



# Central High /Tri-C Parent Newsletter

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## OCTOBER NEWSLETTER

### Principal's Message--- Voice of the Turtle

By Janet Seary

The 2011/20112 school year is well underway at Central High School/Tri-C with some classrooms filled to capacity already and others very close to being full. The Tri-C parents held their orientation for School Site Council, ELAC and SEAC last week and it was well attended by parents, students and teachers. Mr. Hector Martinez, the Tri-C advisor did an excellent job explaining the roles and responsibilities of the council and committees and roles of members. The Central High parents will be meeting next week to attend to the Central High School ELAC, CEAC and SSC orientations.

This year, in February, the school will be undergoing a three year revisit from WASC to follow up on our six year accreditation. The committees have been formed and are hard at work reviewing the school's progress towards goals for student achievement. Stay tuned for more information.

The graduation committee is working very hard on arranging activities for our class of 2012 graduates. This year, in addition to having the senior luncheon and the graduation ceremony, the committee is planning a dinner and dance cruise. What a great idea! The seniors will be meeting soon to plan out all the activities.

Unfortunately, due to budget cuts, this year we lost some of our staff so we had to say goodbye to Marvia Sinclair, Susana Santos, Monica Zuniga and Lea Castillo Cortes from our clerical staff and Beverly Bryant and Martin Zarate, counselors and Roy Smith our microcomputer assistant. We wish them good luck in their new positions and miss them very much!

### Parent Information By Courtney Ramsey

#### **TODAY'S ANGRY TEENS** (Part 1)

Lately, several parents asked: "Where is my teen's anger coming from?" Teenagers, like adults, experience stress every day. The stubborn and argumentative teen is fighting for independence and less control by his or her parents. An angry teen is battling with daily difficulties and is trying to make sense of emotional issues, such as:

- changes in their bodies
- trying to establish an identity
- dealing with friends
- positive and negative peer pressure
- school demands
- separation or divorce of parents
- being accused of something they did not do
- being treated unfairly
- not getting a chance to voice their opinion
- chronic illness or death of a loved one
- taking on too many activities
- parents' high expectations

It's no surprise that our teens might become overloaded with stress. Teenagers have poor coping skills, and getting angry is the only way they know how to avoid feeling sad, hurt, or afraid.

### WHAT DOES PSA COUNSELOR DO? Message from Eric Hernandez, PSA Counselor

Very often when I meet with students and parents at our various classroom locations, I often been asked what is a PSA Counselor and what does a PSA Counselor do? Many times, I have to explain to parents and students that as a Pupil Services and Attendance Counselor (PSAC), I have to "wear" many hats at Central HS/Tri-C. For many, the notion of a PSAC is to supervise attendance, conduct home visits and send truancy letters home. Aside from supervising school attendance and mailing letters home, I also make sure that our parents and students understand that is only a small portion of what we, PSAC do at a school setting. I make sure that parents and students understand that the role of PSAC is to link families with various community services such as; mental health, social, and emergency services. Also, part of PSAC job is to work closely with teachers and staff to identify barriers that prevent our students from succeeding in their personal and academic life. As a PSAC, I am also responsible to reduce our dropout rate and work with at-risk students to find them an appropriate educational setting if our program might not fit their needs. Community outreach is another role of a PSAC along with implementing an Attendance Incentive Program. For many parents and students the role of PSAC becomes clearer once they understand that my role is to assist in their academic and personal growth while at Central HS/Tri-C.

## Students Speak

By Dany Victorio, Mar Vista Garden Class

### **BACK TO SCHOOL** (Part 1)

My name is Dany Victorio. I am a student at Central High School. I am 21 years old. I am also a mother and a wife. My challenges started since I was in middle school. I dropped out of high school when I was in the 10<sup>th</sup> grade. I was behind on credits and had many problems with other girls at my school. Someone would stare at me and I would take offense. If someone said something that I didn't like I would be rude right back at them. I tried at times to control my attitude but it was just too hard. In high school the way you dress, the people you hang out with or even the race you are have so much to do with how you're treated. It's so easy for someone to judge you. All these things can cause you problems. And because of these I found it much easier to drop out.

Many of my friends had the same problems I did and the majority of them dropped out of high school. And there are many kids that have dropped out because of similar problems. The majority of girls who drop out do so because they get pregnant. That happened to a few of my friends when I was going to Venice High School and that was the case for most of the girls who dropped out. I think that many students that attend high school go through similar challenges. The main challenge I saw was being able to understand a subject matter or a teacher trying to explain it. Most teachers don't care if you understand the way they are teaching, so students find it easy to just stop doing the work or stop going to class. I know I did that. I didn't see the point of going to class if I didn't understand anything the teacher was talking about. In order to be successful in a class you must understand the subject and the teacher and also have good communication with your teacher which is something I never had in high school. (Part 1)

## Personality Spotlight

By Bob Wang

Central High School started its new school year with a new assistant principal, Mr. Gary Martinez. He will work with our teachers, office staff, students and parents to make our school a better place for our students.



As instructional leader, Mr. Martinez oversees Central High School's instructional programs and student discipline. His administrative responsibilities also include leading the School Safety Committee, the Positive Behavior Support Committee and the Technology Committee. In addition, he is in charge of Central High School's School Site Council, the English Learner Advisory Committee, and the Compensatory Education Advisory Committee. He also supervises CAHSEE, CST, and Periodic Assessment tests of our students. With experience working in both elementary and secondary schools, as well as his experience with and knowledge of students who learn English as a second language, Mr. Martinez's joining of Central High School will bring positive changes to our programs.

Gary Martinez brought years of working experience as an administrator and teacher from his previous assignments at a large comprehensive high school and elementary school. He worked as assistant principal at Jordan High School and taught 2<sup>nd</sup> grade students at elementary school where he also worked as Bilingual Coordinator. He goes to scuba dive on the weekends and holidays.

## IMPORTANT DATES

CAHSEE English Test (11 <sup>th</sup> & 12 <sup>th</sup> Graders)	Nov. 1, 2011
CAHSEE Math Test (11 <sup>th</sup> & 12 <sup>th</sup> Graders)	Nov. 2, 2011
Periodic Assessment (Math, English, Science)	Nov. 2011
Veteran's Day - School Holiday	Nov. 11, 2011
Thanksgiving Holiday	Thur. Nov. 24 - Fri. Nov. 25, 2011
ELAC/CEAC/SSC Parent Meetings, Shatto	1:00pm, Nov. 30, 2011
Christmas and New Year's Holiday	Monday, Dec. 19, 2011 - Friday, Jan. 6, 2012