



Torrey Pines High School

# NEWSLETTER



Important Attendance Updates



Support for Social/Emotional Wellness



Vaping &amp; Juuling - Parent Event 12/5

## Falcon Feature

The rise in teen stress, depression and anxiety has increased dramatically over the last several years. In no uncertain terms, our teens face pressures most parents never imagined. SDUHSD and TPHS are committed to supporting students personal health, safety, and well-being. If your student needs assistance, TP has trained professional staff members, including school counselors, school social workers, school psychologists, teachers and administrators who are available to support students during the school day. To increase our support for families SDUHSD is hosting a [Suicide Prevention Parent Education Forum @ LCC](#) on 11/14. For more information please visit our [Falcon Wellness page](#).

## Attendance Updates

Attendance is the #1 protective factor for student wellness and safety.

To provide some clarity for parents and students please, review the revised [TPHS attendance policy](#). In particular, please be familiar with our procedures for students leaving campus when they are sick or have a medical appointment. Following these guidelines ensures we can account for all students in the event of an emergency.

## Vaping & Juuling Parent Even 12/5

Vaping and Juuling have reached epidemic levels in the U.S. over the past two years. Torrey Pines is continuously looking to provide families the tools they need to make informed decisions, so we will host a [parent awareness night on 12/5](#). Education about this epidemic is imperative if we are going to help support our students. Please join us for this informative night, and partner with us by talking with your student about the negative impact of using these products.

## Did You Know?

According to [Uber and Lyft's own rules](#), minors may not create an account or get a ride using a parent's account unless accompanied by someone 18 years or older. We have noticed a steady increase in the use of these services before and after school. Please do not rely on Uber or Lyft for pick-up or drop-off. Drivers are increasingly refusing rides to minors, which can create headaches for you, your student and our traffic. Let's carpool, Falcons!

## UPCOMING EVENTS



### Academics

Nov. 12: Veteran's Day (No School)  
Nov. 14: Suicide Prevention (@LCC)  
Nov. 28: Late Start Day



### Arts

Nov. 7-10 & 12-17: The Government Inspector



### [Complete Fall Schedules](#)

Nov. 10: State VB Playoffs @ TP  
Nov. 13: Field Hockey CIF  
Nov. 16: Girls Basketball @ TP

**[Fall Break](#)**  
**[November 19-23](#)**