

Weekly Bulletin



Friday, September 30

Special KUDOS

Kudos from
Mrs.Kuchta

-To all NJROTC
cadets who attended
both Volleyball
games this week for
the national anthem.

- JV Volleyball won
against King City
and PG.

- To Cross Country
team for their great
efforts this past meet
coming short for vic-
tory against Carmel,
but did beat Gonza-
les.

-To the following
teachers for a job
well done during
Adjunct Duty:

Mr. Bourke

Mr.Lang

Ms.Puaina

Mr.King

From The Principal's Desk

This month's examination of resilience and how we can help our children grow to be successful adults focuses upon Connection.

Children with close ties to family, friends, school, and community are more likely to have a solid sense of security that produces strong values and prevents them from seeking destructive alternatives. Family is the central force in any child's life, but connections to civic, educational, religious, and athletic groups can also increase a young person's sense of belonging to a wider world and being safe within it.

At Soledad High School our staff is dedicated to making individual connections with each student. Teachers and staff have the opportunity to work with students for multiple years over the course of their school career and get to know them on a personal level. In addition, student participation in extra-curricular activities is exceptionally high with a significant portion of our students involved in after school programs. Some students spend more time at school than they do at home and this could only happen if they felt a positive connection with the adults on the campus.

Some questions to ponder when considering how connected your child is to family and the broader world include:

Do we build a sense of physical safety and emotional security within our home?

Does my child know that I am absolutely crazy in love with him?

Do I understand that the challenges my child will put me through on his path towards independence are normal developmental phases or will I take them so personally that our relationship will be harmed?

Do I allow my child to have and express all types of emotions or do I suppress unpleasant feelings?

Is he learning that going to other people for emotional support during difficult times is productive or shameful?

Do we do everything to address conflict within our family and work to resolve problems rather than let them fester?

Do we have a television and entertainment center in almost every room or do we create a common space where our family shares time together?

Do I encourage my child to take pride in the various ethnic, religious, or cultural groups to which we belong?

Do I protect my friends' and neighbors' children, just as I hope they will protect mine?

For more ideas about the 7 C's of resilience and how to build a sense of connection in children please go to <http://fosteringresilience.com/>

Thanks!






The Counselors Corner

On Wednesday, September 28th the senior counselors held the senior parent meeting. Over 100 parents attended this very informational meeting. Representatives from Hartnell, ETS, and Gear up all made presentations about admissions and financial aid. On Monday, September 26th a representative from UC Berkeley spoke to over 50 seniors about UC admissions and UC Berkeley. Starting on Wednesday, October 5th the counselors will be in the computer lab to help seniors with their college applications. Seniors will be able to work on their applications and get any questions they may have answered at that time. The lab will be open every Wednesday, from 2:00 -3:30 until the end of November. On October 12th Soledad High School will be hosting Cash for College in rooms 1003 and 1004 from 6:00p.m to 8:00p.m.

Associated Student Body Updates

ATTENTION ALL STUDENTS INTERESTED IN GOING TO SPAIN AND ITALY NEXT SUMMER: There will be a parent meeting on Wednesday September 28th at 6pm in portable F for those who are interested. Ms. Zamora and Mr. Miguel will be discussing tour details. Make sure to tell your parents!!! Come by Mr. Miguel's class to pick up a parent invitation. Don't miss out on an great opportunity to travel with us! Hope to see you there!

Student Tutoring

Subject	Room	Monday	Tuesday	Wednesday	Thursday	Friday
Math & English	NJROTC 900	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am	6:30 am to 7:30 am
English	601	3:30 pm To 4:30 pm		Ms. Jimenez 2:10 pm to 3:10pm		3:30 pm To 4:30 pm
Math	1005	3:30 pm To 4:30 pm			3:30 pm To 4:30 pm	

October 1

October 3

October 4

October 5

October 6

October 7

-NJROTC Recycling Event

- No School
- Staff In-service

- Volleyball @ Anzar

-Full Staff Meeting

- Fall Choir Concert
- Timesheets Due
- Volleyball @ Carmel HS
- Football @ Monterey Pen. College