

CLASS OF 2022



We want your success!

Presenters

- Bonnie Ceballos – PHS Academic Counselor
- Darlynnne Fu – PHS Academic Counselor
- Lisa Spitz – PHS Academic Counselor
- Melanie Moseley – Parent & Family Liaison
- Valarie Bell – PUSD Support Counselor

Parent & Family Liaisons



**Melanie Moseley
& Maria Espinosa**

How did you
get your
name?



Who is Who in PHS

- Dr. Janet Schulze-Superintendent
- Todd Whitmire--Principal
- Ted Alfaro--Vice-Principal
- Jennifer Clark-Vice-Principal
- Veronica McClennan--Vice-Principal
- Raj Naicker--Vice-Principal
- Connie Spinnato--Vice-Principal
- Magdalena Gonzalez-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

Counselors

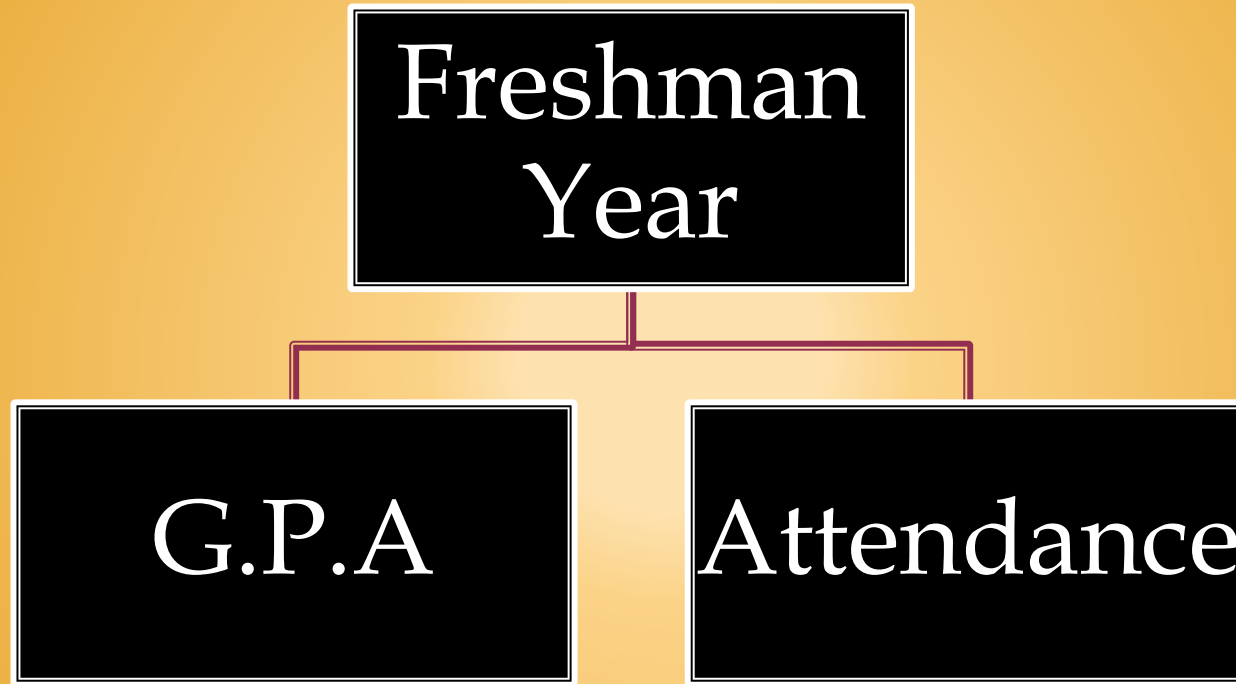


- Darlynn Fu-A-Cooper
- Bonnie Ceballos-Cordell-Eovva and AVID
- Lisa Spitz – Erickson-Joseph
- Danni Le – Puente, Jovel-Lindsey
- Akeem Ajani – Lira-Paara Martinez
- Jasreen Jawanda- Parras-Thatcher
- Leidi Arias- English Learners, Lopez-Z, Ventura- Zermeno
- Manuel Rodriguez – English Learners, A- Longoria, Thomas-Venegas
- Special Education – Dr. Elizabeth Gonzalez-Sadrian / Ann Maione

Additional Supports:

- Marisa Mota – College & Career Technician
- Synitha Walker-College & Career Technician
- University of California Early Academic Outreach Program (EAOP)-TBD
- Sherene Sasser- Workforce Coordinator

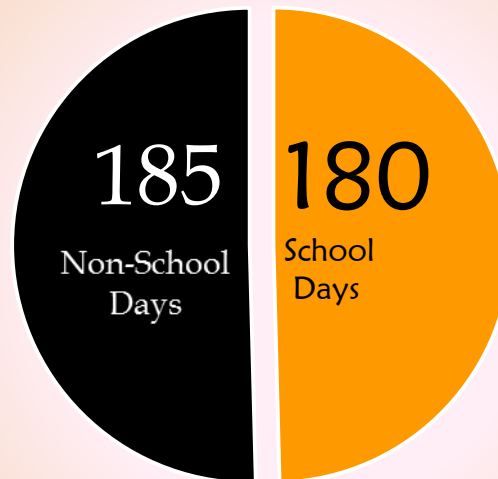
Staying on Track to Graduate



- Freshman year can be a predictor if a student graduates on time (within 4 years)!

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

Large
Group
Activity

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**

	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	

*5 units per class/2 semesters in the year

** AVID & Puente need to complete 100 hours

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 selection dropdown menu set to "English". The central logo features a stylized "A" with a red and blue gradient, followed by the word "Aeries" in a large blue font and "Student Information System" in a smaller red font below it. Below the logo is a white text input field with the placeholder text "Email". Underneath 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

Aeries.net Parent Portal - X
 https://aeriesnet.pittsburg.k12.ca.us/parentportal/Default.aspx

A 2015-2016 **Pittsburg High School**
 Home Student Info Attendance Grades Test Scores Change Student Options Logout

Welcome to the Parent Portal for [REDACTED]

Calendar

12/28/2015

Add New Event Display: Day

You have no events for this date

Attendance Summary

Code	Description	All	0	1	2	3	4	5	6	7	8	9
A	Unverified	0									2	
B	In Office	0				1	1					
I	Illness	1	1	1	1	1	1	1	1			
T	Tardy	0			2							
V	Activity	0							1			
TOTALS												
	EXCUSED	1	1	1	1	1	1	1	1	0	0	0
	UNEXCUSED	0	0	0	0	0	0	0	2	0	0	0

Gradebook Summary

Name	Per Teacher	% Avg	Current Mark	Missing	Past 5 Day's Att					Last Updated
					T	F	M	T	F	
AVID 2 - Fall	0 Shipe J	89	B+	1						Dec 18
Span 2 Period 1 - Fall	1 Olazabal A	83	B	0						Dec 16
2nd Period 10th Honors - Year	2 O'Brien D	52	C-	0						Dec 15
World History - Fall	3 Grady E	94	A	0						Dec 17
Chemistry H - Fall	4 Leslie A	81	B-	1						Dec 18
AdvSpts SS/Cnd - Fall	5 Gall V	144	A+	0						Dec 08
Alg 2 P - Fall	6 Rosette A	71	C-	0						Dec 14
Alg 2 P - Fall	6 Rosette A	0		0						

Most Recent Test Results

Test	Taken	Result
CAHSEE		
Math		Not Taken
English Language Arts		Not Taken

Students You Have Access To

Student	Grade	School
[REDACTED]	10	Pittsburg HS
[REDACTED]	10	Pittsburg HS Evening Program

- Nominal change
 - Predicted increase of 1% or more
 - Predicted decrease of 1% or more
 [Help Me Understand the Trend](#)

Currently Accessing From: 10.212.128.254
 Previously Accessed From: 10.212.128.254 on 12/28/2015 9:49:17 AM

Aeries Version 7.15.12.11

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Gradebook Details

2015-2016 **Pittsburg High School**

Home Student Info Attendance **Grades** Test Scores Change Student Options Logout

Gradebook Gradebook Details Grades Graduation Status Transcripts

RptgLng English LangFlu (blank) EO (English only) Status Quick CON

Show only missing assignments

#	Description	Type	Category	Score	# Correct	%	Status/Comment	Date Completed	Due Date	Grading Complt	Documents
10	groups	Formative	Binder Checks/Cornell Notes	10 / 10	10 / 10	100.00%		10/27/2015	10/27/2015	Yes	
11	Artistic Accord Project Presentations-Evidence Collection	Formative	Homework/Classwork	25 / 30	25 / 30	83.33%		12/01/2015	12/01/2015	Yes	
12	Artistic Accord Project Presentations-Presentations	Formative	Homework/Classwork	20 / 20	20 / 20	100.00%		12/01/2015	12/01/2015	Yes	
13	Artistic Accord Project Presentations-Essay	Formative	Essays/Projects/Midterm/Final	35 / 50	35 / 50	70.00%		12/01/2015	12/01/2015	Yes	
14	artistic accord project overall grade	Formative	Essays/Projects/Midterm/Final	80 / 100	80 / 100	80.00%		12/02/2015	12/02/2015	Yes	
15	Article Summary worksheet	Formative	Homework/Classwork	0 / 15	0 / 15	0.00%		12/04/2015		Yes	
16	Notes	Formative	Binder Checks/Cornell Notes	7 / 20	7 / 20			12/15/2015		No	
17	Article Summary Worksheet	Formative	Binder Checks/Cornell Notes	0 / 15	0 / 15			12/15/2015		No	

Category	Perc of Grade	Points	Max	Perc	Mark
Binder Checks/Cornell Notes	25.00%	10.00	10	100.00%	A+
Tutorials	25.00%	0.00	0	0.00%	
Homework/Classwork	25.00%	45.00	65	69.23%	D+
Essays/Projects/Midterm/Final	25.00%	115.00	150	76.66%	C
Total				81.96%	B-

The 2nd drop down the Gradebook Detail provides a list of assignments, scores, dates completed as well as any missing assignments. In the lower area of the screen there is a summary of the percentages for each grade category based on the teachers syllabus.

Oh no a missing assignment!!! Student needs to check with the teacher.

Attendance Screen

2015-2016 **Pittsburg High School**

Home Student Info **Attendance** Grades Test Scores

Attendance

StuNum Last Name Fir Enrollment History Time Perm ID Num Sex Grd Age Prog Track AttProg1 AttProg2 RptgLng

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

Print Refresh Totals

Days Enrolled: 80 Days Present: 79 (98.7%)
 Days Excused: 1 Days Unexcused: 0
 Days Tardy: 0 Days Truant: 0
 Days Suspended: 0

Code	Description	All	0	1	2	3	4	5	6	7	8	9
A	Unverified	0								2		
B	In Office	0				1	1					
I	Illness	1	1	1	1	1	1	1	1			
T	Tardy	0		2								
V	Activity	0							1			
TOTALS												
	EXCUSED	1	1	1	1	1	1	1	1	0	0	0
	UNEXCUSED	0	0	0	0	0	0	0	2	0	0	0

This screen will provide a summary of your student's attendance for the year. It includes the following information:

- Days Enrolled
- Days Present
- Days of Excused Absences
- Days Tardy
- Days Suspended
- Days of Unexcused Absences
- Days Truant

Set Up a Weekly Parent Notification

The screenshot shows a web browser window with the URL <https://aeriesnet.pittsburg.k12.ca.us/ParentPortal/ParentNotificationPreferences.aspx>. The page header includes the school year "2018-2019" and the school name "Pittsburg High School". The user's email address, "pittsburgparent@gmail.com", is displayed in the top right corner. A navigation menu at the top contains links for Home, Student Info, Attendance, Grades, Medical, Test Scores, and Change Student. The main content area is titled "Parent Notification Preferences" and contains the following settings:

- Receive Weekly Progress Email:
- Preferred Day: Friday
- Preferred Time: 5:00 PM

A "Save" button is located at the bottom of the form. On the right side of the page, a dropdown menu is open, showing options: Parent Notification Preferences, Change Password, Change Email, Add New Student To Your Account, and Log Out.

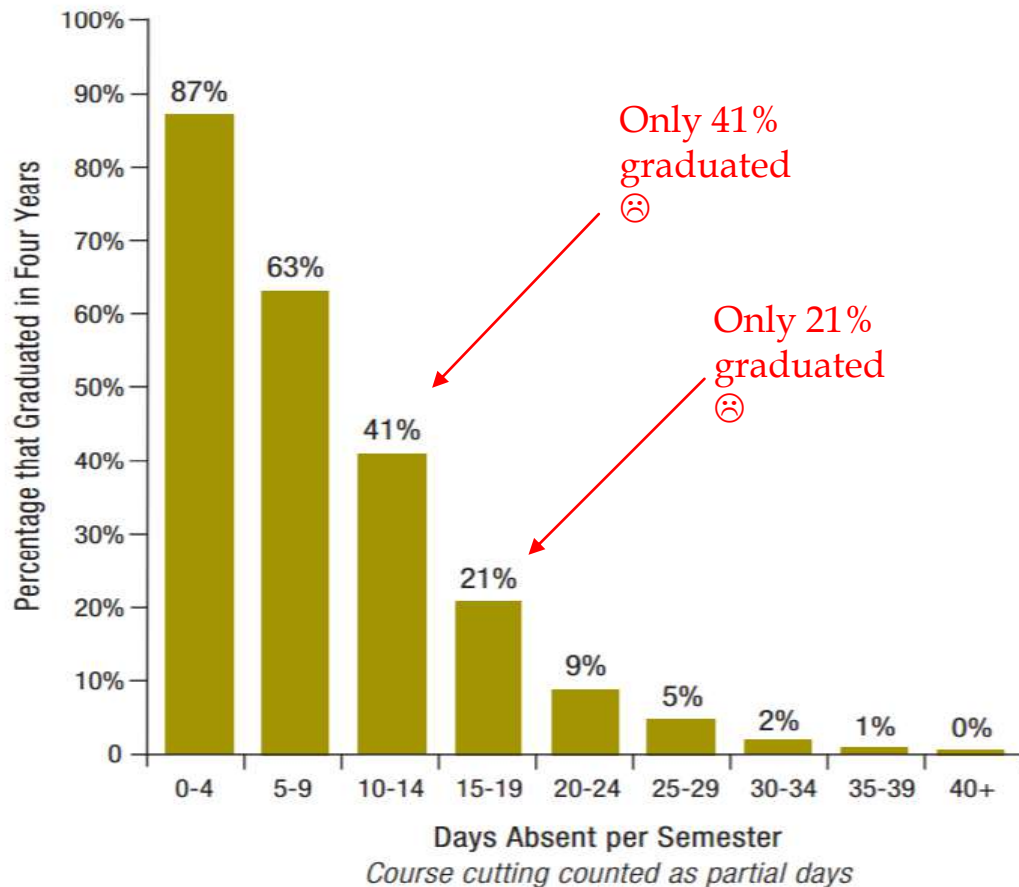
School Attendance Matters!



- **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 = 7 periods missed = 7 lessons missed**

School Days Missed Impacts Graduation

Missing Classes Puts Graduation at Risk



87% of students in the 9th grade who missed 4 days or less graduated in four years.



10 Minute Break



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

**Get to
Know Your
Counselor**

How did you
give your 9th
grader their
name?



Large Group Activity



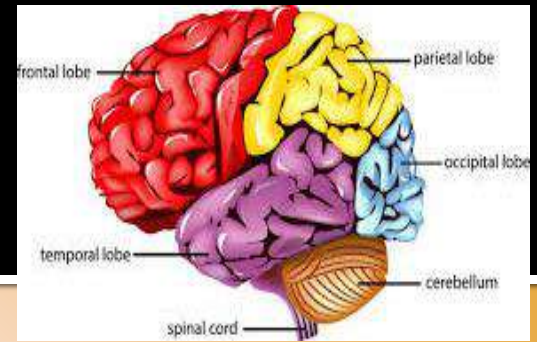
1. In general, do adolescents plan ahead for tomorrow or live for today?
2. In general, do adolescents think of others feelings and how their actions can impact others or do they think of themselves?
3. In general, are adolescents willing to wait or want everything now?
4. In general, do adolescents think things through or act on their emotions?

How adolescents think vs. Adults

How we want our children to think	How adolescents think
Plan ahead for tomorrow	Live in “today”
Think of others feelings and how their actions can impact others	Think of themselves
Willing to wait for things	Want things in the “now”
Think things through	Act on their emotions



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 buildings, lockers, & class schedules
- 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
- Set the expectation for daily on-time attendance

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
- Communicate with school if your child has physical challenges that impede his/her ability to complete P.E. instruction
- Encourage scholar to use P.E. uniform

Signs of Concern



- Lots of anxiety / worry, lasting for weeks
- Many tantrums, or is irritable much of the time
- Frequent stomach aches and/or headaches
- Has trouble sleeping
- Not interested in things they used to enjoy
- Avoids spending time with friends
- Low or no energy
- Not wanting to leave the home

Interventions

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

- 4 CORNERS
- LINCOLN CENTER
- GUNTER
- REACH
- RESTORATIVE JUSTICE
- SUCCESSFUL PURPOSE
- POLY ATAMAI



Social Media



- Teens are on social media in alarming numbers.
- Connected 24/7 to peers and the Internet.
- Doctors recommend a maximum of 2 hours of screen time per day.
- 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"**

**Parent
Workshops**



MASTERY CENTER

SUPPORT SERVICES



- **The teen years can be difficult. Being the parent of a teenager can be even more difficult!**
- **Strengthening Parents & Transforming Teenagers**
- **Learn to avoid arguments and fights with your child**
- **Prevent or intervene in the use of alcohol and drugs**
- **Improve academic performance and school attendance**
- **Find resources to help your family**

Parent Advisory

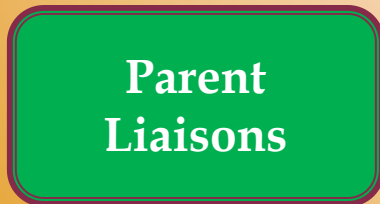
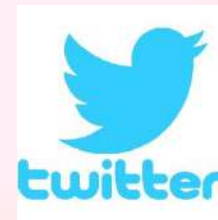
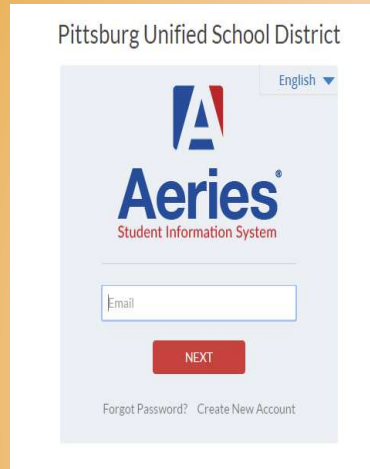
ELAC

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.

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 Questionnaire

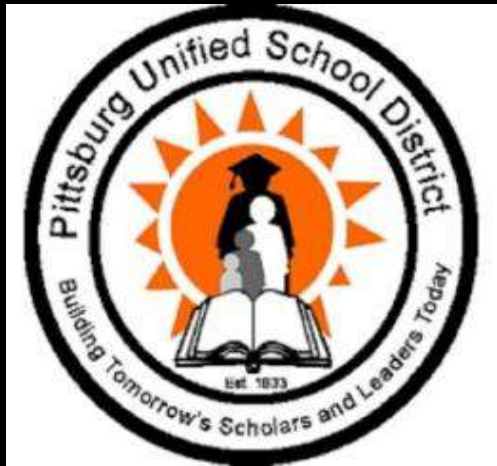
Why we need you to fill it out:

- 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



Q & A Session





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