

San Fernando/Sylmar

Voces Unidas/United Voices

We, at San Fernando/Sylmar Community of Schools believe in working together to create a safe and welcoming environment that fosters lifelong learning for students and adults so that everyone can achieve their full potential, while embracing and demonstrating a respect for diversity and standards of excellence.

September 12, 2020 V1, N3



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Message from
Eduardo Solorzano
CoS Administrator

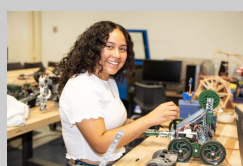
Happy September! With each passing day, we realize that it is not only our students but also all of us who are learning, growing and becoming more comfortable embracing the technological world of distance learning.

While we often hear about the difficulties that result from our transition into virtual learning it's important that we recognize the learnings. Daily we see evidence that we are stronger, that with patience and a belief in ourselves we can persevere and conquer our fears of the unknown.

It takes a team effort to ensure that our students have the best possible learning experience and we thank you for your valuable support. Also, thank you for continuing to ensure that your child(ren) attends live instruction daily and actively participates and please join us for our parent workshops that will provide you with valuable support.

Our Hidden Gem of the Month

Sylmar Biotech Health & Engineering Magnet



Sylmar Biotech Health & Engineering Magnet is a Gold Certified Linked Learning School which emphasizes the importance of a college education and is proud of their Career Technical Education (CTE) program. Students enroll in A-G courses along with their Linked Learning pathway classes in biotechnology, health/sports med and engineering. As a small school, Sylmar Biotech Health & Engineering Magnet is able to provide individualized attention to students and as a result, outstanding opportunities.

Sylmar Biotech has been the recipient of several grants that have allowed them to create strong partnerships with LA Mission College, Olive View-UCLA Medical Center, and Abbot Laboratories. Students have been able to get internships, volunteer opportunities, dual enrollment college classes, receive the Health Occupations Fundamentals Certificate, participate in the Certified Nursing Assistant (CNA) program and start the Biotechnology Lab Assistant Certificate Program. These grants have also provided them with the opportunity to create a state of the art medical simulation lab and an engineering lab. This allows students to have more real world experience as they complete their biotechnology, health/sports med and engineering coursework. Furthermore, the committed teachers have been able to participate in Advanced Placement training, Project Lead the Way (PLTW) training and Project Based Learning (PBL) workshops to provide relevant and innovative curriculum for students. Both teachers and students receive prestigious recognitions such as an Excite Award recipient from the Lemelson-MIT Program and recipients of the Warren Christopher Scholarship.

Students and staff make us proud every day and represent us well at competitions such as the SkillsUSA National Competition, when working with engineers at Abbot during their paid summer internship or when they participate in the UCLA Allied Health summer internship. Additionally the school has a yearly Career Day where professionals from the STEM fields share their experiences with students so they can get inspired to be future STEM professionals.

The amazing Principal who leads this wonderful school is Ms. Maria Herrera. She has been an educator in LA Unified for over 20 years. Her experience includes teaching Spanish, serving as an Athletic Director, Dean, Title I Coordinator, and a Secondary Administrator. Principal Herrera grew up in Sylmar, CA and attended Dyer Elementary, Olive Vista MS and San Fernando High School. She was a first generation college student and graduated from Occidental College with a bachelor's degree in Psychology and a Master of Arts in Teaching. She went on to pursue a second master's degree in School Administration at California State University, Northridge and attended USC's Doctor of Education in Educational Leadership program. Ms. Herrera is proud to be the principal at Sylmar Biotech Health & Engineering Magnet and serve the educational needs of her community and we could not be prouder of what she and her amazing team have accomplished for the benefit of students within our community.

San Fernando/Sylmar Community of Schools: Meet our Specialist



Meet SILVIA WELLS, SFS COS Instructional Specialist, K-12

Silvia Wells is an Instructional Specialist at the San Fernando/Sylmar Community of Schools. She has been with the Los Angeles Unified School District for 17 years. Mrs. Wells has served as Teacher, a Targeted Student Population Advisor and Categorical Program Advisor in the Northwest and Northeast areas. She feels honored for the opportunity to support the San Fernando and Sylmar Community of Schools and looks forward to working together to lead our students to success.



Meet Dana Neill, SFS COS Instructional Specialist, K-12

Dana Neill is an Instructional Specialist supporting the K-12 instructional programs in schools throughout the San Fernando/Sylmar Community of Schools. Ms. Neill has been with the Los Angeles Unified School District for 25 years. For 13 of those years, Ms. Neill was a Biological Sciences teacher at San Fernando High School, where she was also Lead Teacher for the Teacher Career Academy, a small learning community focused on highlighting careers in education. In 2011, Ms. Neill led the design team that founded the Academy of Scientific Exploration on the Cesar Chavez Learning Academies campus, where she served as principal from 2014 -2019. Providing students in the Northeast San Fernando Valley with the highest quality education and experiences to increase student success and opportunities has been her driving force for the past 22 years. In her role as Instructional Specialist for the San Fernando/Sylmar Community of Schools, she looks forward to continuing with this work.

SPOTLIGHT ON SPECIAL EDUCATION

The Division of Special Education: Resources for Parents of Students with Disabilities

The Division of Special Education has a frequently updated web page, in Spanish and English, with supplemental resources to support your child's distance learning experience. This web page features instructional resources, information about related services and early childhood special education, an informational video about virtual IEP meetings, and links to other websites with resources and information for families of children with disabilities. Please visit this helpful web page at: **LAUSD Special Education COVID Website:** <https://achieve.lausd.net/sped>

FOR IMPORTANT "BACK TO SCHOOL" INFORMATION VISIT: LAUSD Special Education

<https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/109/Special%20Education%20-%20Back%20to%20School%2008-14-20.pdf>

FOR INFORMATION FOR PARENTS ON VIRTUAL IEP TEAM MEETINGS-Virtual IEP Team Meeting Informational Video for Parents:

<https://lausd.wistia.com/medias/fz1wtbqqkd%20>

Special Education Update

Call Center: The Division of Special Education Call Center under the School and Family Support Services (SFSS), continues to respond to inquiries, concerns and complaints from families.

Hours of Operation	Mon-Fri 8:00am-4:00pm
Phone	213-241-6701
TTY	213-241-2511
Fax	877-339-2684
Email	spedsfss@lausd.net

Resources

LDNE Special Education Schoology Folder. Access Code: P5S5R-62K57

LAUSD Alternate Curriculum Schoology Folder. Access Code: 7DJH8-WR2C2

LAUSD RSP Schoology Folder: Access Code. 6CMGP-D47FX

LAUSD Positive Behavior Interventions and Supports/Restorative Practices

Schoology Folder. Access Code: ZV2B-2PCZ-BMJVX.

SPED Twitter: @LDNortheastSped

LDNE Twitter: @LDNESchools

LAUSD SPED COVID website:

<https://achieve.lausd.net/Page/16606>

PRACTICING SELF AWARENESS & RECOGNIZING OUR TRUE SELF

Practicing Self Awareness

We experience a range of emotions in our daily lives. Emotions can range from annoyance to confidence, disappointment, empathy, fear, frustration, gratitude, happiness, joy, pride, regret, trust, and even sometimes worry. Each of these emotions influences how we feel, make decisions, react, treat ourselves and others. When we heighten our awareness of how these emotions influence our behavior, we can increase our Emotional Intelligence and make positive changes. A quote says, "Reflection is one of the most underused yet powerful tools for success." If we can take the time to reflect on our emotions, how those emotions caused us to behave, and when we feel that way again change our behavior, think about how we can improve our relationships with ourselves and with others. Suppose we take a few minutes throughout the next few weeks to reflect, be introspective, and genuinely understand why we felt a particular emotion. When we become aware of how that emotion influences our behavior, we might give ourselves more grace and develop healthier and more meaningful relationships. Let's all take time to be still, meditate, and work on our self-awareness. The effort is worth it.



Restorative Practices and Positive Relationships

Restorative practices strengthen and build positive relationships. One way is by working restoratively in a way of being and doing things with and not for children and adolescents to develop prosocial thinking skills. It's important to help children feel safe, keep healthy routines, manage their behavior and build resiliency. Keeping healthy routines in times of uncertainty it's crucial. Structure the day with them, establish new daily schedules now that students are starting school remotely. A practice in restorative justice is checking in. Students can be

supported by checking in with them during the day. Asking from 1-5 how they are feeling, 5 being awesome and 1 I need help. Sometimes, children do not know how to express their feelings. Asking guiding questions can help them, such as "I can see that you are feeling frustrated because you want to socialize and play with your friends." This will help them to be aware of their feelings. Model how to manage your own feelings. Suggest students to draw or paint how the family is staying safe during the pandemic to reassure their feelings. Students will learn to build resiliency by staying connected with the family, sharing their thoughts and feelings during this unprecedented time. For more information click on the following link: <https://www.stamfordhealth.org/healthflash-blog/pediatrics/children-anxiety-covid-19/>

*All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason.
There is nothing higher than reason.*

~Immanuel Kant



PLEASE JOIN US FOR OUR UPCOMING PARENT WORKSHOPS

Los Angeles Unified School District
Office of Parent and Community Services and
Local District Northeast

Local Control and Accountability Plan (LCAP) Study Group 2020 - 2021

The LCAP Study Group purpose is to:

- Build understanding about the LCAP with Local District parent leaders
- Capture parent feedback about LCAP programs and funding
- Provide parents with opportunities to serve on the District-level Parent Advisory Committee

Please join us! All parents are welcomed and encouraged to participate.

Zoom ID: 296 006 6839
Password: 2018

Meeting Dates:
#1: Orientation
Wednesday, September 30, 2020
Time: 2:30 p.m.

Election Meeting
Thursday, October 15, 2020
Time: 2:30 p.m.

#2: Wednesday, October 28, 2020
Time: 2:30 p.m.

#3: Wednesday, December 9, 2020
Time: 2:30 p.m.

#4: Wednesday, February 24, 2021
Time: 2:30 p.m.

#5: Wednesday, April 7, 2021
Time: 2:30 p.m.

Parent Portal, Schoology, and Zoom Best Practices for Parents

Hosted by the
Parent and Community Engagement Unit
Northeast Local District

This presentation includes:
Parent Portal and Schoology for parents
Zoom best practices

Select a day and time to enter and get support!

Monday, September 14, 2020	Wednesday, September 16, 2020
9:00 - 10:00 a.m. English	9:00 - 10:00 a.m. Spanish
2:00 - 3:00 p.m. English	2:00 - 3:00 p.m. Spanish

Join us via Zoom:
Meeting ID: 748 890 9568
Meeting link: <https://zoom.us/j/7488909568>

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The Parent Portal is a wonderful platform to access not only helpful online forms and applications but you can also access information about your child's academic progress, grades, progress toward graduation, attendance and other helpful information.

In order to activate your account, you will need an Email and Pin number.

- Available at your school
- Available through Parent and Community Engagement Team
- 818-252-5400
- <http://parentportalapp.lausd.net/parentaccess/>

Parent Resources

- Log in to Parent Portal: parentportalapp.lausd.net/parentaccess/
 - Access Grades and Assignments from Parent Portal: bit.ly/PLSGandA
 - Linking Parent Portal to Schoology:
 - English: bit.ly/PPtoSGYlink
 - Spanish: bit.ly/PPtoSGYlinkSP
 - Login to the Mobile App
 - English: bit.ly/PLSMobileAppE
 - Spanish: bit.ly/PLSMobileAppS
 - Using Parent Portal to Message Teachers and Access Grades: bit.ly/PLSAccessGrades
 - KLCS: klcs.org
 - For More Online Courses (Edgenuity): <https://www.edgenuity.com/lausd/>
 - Edgenuity Live Sessions: bit.ly/EdgenuityLiveSchedule
 - Elementary Quick Start: bit.ly/ESEdgenunity
 - Middle School Quick Start: bit.ly/MSEdgenunity
 - High School Quick Start: bit.ly/HSEdgenunity

Hotlines (6:00 a.m. to 6:00 p.m.)

Families: 213-443-1300 Employees: 213-241-2700

<https://achieve.lausd.net/resources>

Mental Health Support

(8:00 a.m. to 5:00 p.m.) Student and Families: 213-241-3840

<https://achieve.lausd.net/Page/16559#spn-content>

Connectivity (Hotspots and Internet) 213-443-1300

<https://achieve.lausd.net/itd>

Our Local District Call: 818- 252-5400 (7:30 a.m. to 5:00 p.m.)

Email: LDNorthEast@lausd.net

<https://achieve.lausd.net/northeast>

<https://sites.google.com/lausd.net/ldne-resources-for-parents/home>

Free Meals Every Weekday Grab & Go Sites in Our SFS COS New Hours: 7am-10am



Grab & Go Sites in

- **San Fernando Senior High School**
- **Sylmar Charter High School**

For a complete list please go to our [Grab & Go LDNE website.](#)

Family & Student Handbook

LA Unified has developed a family and student handbook which is meant to be a guide to help parents and students with information they will need in the days leading up to and through the first weeks of school. In addition to a more detailed calendar, there are also sample schedules, answers to many common questions & helpful recommendations for how to support student learning virtually.

<https://bit.ly/familyandstudenthandbook> (English Version)

<https://bit.ly/manualparalafamilias> (Spanish Version)



Our Amazing Schools: #RISEANDSOAR34

San Fernando Complex
[Haddon EEC](#)
[Haddon Ave El STEAM Mg](#)
[O'Melveny El](#)
[Osceola St El](#)
[Pacoima EEC](#)
[San Fernando EEC](#)
[San Fernando El](#)
[Telfair EEC](#)
[Telfair Ave ES](#)
[Vaughn EEC](#)
[Vista Del Valle Dual](#)
[Language](#)
[Mission HS](#)
[San Fernando SH](#)

Sylmar Complex
[Dyer St El](#)
[El Dorado Ave El](#)
[Gridley St El](#)
[Harding St El](#)
[Herrick Ave El](#)
[Hubbard Elem School](#)
[Sylmar El](#)
[Olive Vista MS](#)
[Sylmar Biotech AH/E Mag](#)
[Evergreen HS](#)
[Sylmar CHS](#)
[Sylmar Leadership \(K-8\)](#)

Chávez LA Complex
[Broadous EEC](#)
[Broadous El](#)
[Morningside EL](#)
[San Fernando MS](#)
[San Fernando MS IAM](#)
[Chávez LA ASE](#)
[Chavez LA ArTES Magnet](#)
[Chávez LA SJ Hum Ac](#)
[Chávez LA Tech Prep](#)

Social Media

Please # hashtag us:

SFS COS: #RiseandSoar34

LDNE: #LDNEStartStrong



Instagram

[sanfernando.sylmar.co](#)



SanFernando Sylmar Cos