



Parent/Guardian Invitation



Dear Parent or Guardian:

It is our pleasure to invite you and your child to experience the first-ever FalconFest at Torrey Pines High School. FalconFest is an all-day fi for all grade levels, and students will not be penalized by administration and staff for missing a day of school to participate. In the past, Torrey Pines has participated in a program known as ‘Challenge Day’. This year, the school and foundation decided to start a new tradition of FalconFest, created by Falcons, for Falcons, which more directly meets the needs of the students. This day will resemble Challenge Day, yet be enticingly different.

Falcon Fest is a powerful, fun, and transformative experience in which students and adults are guided through a series of games and trust-building activities. The goal of FalconFest is to increase personal power, promote community building, and to help end bullying, harassment, and alienation that can be a painful part of the high school experience for teens. FalconFest is a safe environment in which students can be themselves, and our Falcon community can grow and bond over our similar challenges.

During the program, students are given several opportunities to speak out in small and large groups about what is real, and what is going on for them. While this day is often healing and empowering, it is not therapy; it is a supportive environment for listening to one another. Global and communal issues are primarily addressed, however students have the opportunity to discuss more personal difficulties and experiences if they choose. Please take note, that confidentiality is stressed throughout the day. However, confidentiality amongst a large group can never be guaranteed.

At the conclusion of FalconFest, the majority of students will feel positively changed in the way they perceive others, themselves, and difficult situations. Students will leave having acquired the tools and techniques to reduce stress, and increase happiness in their day-to-day lives.

We strongly encourage parents, guardians, teachers, and community members to participate in this program. Please contact Shelley Stevenson (shelley@geoxine.com), our adult volunteer coordinator, if you are interested in being a part of the program. If you have any questions about FalconFest, please contact Don Collins at don.collins@sduhsd.net. We are excited to have you and/or your student participate in this life-changing experience.

Sincerely,

The FalconFest Staff