UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 9/13</td>
<td>LCFF Surveys</td>
<td>---</td>
</tr>
<tr>
<td>9/13/21</td>
<td>SDHS PTSA Executive Board Meeting</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>9/14/21</td>
<td>SDHS Foundation Meeting</td>
<td>4:00 PM</td>
</tr>
<tr>
<td>9/14/21</td>
<td>SDHS: Science &amp; Technology SSC Meeting (CSI Meeting)</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>9/15/21</td>
<td>District Advisory Council</td>
<td>6:30 PM</td>
</tr>
<tr>
<td>9/17/21</td>
<td>Football: SDHS vs. Serra: Community Night</td>
<td>JV: 3:30 PM, V: 7:00 PM</td>
</tr>
<tr>
<td>9/18/21</td>
<td>Cal-SOAP Webinar: Class of 2022 Jump Start</td>
<td>9:00 AM – 1:00 PM</td>
</tr>
<tr>
<td>9/21/21</td>
<td>SDHS Alumni Association</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>9/20-9/24</td>
<td>SDHS Homecoming Spirit Week</td>
<td>---</td>
</tr>
<tr>
<td>9/22/21</td>
<td>SDHS PTSA Parent General Meeting</td>
<td>6:00 PM</td>
</tr>
<tr>
<td>9/24/21</td>
<td>Football: SDHS Homecoming Game: SDHS vs. Kearny</td>
<td>JV: 3:30 PM, V: 7:00 PM</td>
</tr>
<tr>
<td>9/28/21</td>
<td>ELAC Committee</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>9/29/21</td>
<td>SDHS School Governance Team: Business &amp; Leadership International Studies Science &amp; Technology</td>
<td>4:00 PM Zoom</td>
</tr>
<tr>
<td>9/29/21</td>
<td>SDHS School Site Council: Business &amp; Leadership International Studies Science &amp; Technology</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>9/30/21</td>
<td>El Cafecito with the Principal &amp; Counselor</td>
<td>Zoom Meeting ID: 94276168297</td>
</tr>
<tr>
<td>9/30/21</td>
<td>IMIN Hispanic Heritage Celebration</td>
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</tr>
<tr>
<td>10/1/21</td>
<td>Football: SDHS vs. Kearny</td>
<td>JV: 3:30 PM, V: 6:30 PM</td>
</tr>
<tr>
<td>10/4 – 10/5</td>
<td>Picture Make-up Day (ID Cards)</td>
<td>All Day</td>
</tr>
<tr>
<td>10/6/2021</td>
<td>Fall Open House: Zoom</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>September</td>
<td>ELPAC Initials, Fall FastTrack &amp; DEMI (Math) Assessments</td>
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</tr>
</tbody>
</table>

San Diego High School
Home of the Cavers

SDHS PRINCIPAL’S MESSAGE

Dear SDHS Caver Families,

I want to extend a warm welcome to all of our San Diego High School community. We have been excited to begin our new 2021-2022 school year in person! High school years are an exciting time for students. We encourage our families to continue to stay actively involved throughout these critical years. There are many opportunities for our parents to participate, from joining some of our committees and organizations, such as our PTSA, Parent Connect, SDHS Foundation, our English Learner Advisory Committee (ELAC), School Site Council and School Governance Teams, to filling our surveys, or participating in some of our workshops.

Our SDHS team has been working extremely hard to prepare for the school year. We will continue to prioritize the health and safety of our Caver community. We want to note that changes in processes will continue to transpire throughout the year and we will share the updates as they become available, including our mandatory indoor and outdoor mask requirement.

Health and Safety are critical components this school year. We’ve included important updates regarding the latest COVID-19 procedures and resources in this newsletter. This information is critical and requires family support and student commitments. We understand that COVID-19 has impacted all of us in a myriad of ways, from major changes to our educational system to societal and healthcare impacts across the globe. Although our experiences with COVID-19 may differ it is important to keep in mind that we are committed to supporting our students and families. I can share from personal experience that even with following the CDC protocols, I tested positive for COVID-19 this past summer and the recovery process was extremely difficult. I will be forever grateful for the doctors, nurses and my family who supported me through the recovery process and helped me be cleared to be back onsite. Our SDHS team has worked hard to open our doors to in person learning. Let’s continue to work together in keeping our Caver community Healthy and Safe!

I would like to take the time to encourage our families to utilize the resources readily available to our students this year. In partnership with Sharp we will be hosting another Vaccine Clinic for student’s further information and more detailed information can be found in the newsletter. The first dose is scheduled for September 29th followed by the second does on October 20th. We encourage our eligible students to get vaccinated, unless impacted by underlying health conditions, or take part in our COVID testing program hosted by UCSD. Our UCSD COVID testing is currently offered every Tuesday from 8:00 AM – 4:00 PM on our SDHS campus for our SDHS staff and students only.

We are officially back to semester based classes, we will have two progress reporting periods prior to our final grades in January 2022 (S1) and June 2022 (S2). Our first Progress Report officially ends on Friday, October 8, 2021 The official semester ends on Friday, January 21, 2022.

Our first El Cafecito with the Principal and Counselors via Zoom on, Thursday, September 30, at either 9:00 AM or 6:00 PM, translation services in Spanish will be provided. El Cafecito Zoom Meeting: https://sandiegounified.zoom.us/j/94276168297

We are well underway to a wonderful and exciting school year and look forward to connecting with all of you.

Go Cavers!

Francisca “Fanny” Del Carmen, Principal
San Diego High School, Class of 2000
SDHS Administration Team & Staff:
Our SDHS Administrative Team 2021-2022

<table>
<thead>
<tr>
<th>SDHS Complex</th>
<th>Francisca Del Carmen, Principal <a href="mailto:fdelcarmen@sandi.net">fdelcarmen@sandi.net</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Business &amp; Leadership</td>
<td>Beverly Greco Interim Vice Principal <a href="mailto:bgreco@sandi.net">bgreco@sandi.net</a></td>
</tr>
<tr>
<td>International Studies</td>
<td>Cameron Hord Vice Principal <a href="mailto:chord@sandi.net">chord@sandi.net</a></td>
</tr>
<tr>
<td>Science &amp; Technology</td>
<td>Dr. Jennifer Ducat Interim Vice Principal <a href="mailto:Jducat@sandi.net">Jducat@sandi.net</a></td>
</tr>
</tbody>
</table>

SDHS Associated Student Body:

The Associated Student Body (ASB) of San Diego High School would like to welcome our newly elected student leaders for the 2021-2022 school year.

Congratulations Cavers we look forward to your student advocacy and leadership! Dr. Ducat will continue to support our ASB as our ASB Advisor.

2021-2022 ASB Election Results!

ASB PRESIDENT: Aries Cale
ASB VICE PRESIDENT: Ali DeBoer
ASB SECRETARY: Zoe Guertin
ASB TREASURER: Ivanna Rodriguez

9TH GRADE PRESIDENT: Beckham Arias
10TH GRADE PRESIDENT: Felix Burkart
11TH GRADE PRESIDENT: Kira Shannon
12TH GRADE PRESIDENT: Cristal Diaz

Follow our SDHS ASB Student Leaders on Instagram:
Learn about different activities and virtual events happening on our SDHS Associated Student Body Instagram: @sdhsCaver

SDHS CAVER ATHLETICS

All SDHS Athletics information is available on our SDHS Athletics website at: www.sdcavers.com

Please help us welcome our new Athletic Director, Paul Coover. Coach Coover is passionate about supporting our Caver Athletes and is looking forward to supporting the continual development of all our student athletes. We look forward to encouraging more Cavers to participate.

Go Cavers!
SDHS Counseling Corner:

SDHS Counselors have been working hard this year to support our students. Counselors focus on providing supports across all three domains:
1. Academic Development
2. Personal Social Development
3. Career Development

Check out our Counseling Resources at: Theschoolcounselor.org

Contact Our Counselors:
Our counseling team can be found on our SDHS Counseling team website under the Contact Us Link at: https://www.theschoolcounselor.org/contactus

California Student Opportunity and Access Program (Cal-SOAP) Resources:

The California Student Opportunity and Access Program (Cal-SOAP) was established by the state legislature in 1978.

SDHS is fortunate to have Cal-SOAP as a partner that support our students and their families. Cal-SOAP is instrumental in improving the flow of information about postsecondary education and financial aid while raising the achievement levels of low-income, elementary and secondary school students or geographic regions with documented low-eligibility or college participation rates, and who are first in their families to attend college.

Link for Financial Aid Webinar Series: https://drive.google.com/file/d/1MUdK9eePIYLKc4pt3w6KYiC1LKI2ROz-/view?usp=sharing

Link for Senior Year Jumpstart: https://drive.google.com/file/d/1Wbc1jfbPfCY279Tj1uXsBzA0wgBcJpd/view?usp=sharing
THE CAL-SOAP FINANCIAL AID WEBINAR SERIES
6PM-7:30PM

FINANCIAL AID 101
09/8/21
Learn about the FAFSA, Dream Act, and Cal-Grants

FINANCIAL AID WEBINAR #2
10/20/21
Financial aid opportunities within the UC Institutions

FINANCIAL AID WEBINAR #3
11/3/21
The Cal State's Education Opportunity Program

FINANCIAL AID WEBINAR #4
12/8/21
The CSS Profile: providing access to private institutions

FINANCIAL AID WEBINAR #5
01/19/22
8th - 11th graders learning about financial aid

FINANCIAL AID WEBINAR #6
02/9/22
The Promise Grant and scholarships at the Community Colleges

FINANCIAL AID WEBINAR #7
03/9/22
Understanding the college financial aid package

FINANCIAL AID WEBINAR #8
04/13/22
11th graders learn about the FAFSA and DreamAct, and how to create an FSA ID

FINANCIAL AID WEBINAR #9
05/11/22
An opportunity to learn about the Cal-Grants A, B, & C

An opportunity for students and families to learn about financial aid from the experts. Monthly webinars are FREE!
Register by clicking the webinar title or visit our website:
https://www.calsopandsdiego.org/workshops

FOLLOW US @ CALSOAPSANDIEGO

ARE YOU READY TO JUMPSTART SENIOR YEAR
September 18, 2021
8am - 1pm
Zoom Webinar event

REGISTER AT:
HTTPS://WWW.CALSOAPSANDIEGO.ORG/WORKSHOPS

Discussion Topics
9am - 9:30am
Managing School, Health, and Well-Being as a Student & Family

9:30am - 9:55am
Making the Grades to College

10am - 11:10am
Updates about the UC and CSU Admission Requirements

11:15am - 11:45
The Promise Scholarship at the CA Community Colleges

11:50am - 12:25pm
Financing College

12:30pm - 1:00pm
The CSU Early Opportunity Program
SDHS NEEDS YOUR SUPPORT!!!

Please fill out our Local Control Funding Formula (LCFF) Form!

Every year we are required by the State of California to collect data from our families. This data helps to determine our Local Control Funding Formula (LCFF) funding from the state. It is crucial that we collect this data from each family to ensure our school receives all the state funding to which we are entitled for our students. It will not affect your child receiving free meals at school as all children will have access to meals this school year.

The LCFF online form is available on the Parent Portal and NOT on the student’s portal.

To create a Parent Portal account, you will need:

- A valid email address
- Access ID and Password from your student’s school

If you do not have the Access ID and Password for your student, please send your child’s name to: Solange Sachs at ssachs@sandi.net and request access to the parent portal. She will send you an access ID and password for each student you wish to link to your account.

- Click here to access the Parent Portal: https://powerschool.sandi.net/public/
- Click here to sign into the PowerSchool Parent Portal: https://powerschool.sandi.net/public/

Below are the instructions how to complete the LCFF form on Parent Portal:

Follow the steps below to enter Local Control Funding Formula (LCFF) data in the Parent Portal. This information is private and will not be used for any other purpose. Your child’s school needs this information to ensure it receives all the state funding it is entitled. It will not affect your child receiving free meals at this school.

2. Click the icon near the bottom of the navigation menu (LCFF Collection Form)

For reference on the LCFF page in the parent portal, the information shaded in blue provides help in determining the number of household members and what types of income to include.

3. Click the dropdown, select the number of people living in your home.
4. Click the radio button next to the appropriate income amount for the household.
5. Click the checkbox to certify the information and then click Submit.
6. If you have additional children attending eligible LCFF schools, click on their names in your Parent Portal and repeat steps 1-5.

For assistance with technical issues, please contact Parent Online Support at (619) 732-1400.

We are asking families to complete this form by Friday, September 17, 2021.

Thank you for your support!

San Diego High School Appreciates you!
Health & Safety Important Updates: COVID-19 Updates

Cavers as a reminder we need your support in ensuring your students has clear passed at home, prior to coming to school, please make sure your students are symptom free or have been appropriately cleared by our nurse, prior to coming to school. Please note that when there is a COVID positive case you will be receiving an email indicating a non-close contact case. Our SDUSD district Contact Tracing team will work with anyone impacted to determine who may be close contact and any impacted families may receive an additional notice with instructions.

Clear Pass://app.healthboxhr.com/saml/login/sandiegounified

SDHS COVID Testing Option:
All families are now required to make a choice on COVID-19 testing at the start of the new school year. Every family must submit their response either online (preferred) or paper version (available at the site).

SDHS is in partnership with UCSD is providing COVID Testing opportunities to for students and staff. SDHS has weekly testing opportunity every Tuesday from 8:00 AM – 4:00 PM, we will be moving the location to our bungalows (B-1) south of our baseball field, so that we are able to provide Drive Thru option beginning next Tuesday.
- SDUSD COVID Testing Forms: Turn in the COVID-19 Testing forms are available in our office. You are also able to access via your Parent Portal.
- Below are the links that families may need to fill out forms on Parent Portal.
  - English: Slide Deck Instructions | Screencastify
  - Spanish: Slide Deck Instructions | Screencastify

SDHS COVID Vaccine Clinic Opportunity:

In partnership with SHARP, SDHS is scheduled to host our Vaccine Clinic as follows:

**Dose 1:** Wednesday, September 29, 2021  
**Dose 2:** Wednesday, October 20, 2021  
**Time:** TBD  
**Location:** SDHS PAT (Auditorium)

Permission slips for the vaccine with all details will be sent when time is officially confirmed.

Student Devices & Textbooks

Laptop distribution is in our Library, if your student is experiencing any difficulties with the devices please have the student bring their device and the device with be checked and if need be a new one will be issued.

Textbooks:
We are asking our families to return any textbooks and materials from the 2020-21 school year. Please drop items off before school, at lunch or after School.

SDUSD Parent Portal
To create a Parent Portal account, you will need:
- A valid email address
- Access ID and Password from your student’s school
If you do not have the Access ID and Password for your student, please send your child’s name to SDHSParentportal@sandi.net and request an access ID and password for each SDHS student you wish to link to your account.
Click here to access and/or sign in the Parent Portal: https://powerschool.sandi.net/public/
Please visit the SDHS PowerSchool Parent Portal website at: https://sdhs.sandiegounified.org/about_us/power_school_portal
Parent portal provides student academic information as well digital forms and LCFF surveys!
Greetings from our Wellness Center Coordinator:

For those who do not know who I am, my name is Ms. Shelli and I’m the Wellness Center Coordinator at San Diego High.

The Wellness Center is located in Room 108. I work with our school administrators, school counselors, and school nurse in supporting students in accessing physical and emotional health resources & services on campus, in our district, and in the community.

The Wellness Centers follow all SDUSD Nursing and Wellness department protocols. To keep students safe and in-school, there have been changes to how students access the Wellness Center. Please see below.

SDHS Wellness Center Hours, Room 108:

- Regular Days ... Monday - Thursday, 9am – 4pm
- Late Start Days ... Monday - Thursday, 10am-4pm
- CLOSED all Fridays

SDHS Wellness Center Flyer & District Virtual Student Wellness Center:

- SDHS Wellness Center - September 2021
- The Flyer has a QR Code that goes directly to the SDUSD Virtual Student Wellness Center. My picture and contact information are listed on this vital website. The website gives students 24/7 access to wellness strategies, peaceful music, mindfulness activities, physical & emotional health education/resources, important wellness information around our district... plus much, much more!!

On-campus Wellness Center Guidelines, at this time:

- Wellness Visits are by appointment – in person appointment or virtual (see Exceptions).
  - **If a student needs immediate access the Wellness Center, students can request the support from their teacher to be connected.
  - To support contact tracing.

On-hand Health/Hygiene Products:

- Oral hygiene – toothpastes, toothbrushes, dental floss, mouthwash
- Re-usable Water bottles (Blue, 28 oz., pour or sip spout)
- Menstrual products
- Mini deodorants, mini shampoo, mini lotions, small tissue packs
- Lip moisturizer, washcloths, mini soap bars
- School supplies - back packs, small drawstring back packs, binders, pens, markers, folders, etc…

Please don’t hesitate to reach out to me with any questions!

Have a WELL-full week ALL!!

Warm regards,
Shelli

Shelli Stinson, MA
SDUSD Youth Wellness Center Coordinator
SDUSD Nursing and Wellness Department
San Diego High School – Rm. 108, ext. 3040
Email: rstinson@sandi.net – [she/her]
Check out our Virtual Student Wellness Center
PICTURE DAY IS COMING

Order your school pictures today on mylifetouch.com

Monday, October 4th & Tuesday, October 5th, 2021
San Diego High School Retake Day!

① Visit mylifetouch.com

② Enter your Picture Day ID
   EVT8MK9SG

③ Order your perfect package—and don’t worry about returning anything on Picture Day!

Lifetouch REWARDS™

Earn exclusive offers for your online picture purchases.
IMIN Coordinator Message

SDHS Cavers,

For those of you who I have yet to meet, my name is Demetrius Grant. I am a one of your campus securities during the school day and I am the IMIN Coordinator, after school.

IMIN is SDHS’s after school program. The program is 100% free for our students. The program hours are:

**Before School:** 7:30 AM – 8:30 AM  
**Room:** 601

**After School:** 3:30 PM – 6:00 PM  
**Room:** SDHS bungalow, B4 located south of our baseball field.

We also provide free supper which is different from the food they serve during the day for any student staying afterschool.

Please be on the lookout for update that will include some upcoming events, our club resource fair and a monthly calendar of IMIN events and activities that you can post in your room. Our student leadership team helps design our IMIN program, we invite all SDHS Cavers to participate.

We will be designing our SDHS Tutoring schedule and will share these resources with our students and families.

As always, we look forward to working with our Caver Community.

Welcome back Cavers!

Thanks,

Demetrius Grant  
IMIN Coordinator
WELCOME BACK TO 2021-22 SCHOOL YEAR

FINANCE OFFICE UPDATES

Paying for school items just got easier!
Sign up on SchoolCash Online to get started today.
School Cash Link: https://www.sdusd.schoolcashonline.com/

What is SchoolCash Online?
SchoolCash Online is an easy to use and safe way to pay for your children’s school: P.E. uniforms, yearbook (not customized), ASB cards, exams, etc.

Why Use SchoolCash Online?
Convenient Make secure payments 24/7 from the comfort of your home
Easy To Use Online shopping using your credit card.
Safe Your child won't be carrying cash or checks to and from school

*** Important Note: Yearbooks with customized items can ONLY be purchased at Jostens.com***

Our Finance Office, located in our Main Office, will continue to be an option for families to purchase items. For now, our Finance Office will only continue to take Cash or Checks.

GoFan.co – High School Sporting Event Tickets now available online with Credit Card at: https://gofan.co/search (You are still able to purchase tickets with CASH ONLY at the gate)

What is GoFan?
Get the app and buy all your athletics events tickets online.

  Football:  Basketball:
General admission:  $7.00*  $5.00*
Child / Senior Citizen $2.00*  $2.00*

All other sports events are FREE! *Exceptions apply to CIF PLAYOFF games.

Please note: TRANSACTION FEES MAY APPLY