



Torrey Pines High School

NEWSLETTER



SDUHSD School-Life Balance Plan



Student Summit Part II



College Pressure More Intense Than Ever

Falcon Feature

As part of the SDUHSD's focus on social and emotional learning, district counselors have developed a [School-Life Balance Plan](#) that we hope both students and parents will find helpful and informative. The plan focuses on establishing connections, developing awareness, taking responsibility, and extending your reach. As our lives get busier and busier, it's important for all of us to take a moment to reflect on our balance between school, work, and life. Take a moment to review the [Plan](#) and discuss this important topic with your student. Remember, the first part of our TP Pledge is to "Take Pride in ourselves". There is no better way to take pride ourselves than to strike a healthy balance in our lives.

Student Summit Part II

On March 20th our Falcons participated in the second part of the SDUHSD Student Summit. Student leaders from all ten sites worked with our Superintendent, Dr. Haley, to celebrate our strengths and identify areas of improvement. Middle school and high school students got the chance to share ideas, and connect in meaningful ways. Feedback from the summit will be used to guide our work as a site and as a District. The student summit is a great way for SDUHSD to make the student voice heard!

College Pressure

As we have seen in the news recently, the pressure to gain entrance into elite colleges has never been more intense. All of this pressure can take its toll on our students' mental health. It's important we all understand our role in increasing or reducing our students' stress. At TPHS we firmly believe that it's important to find the college that fits the student rather than trying to make the student fit the college. If you would like to know more about this, the [ASCD has done some insightful research.](#)

Did You Know?

The way our students interact has fundamentally changed over the last several years. Research is mounting about the effect of increased screen-time and decreased face-time. Check out this [recent article by iGen author Jean Twenge](#) for some eye-opening insights on this topic.

Counseling Newsletter

UPCOMING EVENTS



Academics

3/26-27 - New Student Reg Nights

4/3 - Late start

3/26-29 - Science CAASPP Testing



Arts

5/8-11 - Lord of the Flies

5/15-18 - Lord of the Flies

5/20 - Falcon Finale Concert



Athletics - [Spring Schedules](#)

3/26 - Volleyball v. CCHS

3/26 - GLAX v. Poway

4/3 - BLAX @ CCHS

Spring Break
April 8-12