WHAT TO DO

- Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not face this alone.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Do not keep secret signs or keep suicidal thoughts a secret. Tell an appropriate caring adult.
- School staff should take the student to a school-employed mental health professional.

REMINDERS FOR PARENTS

- Continue to take threats seriously. Follow through is important even after the child seems better or returns the parent they "didn't mean it."
- Access school supports: Parents can give the school psychologist permission to contact the relevant agency, provide relevant information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.

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Caring Closet Shoe Drive: Give the Gift of Comfort!

The Rio Mesa High School Caring Closet is on a mission to make a difference, and we need your help! From now until **January 28th**, we are collecting **new or gently used shoes** to support individuals and families in need.

How You Can Help

Donate Shoes:

Clean out your closets and bring in shoes of all sizes and styles. Every pair counts!

Spread the Word:

Share this initiative with friends, family, and neighbors.

Drop-Off

Location: Donations can be delivered to the Caring Closet, located in Room 75

Why It Matters

A simple pair of shoes can make a huge impact, providing warmth, protection, and dignity to someone in need. By participating, you're not just donating footwear—you're offering hope and care to our community. Let's come together, Spartans, to make this shoe drive a resounding success.

Whether it's sneakers,
sandals, or boots,
every pair can change
a life.

For questions or more
information, contact
[insert contact
person/office]. Thank
you for your
generosity!

 **Step into action
and make a
difference today!** 

See you at these
events, Spartans! Let's
finish the semester
strong and make these
moments
unforgettable.  

Best regards,

**Rio Mesa High
School
Administration**



Thank you for reading!

Spartan Community, we want to hear from you! What exciting topics or helpful info would you love to see in our next newsletter? Drop your ideas in the comments below!

December.16.2024