

Mission Oak High School

March 31- April 4, 2025



Greetings Hawk Community



Greetings Hawk Community,

Can you believe March is almost over? The spring semester is flying by! Just a heads-up that testing is starting in the next few weeks, mostly for our sophomores and juniors. Check out the testing schedule in the newsletter for all the dates.

Spring break is also just around the corner – April 14th to 21st! After we get back, the rest of the semester will go super fast. Please keep checking in with your child to make sure they're keeping up with their schoolwork. And don't hesitate to reach out to their teachers if needed.

If you've got a senior, make sure to take a look at the section in the newsletter with all the important senior information and dates and mark your calendars. Let us know if you have any questions or concerns at all!

Mr. Carrasco



Hawks Celebrated At MO Ceremony



On Wednesday, Mar. 26th, over 200 students received their WINGS patch, indicating a robust GPA of over 3.6! With over 300 students, staff and parents present, students were called up one-by-one by Principal Carrasco to receive their award. Congratulations Hawks!



 **Follow**

THE COUNSELING NEST ON INSTAGRAM!

If you are applying for scholarships, you must bring in a **PHYSICAL** copy. See Mrs. Aguilar in the Career Center if you have any questions.



**UC DAVIS**
VETERINARY MEDICINE
*Veterinary Medicine Teaching
and Research Center*

FarmVet2B

High School Internship
June 16-27 2025



Scan to apply

FarmVet2B is a 2 week internship for Tulare high school students who are serious about a career in Livestock Vet Med.



Students will visit food animal farms and interact with private practitioners, state/federal vets and researchers to understand the role in advancing livestock health and contributing to food safety and security.

Requirements:

1. Interest in livestock Vet. Med.
2. Going on to Senior (Fall 2025) at a Tulare/Visalia High School
3. GPA 3.0 or higher.
4. Complete application
5. Available for internship dates

Deadline April 15th 2025



Tangerine Harvest

IN VISALIA



SATURDAY MARCH 29 10 AM - 12 PM

This harvest will be donated to:



TEXT 'HARVEST' TO (559) 972-9148 FOR HARVEST INFO.



Teacher Inspirers

Donovan Chavez

“A teacher that inspires me is Mr. Gallegos because he’s always checking up on me, checking up on me academically, preparing me for the future, and is always there when I am feeling down”.

Dimond Gonzalez

“Mrs. Rodela, she is such a positive human being and very sweet”.

Essence Okotcha

“Mrs. Jones is a very strong lady. She’s been through a lot and still manages to have a positive mindset.”

Shehzad Gutierrez

“Mr. Jones because he sees that I’m trying my best & helps me understand the work out if im not doing it right or if my from is wrong during weight training.”

IMPORTANT UPCOMING DATES



**March 27- last day to submit
auditions video for MO,z art
festival**

April 1 - PIQE Graduation

Apr 2 - deadline for FASFA apps

**Apr. 11 - Commencement speeches
due to Mr. Carrasco by 11:59 PM.**

Apr. 10 - Annual MO,z art festival

June 5 - Graduation at 8:00 PM.

**Read more
on**

<https://mohs.tjuhsd.org/Events>



NOTICE TO SENIORS

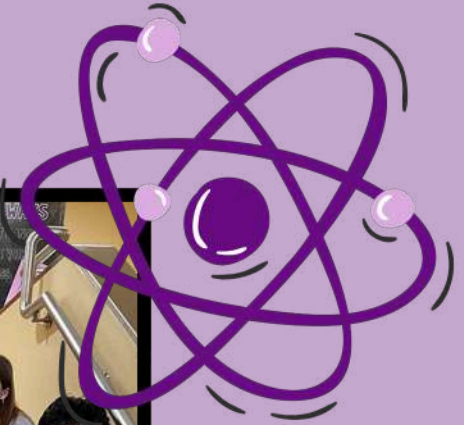


- **AS GRADUATION APPROACHES, PLEASE BE REMINDED THAT A 95% ATTENDANCE RATE IS REQUIRED TO PARTICIPATE IN THE GRADUATION CEREMONY.**

- **EFFECTIVE IMMEDIATELY, IF YOU ARE ON THE SATURDAY SCHOOL LIST OR HAVE ACCUMULATED MORE THAN 30-PERIOD ABSENCES, YOUR OFF-CAMPUS LUNCH PRIVILEGES WILL BE REVOKED UNTIL YOUR ATTENDANCE IMPROVES AND YOU ARE REMOVED FROM THE LIST.**



Congratulations!



Congratulations to our Mission Oak's Science Olympiad team for taking 3rd place at the Division C Tulare County competition on March 8. They qualified to compete at the state competition in April. This is the first time that a team from Mission Oak has qualified for state, and is a huge achievement!

Enchanted Evening
PROM DRESS GIVE-AWAY

SATURDAY, MARCH 29, 2025

6AM-1PM AT WYNDHAM HOTEL VISALIA
FOR JUNIOR AND SENIOR STUDENTS

1000+ Dresses

SIZES 0-30

MANY COLORS | SHORT AND LONG
EVERY STUDENT RECEIVES A FREE
DRESS AND ONE ACCESSORY
(PURSE OR JEWELRY)

Your name must be submitted by the school before the event.

SIGN UP WITH: Counseling Office

THANK YOU TO OUR MAJOR SPONSOR



FOR MORE INFO
ENCHANTEDEVENING.COM



SPORTS

Please click on the link below to see the calendar for the athletic competitions.

<https://missionoakathletics.com/main/calendar?>

MISSION OAK HIGH SCHOOL
2025 SENIOR DATES and INFORMATION

March/April Academic Wings Night

- March 20 Student Board Awards at TJUHSD District Office
- April 24 COS STEPS Orientation & Priority Registration (MO Library)
- April 11 Deadline to submit your speech to Mr. Carrasco for Graduation Speaker
- April 22-30 Graduation Speech Try Outs (entire week)
- April 22-30 Try Out for Senior Graduation Ceremony Welcome
- May 1 National Decision Day (final day to commit to your college)
- May 3 Prom Dance (Country M Ranch)
- May 8 20 Day Rule Begins
- May 13 ETS Graduation
- May 14 Outstanding Hawk Awards Night (6:30 pm) (9-11 graders)
- May 16 Powder Puff Game
- May 19-23 Mission Madness
- May 20 Scholarship Night -Seniors receiving awards and scholarships will be notified before the scholarship event (6 pm)
- May 21 Spring Concert (TU Auditorium 6pm)
- May 22 Senior Marching Practice MOHS Football Field (3rd Period)
- May 22 Cap and gown distribution at practice MOHS Football Field
- May 22 Senior D/F List Due to Counseling
- May 22 Senior Fees (sports equipment, locks, calculators, band fees, etc.) from staff/coaches due to Leslie Rebelo by 3:30 p.m.
- May 27 Senior Talent Show/ Yearbook Dedication
- May 28 Library Fees are due no later than 3:30 p.m. (Leslie)
- May 28 Final Senior payments due no later than 3:30 p.m. (Payments can be made only before and after school, breaks, and lunch, the office closes at 4:30 pm)(locks=\$10 fee will be added to the student)
- May 28 Graduate Exit Survey (required for prior ticket distribution)
- May 28 PSL Graduation (MO Cafeteria 6 pm)
- May 29 Plato Deadline
- May 29 AOE Graduation (MO Cafeteria 6 pm)
- May 29 Senior Grades due by 3:30 p.m.
- May 29 Distinguished Grad Regalia Distribution (During Lunch, last break, and after school)
- May 29 What We Will Do With Our Wings Ceremony 2:30 p.m. (College Signing Ceremony)
- May 30 Graduation Practice 9:35 am- 10:45 am in the gym
(Seniors in cap and gown)
- May 30 Senior Awards Assembly 10:45 - 12:10 pm in the gym
Parents and Juniors are invited to attend!!!

MISSION OAK HIGH SCHOOL
2025 SENIOR DATES and INFORMATION

- May 30 Distribution of Tickets (10 per student) Wrestling Room after Awards assembly.
Tickets will only be distributed to students who are meeting graduation requirements.
No tickets will be given to students that are earning a "D" or "F" in a required course
for graduation or not meeting attendance requirements
- May 30 Grad Night (Magic Mountain)
- TBD Yearbooks distribution
- June 3 Turn in Chromebooks Seniors (Tentative)
- June 3 Senior Sunset (6:30 pm, MOFootball Field)
- June 5 Tickets will be distributed for those students who did not receive tickets on May 31 and
if the student is meeting graduation requirements. Tickets will be distributed at the Senior
Breakfast.
- June 5 Graduation Day
- 8:30 a.m. – Final graduation rehearsal at Bob Mathias Stadium (Students must use school
transportation-no private vehicles allowed)
- 10:00 a.m. – Senior Breakfast (Veterans Memorial Building)
- 6:30 p.m. – Meet at the Tulare Union Auditorium
- 8:00 p.m.– Graduation Ceremony at Bob Mathias Stadium



As graduation approaches, please be reminded that a 95% attendance rate is required to participate in the graduation ceremony. Effective immediately, if you are on the Saturday School list or have accumulated more than 30 period absences, your off-campus lunch privileges will be revoked until your attendance improves and you are removed from the list. If you have any questions or need clarification, please visit Mrs. Blythe in the Assistant Principal's Office.



LEAVE A LEGACY

In November of 2023, the Tulare Joint Union High School District and various community partners broke ground on a 50 meter Aquatics Complex at Mission Oak High School. The Aquatics Complex will serve as a focal point for student athletics and a hub for community engagement. The shared space will be available to local swim clubs and community groups. It will also allow the City of Tulare and the Chamber of Commerce to explore hosting larger competitive events to draw dollars into the economy. This is a major project that will leave a legacy of health, athleticism, student opportunity, and economic growth for the community.

The Tulare High School Foundation has pledged to fund a large shade structure for the spectator bleachers. You can help us and leave a lasting legacy by purchasing a customized engraved brick that will be installed around the complex entrance. Promote your business, honor a family member, share a quote, leave a positive message for students...it's up to you! You can even add your logo or create a custom "array" of multiple bricks. With prices starting at \$100, we hope that every business, family, or community member will be able to find a way to support this amazing project!



**DESIGN
& PAY
ONLINE**



Scan the QR code or go to the website address below and click the brick!

www.tularehsf.org/aquatics-complex

SINGLE BRICKS

PRICE	BRICK SIZE	BRICK TYPE
\$100	4" x 8"	Text Only
\$105	4" x 8"	Text + Logo
\$155	4" x 8"	Text + Custom Logo
\$500	8" x 8"	Text Only
\$505	8" x 8"	Text + Logo
\$555	8" x 8"	Text + Custom Logo
\$1000	12" x 12"	Text Only
\$1005	12" x 12"	Text + Logo
\$1055	12" x 12"	Text + Custom Logo

GOT A GREAT LOGO? CREATE A CUSTOM ARRAY!

An array consists of your text and/or logo engraved over a number of bricks and is perfect for businesses.



PRICE	ARRAY SIZE	BRICK TYPE
\$1500	(4) 8" x 8"	Text Only
\$1555	(4) 8" x 8"	Text + Custom Logo
\$2000	(6) 8" x 8"	Text Only
\$2055	(6) 8" x 8"	Text + Custom Logo
\$2500	(9) 8" x 8"	Text Only
\$2555	(9) 8" x 8"	Text + Custom Logo

BUILDING THE FUTURE BRICK BY BRICK

MAXIMUM CHARACTERS & LINES

4" x 8" Bricks 3 Lines, 18 Characters per Line
 8" x 8" Bricks 6 Lines, 18 Characters per Line
 12" x 12" Bricks 10 Lines, 23 Characters per Line
 4 Brick Array 12 Lines, 36 Characters per Line
 6 Brick Array 12 Lines, 54 Characters per Line
 9 Brick Array 18 Lines, 54 Characters per Line

LOGO VS CUSTOM LOGO

Text + Logo allows you to choose from many different stock symbols like these.



Text + Custom Logo allows you to upload your own logo. Logos and text will be centered on your brick or array by the vendor.

NEED HELP?

TRACEY DOMINGUES
559.688.2021



The Tulare High School Foundation was specifically established to be a tax-deductible means for businesses and individuals to support Tulare Joint Union High School District and its Schools, Clubs, Teams, Academies, and other sanctioned organizations and activities, like FFA and Band. Funds raised by the Tulare High School Foundation can be used for the purchase of equipment, supplies, instruments, and experiences that are not covered by the district budget. Our goal is to be a portal through which individual and corporate funds can be distributed as grants to students or staff who apply.

PO BOX 2131 • TULARE, CA 93275 • 501(c)(3) ORGANIZATION TAX ID# 77-0520289 • www.tularehsf.org

Mission Oak - CAASPP Testing Calendar 2025



<p>April 28-A</p> <p>Day 2 - CAASPP ELA</p> <p>CAST Science Sophomores in Science Classes</p> <p>SPED- ELA</p>	<p>April 29-B</p> <p>Day 2- CAASPP ELA</p> <p>CAST Science Sophomores in Science Classes</p> <p>Sped- ELA</p>	<p>April 30 - A</p> <p>Day 3- CAASPP ELA</p> <p>CAST Science Sophomores in Science Classes</p> <p>Sped- Cast</p>	<p>May 1 - B</p> <p>Day 3- CAASPP ELA</p> <p>CAST Science Sophomores in Science Classes</p> <p>Sped- Cast</p>	<p>May 2 A</p> <p>Day 4-CAASPP English Makeups in English Classes</p> <p>SPED-Makeups</p>
<p>May 5 - B</p> <p>AP Testing</p> <p>Day 4- CAASPP English Makeups in English Classes</p> <p>CAASPP/CAST Make ups</p>	<p>May 6 - A</p> <p>AP Testing</p> <p>CAASPP/CAST Make ups</p>	<p>May 7 - B</p> <p>AP Testing</p> <p>CAASPP/CAST Make ups</p>	<p>May 8 - A</p> <p>AP Testing</p> <p>CAASPP/CAST Make ups</p>	<p>May 9 - B</p> <p>AP Testing</p> <p>CAASPP/CAST Make ups</p>
<p>May 12 - A</p> <p>AP Testing</p>	<p>May 13 -B</p> <p>AP Testing</p>	<p>May 14 - A</p> <p>AP Testing</p>	<p>May 15 - B</p> <p>AP Testing</p>	<p>May 16 - A</p> <p>AP Testing</p>

April/May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4
April 7	<p>April 8-A</p> <p>Day 1- CAASPP Math</p> <p>SPED- Math</p>	<p>April 9-B</p> <p>Day 1- CAASPP Math</p> <p>SPED- Math</p>	<p>April 10-A</p> <p>Day 2- CAASPP Math</p> <p>SPED- Math</p>	<p>April 11-B</p> <p>Day 2- CAASPP Math</p> <p>Sped- Math</p>
April 14- A	April 15 -B	April 16 -A	April 17 -B	April 18 -A
April 21 -B	<p>April 22 -A</p> <p>Day 3- CAASPP Math Makeups in Math Classes</p> <p>SPED- Math Makeups</p>	<p>April 23 - B</p> <p>Day 3- CAASPP Math Makeups in Math Classes</p> <p>SPED- Math Makeups</p>	<p>April 24 - A</p> <p>Day 1- CAASPP ELA</p> <p>SPED- ELA</p> <p>CAST Science Sophomores in Science Classes</p>	<p>April 25- B</p> <p>Day 1- CAASPP ELA</p> <p>SPED- ELA</p> <p>CAST Science Sophomores in Science Classes</p>

TULARE JOINT UNION HIGH SCHOOL DISTRICT



Dear Parent/Guardian:

Each spring, students in California participate in the statewide testing program, the California Assessment of Student Performance and Progress (CAASPP) System. The assessments in the CAASPP System provide information to teachers, parents/guardians, and students about students' progress and readiness for college and career. This year, your child will take the following test(s) depending on his or her grade level:

Smarter Balanced test for English language arts/literacy (11th grade only)

Smarter Balanced test for mathematics (11th grade only)

California Science Test (10th and 12th grade only)

The Smarter Balanced online tests are based on the California Content Standards, also known as the Common Core State Standards, for mathematics and ELA. For eleventh graders, these tests will have a direct impact on the California State University's (CSU's) Early Assessment Program (EAP). The CSU and participating California community colleges will use student results from the Smarter Balanced Summative Assessments as a student's EAP status in English and mathematics:

Students who score at the highest performance level ("Standard Exceeded") are considered *ready* for college-level coursework

Students who score at the "Standard Met" performance level are considered *conditionally ready* for college-level coursework in English and/or mathematics. Students must take an approved English and/or mathematics course in twelfth grade and receive a grade of "C" or better to be considered College Ready.

Students who score at the "Standard Nearly Met" performance level are considered *not yet ready* for college-level coursework in English and/or mathematics and will need additional preparation in the twelfth grade.

Students who score at the "Standard Not Met" performance level are considered *not ready* for college-level work in English and/or mathematics. They will need substantial improvement to demonstrate knowledge and skills needed for success in entry-level credit-bearing college coursework after high school.

California's new state standards for science call for students to think and work like scientists and engineers—asking questions and learning through hands-on investigation and discovery. California is in the process of implementing the California Next Generation Science Standards. As part of that implementation, students in tenth and twelfth grade at the high school level will take the science assessment called the California Science Test, or CAST.

To learn more about either the Smarter Balanced Summative Assessments or the CAST, go to the California Department of Education Parent Guides to Understanding Web page at <https://www.cde.ca.gov/ta/tg/ca/documents/pgtu-summative.pdf>. You can look at sample test questions on the practice tests, which can be found on the CAASPP Web Portal at <http://www.caaspp.org/practice-and-training/index.html>.

Pursuant to California *Education Code* Section 60615, parents/guardians may annually submit to the school a written request to excuse their child from any or all of the CAASPP assessments.

If you have any questions regarding your child's participation in the CAASPP assessments, please contact your child's school.

Kevin Covert

Assistant Superintendent

TULARE JOINT UNION HIGH SCHOOL DISTRICT



Estimado padre/tutor:

Cada primavera, los estudiantes de California participan en el programa de evaluación estatal, el Sistema de Evaluación del Rendimiento y Progreso Estudiantil de California (CAASPP). Las evaluaciones en el Sistema CAASPP brindan información a los maestros, padres/tutores y estudiantes sobre el progreso y la preparación de los estudiantes para la universidad y la carrera. Este año, su hijo(a) tomará la(s) siguiente(s) prueba(s) dependiendo de su nivel de grado:

Prueba Smarter Balanced de lengua y literatura en inglés/alfabetización (sólo en el grado 11)

Smarter Balanced de matemáticas (solo en el grado 11)

Examen de Ciencias de California (solo grados 10 y 12)

Las pruebas en línea de Smarter Balanced se basan en los Estándares de Contenido de California, también conocidos como Estándares Estatales Básicos Comunes, para matemáticas y ELA. Para los estudiantes de undécimo grado, estas pruebas tendrán un impacto directo en el Programa de Evaluación Temprana (EAP) de la Universidad Estatal de California (CSU). La CSU y los colegios comunitarios de California participantes utilizarán los resultados de los estudiantes de las Evaluaciones sumativas Smarter Balanced como el estado EAP de un estudiante en inglés y matemáticas:

Los estudiantes que obtengan una puntuación en el nivel de rendimiento más alto ("Estándar Superado") se consideran *listos* para los cursos de nivel universitario

Estudiantes quienes obtienen un puntaje en el nivel de rendimiento "Estándar Alcanzado" se consideran *condicionalmente listos* para cursos de nivel universitario en inglés y/o matemáticas. Los estudiantes deben tomar un curso aprobado de inglés y/o matemáticas en el duodécimo grado y recibir una calificación de "C" o mejor para ser considerados listos para la universidad.

Se considera que los estudiantes que obtienen un puntaje en el nivel de rendimiento "Estándar Casi Alcanzado" *aún no están listos* para los cursos de nivel universitario en inglés y/o matemáticas y necesitarán preparación adicional en el duodécimo grado.

Se considera que los estudiantes que obtienen una puntuación en el nivel de rendimiento "Estándar No Alcanzado" *no están listos* para el trabajo de nivel universitario en inglés y/o matemáticas. Necesitarán una mejora sustancial para demostrar el conocimiento y las habilidades necesarias para tener éxito en los cursos universitarios con créditos de nivel de entrada después de la escuela secundaria.

Los nuevos estándares estatales de ciencias de California exigen que los estudiantes piensen y trabajen como científicos e ingenieros, haciendo preguntas y aprendiendo a través de la investigación práctica y el descubrimiento. California está en el proceso de implementar los Estándares de Ciencias de la Próxima Generación de California. Como parte de esa implementación, los estudiantes de décimo y duodécimo grado a nivel de escuela secundaria tomarán la evaluación de ciencias llamada Prueba de Ciencias de California o CAST.

Para obtener más información sobre las evaluaciones sumativas Smarter Balanced o CAST, visite la página web Guías para padres para entender del Departamento de Educación de California en <https://www.cde.ca.gov/ta/tg/ca/documents/pgtu-summative.pdf> Puede ver preguntas de prueba de muestra en las pruebas de práctica, que se pueden encontrar en el portal web de CAASPP en <http://www.caaspp.org/practice-and-training/index.html>.

De conformidad con *Código de Educación*, los padres/tutores pueden enviar anualmente a la escuela una solicitud por escrito para excusar a su hijo de cualquiera o todas las evaluaciones CAASPP.

Si tiene alguna pregunta sobre la participación de su hijo en las evaluaciones CAASPP, comuníquese con la escuela de su hijo.

Kevin Covert

Assistant Superintendent

MO Tutoring Schedule 2024/2025

If you need tutoring, please see the **NEW** schedule below to get the extra help you need.



Tutoring Schedule
2024/2025

Subject	Teacher	Classroom	Days	Times
English/ Psychology	Doctor Luttrell	206	Monday Tuesday Wednesday Thursday Friday	Lunchtime Lunchtime Lunchtime Lunchtime Lunchtime
History/AP Human Geo.	Mr. Rice	P10	Monday Wednesday Friday	Lunchtime Lunchtime Lunchtime
Math	Mrs. Setser	100	Tuesday	3:45-5:15
	Ms. Ramirez	105	Thursday	3:45-5:15
	Mr. Soleno	504	Monday Tuesday Wednesday Thursday Friday	Lunchtime Lunchtime Lunchtime Lunchtime Lunchtime
	Mr. Duffek (All Levels of Math and Engineering)	503	Monday Tuesday Wednesday Thursday Friday	Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment Lunchtime and after school by appointment
Science	Mrs. Edmond	123 (A Days) 503 (B Days)	Monday Tuesday Wednesday Thursday Friday	Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00 Lunchtime and 3:30-5:00
	Mr. Conn	122	Tuesday Thursday	3:30-4:00 3:30-4:00
	Mr. Martin	124	Monday Tuesday Wednesday Thursday	Lunchtime Lunchtime Lunchtime Lunchtime
	Mrs. Buchanan	117	Tuesday	Lunchtime
Art and Open Tutoring	Mrs. Boen	604	Tuesday Wednesday Thursday	Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30 Lunchtime and 3:30-5:30
SPED	Ms. Galindo Ms. Nadler Mrs. Damron Ms. Orozco	115 114 P3 116	Monday Tuesday Wednesday Thursday	Lunch time Lunch time Lunch time Lunch time

*Note: XL Tutoring is available in the mornings from 7:00am-8:15 in the Library and after school from 3:45-5:30.

Your Mental Health MATTERS



Are you or someone you care about struggling with Mental Health?

- Persistent sadness that lasts two weeks or more
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behavior that can be harmful
- Drastic changes in mood, behavior or personality
- Changes in eating habits
- Unexplained weight loss/gain
- Difficulty sleeping
- Frequent headaches or stomachaches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school



COMMON WARNING SIGNS

Healthy ✓

- Deep breathing & relaxation strategies
- Make a gratitude list or Journal
- Creative expression (art, music or dance)
- Do something you love!
- Spend time with loved ones
- Change or reframe your thoughts
- Movement (walking, sports, exercise)
- Cry, laugh, scream - allow yourself to feel
- Take care of yourself (eat healthy foods, get plenty of sleep, etc.)
- Enjoy time in nature
- Take a break from social media/technology
- Reach out to a trusted adult

Unhealthy ✗

- Using drugs or alcohol /self-medicating
- Engaging in self-harm
- Hurting others (violence and abuse)
- Ignoring or bottling up your feelings
- Continuing to make the same choices even when the consequence is unhelpful or hurtful to you or someone else
- Disconnecting or detaching from your thoughts, emotions, sensations, body or surroundings
- Making little problems or worries seem like big problems
- Withdrawing, keeping to yourself and avoiding others

MENTAL HEALTH SCHOOL-BASED RESOURCE



Please reach out to your School Social Workers to request an appointment to check-in. If you are unsure who they are, here is our information:

Mrs. Madrigal (brenda.madrigal@tulare.k12.ca.us)

Ms. Sandy (sandy.badgerj@tulare.k12.ca.us)



Mrs. Madrigal



Ms. Sandy

Self Referral QR CODE



Tu Salud Mental IMPORTA



¿Está usted o alguien que le importa luchando con la salud mental?

- Tristeza persistente que dura dos semanas o más
- Retirarse o evitar las interacciones sociales
- Hacerse daño o hablar de hacerse daño
- Hablando de muerte o suicidio
- Arrebatos o irritabilidad extrema
- Comportamiento fuera de control que puede ser dañino
- Cambios drásticos en el estado de ánimo, el comportamiento o la personalidad
- Cambios en los hábitos alimenticios
- Pérdida/ganancia de peso inexplicable
- Dificultad para dormir
- Dolores de cabeza o de estómago frecuentes
- Dificultad para concentrarse
- Cambios en el rendimiento académico
- Evitar o faltar a la escuela



SEÑALES DE
ADVERTENCIA
COMUNES

Saludable ✓

- Estrategias de relajación y respiración profunda
- Haz una lista de gratitud o un diario
- Expresión creativa (arte, música o danza)
- ¡Haz algo que ames!
- Pasa tiempo con tus seres queridos
- Cambia o replantea tus pensamientos
- Movimiento (caminar, deportes, ejercicio)
- Llorar, reír, gritar - permítete sentir
- Cuidarse (coma alimentos saludables, duerma lo suficiente, etc.)
- Disfruta del tiempo en la naturaleza
- Tómese un descanso de las redes sociales/tecnología
- Acude a un adulto de confianza

Malsano ✗

- Consumir drogas o alcohol/automedicarse
- Participar en autolesiones
- Lastimar a otros (violencia y abuso)
- Ignorar o reprimir tus sentimientos
- Continuar tomando las mismas decisiones incluso cuando la consecuencia es inútil o dañina para usted o para otra persona.
- Desconectarse o desapegarse de sus pensamientos, emociones, sensaciones, cuerpo o entorno
- Hacer que los pequeños problemas o preocupaciones parezcan grandes problemas
- Retirarse, guardarse para uno mismo y evitar a los demás.

RECURSO ESCOLARE DE
SALUD MENTAL



Comuníquese con los trabajadores sociales de su escuela para solicitar una cita para registrarse. Si no estás seguro de quiénes son, aquí tienes nuestra información:

Sra. Madrigal (brenda.madrigal@tulare.k12.ca.us)

Sra. Sandy (sandy.badgerj@tulare.k12.ca.us)



Mrs. Madrigal



Ms. Sandy

CÓDIGO QR DE
AUTOREFERENCIA



Community Schools Partnership Program



What are Community Schools?

The Tulare Joint Union High School District Community School Partnership Program is here to support our students and families by enhancing educational opportunities and fostering community engagement. Our program is dedicated to creating a connected and supportive learning environment where every student can thrive.

If you identify a student that needs resources, scan the QR code to complete a referral!!

Benefits:

- Community Resources
- Respond to Student Needs
- Address Learning Barriers
- Student Attendance

Other Services:

- Food
- Employment
- Mental health
- School and Hygiene supplies
- Housing
- And Other Services

For more information:

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Community School
Coordinator Referral

Escuelas Comunitarias



¿Qué son las escuelas comunitarias?

El Programa de Asociación Escolar Comunitaria del Distrito Escolar Secundario Conjunto de Tulare está aquí para apoyar a nuestros estudiantes y familias mejorando las oportunidades educativas y fomentando la participación comunitaria. Nuestro programa está dedicado a crear un entorno de aprendizaje conectado y de apoyo donde cada estudiante pueda prosperar.

Si identificas a un estudiante que necesite recursos, escanea el código para completar una referencia!!!

Beneficios:

Recursos Comunitarios
Enfoque en las necesidades de los estudiantes
Sobresalir las barreras de aprendizaje
Asistencia estudiantil

Otros Servicios:

Comida
Trabajo
Salud mental
Asistencia Pública
Vivienda
Entre otros servicios

For more information:

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Referencia para el coordinador de escuelas comunitarias