

Advisor Weekly Update

Week of October 7, 2026

This weekly newsletter is here to help students, parents, and staff stay aware of what is happening at Samohi! The advisors hope you take the time to look this over. There is a lot of helpful information as well as great opportunities to look forward to.

Additional information about what is happening day to day at Santa Monica High School can be found through the Blue Bulletin: <https://www.smmusd.org/BB>.

We will also post information on our Advisor Instagram page. Follow us [@Samo_Advisors](#).

Samohi Schedule for 2026-2027

Monday, Tuesday, Friday	Wednesdays EVEN Flex <i>No AM classes on these days</i>	Thursdays ODD Flex
Period A 7:20 – 8:22 AM Period 1 8:30 – 9:25 AM Homeroom 9:34 – 9:43 AM Period 2 9:43 – 10:38 AM Break 10:38 – 10:40 AM Period 3 10:49 – 11:44 AM Period 4 11:53 – 12:48 PM LUNCH 12:48 – 1:23 PM Period 5 1:31 – 2:27 PM Period 6 2:36 – 3:31 PM	<i>Staff Meeting 7:40 – 8:40 AM</i> Period 2 8:55 – 10:25 AM Break 10:24 – 10:26 AM Period 4 10:35 – 12:04 PM Flex-Time 12:13 – 1:03 PM LUNCH 1:03 – 1:38 PM Period 6 1:47 – 3:16 PM	Period A 7:20 – 8:23 AM Period 1 8:30 – 9:59 AM Break 9:59 – 10:01 AM Period 3 10:10 – 11:39 AM Flex-Time 11:48 – 12:39 AM LUNCH 12:39 – 1:14 PM Period 5 1:23 – 2:52 PM

Popular Links

Attendance	Work Permits	College & Career Center
AP Registration	Super Saturday Signup	Wellness Services Center

Attendance

To report a student's absence, please send an email to your student's appropriate House.

AttendanceSHouse@smmusd.org ext. 71139

AttendanceAHouse@smmusd.org ext. 71208

AttendanceMHouse@smmusd.org ext. 71281

AttendanceOHouse@smmusd.org ext. 71381

AttendancePBL@smmusd.org ext. 71177

DO NOT EMAIL ADVISORS AS THEY CAN NOT EXCUSE ATTENDANCE

Please include your student's first and last names, student ID numbers, and the reason they are absent (illness, family matter, medical or dental appointment, etc.).

- Students who become ill at school need to go to the nurse's office to be released from school
- If a student leaves at lunch, we MUST have an email from you IN THE MORNING, asking for an early dismissal pass...if we receive an email AFTER they have already left, the absence will not be excused
- Students can pick up their early leave pass from their house office after the 1st period of the day
 - These passes CANNOT be delivered to their class
- When students leave early for a doctor's appointment, they must bring a note back from the doctor so we can clear their absence...if we don't receive a note, it is marked as a cut
- All absences must be cleared in 3 days...please email your house office if your child is out sick...after 3 days, it is an unexcused absence
 - After a student has had 5 full day absences in the school year for illness, any further absence for illness must be verified by a physician
- Attendance for athletic participation is cleared through the athletics office
 - This can take a few days to be corrected
- Questions about attendance procedures, please go to our website:
<https://www.smmusd.org/domain/3026>

[Attendance/Tardy Recovery](#)

SAMOHİ College Fair

PTSA and College Center invite you to the

SAMOHİ COLLEGE FAIR

Meet reps from local, regional, and
nationwide colleges and universities

Thur. Oct. 8, 2026

6:00 PM - 8:00 PM

Samohi Cafeteria



Samohi students and parents are invited to meet reps from many local, regional, and nationwide colleges and universities including UCLA, USC, UCSB, CalPoly SLO & more!

SMMUSD STUDENT ID is REQUIRED for admission.

Admission times are staggered by grade level to give the oldest students more time:

- ✓ **6:00pm - Seniors ONLY**
- ✓ **6:30pm - Juniors & Seniors ONLY**
- ✓ **7:00-8:00pm - All Grades**

FREE EVENT

Volunteer sign-ups [CLICK HERE](#)

Questions: samohicollegefair@gmail.com

PSAT TUESDAY OCT 13

The PSAT will be on Tuesday, October 13th. All 9th, 10th and 11th graders will be taking the PSAT. Students will need a Samohi-issued chromebook fully charge AND a physical copy of your student ID. You will not be allowed into the testing room without a physical copy of a photo id. If you were approved for special accommodations through College Board, you received an email from Ms. Bravo, please make sure you fill out the survey. If you have any question, please see Ms. Garrett or Ms. Bravo in M House

Attention Seniors, the Senior Assembly is Tuesday, October 13th! 🎓 While the other grades take the PSAT, we'll gather in the Greek to take our senior panoramic photo and learn more about upcoming senior events and activities. More details to come!



A blue poster with white and yellow text and graphics. At the top left is a small cartoon Viking character. The main title 'PSAT TUESDAY' is in white, and 'SENIOR ACTIVITIES' is in large, bold white letters. Below the title, the date '13 OCT 2026' and time '9:00AM TO 12:00PM' are shown with clock icons. A schedule list follows with times in white ovals and activities in white text. A red double-headed arrow connects the 10:00 AM and 11:00 AM items. At the bottom, it says 'ATTENDANCE IS MANDATORY' with a smiley face. There are also 'GO VIKINGS!' in yellow, a Viking helmet logo, and various decorative icons like flowers and a lightning bolt.

PSAT TUESDAY
SENIOR ACTIVITIES

➡ 13 OCT 2026 ➡ 9:00AM TO 12:00PM

9:00 AM	SENIORS ARRIVE TO GREEK THEATER
9:30 AM	PANORAMIC PHOTO - GREEK THEATER
10:00 AM	NOW THAT YOU'RE 18 ASSEMBLY
11:00AM	SENIOR CLASS ACTIVITIES AND JOSTENS
12:00PM	DISMISS TO LUNCH AND P. 3 AND 4

ATTENDANCE IS MANDATORY 😊

GO VIKINGS!



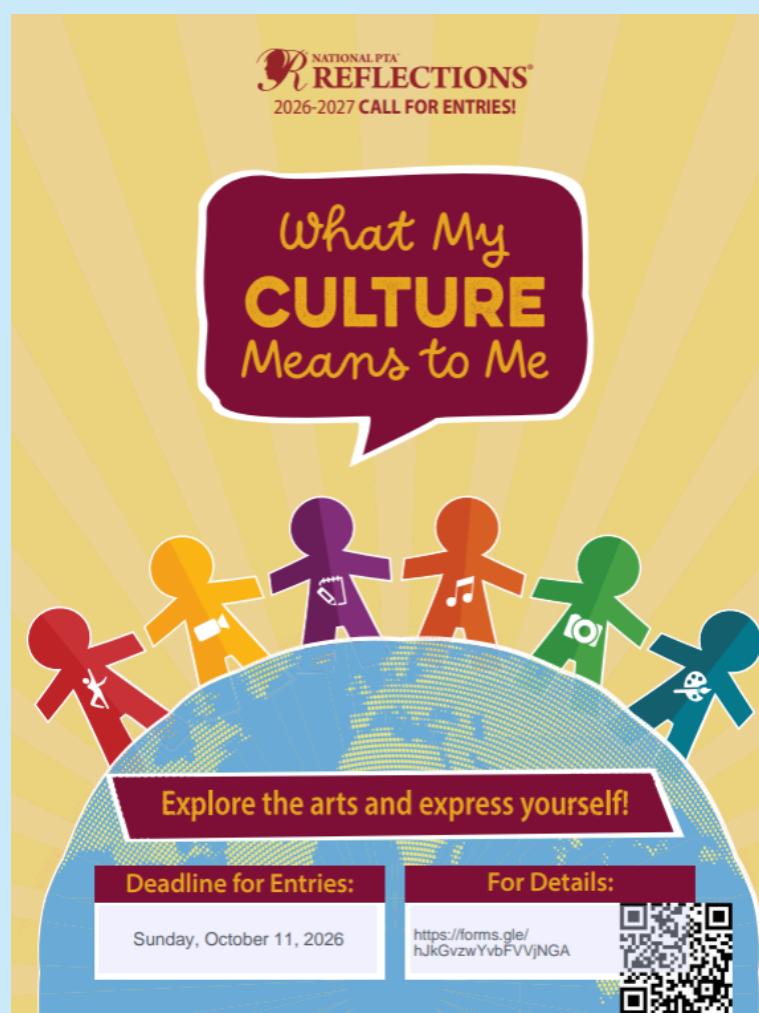
2026-2027 PTSA Reflections

2026-27 PTSA Reflections is Back!

Reflections is a national arts program where **students get to share their creativity through art** inspired by an annual theme. This year's theme is **What My Culture Means to Me**.

Submit a painting, photo, song, dance, film, or piece of writing by Sunday, October 11, 11:59pm to enter.

Create. Express yourself. Get recognized.



Samohi PTSA - October Parent Education Program

Don't Chase the College "Bumper Sticker" - How to Build an *Authentic* Application & A College List *Beyond* the Usual

Julie Pearl Slater, USC graduate with a B.A in Theater and Education and founder of [Curated Campus Tours](https://www.curatedcampustours.com/). Curated Campus Tours specializes in building robust, in-depth college tour itineraries for families that go beyond the standard campus tour.

Jenny Gage is a Yale MFA-trained filmmaker, artist, educator, and college counselor. Drawing on a career in the arts and years of teaching at Yale, NYU, Bard, the School of Visual Arts, and The New School, Jenny brings an artist's eye and a storyteller's instinct to the college application process. For more on Jenny: <https://jennygagecollegeprep.com/>

Topics covered:

- building a list that goes beyond the usual
- demonstrated interest and ways to show it

Did your student lose something, or find something? Send them to the Lost & Found, located in the Textbook Room in the Discovery Building. Lost items should be reported immediately to the student's House Office.

Tutoring Matrix 2026-2027

Samohi Tutoring Matrix			
Program	Description	Location	Time
On Campus			
	Teacher Office Hours	Approaching your teacher should always be the first step when seeking extra help. All Samohi teachers offer individualized tutoring for their current students. You can sign up to see them during Flex-Time, or ask them what other times they are available.	Varies Wed & Thu Flex-Time Check with your teacher for other times
	Tutoring at Samohi Library	Peer tutors are available <u>every day</u> at lunch and after school. IG: @samohipeertutoring Teachers are available for questions in the Library after school on these days: --Mon: Spanish --Tues: Research --Wed: English --Thu: Chemistry & Math	Library, Language 210 Mon-Fri at lunch Mon-Thu after school until 5:00pm
	AP Writing Center	The Writing Center is staffed by 2 retired AP English teachers and focuses on 11th/12th graders who need help in English or with college applications	Discovery-205A Wed & Thu Flex-Time (sign up on Enriching Students)
Off-Campus			
	Virginia Park Teen Center	A quiet place for working on assignments & receiving help. There is a library of school textbooks available in the homework room, computer lab & homework help. There is no fee but youth must enroll to participate.	2200 Virginia Ave. (Pico & 23rd) Mon-Fri, 2:45pm – 7:00p
	Santa Monica College Tutoring Centers	For students taking courses at SMC, Tutoring Centers are offered for free for most courses. There are Tutoring Centers in 8 locations throughout campus and also available online. To make an appointment, go to https://www.smc.edu/student-support/academic-support/tutoring-centers	Various locations on campus & online Various times
	Boys & Girls Club College Bound	Individual & group tutoring, individual & family counseling, dinner, and college counseling. Requires \$20/year Membership	1220 Lincoln Blvd (Lincoln & Wilshire) Mon-Thu, 4:15pm - 7:00pm
	Police Activities League	Homework assistance. The site includes computer access. For members only.	1401 Olympic Blvd. (Olympic & 14th) Mon-Fri, 2:30pm-7:30pm
	Pico Youth & Family Center	Academic tutoring for all subjects is available, starting Nov 2025	1460 4th Street, Suite 302 (4th & Broadway, above Burton Store) Varies, call ahead for times at (310) 396-7101
Online			
	Santa Monica Library Brainfuse HelpNow	Online live tutoring, homework help, standardized test prep, writing feedback, and job/resume/interview coaching for Gr3-College, in math, science, English, & social studies. Spanish- and Chinese-speaking tutors are available. Access using your LA County Library card and PIN number (free).	SMPL Brainfuse Sun-Sat, 1:00pm – 10:00pm
	LA Public Library Tutor.com	Live, one-to-one tutoring every day, in English or Spanish. K-12 and adult learners in all subjects, including AP-level classes, test prep from The Princeton Review, career tutoring, and parent coaching. Access with a library card (free). Professionally trained tutors communicate in a virtual classroom with chat and two-way white boards.	LAPL Tutor.com Sun-Sat, 11:00am – 11:00pm

City of Santa Monica presents ONE SaMo People's Academy Youth Day

Youth Day is a free, full-day civic learning event for high school students. The program includes:

- Learning how city government works and how to take civic action on local issues they care about
- Exploring career paths in city government and ways to make a difference in their community
- Meeting city leaders and asking questions directly about Santa Monica governance
- **Free registration, lunch, and snacks provided**

Event details:

Saturday, October 24, 2026

9:30 AM – 4:30 PM

1685 Main Street, Santa Monica

Students can register at: cityofsantamonica.wufoo.com/forms/youth-day or by scanning the QR code on the attached flyer.



City of
**Santa
Monica**



ONE SaMo People's Academy

Youth Day

Saturday, October 24, 2026 // 9:30 AM - 4:30 PM

1685 Main Street, Santa Monica

Join the City for a day inside City Hall for high school students!

- Learn how city government actually works and how to take civic action about the local issues you care about
- Explore careers in city government where you can make a difference in your community
- Meet with city leaders and ask them your questions about Santa Monica
- Registration is **FREE** and includes lunch and snacks for the day

For more information, please contact David.Gardinier@Santamonica.gov

Register at:

or via this QR code:

[Cityofsantamonica.wufoo.com
/forms/youth-day](https://cityofsantamonica.wufoo.com/forms/youth-day)



Fall Events

**Belong.
Participate.
Thrive.**

- Fri 9/4: Home Football Game
- 9/14 - 9/18: HOCO Spirit Week!
- 9/15: Hispanic Heritage Month Event
- Fri 9/18: HOCO Rally & Football Game
- Sat 9/19: HOCO Dance
- Wed 9/23: Club Row
- Thu 9/24: Back to School Night
- 10/19 - 10/23: Fall Spirit Week
- 10/23: Fall Spirit Rally & Teacher LipSync



Excellence



Opportunity



Belonging

Samohi

Join AIChE at UCLA's Preparing Applications and Writing (PAW) Program

The AIChE PAW Program is looking for **seniors and juniors who are interested in majoring in STEM** related fields like engineering, biochem, materials science, pre-med, etc. The American Institute of Chemical Engineers (AIChE) at UCLA, created this **free mentorship program** to guide students through every step of the college application process! Mentors will help you decide between majors, build/research a thoughtful college list, and brainstorm and edit your college essays. You will also receive support about college life and have the chance to connect with UCLA students who can share their journey and answer your questions.

This is an **eight week program with one meeting a week** focused entirely on preparing for college. You and your mentor will meet one on one to work on your essays and applications, and you will also join group sessions for panels with UCLA students about their majors, campus life, and the transition from high school to college. This program is flexible and keeps you on track to finishing your essays in time for college deadlines!

If you are interested, please fill out our interest form: <https://forms.gle/MPUb5ZyqkBprpw5A9> .

The American Institute of Chemical Engineers at UCLA presents the....

PREPARING APPLICATIONS & WRITING PROGRAM

THE AICHE PAW PROGRAM

The American Institute of Chemical Engineers (AIChE) at UCLA, created this free mentorship program to guide students through every step of the college application process! We are looking for seniors and juniors who are interested in majoring in STEM-related fields like engineering, biochem, materials science, pre-med, etc. In this program, you will:

Connect with UCLA students who can share your journey and answer your questions.

Receive guidance on majors, college lists, and college essays in 1-on-1 meetings with your mentor

Attend group panel events with UCLA students about their majors, campus life, and the transition from high school to college.



Fill out this Interest Form so we can reach out to you when the sign ups get released!



8 Week Program
Mid-October



One Meeting
Per Week

This program is flexible and keeps you on track to finishing your essays in time for college deadlines!

TAP Cards

Skip the morning commute gridlock by **riding your bike** or taking advantage of your **complimentary student transit pass!**

If you need a brand-new TAP card or a replacement for a lost one, you can pick those up at your House office or the main office during standard operating hours.

To get started for the 2026-27 school year, you will need a specific code to register or renew your card. These are available at the front office, any House office, or by following this digital link:

- Limited to one submission per K-12 student: [Request your 2026-27 code here](#)

Your student transit benefits will remain active until September 30, 2027, once the card is set up.

Please keep your card in a safe place, as they are designed to be reused and updated each year!

ASB CARD

Want to save money this year? **Buy an ASB Card at the Vikes Inn for \$75!** Your card includes **admission to all regular-season home games**, plus a **discounted Homecoming ticket**, along with many other discounts throughout the year. It pays for itself pretty quickly! [See ASB Discounts here](#)

An ASB card is...

this symbol  on your student ID will give you benefits including discounts to local businesses, free entry to our football games, and so much more! It costs \$75 and lasts the entire school year.

INCLUDED DISCOUNTS

Free entry to SAMO football games

\$20 off Prom

\$15 off Homecoming

\$15 discount on yearbook

\$5 discount to school plays and concerts

Up to 3 free ID replacements

Handel's 10% off

Donut King 10% off

Sylvan Learning \$29 subject evaluation for tutoring (reg \$99)
0\$ enrollment fee (reg \$99)
(Total saving of \$168)

Pita House 10% off

Samo Oaxaca 10% off

Junior Cookies 15% off
Merchandise 20% off
1 free chocolate chip cookie with any coffee or matcha drink (Must join the loyalty program)
Buy one box of 8 cookies and get the 2nd box 50% off

GET AN ASB CARD!

All proceeds
go to Samohi
sports and
activities



Get special
discounts at
local
businesses

Save over **\$250** for the school year!

White's Studios—Senior Portrait Information

SENIORS

Class of
2027

White's Studios
PHOTOGRAPHY SINCE 1898
Visit our website for studio locations.
www.whites-studios.com

ON CAMPUS SENIOR PORTRAITS
ARE AVAILABLE TO BOOK NOW!



5 EASY STEPS TO A GREAT YEARBOOK AND GRADUATION PORTRAITS!

1. Decide which session is right for you and know what styles you want to include before you come into our studio.
2. Book your appointment online at www.Whites-Studios.com. Don't Wait! Make your ON CAMPUS appointment right away.
3. Start thinking about the perfect hair styles and outfits for your session.
4. See our session tips on our website.
5. Try to show up early to your session. Be relaxed – you will look and feel better about your portrait session.



BOOK YOUR APPOINTMENT AT www.Whites-Studios.com



At the request of your High School Yearbook Staff, we are photographing the Class of 2027. With White's Studios, you are guaranteed to get plenty of variety. Be prepared to have a great experience and high quality senior portraits!

Visit our website to see your school's deadline to be photographed. Take advantage now of the only opportunity to have your portraits taken ON CAMPUS at your school and avoid the last minute rush. Book your appointment TODAY!



BE INCLUDED IN YOUR
2027 Senior
Yearbook!



WHITE'S STUDIOS PHOTOGRAPHY • CLASS OF 2027 SENIOR PORTRAITS

SESSIONS



The Grad Session

16 poses

COMPLIMENTARY TUXEDO/DRAPE INCLUDED
Get down to the basics! With 16 poses, this session includes:

- » 4 yearbook poses
- » 5 cap & gown poses
- » 2 photographer's choice poses
- » 5 black & white poses
- » Online previews

SESSION FEE
\$45
Sales Tax Included



The Super Session

21 poses

COMPLIMENTARY TUXEDO/DRAPE INCLUDED
Make it exciting! In addition to the Grad session, get 1 extra style. With 21 poses, this session includes:

- » 4 yearbook poses
- » 5 cap & gown poses
- » 2 photographer's choice poses
- » 5 black & white poses
- » 5 poses from one additional style of your choice
- » Online previews

SESSION FEE
\$62
Sales Tax Included



The Custom Session

26 poses

COMPLIMENTARY TUXEDO/DRAPE INCLUDED
Our largest sitting session with the most options! In addition to the Super session, get 1 extra style. With 26 poses, this session includes:

- » 4 yearbook poses
- » 5 cap & gown poses
- » 2 photographer's choice poses
- » 5 black & white poses
- » 5 poses from one additional style of your choice
- » 5 poses from one other style of your choice
- » Online previews

SESSION FEE
\$79
Sales Tax Included

Portrait prints are not included with the session fees listed.

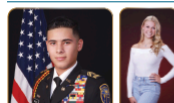
STYLES

YEARBOOK



Sample of our tuxedo. Sample of our drape.

PERSONALITY



Choice of 3/4 length or color key background to complement your clothing.

GENERATION



Pose with mom, dad, grandparents or siblings. Three people maximum including senior.

THEATRICAL



Close up or 3/4 length poses against a white background.

CAP & GOWN



Available in Black, White, Blue, Red, Burgundy, Brown, and Green.

GLAMOUR



Taken in fur or drape for the ladies. You may accent with a necklace or earrings you provide.

YOUR OWN THING



An opportunity to be photographed with your sports uniform, musical instrument, or a prop you provide.

Only the yearbook style is acceptable for yearbook publication.

MORE INFORMATION

WHAT'S INCLUDED IN OUR
SENIOR PORTRAIT
SESSIONS

	YEARBOOK CHOICE	GRAD	MOST POPULAR SUPER	CUSTOM
Price	\$28	\$45	\$62	\$79
Number of poses	6	16	21	26
Your own personal photographer	✓	✓	✓	✓
Image for your yearbook and submission to school	✓	✓	✓	✓
Cap & Gown included	✗	✓	✓	✓
Online previewing	✗	✓	✓	✓
Approximate studio time	5 - 10 min	10 - 20 min	20 - 30 min	30 - 40 min
Recommended number of outfits	1	1	2	3



Yearbook Choice Session 6 poses

COMPLIMENTARY TUXEDO/DRAPE INCLUDED

- » 4 yearbook poses
- » 2 photographer's choice poses
- » Online previews are not included

SESSION FEE
\$28
Sales Tax Included

SESSION FEE

The session fee covers taking your portraits, producing preview sheets, and mailing them to your home. It also covers making the reproduction photo to be printed in your school yearbook. All session fees are due at time of session.

YEARBOOK ONLY SESSION

You may have a yearbook only session for \$14.25 (sales tax included). Studio will choose your yearbook pose and no preview will be sent to you. You must call the studio to arrange this session.

Book your appointment online at www.Whites-Studios.com

Super Saturday

Super Saturday is an opportunity for students to sign up and attend school Saturday mornings to help recover their absences. Students are expected to bring homework and Chromebook to complete their necessary assignments and/or study for classes. Students can sign up via QR code in the house office.

PRISM-Weekly support group for LGBTQ+ students



Celebrate Pride With Purpose

Join **PRISM**, a weekly support group for
LGBTQ+ high schoolers

To sign up, ask your advisor to complete a
referral, or visit the drop in counseling room,
AD 513.



**Fridays during 4th period
Starting October 18
Runs for 8 weeks**



***Parent consent required for
group participation for those
under 18 years old**

CONNECTION • COPING SKILLS • COMMUNITY



SAMOHİ STUDENT SUPPORT GROUPS



SAMOHİ STUDENT SUPPORT GROUPS

A space to connect, grow, create, and build skills.
Find a group that feels right for you. ♡

YOU DON'T HAVE TO
FIGURE EVERYTHING
OUT ALONE. ♡



Coping with Anxiety & Depression

Learn practical tools to manage stress, anxiety, difficult emotions, and everyday challenges. Topics include mindfulness, coping skills, communication, relaxation, and managing stressful situations.



Your Canvas Body Image Art Therapy

Explore self-confidence, body image, and emotions through creative artmaking. Use painting and other art activities to express yourself in a supportive space.



Support Group for Queer Students

A supportive space for LGBTQ+ students to connect, explore identity, manage stress, and build positive coping skills in an affirming environment.



SELFY Social-Emotional Learning for Youth

Build self-awareness, resilience, communication, decision-making, and healthy connections with yourself and others through interactive activities.

Learn more at: www.SEWL.org



Finding Flow Watercolor Art Therapy

Use watercolor art and mindfulness to explore emotions, build resilience, strengthen self-esteem, and develop healthy ways to cope with stress and difficult experiences.



Write Your Own Story Art Therapy Journaling

Use writing, journaling, and creative art projects to express yourself, process, difficult experiences, build resilience, and connect with others.



Newcomers Group

New to SAMO, your community, or the country? Connect with other students, make friends, build confidence, and learn strategies for navigating a new environment.

♡ YOU BELONG HERE.



Interested in joining a group?

Drop-in: AD513, E113, E117, to sign up
or email: msolano@smmUSD.org

Talk to Nurse, House Advisor, or another trusted adult at SAMO.

— All groups are designed to provide a supportive, respectful, and welcoming space for students. —



UCLA-Transportation Career Exploration Program

October 2026

TRANSPORTATION *Career Exploration Program*

Who are we: We are the Institute of Transportation Engineers (ITE) at UCLA.

What to expect: A three week mentorship program where you get to explore the field of transportation through a mini research project and field trips.

Our Program Includes

The LADOT logo is displayed in white text on a blue background.

Field Trip with LADOT

A site visit with the Los Angeles Department of Transportation on Westwood Boulevard + transportation planning workshop.

The logo for the Institute of Transportation Engineers at UCLA, featuring the text "ite" in a stylized blue font with a horizontal line through it, and "at UCLA" in a smaller blue font below.

Mentorship from UCLA Undergraduates

Gain mentorship from a UCLA undergraduate student.



Transportation Mini-Project

Engage in a transportation research mini-project to explore the field of transportation. Present your project at UCLA!

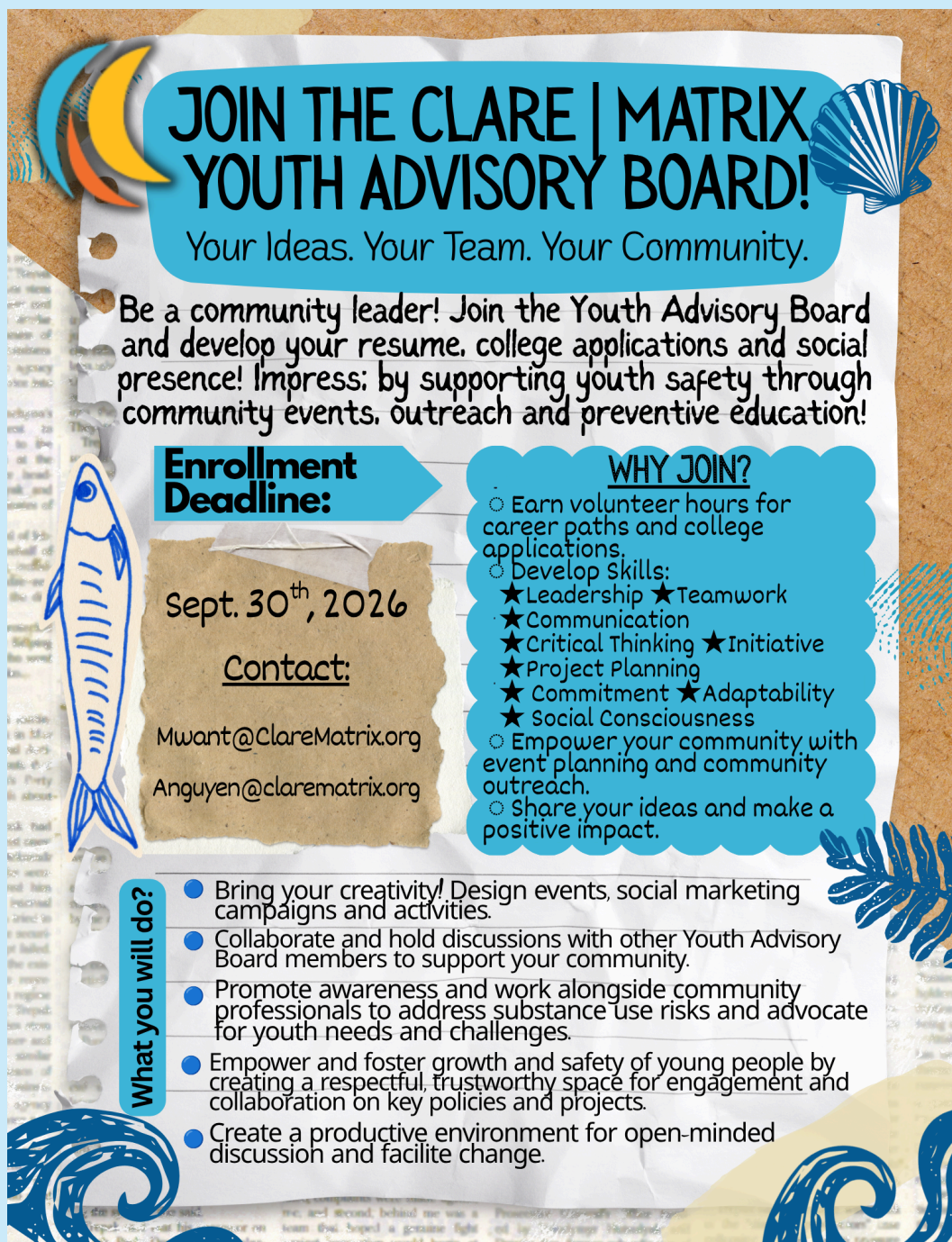
Sign Up by **October 11th** @ 11:59pm



bit.ly/4hJB8dW

The logo for the Institute of Transportation Engineers at UCLA, featuring the text "ite" in a stylized blue font with a horizontal line through it, and "at UCLA" in a smaller blue font below.

Join the Clare Matrix Youth Advisory Board



JOIN THE CLARE | MATRIX YOUTH ADVISORY BOARD!

Your Ideas. Your Team. Your Community.

Be a community leader! Join the Youth Advisory Board and develop your resume, college applications and social presence! Impress; by supporting youth safety through community events, outreach and preventive education!

Enrollment Deadline:

Sept. 30th, 2026

Contact:

Mwant@ClareMatrix.org
Anguyen@clarematrix.org

WHY JOIN?

- Earn volunteer hours for career paths and college applications.
- Develop skills:
 - ★ Leadership ★ Teamwork
 - ★ Communication
 - ★ Critical Thinking ★ Initiative
 - ★ Project Planning
 - ★ Commitment ★ Adaptability
 - ★ Social Consciousness
- Empower your community with event planning and community outreach.
- Share your ideas and make a positive impact.

What you will do?

- Bring your creativity! Design events, social marketing campaigns and activities.
- Collaborate and hold discussions with other Youth Advisory Board members to support your community.
- Promote awareness and work alongside community professionals to address substance use risks and advocate for youth needs and challenges.
- Empower and foster growth and safety of young people by creating a respectful, trustworthy space for engagement and collaboration on key policies and projects.
- Create a productive environment for open-minded discussion and facilitate change.

Margaret's Place

Margaret's Place is returning for the 2026-27 school year, continuing our vital work to break the cycle of violence! Our counselor, Lara DeSanto, LMFT, ATR, is available daily in room E117 to support our students. Services provided include complimentary counseling for those impacted by or at risk of trauma, violence, and toxic relationships, as well as art therapy groups and therapeutic recreation during Wednesday Flex-Time. For further details, please review the fall Margaret's Place newsletter ([parent/guardian edition](#) and [student edition](#)). You can also reach out to Lara directly with any questions at LDeSanto@smmusd.org!

Campaign Internship Opportunity for High School Students

**BEN ALLEN**
FOR INSURANCE COMMISSIONER

JOIN TEAM BEN!
**CAMPAIGN
INTERNSHIP**
**VOTER OUTREACH
PHONEBANKING
& MORE!**



IN PERSON & VIRTUAL

- Gain statewide political experience
- Participate in statewide voter outreach before Election Day on Nov 3rd
- **Join us in person at our campaign headquarters in Venice (on Main Street!)**
- **Weekday evenings from 5-8 PM**

SIGN UP AT:
bit.ly/BenAllenVolunteers

EMAIL
ISABELLA@BENALLENCA.COM
WITH QUESTIONS

FLEX Time

Samohi Flex-Time provides targeted educational opportunities during the school day for intervention and enrichment to best meet student individual needs. It is our goal that Flex-Time will help all students to be more successful. Students will engage in their own learning by building metacognitive and advocacy

skills to promote emotional health, explore passions and grow in a focused, academic, and productive environment.

	Office Hours	Library/Writing Center	College Center	Testing Center	Featured Flex-Time
What?	Teacher provides topic, structure, and focus for the room. The following are words that can frame a Flex-Time session: - Review - Refine - Re-explore - Reteach - Reconnect - Rehearse - Research	Student-driven, independent work: - Research - Computer work - Writing help	Location to work on college applications, scholarship applications, and financial aid forms. Additional workshops will be available to discuss how to get prepared for college.	A quiet location for a student to take a test or quiz. This must be pre-arranged with the teacher.	Enrichment opportunities for students involving presentations, assemblies, town hall meetings, and workshops focused on current events, hot topics, and other areas of interest.
Who?	Students sign up and/or teacher can request based on grade.	Students sign up	Students sign up (priority given to Seniors during certain times)	Teacher assigns. Pre-arranged between student and teacher	Students sign up

Fall 2026 Parent Project



PRESENT

Fall 2026 PARENT PROJECT

Stronger Parents. Stronger Teens. Stronger Families.

Parent Project is an 8-week workshop series designed to support parents of teens by providing practical tools and strategies to address challenging behaviors, improve communication and supervision, support school success, and create positive changes at home.

OFFERING GROUPS IN ENGLISH & SPANISH

THIS PROGRAM WILL HELP YOU:

- UNDERSTAND TEENS
- IMPROVE COMMUNICATION
- ADDRESS CHALLENGING BEHAVIORS
- STRENGTHEN SUPERVISION & STRUCTURE
- SUPPORT SCHOOL SUCCESS
- PREVENT & ADDRESS DRUG USE
- MANAGE OUT-OF-CONTROL BEHAVIORS
- DEVELOP PERSONAL ACTION PLANS

INCLUDED:

- DINNER
- CHILD CARE
- PARENT BOOKS

REGISTER TODAY!



You're not alone. We're here to help!

Space is limited. reserve your spot today!

8-WEEK PROGRAM:

★ Orientation:	Wed., Sept. 23rd 6pm-7pm**
Wk 1 – Wed.,	Sept. 30th
Wk 2 – Wed.,	Oct. 7th
Wk 3 – Wed.,	Oct. 14th
Wk 4 – Wed.,	Oct. 21st
Wk 5 – Wed.,	Oct. 28th
Wk 6 – Wed.,	Nov. 4th
No Session	Wed., Nov. 11th
Wk 7 – Wed.,	Nov. 18th
No Session	Thanksgiving Week
Wk 8 – Wed.,	Dec., 2nd
★ Culmination:	Wed., Dec. 9th 6pm-8pm

**Note: Orientation may get pushed back to 9/30.

DAY & TIME: Wednesdays, 6:30pm-9pm

SUPPORT. LEARN. GROW. STRONGER TOGETHER.

Invest in your teen. Invest in your family. Invest in your future.



PRESENTAN

Otoño de 2026 EL PROYECTO DE PADRES

Padres más fuertes. Adolescentes más fuertes. Familias más fuertes.

El Proyecto de Padres es una serie de talleres de 8 semanas, diseñado para apoyar a padres de adolescentes, brindando herramientas prácticas y estrategias para abordar conductas desafiantes, mejorar la comunicación y la supervisión, apoyar el éxito escolar y crear cambios positivos en casa.

ESTE PROGRAMA TE AYUDARÁ A:

- COMPRENDER A LOS ADOLESCENTES
- MEJORAR LA COMUNICACIÓN
- ABORDAR CONDUCTAS DESAFIANTES
- FORTALECER LA SUPERVISIÓN Y LA ESTRUCTURA
- APOYAR EL ÉXITO ESCOLAR
- PREVENIR Y ABORDAR EL CONSUMO DE DROGAS
- MANEJAR CONDUCTAS FUERA DE CONTROL
- DESARROLLAR PLANES DE ACCIÓN PERSONAL

OFRECEMOS GRUPOS EN INGLÉS Y ESPAÑOL

INCLUYE:

- CENA
- CUIDADO DE NIÑOS
- MATERIALES PARA PADRES

¡REGÍSTRATE HOY!



No estás solo(a). ¡Estamos aquí para ayudarte!

¡Cupo limitado! Asegura tu lugar hoy mismo.

PROGRAMA DE 8 SEMANAS:

★ Orientación:	Miércoles, 23 de sept. 6pm-7pm**
Semana 1 – Miércoles,	30 de sept.
Semana 2 – Miércoles,	7 de oct.
Semana 3 – Miércoles,	14 de oct.
Semana 4 – Miércoles,	21 de oct.
Semana 5 – Miércoles,	28 de oct.
Semana 6 – Miércoles,	4 de nov.
No hay sesión	Miércoles, 11 de nov.
Semana 7 – Miércoles,	18 de nov.
No hay sesión	Semana de Acción de Gracias
Semana 8 – Miércoles,	2 de dic.
★ Culminación:	Miércoles, 9 de dic. 6pm-8pm

**Nota: La orientación podría cambiar de fecha al 30 de septiembre.

DÍA Y HORA: Miércoles 6:30pm-9pm

APOYAR. APRENDER. CRECER. MÁS FUERTES JUNTOS.

Invierte en tu adolescente. Invierte en tu familia. Invierte en su futuro.

Venice Family Clinic



STUDENT HEALTH CENTER

*Comprehensive health care right on campus
For SAMOHI and Olympic High School students*

**LICENSED PHYSICIAN**

High quality care you can trust.

**CONFIDENTIAL SERVICES**

Your privacy is important to us.

**SEE US TODAY**

Same day appointments may be available.

COMPREHENSIVE HEALTHCARE SERVICES

PREVENTIVE & WELLNESS CARE

- Annual wellness exams
- Sports and school physicals
- Immunizations
- Health screenings
- Healthy lifestyle counseling

SICK VISITS & MINOR INJURIES

- Colds, flu, sore throat & ear infections
- Allergies
- Headaches & stomach aches
- Minor injuries & first aid
- Skin concerns such as acne & rashes

ONGOING HEALTH CONDITIONS

- Asthma
- Diabetes
- Weight management
- Nutrition concerns
- Eating disorders
- Medication management & prescription refills, when appropriate
- Menstrual health concerns

CONFIDENTIAL ADOLESCENT HEALTH

- Birth control counseling and services
- Pregnancy testing
- STI testing and treatment
- Sexual health education

** Parent consent is not required for confidential services.*

NO COST / LOW COST

We bill insurance, collect co-pays & self-pay fees, as applicable.

NO HEALTH INSURANCE? NO PROBLEM!

Students may receive services regardless of insurance status or ability to pay.

VISIT US

AD-103C
Across from the nurse's office

THURSDAYS
8:30 a.m. - 11:45 a.m.

(310) 392-8636
Skip the scheduling prompt & choose option 4

SCAN THE QR CODE
to complete the patient consent form.

Parent or guardian consent is required for all medical services, except confidential services.



MEDICAL CARE PROVIDED BY
Kimberly Gruenelsen, MD
Licensed physician





Mental Health Services

Santa Monica High School is thrilled to introduce Ms. Maura Solano, MSW, who joins our team as the new bilingual Wellness Counselor! Ms. Maura will oversee the coordination of mental health services across campus, providing vital assistance with attendance interventions and crisis response. Students can find

her in room E113 at the Vikes Hub—a supportive environment where anyone can access necessary school supplies and hygiene products.

For those seeking consistent mental health counseling, we encourage you to reach out to your house advisor, Ms. Maura, our school nurse, or Ms. Lotan, the coordinating mental health counselor located in AD502. Please stay tuned as drop-in counseling services will be fully operational in room AD513 within the administration building in the coming weeks. Additionally, counseling groups are scheduled to begin this October, with further details arriving shortly!

The Samohi Teen Clinic remains available to our students every Thursday morning in room Ad103c, conveniently situated across from the nurse's office. This clinic provides essential services including immunizations, sports physicals, general health care, and private support for reproductive health.



SAMOH

HEALTH & WELLNESS SERVICES

Take care of yourself so you can be your best.

YOU'VE GOT THIS!

We're here for you. You matter.



TEEN CLINIC

Come here for:

- ✓ Sports physicals
- ✓ First aid
- ✓ Minor injuries
- ✓ Birth control
- ✓ Pregnancy test
- ✓ Immunizations
- ✓ Prescription medications
- ✓ Vision and hearing test
- ✓ Care for ongoing conditions

WHEN:
Thursdays
8:30 a.m. to 11:45 a.m.

WHERE:
Admin 103C

Walk-ins are welcome or schedule an appt at nurse's office.



NURSE'S OFFICE

Come here for:

- ♥ Headaches
- ♥ Sore throats
- ♥ Upset stomach
- ♥ Menstrual cramps
- ♥ Feminine products
- ♥ Info on reproductive health

WHEN:
Regular school days and hours

WHERE:
Nurse's Office - Admin 203

Walk-ins welcome or by appointments.





It's okay to ask for help.

MENTAL HEALTH SERVICES / SUBSTANCE USE PREVENTION AND TREATMENT

- ✓ Assistance with depression, stress, anxiety, trauma, relationship difficulties, grief and loss, etc.
- ✓ Individual and group therapy available.
- ✓ Counseling for students who need support with substance use or completion of mandated hours for on-campus drug infractions.

Talk to your house advisor, nurse, wellness counselor or mental health coordinator to get connected.

Services can be provided in person and over telehealth.

WE CARE. WE LISTEN. WE'RE HERE FOR YOU.

WELCOME TO VIKING'S HUB



AT SAMOHI!



RESOURCES & SUPPLIES

Hygiene kits, school
supplies, resources
& more!



SUPPORT & A WELCOMING SPACE

Drop in during
lunch & flex time
for support!



WORKSHOPS & ACTIVITIES

Topics include mindfulness,
test taking strategies,
navigating high school
& more!



WHERE:
Viking's Hub
in E113



WHEN:
Monday, Tuesday,
Thursday, Friday
During Lunch & Flex Time



FACILITATOR:
Ms. Maura
(She, Her)

STOP BY. TAKE A BREAK. WE'RE HERE FOR YOU! ♡

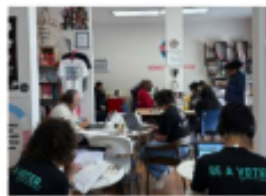
Women's March Foundation



Passionate about social change? Curious about elections?

VOLUNTEER WITH US!

Whether you're into digital activism, community organizing, or voter engagement, our volunteer program has a spot for you!



SIGN UP: WWW.WOMENSMARCHFOUNDATION.ORG/VOLUNTEER



(310) 200-0124

info@womensmarchfoundation.org

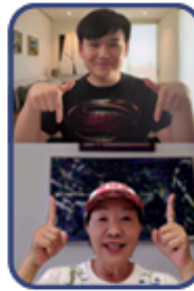
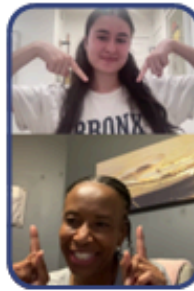
2456 Overland, Ave
Los Angeles CA 90064

Sage and Seekers



sages & seekers

DO YOU NEED COMMUNITY SERVICE HOURS?



Meet someone from a different generation and discover how much you have in common. Sages & Seekers pairs you one-on-one with an older adult to share stories, explore new perspectives, and build a meaningful intergenerational connection.

WHY JOIN?



Earn 10 service hours



Connect with a nonjudgmental listener



Help diminish ageism



Strengthen your communication skills

PROGRAM DETAILS



8 week program

One 1-hour session per week



Hosted on zoom

Easy to participate



Starts late September

Deadline to enroll: **Sept. 15**

For program details and registration:

www.sagesandseekers.org/enroll



Questions? Contact Susana at susana@sagesandseekers.org or (818) 402-1425

Sages & Seekers is a program of **ONE generation**

Clare Matrix Youth Drop in Center



CLARE | MATRIX
ClareMatrix.org

Youth Drop-in Center

Clare|Matrix is a substance use disorder prevention, rehabilitation, training and research center that incorporates it's worldwide recognized evidence-based Matrix Model to prevent addiction and support recovery. Spanish speaking services available.



OFFICE LOCATION
1002 Pico Boulevard
Santa Monica, CA
90405



Services

- **Free Individual and group counseling:** in-person and/or virtually with a peer support specialist or substance use counselor.
- **Free Resource linkage:**
 - + Mental health services
 - + Physical health services
 - + Food
 - + Housing
 - + Work
 - + Education
 - + Clothes
 - + Financial aid
- **Free acces to prevention tools:**
 - + Overdose reversal nasal spray
 - + Fentanyl test strips
 - + Hygiene kits
 - + Condoms/Plan B
- **Free Substance use disorder prevention and education:** individual, group and in school/public assembly presentation formats.
- **Free Medication assisted treatment (MAT)** education and services. (16+)
- **Free AA/NA** Teen group resources.
- Collaborations and membership with **youth advocacy and advisory panels**

For more information contact:



Peer Support Specialist
Morgan Want



MWant@clarematrix.org



(424)-519-0143



Outreach Specialist
Anthony Nguyen



ANguyen@clarematrix.org



(323)-523-3409

FREE Anonymous Prevention Vending

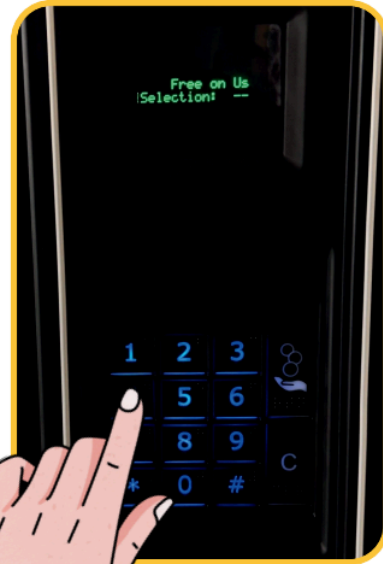
- ★ Overdose reversing naloxone nasal spray
- ★ Fentanyl testing strips
- ★ Hygiene kits
- ★ Condoms/Plan B



 **CLARE | MATRIX**
Saving Lives Through Recovery



 **1002 Pico Blvd.**
Santa Monica,
CA 90405



Simply type in the item number and it will dispense below.