

CLASS OF 2024

Our Journey Has Just Begun



Education is the Passport for your future!

Presenters

- Akeem Ajani – PHS Academic Counselor
- Melanie Moseley – Parent & Family Liaison

Parent & Family Liaisons

**Melanie Moseley
& Maria Espinosa**



Who is Who in PHS

- Dr. Janet Schulze-Superintendent
- Todd Whitmire--Principal
- Ted Alfaro--Vice-Principal
- Vanessa Fortney-Vice-Principal
- Veronica McClennan--Vice-Principal
- Connie Spinnato--Vice-Principal
- Kirsten Wollenweber-Associate Principal
- Magdalena Gonzales-Lead CRA

Today's Objectives



- To go over information to secure a successful transition to Pittsburg High School
- To help you feel comfortable with your transition to Pittsburg High High School

Creating a partnership with your child's academic counselor will help support your child's success!

Get to Know Your Counselor

For appointment contact Counseling Secretary
Vanessa Gonzalez- Velaquez

- 925-473-2390 ex. 7504
- vgonzalez-velaquez@pittsburgusd.net

Link for counseling on the PHS Website

- <https://www.pittsburg.k12.ca.us/Page/5968>



Counselors



- Akeem Ajani – Lares- Pepoti
- Leidi Arias***- Villalobos- Z *English Learners, Magadalenno-Z*
- Bonnie Ceballos-D- Espiritu- All AVID students
- Darlynn Fu-CO- LEAD COUNSELOR A- C
- Danni Le – Juarez-Lara-Castro, All PUENTE
- Jasreen Jawanda-HEAD COUNSELOR Perez- Topete
- Manuel Rodriguez*** – Torres- Vigili *English Learners, A- Magana*
- Maria Torres- Shahan***- Esqueda- Jovel

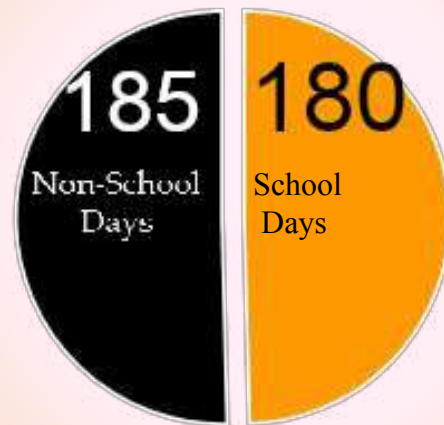
Additional Supports:

- Dr. Elizabeth Gonzalez-Sadrian /Dr. Ann Maione-Special Education
- Muriel Duran*** – College & Career Technician
- Synitha Walker-College & Career Technician
- Jose Garcia*** and Erika Guerra-(UC Berkeley EAOP)
- Sherene Sasser- Workforce Coordinator

****Bilingual*

Parents Have a Vital Role

365 Days In a Calendar Year



- Supervise
- Encourage
- Support
- Collaborate

Graduation Requirements



- **220 Total Credits to Graduate**
 - 140 are Subject Requirements
 - 80 are Elective Credits
- **Semester grades are the ones that count:**
 - 2 semesters per year
 - 5 credits per class per semester = 60 credits per year
- **Complete 35 hours of Community Service (100 hours for Puente & AVID)**

Graduation Requirements vs. A-G

Subject		Units*
English	(4 years)	40
Social Studies	(3 years)	30
Mathematics	(2 years)	20
Fine Arts/Foreign Language	(1 year)	10
Physical Science	(1 year)	10
Life Science	(1 year)	10
Physical Education	(2 years)	20
Electives		80
TOTAL		220
Community Service Requirement		35 hours**

*5 units per class/2 semesters in the year

** AVID & Puente need to complete 100 hours

	A-G Requirements	Years
A	History & Social Science	2 years
B	English	4 years
C	Mathematics***	3 years
D	Laboratory Science	2 years
E	Language (other than English)	2 years
F	Visual & Performing Arts	1 year
G	College Preparatory Elective	1 year
***	4 years is recommended	

Cohort A 2nd Quarter

Cohort A

2nd & 4th Quarter (if on distance learning)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:45	4 th Period	Google Classroom	4 th Period	4 th Period	Google Classroom
9:45-9:55	Break	Break	Break	Break	Break
9:55-11:10	5 th Period	Google Classroom	5 th Period	5 th Period	Google Classroom
11:10-11:20	Break	Break	Break	Break	Break
11:20-12:35	6 th Period	Google Classroom	6 th Period	6 th Period	Google Classroom
12:35-1:15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15-1:45	Google Classroom	4 th Period	Google Classroom	Google Classroom	4 th Period
1:50-2:20	Google Classroom	5 th Period	Google Classroom	Google Classroom	5 th Period
2:25-2:55	Google Classroom	6 th Period	Google Classroom	Google Classroom	6 th Period

Cohort B 2nd Quarter


Cohort B

2nd & 4th Quarters (if on distance learning)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:45	Google Classroom	4 th Period	4 th Period	Google Classroom	4 th Period
9:45-9:55	Break	Break	Break	Break	Break
9:55-11:10	Google Classroom	5 th Period	5 th Period	Google Classroom	5 th Period
11:10-11:20	Break	Break	Break	Break	Break
11:20-12:35	Google Classroom	6 th Period	6 th Period	Google Classroom	6 th Period
12:35-1:15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15-1:45	4 th Period	Google Classroom	Google Classroom	4 th Period	Google Classroom
1:50-2:20	5 th Period	Google Classroom	Google Classroom	5 th Period	Google Classroom
2:25-2:55	6 th Period	Google Classroom	Google Classroom	6 th Period	Google Classroom

Online Parent Portal

Pittsburg Unified School District



The screenshot shows the login interface for the Aeries Student Information System. At the top left, it says "Pittsburg Unified School District". In the top right corner, there is a language dropdown menu set to "English". The Aeries logo, a stylized blue and red 'A', is positioned above the word "Aeries" in a large blue font, with "Student Information System" in a smaller red font below it. A white text input field labeled "Email" is centered on the page. Below the input field is a red button with the word "NEXT" in white capital letters. At the bottom of the page, there are two links: "Forgot Password?" and "Create New Account".

- Monitor Number of Tardy Occurrences
- Monitor Number of Absences
- Monitor Grades
- Monitor Missing Assignments
- Monitor Test Scores
- Email your child's teachers
- Receive a weekly report



Home Screen

Dashboard Student Info Attendance Grades Classes Medical Test Scores Change Student

Welcome to the Aeries Portal for ██████████

Class Summary

Show Legend Options ^

Per	Course	Teacher	Room	Gradebook	Mark	Trend	Missing Assignment	Past 5 Days M T. W T. F.	Website	Meeting	Last Updated
Current Terms											
1	Biology P	Narbaitz, S	F102	Biology P - Quarter 1			0	- - - - -	Visit Website Access Code: x32gi3a		Sep 17
2	Eng 1 P	Morgado, R	P104	Eng 1 P - Quarter 1		Details	1	- - - - -	Visit Website Access Code: 2pdksqo	... Join	Sep 18
3	PE Ninth Grade	LaCasse, C	GYM	PE Ninth Grade - Quarter 1		Details	0	- - - - -	Visit Website Access Code: eph25kt		Sep 16

Calendar

09/18/2020



+ Add New Event

Display: Day

8:00 AM - 8:59 AM : Pd 1 - Due: Ecosphere Hypothesis

8:00 AM - 8:59 AM : Pd 1 - Due: Eco Like Mars

10:18 AM - 11:17 AM : Pd 3 - Due: Intro to Muscular System

10:18 AM - 11:17 AM : Pd 3 - Due: Intro to Muscular System

Gradebook Details

2018-2019 Pittsburg High School

Home Student Info Attendance **Grades** Medical Test Scores Change Student

Gradebook Details

- Gradebook
- Gradebook Details**
- Grades
- Graduation Status
- Transcripts
- Standards Based Progress Dashboard

General **Contact** Add'l Info Programs 0 User Codes ^

Residence

Mailing

0- 0 AVID Fall- Fall 8/15/2018 - 12/21/2018

Options: Arbuckle, T tarbuckle@pittsburg.k12.ca.us Show only missing assignments

#	Description	Category	Score	# Correct	%	Comment	Date Completed	Due Date	Grading Complete	Documents
1	Signed Syllabus/Contract	Classwork/Projects	10 / 10	10 / 10	100.00%		08/16/2018	08/16/2018	Yes	
2	Four Year Plan/Transcript Analysis	Classwork/Projects	/ 20	0 / 20	0.00%			08/22/2018	Yes	
3	Learning Log	Notes/Learning Log	/ 10	0 / 10	0.00%			08/22/2018	Yes	
4	Binder Check	Binder Check	40 / 40	40 / 40	100.00%		08/22/2018	08/22/2018	Yes	
5	AVID SAT Week 1	SAT Warmups	/ 8	0 / 8	0.00%			08/24/2018	Yes	
			25 / 25	25 / 25	100.00%		08/24/2018	08/24/2018	Yes	

<https://aeriesnet.pittsburg.k12.ca.us/parentportal/GradebookDetails.aspx>

Type here to search 9:58 AM 9/4/2018

Attendance Screen

Dashboard Student Info Attendance Grades Classes Medical Test Scores Change Student

Attendance



General Cont

AbsLtr: 0 Date: TdyLtr: 0 Date:

Attendance Calendar

08/24	---	08/25	---	08/26	---	08/27	---	08/28	---
08/31	---	09/01	---	09/02	--A	09/03	---	09/04	---
09/07	HOLIDAY	09/08	---	09/09	--A	09/10	---	09/11	A-A
09/14	---	09/15	---	09/16	---	09/17	---	09/18	---
09/21	---	09/22	---	09/23	--A	09/24	---	09/25	---
09/28	---	09/29	---	09/30	---	10/01	---	10/02	---
10/05	---	10/06	---	10/07	A--	10/08	---	10/09	---
10/12	---	10/13	---	10/14	---	10/15	---	10/16	---
10/19	---	10/20	---	10/21	---	10/22	---	10/23	---
10/26	---	10/27	---	10/28	---	10/29	---	10/30	---

Set Up a Weekly Parent Notification

Dashboard Student Info Attendance Grades Classes Medical Test Scores Change Student

Welcome to the Aeries Portal for [REDACTED]

Would you like to receive weekly emails on the status on each student you have access to? [Modify](#)

Set Up a Weekly Parent Notification

Classes Medical Test Scores Change Student

Parent Notification Preferences

Receive Weekly Progress Email

Preferred Day:

Preferred Time:

[Save](#)

Parent Notification Preferences

Change Password

Change Email

Add New Student To Your Account

Preview the New Portal

Log Out

School Attendance Matters!



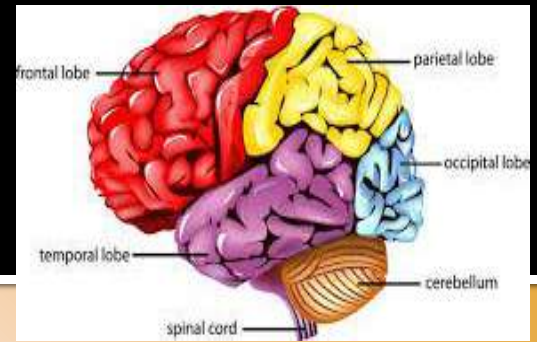
- Chronic Absences = 10% school year =18 days
- 1-2 days a month can lead to Chronic Absenteeism!
- Attendance correlates to school success
- Absenteeism correlates to school failure (including dropping out!)
- 1 day absent = 3 periods missed = 3 lessons missed

Freshmen – The Make It or Break It Year

Research from the University of Chicago provided the following data:

- A large indicator of a student's success is his/her attendance.
- Just 5 days of school missed, whether excused or unexcused, can dramatically affect a student's chance for academic success.
- Absences are a strong predictor of dropout/graduation among high school students.
- Students with a 2.5 GPA (C+ average) in their freshman year have a very high likelihood of graduating within four years.
- Virtually no student with an average lower than a D in the freshman year earned a diploma; this is a cause for concern.

The need for boundaries



- The brain is not fully developed **until age 25!**
- The prefrontal cortex (the decision-making area of the brain) **develops last!** (UCLA 2013)
- The lack of life experience results in teens seeing day-to-day existence, **not** long-term perspective.

What Challenges Might Scholars Face Socially?

Socially

- Reestablishing positive identity
- Relationships with old and new friends
- Cliques
- Sense of belonging
- Peer pressure

Socially/How parents can help

- Mutual respect
- Having an open attitude to establish new friendships
- Cooperation & Communication
- Practice patience with our teens
- Agree to Disagree
- Focus on the positive, not the negative
- Motivate & Inspire
- Be a Positive Role Model

What Challenges Might Scholars Face Emotionally?

Emotionally

- Relinquishing/new friendships
- Sense of identity
- Managing time
- Seeking purpose and roles
- Key values

Emotionally – How parents can help

- Talk & listen to your teen
- Promote self-discipline
- Help them learn from mistakes
- Celebrate hard work
- Be consistent & predictable
- Resolve conflict
- Give independence
- Stay involved/ Be a great motivator
- Focus on academic goals
- Discuss your family's rules around dating

What Challenges Might Scholars Face Academically?

Academically

- Lack of organization
- Unfamiliar class schedules adjusting to Cohorts
- Academic workload is rigorous
- Multiple teaching styles and expectations
- Unsure of who or where to ask for help

How parents can help

- Assist in organizational skills
- Help with time management skills
- Ensure scholar is sleeping between 8-10 hours daily
- Encourage independent decision making & problem solving
- Help set goals
- Monitor progress via parent portal/ Google Classroom
- Encourage your student to attend Google Classroom (Help Class) and STS Academy tutoring

What Challenges Might Scholars Face Physically?

Physically

- Apprehensive about their abilities
- Feel inferior/different
- Desire to “fit in”
- Physical changes

How parents can help

- Encourage regular physical activity
- Limit computer, television, video games
- Talk with your teen – regarding physical changes they may experience
- Reassure physical changes are normal

Signs of Concern



- Lots of anxiety / worry, lasting for weeks
- Many tantrums, or is irritable much of the time
- Frequent stomachaches and/or headaches
- Has trouble sleeping
- Not interested in things they used to enjoy
- Low or no energy

How to get help

- **Contact your students counselor**
- **Contact your students primary care physician**
- **Contact PUSD Mental Health and Counseling - Dr. Tracy Catalde**
925-473-2436 tcatalde@pittsburg.k12.ca.us
- **Call 211 the Contra Costa Crisis Center**
(they have trained professionals and all calls are confidential)

Interventions

The “CARE TEAM” will meet weekly to decide which services are best suited for the student.

- LINCOLN CENTER
- GUNTER
- RESTORATIVE JUSTICE
- SUCCESSFUL PURPOSE
- POLY ATAMAI



Social Media



- Teens are on social media in alarming numbers.
- Connected 24/7 to peers and the Internet.
- Can cause conflicts (“he said, she said”)
- Impacting recommended hours of sleep

The Importance of Parent Involvement

Students with involved parents have:

1. Higher test scores and grades
2. Better attendance
3. Positive attitudes
4. Less behavior issues
5. Higher graduation rates



Monitor Regularly & Stay On Track for Graduation



**Do not wait
until the
grade is a
"D" or "F"**



CLUBS

- AVID (Advancement Via Individual Determination)
- BSU (Black Student Union)
- Chemistry Club
- Club P.O.W.E.R
- ELD Club
- Fil-Am
- French Club
- Gamers
- GSA- Gay Straight Alliance
- Interact
- Italian Club
- Key Club
- Koreo Club
- Latinos Unidos
- MAAAN (Male African American Achievement Network)
- Marine Biology
- Medical Club
- Mu Alpha Theta
- PHS Travel Club
- Pitt Unify

CLUBS

- Poly Club
- Punjabi Pirates
- Red Cross Club
- Robotics Club
- Science Club
- Self Love
- SLAM Club
- Thespians
- Class of 2021
- Class of 2022
- Class of 2023
- Class of 2024

Link to PHS with Zooms

<https://www.pittsburg.k12.ca.us/cms/lib/CA01902661/Centricity/Domain/2867/Active%20Clubs%20for%202020-2021.pdf>

PARENT ADVISORY

ELAC

ELAC is a parent group that is dedicated to working with parents of English Learners (EL) to provide them with information about the school academics, community programs and resources for EL students.

PAAACT

PAAACT is an organization formed to advocate for parents and families of African American students in all grades and in every school of the district. All persons willing to promote the positive social, emotional, and academic development of African American students are welcomed to participate.

SCHOOL SITE COUNCIL

SSC is a team of teachers, parents and administrators who are responsible for developing an annual school plan and budget to facilitate school-based program coordination. Particular attention is paid to meeting the individual needs of each student.

Stay Informed



Parent Workshops

Parent Liaisons

peachjar eflyers

Parent Questionnaire

Why we need you to fill it out:

- To improve our parent orientation
- To be able to meet the needs of our parents and families
- To plan parent workshops on topics of your choice

Please complete this short survey the link is in the chat.



Q & A Session





Thank you for coming! Working Together, Every Scholar, Plus Parent, Every Day!