



Torrey Pines High School

NEWSLETTER



Self-Awareness



Suicide prevention month



Dress Code Expectations

Falcon Feature

As we begin to settle into this school year we would like to once again share our commitment to supporting our students personal health and well-being. Torrey Pines staff and parents are working collectively to support all students through planned [social and emotional learning initiatives \(SEL\)](#). The first SEL area we will be emphasizing is self-awareness. The elements that encompass self-awareness are: identifying emotions, accurate self-perception, recognizing strengths, self-confidence, and self-efficacy. Our hope is all Falcons can have a strong awareness of themselves and a true understanding of their strengths as well as areas of growth, so they can achieve the goals they have set for themselves.

Suicide Prevention Awareness

September is National Suicide Prevention Awareness Month. We at TP would like to share resources available to students and families with the hope that we can help support anyone who may be in need. Teen suicide rates have been on the rise over the past few years which is why it is important for all of us to work together in support of students' social and emotional well-being. Please take a moment to review the [attached resources](#) and make time to engage your student in a conversation about this important topic.

Principal's Coffee

We hope you mark your calendars for the next Principal's Coffee on 9/19 at 9am in the Lecture Hall. This is a great opportunity to connect Principal Coppo, connect with fellow parents, get to know more about TPHS, and learn about important topics that affect TPHS Families. We hope to see you there!

Did You Know?

Since our ultimate goal at Torrey Pines is to best prepare our students for life beyond high school, we have clarified our dress code expectations for our Falcon families. We would like all of our Falcons to have the ability to express their individuality while maintaining an appearance that reflects our TP Pledge. Please share our [TPHS Dress Code Expectations](#) with your student so we can all work together to ensure a safe and healthy learning environment.

Counseling

UPCOMING EVENTS

Academics

- 9/11- Late Start
- 9/19- Principal's Coffee
- 9/24- Last day to drop a class
- 9/24- Back to school night

Athletics - Schedule

- 9/9 - Girls Golf vs. LCC
- 9/10 - Girls Volleyball vs. Redondo
- 9/12 - Boys Water Polo @Cathedral
- Freshman Football vs. SP
- 9/13 -Football @San Pasquel
- 9/18 - Field Hockey vs. RB
- 9/19 - Girls Tennis vs. San Marcos