



Torrey Pines High School

# NEWSLETTER



Distance Learning Through Quarter 1



School Starts Tuesday, August 25th



Distance Learning Bell Schedule

## Falcon Feature

Welcome back, Falcons! As you enjoy your last few weeks of summer, we hope you are getting excited for the start of school. This fall will be different from past years, but TPHS is working hard to make sure you feel connected, supported, and celebrated. We will start the year in distance learning, which will continue at least through October 28th. To make the most of our distance learning program remember these important tips: Have a plan to manage your time - use your learning time effectively, take breaks, and stay on track with course expectations. Sleep well, eat well, and stay active - take care of yourself! Create a workspace that promotes learning and limits distractions. Incorporate **mindfulness practices** as part of your daily routine. Let's all show our Falcon Pride by staying connected, staying safe, and showing our TPHS spirit as we work together to make 2020-2021 a great year. Remember, We are TP!

## Distance Learning

Starting on 8/25/20, TPHS will provide curriculum and instruction through a distance learning model. Distance learning combines scheduled, live (synchronous) instruction and flexible, independent (asynchronous) learning in a dynamic and meaningful way. Students are expected to log in to class daily for live interactions with their teachers and classmates, and will have built-in time during the day for independent activities. For more information, visit the [SDUHSD Distance Learning page](#).

## Bell Schedule & Calendar

To facilitate our distance learning model, TPHS has adapted our bell schedule to include screen breaks, flexible asynchronous learning time, and increased student connectedness opportunities. Our new bell schedule has been designed to support distance learning, and will allow us to easily transition back to our in-person bell schedule. For details, be sure to review our [TPHS DL Bell Schedule](#) as well as our updated [2020-2021 School Calendar](#).

## Social Emotional Learning Spotlight

Social Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (casel.org). SEL has shown to increase academic achievement and positive social interactions, and decrease negative outcomes later in life. SEL is a vital part of the TPHS culture, and we are committed to supporting the wellness of all students. For more info, visit the SDUHSD resource page.

## Resources

### Important dates:

- 8/11 to 8/14 - Readiness Days
- 8/19 - New Student/Freshman Welcome Procession
- 8/25 - First day of school (single period day)

### SEL

- [SDUHSD Wellness & SEL Parenting Guides \(grade based\)](#)
- [SAMHSA Coping With Stress](#)
- [CDC Managing Stress & Anxiety](#)
- [Peer-to-Peer Web chat](#)
- [SAMHSA Distress Line](#)
- [2-1-1 Crisis Response](#)

### Distance Learning

- [SDUHSD Distance Learning Model info](#)
- [TPHS Distance Learning Bell Schedule](#)
- [TPHS Calendar](#)