



Distance Learning



Responding to the COVID-19 Crisis



Social & Emotional Learning

Falcon Feature

As our school, community, nation, and world confront the COVID-19 outbreak, we hope you and your family are taking the necessary steps to protect yourself and our community. In conjunction with the SDUHSD, TPHS is working hard to respond quickly to this evolving situation so that we can adapt our instructional practices and site services. Please check email frequently, share information with other families, and follow guidelines sent from the SDUHSD or TPHS administration. In these uncertain times, it's important that we stay connected, listen to our community leaders, follow the guidelines shared by local, State, and Federal authorities, and stay flexible. Our Falcon family is strong, and we will get through this together as long as we Take Pride in ourselves, Take Pride in each other, and Take Pride in our school. Now more than ever, we are TP.

Distance Learning

Starting Monday, 3/23, teachers will start contacting students to provide instruction through distance learning tools. Students should be prepared to check their email and/or teacher websites for updates on how to access instruction during our school closure. Given the scope of our course offerings and the diversity of our instruction, teachers will provide distance learning options that best fit their course and teaching style. We will post information on our [TP website](#) soon, and there will also be information on your [student portal](#). For extra help with supporting distance learning at home, visit the [CDE website](#).

SEL During a Crisis

During times of crisis, stress levels increase significantly for ourselves and our students. It is critical that we take care of our mental health as we work through the practical challenges of our current reality. As we take care of ourselves and our families, it's important that we understand the impact this stress is having on our students. If you need resources to support your student, please use the links in the "Resources" section of this newsletter, visit the [SDUHSD Wellness page](#).

Did You Know?

All on-site school activities are cancelled until at least April 10th. In addition, all school facilities are closed to all programs, clubs, teams, and staff except for limited essential personnel. Additional information about course selection, registration, enrollment, and athletics will be sent to families as soon as possible. Thank you for your patience and understanding.

Resources

Academics

[Student Portal](#)

[Google Classroom Instructions](#)

SEL

[SDUHSD Wellness & SEL](#)

[SAMHSA Coping With Stress](#)

[CDC Managing Stress & Anxiety](#)

[Talking to Children About COVID](#)

[Peer-to-Peer Web chat](#)

[SAMHSA Distress Line](#)

[2-1-1 Crisis Response](#)

Athletics - [CIF Update 3/16/20](#)

All athletic events, practices, meetings, and banquets are cancelled at least through 4/10

[Counseling Updates](#)