

Actualización semanal del asesor

Semana del 7 de octubre de 2026

Este boletín semanal está aquí para ayudar a estudiantes, padres y personal a mantenerse al tanto de lo que sucede en Samohi. Los asesores esperan que le dediquen un momento a leerlo. Encontrarán mucha información útil, así como excelentes oportunidades que les esperan.

Puede encontrar información adicional sobre lo que sucede día a día en la escuela secundaria Santa Monica a través del Boletín Azul: <https://www.smmusd.org/BB>. También publicaremos información en nuestra página de Instagram para asesores. Síguenos. [@Samo_Advisors](https://www.instagram.com/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

Enlaces populares

Asistencia	Permisos de trabajo	Centro Universitario y de Orientación Profesional
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Asistencia

Para informar sobre la ausencia de un estudiante, envíe un correo electrónico a la Casa correspondiente a su estudiante.

AsistenciaSHouse@smmusd.org Ext. 71139

AsistenciaAHouse@smmusd.org Ext. 71208

AsistenciaMHouse@smmusd.org Ext. 71281

AsistenciaOHouse@smmusd.org Ext. 71381

AsistenciaPBL@smmusd.org Ext. 71177

NO ENVÍE CORREOS ELECTRÓNICOS A LOS ASESORES, YA QUE NO PUEDEN EXCLUIR SUS AUSENCIAS.

Por favor, incluya el nombre y apellido de su estudiante, su número de identificación estudiantil y el motivo de su ausencia (enfermedad, asunto familiar, cita médica o dental, etc.).

- Los estudiantes que se enferman en la escuela deben ir a la enfermería para que se les dé permiso para salir.
- Si un estudiante se va a la hora del almuerzo, DEBEMOS recibir un correo electrónico suyo POR LA MAÑANA solicitando un permiso para salir antes de tiempo. Si recibimos el correo electrónico DESPUÉS de que ya se haya ido, la ausencia no estará justificada.
- Los estudiantes pueden recoger su pase de salida anticipada en la oficina de su residencia después de la primera hora de clase.
 - Estos pases NO PUEDEN ser entregados a su clase.
- Cuando los estudiantes se van temprano a una cita médica, deben traer una nota del médico para que podamos justificar su ausencia... si no recibimos una nota, se marca como una falta.
- Todas las ausencias deben justificarse en 3 días... por favor envíe un correo electrónico a la oficina de su casa si su hijo está enfermo... después de 3 días, se considera una ausencia injustificada.
 - Después de que un estudiante haya tenido 5 ausencias de día completo en el año escolar por enfermedad, cualquier ausencia adicional por enfermedad debe ser verificada por un médico.
- La asistencia para la participación deportiva se autoriza a través de la oficina de atletismo.
 - Esto puede tardar algunos días en corregirse.
- Si tiene preguntas sobre los procedimientos de asistencia, visite nuestro sitio web: <https://www.smmusd.org/domain/3026>

[Recuperación de asistencia/tardanzas](#)

PTSA and College Center invite you to the

SAMOHI 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 MARTES 13 DE OCTUBRE

El examen PSAT se realizará el martes 13 de octubre. Todos los estudiantes de 9.º, 10.º y 11.º grado lo presentarán. Los estudiantes necesitarán una Chromebook de Samohi completamente cargada Y una copia física de su identificación estudiantil. No se les permitirá el acceso al salón de examen sin una copia física de una identificación con foto. Si se les aprobaron adaptaciones especiales a través de College Board, recibieron un correo electrónico de la Sra. Bravo; por favor, asegúrense de completar la encuesta. Si tienen alguna pregunta, consulten con la Sra. Garrett o la Sra. Bravo en la Casa M.

¡Atención, alumnos de último año! La asamblea de fin de curso es el martes 13 de octubre. 🎓
Mientras los demás grados presentan el PSAT, nos reuniremos en el Greek Theatre para tomar nuestra foto panorámica de graduación y conocer más sobre los próximos eventos y actividades para los estudiantes de último año. ¡Pronto les daremos más detalles!



A blue poster for 'PSAT TUESDAY SENIOR ACTIVITIES'. At the top left is a small cartoon of a Viking. The title 'PSAT TUESDAY' is in white, and 'SENIOR ACTIVITIES' is in large, bold white letters. Below the title, the date and time are listed: '13 OCT 2026' and '9:00AM TO 12:00PM'. A schedule follows with times in white ovals and activities in white text: 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, and 12:00PM DISMISS TO LUNCH AND P. 3 AND 4. Red arrows point from the 10:00 AM and 11:00 AM activities to each other. At the bottom right, it says 'ATTENDANCE IS MANDATORY' with a smiley face. The bottom features the text 'GO VIKINGS!' in yellow, a Viking helmet logo, and some decorative 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!



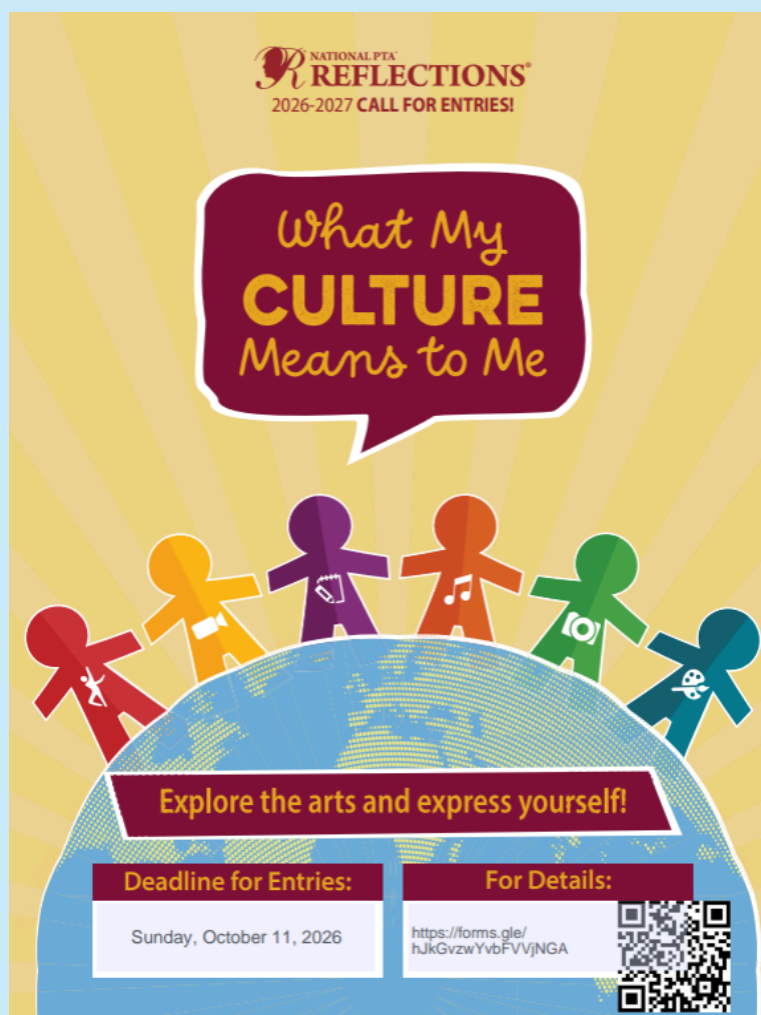
Reflexiones de la PTSA 2026-2027

2 ¡Vuelven las Reflexiones de la PTSA del 26 al 27!

Reflections es un programa nacional de artes donde **Los estudiantes pueden compartir su creatividad a través del arte**. inspirado en un tema anual. El tema de este año es **Lo que mi cultura significa para mí**.

Para participar, envía una pintura, fotografía, canción, baile, película o texto antes del domingo 11 de octubre a las 23:59.

Crea. Exprésate. Consigue reconocimiento.



Samohi PTSA - Programa de educación para padres de octubre

No persigas la "pegatina del parachoques" de la universidad. Cómo construir una **Auténtica** Solicitud y lista de universidades **Más allá de lo habitual**

Julie Pearl Slater, Graduado de la USC con una licenciatura en Teatro y Educación y fundador de [Visitas guiadas al campus](#) Curated Campus Tours se especializa en crear itinerarios de visitas universitarias completos y detallados para familias que van más allá de la visita estándar al campus..

Jenny Gage Es cineasta, artista, educador y consejero universitario formado en el programa de Maestría en Bellas Artes de Yale. Basándose en una carrera en las artes y años de enseñanza en Yale, NYU, Bard, la Escuela Jenny, graduada de la Facultad de Artes Visuales y de The New School, aporta una mirada artística y un instinto narrativo al proceso de solicitud de ingreso a la universidad. Para más información sobre Jenny: <https://jennygagecollegeprep.com/>

Temas tratados:

- crear una lista que vaya más allá de lo habitual
- interés demostrado y formas de demostrarlo
- cómo tu trayectoria en la escuela secundaria influye en tu solicitud de ingreso a la universidad
- suplemento creativo
- beca por mérito
- encontrar tu pueblo

Reunión de octubre de la PTSA de Samohi

Cuando: Martes 13 de octubre de 2026 a las 19:00

La educación para padres comienza después de las actividades de la PTSA.

Dónde: Cafetería Samohi

Se anima a los estudiantes a asistir. Servicio de interpretación al español disponible.

Santa Monica High School
PTSA
everychild. onvoice.
Samohi PTSA proudly presents:

Don't Chase the College "Bumper Sticker"

How to Build an *Authentic* Application
& A College List *Beyond* the Usual

Jenny Gage
College Advisor
jennygagecollegeprep.com

Julie Pearl Slater
Founder of Curated Campus Tours
curatedcampustours.com

PTSA MEETING
10/13, 7PM
SAMO CAFETRERIA
AFTER PTSA BUSINESS

How your high school arc forms your college application

What is a merit scholarship and How do I get one?

What is a creative supplement and why do I need it?

How do I know I'll meet my kind of people? finding your village

What is "demonstrated interest" and how do I show it?

Objetos perdidos y encontrados

¿Tu estudiante perdió o encontró algo? Envíalo a la oficina de objetos perdidos, ubicada en la sala de libros de texto del Edificio Discovery. Los objetos perdidos deben reportarse de inmediato a la oficina de la residencia estudiantil.

Matriz de tutorías 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

[Documental en directo](#)

La ciudad de Santa Mónica presenta el Día de la Juventud de la Academia Popular ONE SaMo.

Día de la Juventud Es un evento gratuito de aprendizaje cívico de día completo para estudiantes de secundaria. El programa incluye:

- Aprender cómo funciona el gobierno municipal y cómo tomar medidas cívicas sobre los problemas locales que les preocupan.
- Explorar trayectorias profesionales en el gobierno municipal y maneras de marcar la diferencia en su comunidad.
- Reunirse con los líderes de la ciudad y hacerles preguntas directamente sobre la gobernanza de Santa Mónica.
- **Inscripción gratuita, almuerzo y refrigerios incluidos.**

Detalles del evento:

Sábado, 24 de octubre de 2026

9:30 a. m. - 4:30 p. m.

1685 Main Street, Santa Mónica

Los estudiantes pueden registrarse en: cityofsantamonica.wufoo.com/forms/youth-day escaneando el código QR del folleto adjunto.





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:

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

or via this QR code:





Eventos de otoño

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

Únete a AIChE en el programa de Preparación de Solicitudes y Redacción (PAW) de UCLA.

El programa AIChE PAW está buscando **Estudiantes de último y penúltimo año interesados en especializarse en STEM (Ciencia, Tecnología, Ingeniería y Matemáticas)**. campos relacionados como ingeniería, bioquímica, ciencia de los materiales, pre-medicina, etc. El Instituto Americano de Ingenieros Químicos (AIChE) en UCLA, creó este **programa de mentoría gratuito**; Te guiaremos en cada paso del proceso de solicitud universitaria! Nuestros mentores te ayudarán a decidir entre carreras, a elaborar e investigar una lista de universidades bien pensada, y a desarrollar y editar tus ensayos de admisión. También recibirás apoyo sobre la vida universitaria y tendrás la oportunidad de conectar con estudiantes de UCLA que compartirán su experiencia y responderán a tus preguntas.

Esto es un **Programa de ocho semanas con una reunión semanal**. Este programa se centra exclusivamente en la preparación para la universidad. Tú y tu mentor se reunirán individualmente para trabajar en tus ensayos y solicitudes, y también participarás en sesiones grupales con estudiantes de UCLA para hablar sobre sus carreras, la vida en el campus y la transición de la preparatoria a la universidad. ¡Este programa es flexible y te ayuda a mantenerte al día para terminar tus ensayos a tiempo para las fechas límite de admisión!

Si está interesado, complete nuestro formulario de interés: <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!

Tarjetas TAP

Evite el atasco matutino al ir al trabajo **andar en bicicleta** o aprovecharse de **supase de transporte estudiantil gratuito**;

Si necesita una tarjeta TAP nueva o un reemplazo por una que haya perdido, puede recogerlas en la oficina de su Cámara de Representantes o en la oficina principal durante el horario de atención habitual.

Para comenzar el ciclo escolar 2026-27, necesitará un código específico para registrarse o renovar su tarjeta. Puede obtenerlo en la oficina principal, en cualquier oficina de la residencia estudiantil o a través de este enlace digital:

- Se permite una sola presentación por estudiante de primaria o secundaria. [Solicita aquí tu código para el periodo 2026-27.](#)

Una vez que se active la tarjeta, sus beneficios de transporte para estudiantes permanecerán activos hasta el 30 de septiembre de 2027.

Por favor, guarde su tarjeta en un lugar seguro, ya que están diseñadas para ser reutilizadas y actualizadas cada año.

TARJETA ASB

¿Quieres ahorrar dinero este año? ¡**Compra una tarjeta ASB en el Vikes Inn por \$75!** Tu tarjeta incluye **Entrada a todos los partidos de la temporada regular en casa.**, más un **Entrada con descuento para el regreso a casa**, Además de muchos otros descuentos a lo largo del año, ¡se amortiza muy rápidamente! [Consulta aquí los descuentos de ASB.](#)

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!

Información sobre retratos de graduación en White's Studios

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!

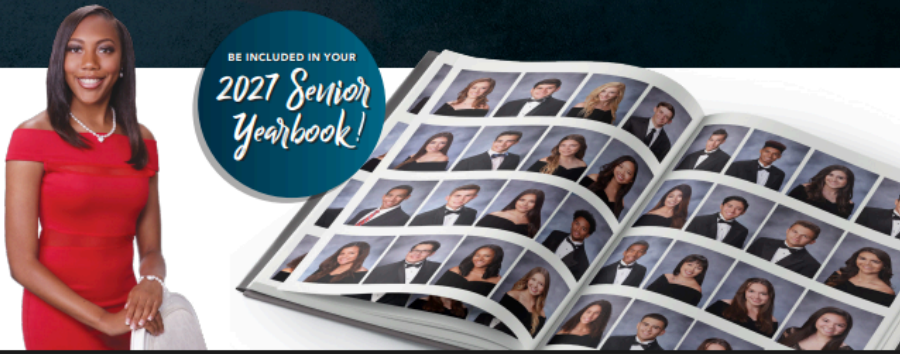
1. Decide which session is right for you and know what styles you want to include before you come into our studio.
2. Book your appointment online at www.Whites-Studios.com.
Don't Wait! Make your ON CAMPUS appointment right away.
3. Start thinking about the perfect hair styles and outfits for your session.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

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!



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
- » 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

Price

	YEARBOOK CHOICE	GRAD	MOST POPULAR SUPER	CUSTOM
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.Writes-Studios.com

Súper sábado

El Súper Sábado es una oportunidad para que los estudiantes se inscriban y asistan a la escuela los sábados por la mañana para ayudar a recuperar sus ausencias. Se espera que los alumnos traigan sus tareas y su Chromebook para completar los trabajos necesarios o estudiar para las clases. Los estudiantes pueden inscribirse mediante un código QR en la oficina de la residencia.

PRISM: Grupo de apoyo semanal para estudiantes LGBTQ+



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



GRUPOS DE APOYO ESTUDIANTIL SAMOHI



SAMOHI 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.



PRISM

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.SEWI.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. —



Programa de Exploración de Carreras en el Sector del Transporte de UCLA

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



Field Trip with LADOT

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



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



Únete al Consejo Asesor Juvenil de Clare Matrix.



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.

El lugar de Margaret

Margaret's Place regresa para el año escolar 2026-27, ¡continuando nuestro trabajo vital para romper el ciclo de la violencia! Nuestra consejera, Lara DeSanto, LMFT, ATR, está disponible diariamente en el salón E117 para apoyar a nuestros estudiantes. Los servicios que se brindan incluyen consejería gratuita para aquellos afectados o en riesgo de trauma, violencia y relaciones tóxicas, así como grupos de arteterapia y recreación terapéutica durante el tiempo flexible de los miércoles. Para obtener más detalles, consulte el boletín informativo de otoño de Margaret's Place ([edición para padres/tutores](#) y [edición para estudiantes](#)) También puedes comunicarte directamente con Lara si tienes alguna pregunta escribiendo a LDeSanto@smmusd.org.

Oportunidad de prácticas en campañas políticas para estudiantes de secundaria

**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

Horario flexible

Samohi Flex-Time ofrece oportunidades educativas específicas durante la jornada escolar para intervención y enriquecimiento, con el fin de satisfacer mejor las necesidades individuales de cada estudiante. Nuestro objetivo es que Flex-Time contribuya al éxito académico de todos los estudiantes. Estos participarán activamente en su propio aprendizaje, desarrollando habilidades metacognitivas y de

autogestión para promover su bienestar emocional, explorar sus pasiones y crecer en un entorno académico, productivo y centrado en sus objetivos.

	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

Proyecto para padres, otoño de 2026



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!



Space is limited reserve your spot today!

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

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

SUPPORT. LEARN. GROW. STRONGER TOGETHER.

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

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.



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!



¡Cupo limitado! Asegura tu lugar hoy mismo.

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

DÍA Y HORA: Miércoles 6:30pm-9pm

APOYAR. APRENDER. CRECER. MÁS FUERTES JUNTOS.

Invórtelo en tu adolescente. Invórtelo en tu familia. Invórtelo en su futuro.

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.



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 Grueneisen, MD
Licensed physician



Servicios de salud mental

La preparatoria Santa Monica se complace en presentar a la Sra. Maura Solano, MSW, quien se une a nuestro equipo como la nueva consejera bilingüe de bienestar. La Sra. Maura coordinará los servicios de salud mental en todo el campus, brindando asistencia esencial con intervenciones para la asistencia

escolar y respuesta a crisis. Los estudiantes pueden encontrarla en el salón E113 del Vikes Hub, un espacio de apoyo donde todos pueden acceder a útiles escolares y productos de higiene necesarios.

Para quienes busquen apoyo psicológico constante, les recomendamos contactar a su tutor/a, a la Sra. Maura, enfermera escolar, o a la Sra. Lotan, coordinadora de salud mental, ubicada en la oficina AD502. Les informamos que en las próximas semanas el servicio de asesoramiento sin cita previa estará completamente operativo en la oficina AD513 del edificio administrativo. Además, los grupos de asesoramiento comenzarán en octubre; ¡pronto les daremos más detalles!

La Clínica para Adolescentes Samohi está disponible para nuestros estudiantes todos los jueves por la mañana en la sala Ad103c, ubicada justo enfrente de la enfermería. Esta clínica ofrece servicios esenciales como vacunación, exámenes físicos para deportistas, atención médica general y apoyo personalizado en materia de salud reproductiva.



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! ♡

Fundación Marcha de las Mujeres



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



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 

Centro de encuentro juvenil Clare Matrix



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



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

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**

FREE Anonymous Prevention Vending

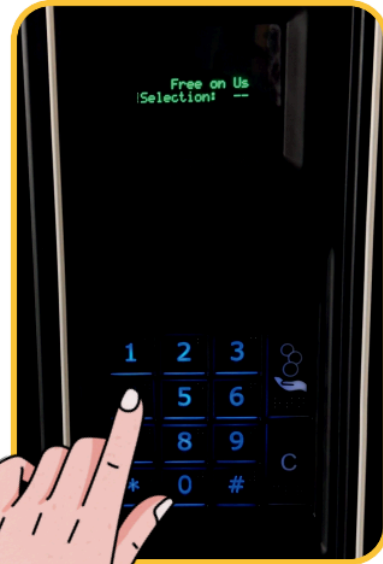
- ★ Overdose reversing naloxone nasal spray
- ★ Fentanyl testing strips
- ★ Hygiene kits
- ★ Condoms/Plan B



 **CLARE | MATRIX**
Saving Lives Through Recovery



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



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