

## WEEK OF

SEPT 9 - 16 2016



### September 9th

-NJROTC 9/11 Ceremony @  
8:10 am to 8:40am

-Football @ Salinas

-Aeries Opens

### September 10th

-Alex Birthday

-Mrs. Carminati Birthday

-Saturday School

-Back to school Mixer from 4-  
8pm

-NJROTC @ Mission Center  
Back to school Ceremony

### September 11th

### September 12th

### September 13th

-Picture Day

-Staff Meeting

-Mrs. Sanchez Birthday

-Volleyball vs Carmel

### September 14th

-Academy Meetings

### September 15th

-FFA Chapter Meeting

-Ag Boosters Meeting

-Cross Country @ PG

-Volleyball Vs Gonzales

### September 16th

-NJROTC Potluck for first  
year cadets

4pm to 8pm @ multi

**Aeries opens.**



# SOLEDAD HIGH SCHOOL

## *"Home of the Aztecs"*

**KUDOS— To Aidee Aldaco for always going above and beyond with our staff and students whenever they need help with a situation.**

**KUDOS— To Dolores for always being flexible when needed in the front office we really appreciate everything you do.**



## SHS NEWS

Our job as a school is to provide all of our students with the skills, education, and opportunity to be successful. Students learn in junior high material which will help them to be successful high school students. We teach our high school students so that they can transition into a post-secondary world of employment, technical school, or college. I am happy to be able to report that Soledad High School performs this role in an exceptional manner.

I am purchasing the members of the Soledad High School Instructional Leadership Team copies of a book by Kenneth Ginsburg, M.D., M.S. Ed Building Resilience in Children and Teens: Giving Kids Roots and Wings to read this year. Dr. Ginsburg is a pediatrician specializing in Adolescent Medicine at The Children's Hospital of Philadelphia and a Professor of Pediatrics at the University of Pennsylvania School of Medicine.

This book talks about the stresses which many teens face in the areas of academic performance, peer pressure, media messages, and high achievement standards. The book also provides concrete strategies on how to help students to manage their stress in healthy ways rather than indulging in unhealthy behaviors.

The book looks at the 7 C's of resilience which include:

- |             |               |
|-------------|---------------|
| -Competence | -Contribution |
| -Confidence | -Coping       |
| -Connection | -Control      |
| -Character  |               |

I have communicated with Dr. Ginsburg and he has given me permission to share with my parent community information about the 7 C's in our newsletter. Each month I will focus on one of these C's and explain what it is, how we are implementing it at Soledad High school, and how you can reinforce what we are teaching at home to ensure that all of our students leave school with the skills necessary to lead healthy, productive lives.

### QUOTE OF THE WEEK:

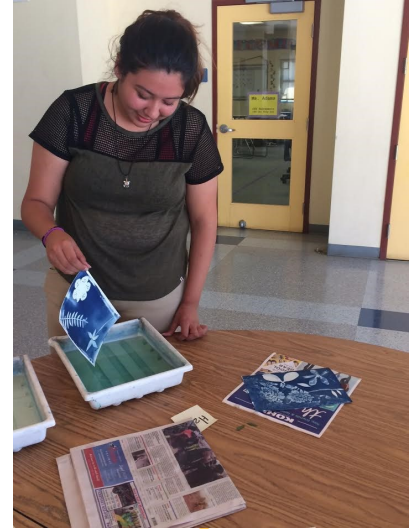
*"Courage is grace under pressure."*

- Ernest Hemingway

# In the Classroom

## By Ms. Still

*Students are working on making Cyanotype it is a photographic printing process that produces a cyan-blue print. Engineers used the process well into the 20th century as a simple and low-cost process to produce copies of drawings, referred to as blueprints.*



## Counselor

Any students interested in taking the ACT/SAT can see Cindy. The test dates are as follow:

For ACT

October 22

For SAT:

October 1

November 5

## Sports News

By Mrs. Kuchta

*The Football team has a game today against Salinas High it will be at The Pit in Salinas.*

*Girls Varsity and JV Volleyball won this past Tuesday against North County.*

*Cross Country will have their first meet in Salinas at Constitution Park.*

## 9/11 Ceremony

