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.

February 20, 2021 V1, N12

In This Issue:

- Message from Eduardo Solorzano, CoS Administrator
- Highlight on Support Services for students entering college with timeline
- Mental Health Support
- Parent and Family Resources

Our Hidden Gem of the Month

Sylmar Elementary

Historically known for its profusion of olive and orange orchards, Sylmar can trace its past to the 18th Century and the founding of the San Fernando Mission. Sylmar Elementary is proud to serve almost 500 students, in grades PK fifth from a campus with a beautiful view of the mountains. The school community is dedicated to empowering all children to reach their potential in a safe and academic environment. School personnel work together to ensure student social and academic success.

The teachers and staff are committed to the idea that a strong education steeped in science technology engineering, arts and math will prepare students for participation in a 21st century global society. To that end, Sylmar ES is dedicated to receiving LAUSD’s STEAM certification this spring. It has just been approved as a Common Sense School, an honor that recognizes the staff’s efforts in teaching digital citizenship to young people and engaging the entire school community. For three years, Sylmar Elementary has been the recipient of an Arconic Foundation (now Howmet Aerospace) grant. Howmet Aerospace is a global leader in engineered metal products for aerospace, defense and commercial transportation industries with an office located in Sylmar. The purpose of the grant is to provide STEAM education opportunities to underserved youth. With the grant, they have provided students with STEAM electives in Robotics, Science, Computer Coding, Visual Art, Technology Journalism, Student Leadership, and Theatre. Fourth & Fifth grade teachers, as well as members of the administrative team, develop and teach these electives. This year, for the first time, third grade will be able to participate. Other community partners have included UCLA’s Center for Diverse Leadership in Science who have provided hands-on science instruction for upper grade students.

There is much evidence of Sylmar Elementary's growth mindset. The success of their Academies, which are known as WIN (what I need), provide differentiated core instruction in English Language Arts. Students’ reading scores as measured by DIBELS have improved over the past five years. Teachers have received five years of support in Cognitively Guided Instruction in Mathematics. Several teachers have been certified in Mastery Learning and Grading. In addition, all staff have received extensive training in Social Emotional Learning through their partnerships with The Help Group, Mind Up and LDNE School Mental Health.

Continued p. 2
Sylmar Elementary’s special education team is second to none and their special education students participate in all programs and electives.

Sylmar Elementary is led by Julie Maravilla, who has been a principal for thirteen years and an educator since 1986 as a teacher’s assistant at Dyer Street School. She is blessed to work with a strong, knowledgeable and hardworking administrative team, an office staff with a focus on customer service; a united and collaborative teaching staff; supportive and appreciative families; and a hardworking and dedicated support staff. The school community is defined by their school motto (chosen by students): Be Kind. Work Hard.

STUDENT ACADEMIC GRADES AND ENGAGEMENT

Student progress reports, report card grades and communication from teachers are various ways that parents are informed of their child’s academic progress. While these methods of communication are ongoing, the next official report of your child’s academic achievement will be this upcoming March (early March for elementary and mid March for secondary).

Research repeatedly shows that prevention and early intervention are key to a child’s academic progress and achievement. As parents, you will receive notification at the various marking periods. However, a best practice is to stay in communication with your child’s teacher(s) to address any concerns or questions as soon as they arise. All teachers offer office hours that are time set aside to provide additional support for students as well as to meet with parents. Therefore, do not hesitate to reach out.

Another wonderful resource that is available to all parents is the LAUSD parent portal, where you can monitor your child’s academic progress as well as view daily attendance and clear any tardies or absences that your child may have. Additionally, if your child has an IEP or you want to register them for Magnet programs or schools of choice, you can do so through the Parent Portal. If you need assistance with signing up, please contact your child’s school.

One of the biggest contributors to your child’s academic success whether receiving instruction in person or virtually, is the level in which they are engaged in their learning. As a District we have prioritized student engagement as one of our top focus areas for professional development for educators at all levels. As part of our work, we are implementing strategies that foster increased participation, with our goal being that students move away from the levels of disengagement to increased levels of engagement. What this might look like includes students doing their work, responding to questions, then engaging in discussions with their peers, asking questions and finally goal setting, asking for feedback and self assessing. We invite you to engage in this process by asking your child to set goals themselves in relation to their level of engagement and then check in with them so they can explain how they participated, invested and drove their instruction.

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<th>What’s My Level of Engagement?</th>
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<td><strong>Active</strong></td>
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<td>Disrupting others</td>
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<td>Disrupting the learning</td>
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<td>Avoiding</td>
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<td>Being distracted</td>
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<td><strong>Disengagement</strong></td>
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<td>Asking and responding to questions</td>
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WHAT IS THE NEXT STEP TOWARD COLLEGE FOR SENIORS

As we begin our second semester of the academic year we are well into the process of applying to college. If your child is a senior who hasn’t already done so, please ask them to meet with their counselor to review their credits and progress toward graduation. At this time, if they haven’t done so already, seniors should apply to colleges and/or universities (late application). Also, please remember to complete the FAFSA to qualify for the College Promise Program, which provides 2 years of tuition-free to Community Colleges. For more tips go to our LA Unified College Roadmap and/or read all about applying to college at https://www.commonapp.org/ https://www2.calstate.edu/apply

FINANCING COLLEGE

FINANCIAL AID APPLICATIONS FAFSA or CADAA

For the Cal Grant High School Entitlement Award, applicants must submit the FASFA or CADAA to the California Student Aid Commission by March 2, 2021.

● If you are a U.S. Citizen, Permanent Resident, or an eligible non-citizen, complete the Free Application for Federal Student Aid (FAFSA). Apply Now or

● If you are an AB540 student, complete the California Dream Act Application (CADAA). Apply Now

LOS ANGELES COLLEGE PROMISE

To be eligible to apply for the Los Angeles College Promise, which provides students with two years of free tuition (community college), students must complete one of the following Financial Aid applications and meet additional Los Angeles College Promise requirements.

Federal Student Aid (FAFSA). Apply Now

California Dream Act Application (CADAA). Apply Now

Essential aspects of the LA College Promise are:

● Waived tuition for two years of full-time college
● Priority enrollment at any of LACCD’s nine college campuses
● Dedicated support team providing a wide array of academic and student support services

For additional information, such as each of the Los Angeles College Promise contacts, please visit the Los Angeles College District (LACCD) College Promise website link.

Please contact your high school Academic or College Counselor for help with the Financial Aid application and College Promise.
Food For Thought
“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”
~Harriet Tubman

SPECIAL UPDATE

Student programs on campus such as childcare, athletic conditioning, in-person tutoring, assessments and any in-person services for Special Education at this moment are not occurring on campus. Our staff is working on a transition plan for in-person services such as tutoring and assessment to virtual online services that will be put into place as soon as it’s safe to do so. Please know that while offices are physically closed, school staff are still answering phone calls and available to assist you. Additionally, our Covid testing sites and Grab and Go remain open.

If you have not done so, please schedule your free Covid 19 test. Remember that everyone who lives in the household of one of our students and/or employees qualifies to take a free Covid test. Our Closest Covid testing site is now Telfair Avenue Elementary School at 10975 Telfair Ave, Pacoima, CA 91331

***Please sign up to get your free Covid 19 Test-Click Here ***
Free Covid19 tests are available for all students, families and staff.

If you need assistance to register, please contact 818-252-5400, select your language then select San Fernando/Sylmar Community of Schools (#3) or email maria.castro@lausd.net

HELPFUL FAMILY RESOURCES

2021 Young Men’s Leadership Conference
February 27, 2021
Young men, join the virtual conference to step up, learn, be empowered and take charge. Guest speakers, Prizes, Entertainment. Register at https://forms.gle/RtTPWrCVXuBkJB3E

PARENT STUDENT HANDBOOK

Attached please find the link to the 2020-2021 Parent Student Handbook. This handbook provides important information related to District Policies. Click Here
IMPORTANT UPCOMING DATES

FEBRUARY

- Feb 23: Parent Workshop-Special Education: Understanding Autism Zoom: 894 2990 5750
- Feb 23: Workshop for HS Seniors- Get Help with FAFSA/CADAA Zoom 839 0540 1998 PC: 146838
- Feb 24: LCAP Study Group @ 2:30pm Zoom 958 8382 7742 Passcode: 2018
- Feb 24: How to Create A Budget & Tips and Resources for Families @ 6:00pm-7:30pm
- Feb 26: Parent Workshop on Conservatorship for your child turning 18 years old @ 1pm 853 4963 9504
- Feb 27: Young Men’s Leadership Conference
- Mar 10: Eng San Fernando/Sylmar COS Town Hall Mtg @ 5:30pm Zoom ID 811 4348 4422 PC: 731533
- Mar 11: Spa San Fernando/Sylmar COS Town Hall Mtg @ 6:00pm

PLEASE JOIN US FOR OUR
San Fernando/Sylmar Community of Schools Townhall Meetings

If you missed our February Town Hall Meeting or other past town hall meetings, please know that they are archived on our website as are past issues of our wonderful San Fernando/Sylmar COS newsletter, Voces Unidas/United Voices.

Because we value your input and we want to offer as many opportunities as possible to connect with our community, for March we will offer two Town Hall Meetings. You are welcome to attend either and/or both. We will share Part 2 of Local Control and Accountability Plan Budgeting and your role as a parent and community member. Additionally, we will provide the latest updated information about our Safe Steps to transition back to campus plans and we will have leadership staff available to share parent involvement opportunities and answer questions that you may have. We can’t wait to see you there!!

March Town Hall Meeting

San Fernando/Sylmar COS
English Town Hall
Topics:
- LCAP Part 2
- Updates Return to Campus

Wednesday,
March 10, 2021
@ 5:30pm

San Fernando/Sylmar COS
Spanish Town Hall
Topics:
- LCAP Part 2
- Updates Return to Campus

Thursday,
March 11, 2021
@ 6:00pm
Exploring Parent Portal – One Icon at a Time
Division of Parent and Community Engagement

1. Go to: parentportal.lausd.net
Click on an icon to get detailed, general, and specific information!

2. Log in
3. Click on your child’s name

4. Attendance
red = absent

5. Click here for attendance details.

February 2021

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See details
yellow = tardy

LCAP Study Group for Parents

Title I Parent conference
March 10, 2021
1:00–4:00 p.m.
Save the Date
More Information forthcoming
Social Emotional & Mental Health Support

How Grief and Loss Affect Us and How to Support our Children

There is no denying the amount of Grief and Loss that has been experienced in the last year nor what is to come. Bereavement has a significant and often long-term impact on learning, social-emotional development, behavior and adjustment. After the death of someone close, children often become more concerned about their own health as well as the health of others that they care about. In the midst of a pandemic, extreme concerns about personal health and that of others already exist, so the ability to reassure children that others close to them are healthy and not at significant risk of dying becomes challenging, even if the initial death wasn’t due to covid-19. Therefore, it becomes important to help children deal with their fears and concerns about the pandemic in addition to any grief that they may be experiencing after a personal loss. Physical distancing measures and lengthy school closures have increased social isolation, which has always been a common response to grief, and they have also made it difficult for schools to provide grief support using traditional means. However, schools often provide support to students via telephone, email, and video-conferencing when losses occur during summer vacation and holiday breaks, and these approaches can be effectively utilized during this time of distance learning.

In order to know when support is needed, one must first recognize some of the common signs of grief. Physically, childhood grief may present as crying, tantrums, fidgeting, unable to sit still, fighting, lacking energy, being hyperactive, nightmares, loss of appetite, overeating, stomach aches, headaches, clingy, insecure, toileting accidents and thumb sucking. Emotionally, it may look present as sad, depressed, hopeless, helpless, shocked, overwhelmed, resentful, relieved, angry, moody, embarrassed, anxious, hypersensitive, numb and guilty. Socially, it may appear as withdrawn, isolated, argumentative, oppositional, rebellious and attention-seeking. Grief can also impact the thought-process. For example, it can manifest as avoidance, denial, distractibility, inattentiveness, confusion, preoccupation with death or fantasy, and a questioning of one’s beliefs.

In addition, temporary academic challenges are common among grieving students and should be anticipated. Given the impact that grief can have, what can we do as supporting adults? It is important to remember that an individual’s grief and pain are caused by the death or loss, not by talking about it.

The following are steps to help get the conversation started:

1. Express concern- Let students know you’ve heard about their loss and are available to listen and offer support.
2. Be genuine- Children can tell when adults are authentic in their communications. For example, don’t tell a child you will miss her uncle if you did not know the man. Do tell the child you are sad she has experienced this loss.
3. Invite the conversation- Use simple, direct, open-ended questions. For example, ask, “How are you and your family doing?”
4. Listen and observe- Listen more and talk less. Share observations about students’ behavior or responses in a nonjudgmental manner.
5. Limit personal sharing- You can draw on personal experiences to help you better understand students, but do not need to share this with them. Keep the focus on the student.
6. Offer practical advice- For example, discuss ways to respond to questions from peers or adults about the death.
7. Offer reassurance- Without minimizing their concerns, let students know that over time they will be better able to cope with their distress, and that you will be there to help them.
8. Maintain contact- At first, children may not accept your invitation to talk or offers of support. Their questions will evolve over time. Remain accessible, concerned, and connected.

Additional Resources can be found on these websites:
National Center for School Crisis & Bereavement
www.schoolcrisiscenter.org

The National Child Traumatic Stress Network
www.nctsn.org

Coalition to Support Grieving Students
https://grievingstudents.org/

Our House Grief Support Center
http://www.ourhouse-grief.org/
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/PPLsSGY
d  - Spanish: bit.ly/PPLsSGY SP
- Login to the Mobile App
- Using Parent Portal to Message Teachers and Access Grades:
  - bit.ly/PLSAccessGrades
  - KLCs: klc.org
- For More Online Courses (Edgenuity): https://www.edgenuity.com/lausd/
  - Edgenuity Live Sessions: bit.ly/ESEdgenuity
  - Elementary Quick Start: bit.ly/ESEdgenuity
  - Middle School Quick Start: bit.ly/MSEdgenuity
  - High School Quick Start: bit.ly/HSEdgenuity

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/ftd

Our Local District
Call: 818-252-5400 (7:30 a.m. to 5:00 p.m.)
Email: LDNorthEast@lausd.net
https://sites.google.com/lausd.net/ldne-resources-for-parents/home

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

- San Fernando Senior High School
- Sylmar Charter High School

For a complete list please go to our Grab & Go LDNE website.

CONTRIBUTORS
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V 1, N 12

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- Eileen Lemus
- Julie Maravilla
- Martha Marquez
- Eduardo Solorzano

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
  - Vaught 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
Twitter: @SFS_COS