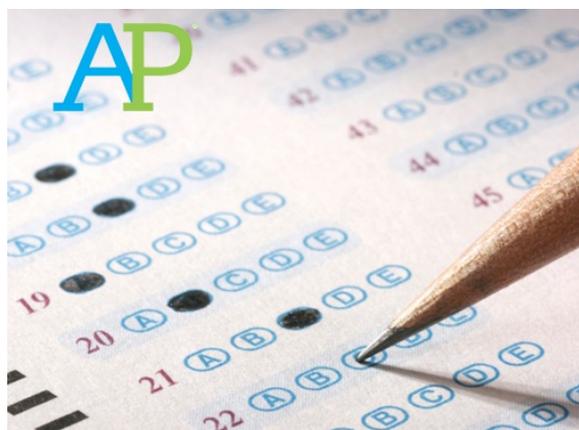




Torrey Pines High School

NEWSLETTER



The New AP Deadline Is Here!



Make Mindfulness Meaningful



Academic Honesty - It's More than Cheating

Falcon Feature

Mindfulness is a word that is thrown around a lot these days, but what is it - really? Mindfulness is simply focusing awareness on the present moment, while learning to calmly manage the impact of the mental and physical stimuli surrounding us. In a world where our emotions can be shared instantly and then immediately judged by others, mindfulness is an important way for all of us, teens especially, to pause, consider our feelings, and really reflect **before** we react. It's not easy, but it's an essential life skill that has never been more vital. Talk to your teen today about how they manage stress. [Click here to learn more.](#)

Academic Honesty

Better known as "cheating," academic honesty is an increasingly important topic in the technology age. As students face more pressure to succeed, and tech tools make it easier to cut corners, students are faced with the question of integrity. What might give a student a short-term gain, can often have long-term consequences. If we focus on the learning and not the grade, we can avoid the temptation and the inevitable consequences. [Read more here.](#)

AP Exam Deadline 10/15

Unlike previous years, this year the deadline to register for AP exams is Monday, October 15th. The College Board has made these changes in order to ensure a smooth implementation of the exams in the spring. If your student is enrolled in an AP class, please take time this weekend to ensure they are registered for their exam. For more information visit the [SDUHSD AP Exam website.](#)

Did You Know?

On October 25th and 26th our assistant principals will lead a presentation to our freshmen students about what it means to be a Falcon. The presentation will cover topics like school pride, attendance, vaping, social media and more. These important topics are just the start. We hope you continue the conversation at home so we can all play a role in supporting our Falcons as they navigate high school. Remember, WE ARE TP!

UPCOMING EVENTS



Academics

Oct. 15: AP Exam Deadline
Oct. 16-19: Challenge Days
Oct. 24: Late Start Day



Arts

Oct. 29: Fall Concert (@ CCA)



[Complete Fall Schedules](#)

Oct. 16: Tennis, VB, Field Hockey @TP
Oct. 17: Water Polo v. Bellvue
Oct. 19: Football @ Oceanside
Oct. 26: Football @ LCC

[Challenge Days](#) [October 16-19](#)

More info: tp.sduhsd.net