

MAY 2022

# SDUHSD SPECIAL EDUCATION NEWSLETTER



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## DISTRICT NEWS

The last day of school is **June 3, 2022** and all of our schools have a variety of end of year activities for families including plays, concerts, sports play-off games, shows and of course, promotions and graduation ceremonies. Please visit each school website for a calendar of upcoming events.

## NCCSE UPDATES

The North Coastal Consortium for Special Education (NCCSE) is a Special Education Local Planning Area (SELPA) composed of 14 school districts in North San Diego County including SDUHSD. Here are some news and events:

The 2022 [Excellence in Special Education Awards Ceremony](#) is May 25 at 6:30 pm

NCCSE's [On-Demand Webinars for Families](#) are available until June 30. You can access these trainings and informational presentations any time!

## SPECIAL EDUCATION NEWS

The end of the school year is in sight!

The bi-monthly Special Education newsletter is part of our ongoing effort to share information and opportunities for learning and supporting your child. Spring has arrived and with it we have many reasons to celebrate as we get closer to the end of the school year. The month of May is when we celebrate Staff Appreciation, for both our teachers and our support staff. We are thankful for our amazing, dedicated and hard-working staff who are committed to helping students learn and grow. Thank you!!!

## LOOKING AHEAD TO 2022-2023

The San Dieguito Union High School District staff are busy planning for summer programs and the 2022-2023 school year. As you prepare for the upcoming school year, we want to make sure our families are informed about some important changes to our calendar, instructional model and bell schedule. Here are some important dates to remember:

- Tuesday, August 16, 2022 - First day of school
- Friday, October 14, 2022 - End of first quarter
- Thursday, December 22 - End of first semester

In order to comply with Senate Bill 328, our schools are adjusting their bell schedules to reflect new requirements for school start times. Under the new law, middle schools can start school no earlier than 8:00 am and high schools no earlier than 8:30 am. Please check your school's website for more information. The District website is updated regularly with the most current information about the upcoming school year: [www.sduhsd.net](http://www.sduhsd.net)

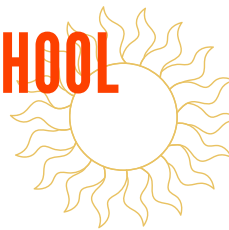
# SDUHSD COLLEGE & CAREER NIGHT

San Dieguito Union High School District counselors hosted the 9th annual College and Career Night on April 27, 2022. There were 18 presentations on a variety of college and career topics including two Special Education specific presentations (see below). All of the presentations were recorded and are available for viewing on the [District's College and Career page](#), which includes [presentations and other resources shared by the presenters in a resource guide](#).

**MIRA COSTA COLLEGE** staff from the Student Accessibility Services staff presented "[Launch into Success with Student Accessibility Services](#)" (linked to recorded presentation). Presenter Jeff Higgenbotham discussed what support looks like in the community college setting and explained the steps students can take to access support services. He highlighted both non-credit classes and credit classes that lead to certificates, associates degrees and transfers to four year colleges. The [slides \(linked here\)](#) include contact information for Mira Costa SAS and links to other important resources including financial aid.

San Diego State University's staff from the Student Ability Success Center (SASC) presented "[Finding the Way: How Students with Disabilities Access Help in College](#)" (linked to recorded presentation). The presenters highlighted the importance of the student initiating the process of applying for accommodations and expanded on the differences between high school and college support including note taking, testing accommodations, and accessibility assistance. At the end of the presentation, participants had the opportunity for Q&A. The [slides \(linked here\)](#) include a lot of helpful information for students and families as they prepare to their journey to post-secondary education and career.

## SUMMER SCHOOL & EXTENDED SCHOOL YEAR (ESY)



**Extended School Year (ESY)** is for special education students only. It is designed to prevent learning loss for students who experience significant regression on IEP goals and who cannot recoup those skills in normative time when school resumes. ESY is focused specifically on IEP goals. ESY is being offered at San Dieguito Academy and will run daily from 8:00 am to 11:55 am, June 10 to July 8. No school will be held on June 20 and July 4, 2022 in observance of holidays.

**Summer School** is generally focused on remediation and available to students throughout the district. At the high school level, students take summer school for credit recovery, to make up a graduation requirement course they failed. Other courses are designed to remediate specific skills in English or Math, or are designed for English Learners. Some summer school course dates vary: All courses start on June 10 and ends July 26, at San Dieguito Academy. No school will be held on June 20 in observance of Juneteenth and July 4 and 5, 2022 in observance of Independence Day.

## MAY IS MENTAL HEALTH AWARENESS MONTH

NAMI - the National Alliance on Mental Illness is the nation's largest mental health organization dedicated to building better lives for Americans affected by mental illness.

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

## 5 WELLNESS TIPS FOR TEENS

1. [Find the calm in the chaos](#) with deep breathing or grounding activities.
2. [Maintain a daily routine](#) with consistent sleep, nutrition, study patterns and joyful activities.
3. [Practice digital well-being](#) by setting boundaries, taking breaks and maintaining a healthy screen/life balance.
4. [Balance time for yourself](#) by staying connected with others.
5. [Treat yourself with the same compassion](#) you would a friend. Be kind to yourself!

