

# Get the Insight

INSIGHT SCHOOLS OF CALIFORNIA: SEPTEMBER NEWSLETTER



## LEADERSHIP LOUNGE

### WELCOME TO THE 2019-2020 SCHOOL YEAR!

Here at the Insight Schools of California, we strive to provide each and every one of you an amazing education. I hope this school year brings you success and the education that you deserve. Our staff here at Insight is one of the best and will do everything in their power to support you and welcome you. Whether you are a new student with us or returning because you love us, our investment in you is the same. We all believe that you have the ability to achieve your dream of graduating high school, and we look forward to the 2019-2020 school year to help make that dream a reality. Remember that you and your future are worth the hard work. Good luck!



Kimberly Odom

## FAMILY ENGAGEMENT

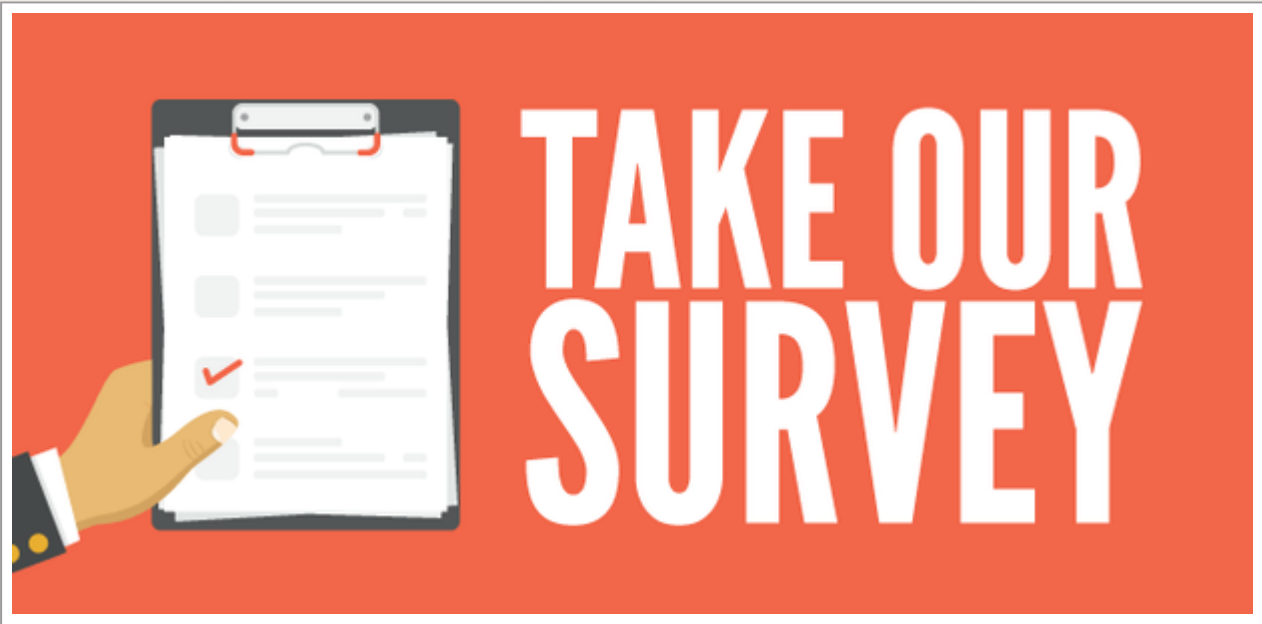
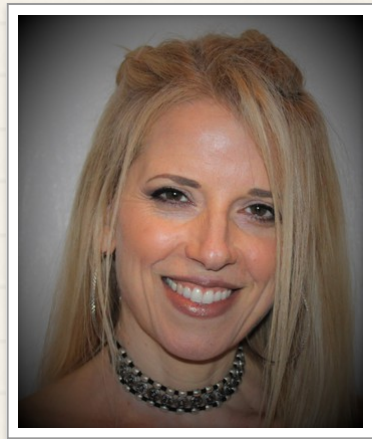
### WELCOME BACK!

Hi Families!

I am so excited to take on the role of Family Engagement Coordinator. I look forward to creating lots of opportunities to help you feel connected to and a part of the Insight family. Please click the image below and fill out a short survey to give me more ideas of how to make

school more fun, enjoyable, and successful for you. It will give you the chance to have input on events, activities, clubs, and Learning Coach topics you'd like to us to offer.

I look forward to seeing and engaging with you!  
Janine Terrazas

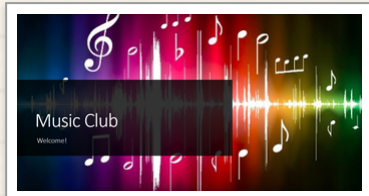


## INSIGHT OUTINGS

Click the image below to check the outings website for Face-2-Face events, coming soon!

Insight Schools of California

In Person and Virtual Events



## INSIGHT VIRTUAL CLUBS!

Insight clubs will be coming soon! Please fill out the survey above to let me know your areas of interest.



## LEARNING COACH UNIVERSITY (LCU)

Insight will be offering virtual sessions of Learning Coach University to help you learn to support your student in the best way possible. Keep an eye out for the October newsletter for a list of upcoming topics.



### September Session of LCU

- Thursday, 9/26 at 6 PM-7 PM

### Topics

- Meet & Greet - Get to know me and other Learning Coaches
- One Stop Shop - The place to go for all you need to know!
- Q&A - Urgent questions? Feeling lost? I'm here to help!

Click [HERE](#) to join!

In the meantime, download the flyers below to register for **Learning Coach University** and **Coach to Coach Sessions** conducted by K12.



K12 - Learning Coach University Sept-Oct 2019.pdf

[Download](#)  
474.6 KB



K12 - Learning Coach University Nov-Dec 2019.pdf

[Download](#)  
491.7 KB



K12 - Coach to Coach - Sept-Oct 2019.pdf

[Download](#)  
390.0 KB



K12 - Coach to Coach - Nov-Dec 2019.pdf

[Download](#)  
286.7 KB



Visit the LC One-Stop-Shop to download important school documents, view How-To videos, learn how attendance works, and more!

## COLLEGE & CAREER HIGHLIGHT



## WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

That is a question we are asked often as children. When you were younger, maybe you knew what you wanted to be, but as you get older, you are not so sure. Learning more about yourself

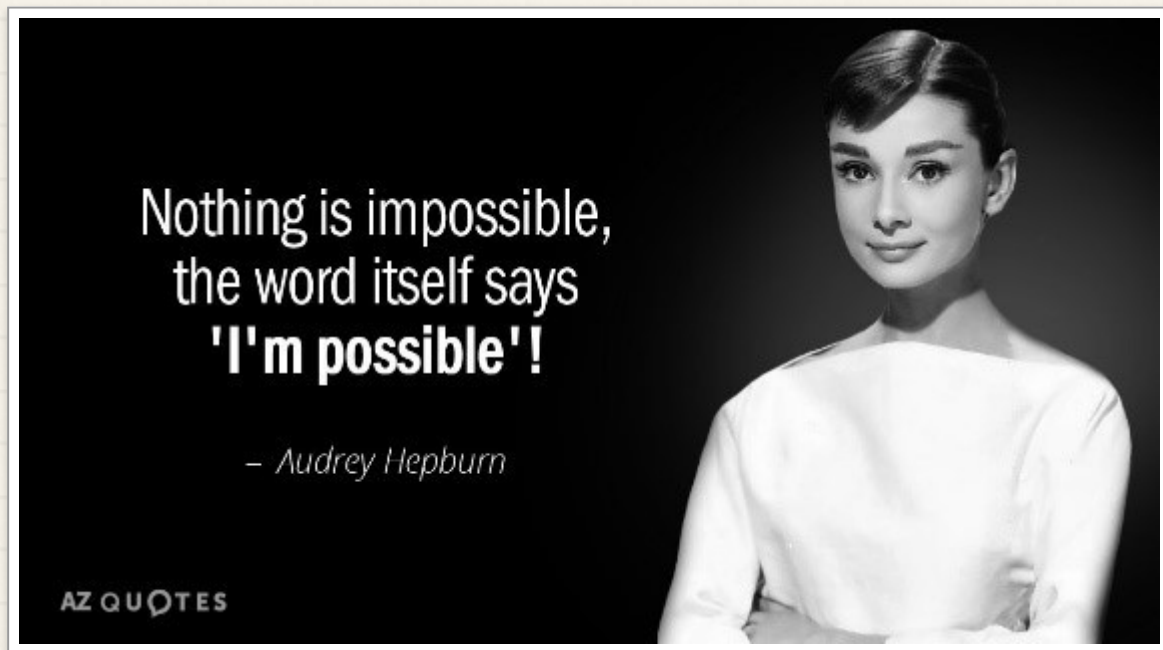
can help guide you on your career path. This month, we encourage you to take this online quiz and see what career options might suit your personality.

LINKS: <https://365tests.com/job-tests/career-assessment-test/>

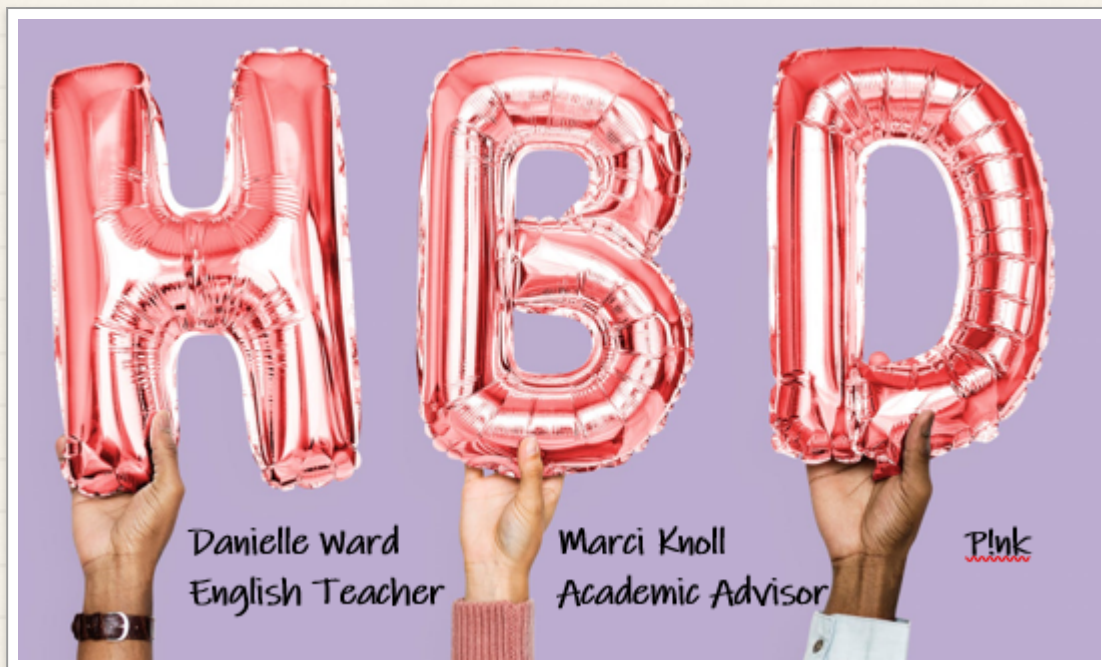
## 7 MINDSETS QUOTE FOR SEPTEMBER!

### **Everything is Possible:**

The Everything is Possible mindset provides an understanding that we are all capable of extraordinary lives. We learn that everything in existence was once just an idea, until someone believed it was possible and turned it into a reality. Embracing this fact allows one to envision a wonderful life, expect greatness, and effectively execute the process of making dreams come true.



## SEPTEMBER BIRTHDAYS



## ATTENDANCE MATTERS: WHERE YOU BELONG

### A MESSAGE FROM FAST: FAMILY ACADEMIC SUPPORT TEAM

Hi there!

My name is Rachelle Maclver and I am one of the Compliance Liaisons at Insight. I am here to help you with your attendance.

A little about me: I live in Fresno with my super funny husband, Rich, and my 3 kiddos: Ryne, Shannon, and Drew. I love the outdoors and try to spend as much time as I can hiking, trail running, cycling, and camping. I recently hiked the Grand Canyon and climbed to the top of Half Dome. I LOVE working with students, and I'm excited to help support you. I believe you can make your dreams happen with hard work and perseverance!!

Ms. Maclver



### ATTENDANCE FACTS AND INFORMATION:

**Fact:** When students improve attendance, they improve their academic prospects and chances for graduating.

**Fact:** Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school. **Start good habits and encourage perfect attendance in the first month of the school year.**

**Fact:** Communication is key: solutions to good school attendance require shared responsibility among students, parents, educators, and the community.

### 1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

- **Log in EVERY school day**
- Attend your live sessions (Blackboard live classes with your teachers)
- **Complete your course work** (this requires you to log in to each course and complete assignments every day!)
- **Stay in touch with your Academic Advisor** (this is your homeroom teacher). They are here to support your every need!



[Click here to visit our FAST website!](#)

FAST: Family Academic Support Team! Click on website to read more about how we help students and families! We provide many resources and different layers of support!

## COUNSELOR'S CORNER



## SUICIDE PREVENTION - BY MONICA CHATFIELD

Greetings Insight Students and Families,



On behalf of the Counseling Team at Insight Schools, please let me welcome you to the 2019-2020 school year! Our goal as a department is to keep our students safe and healthy on your high school journey. Today I'd like to talk to you briefly about an important and distressing topic, Teen Suicide, because communicating openly about it will lead to greater prevention. Your Insight family takes your mental health seriously, and together we hope to reverse the alarming trend that continues to plague today's teens.

### **Suicide deaths among adolescents are rising**

- Suicide is the 3rd leading cause of death for youth between the ages of 10-24
- 15-19-year-olds are the most at-risk age group
- More lethal methods of suicide are being used in recent years
- Teenage suicides are more prevalent in rural areas, nearly double that of urban areas

### **What are the Warning Signs of Teen Suicide?**

- Marked fall in school performance
- Poor grades despite trying very hard
- Severe worry/anxiety as shown by refusal to go to school, go to sleep, or take part in activities
- Pronounced changes in sleeping or eating habits
- Extreme difficulty concentrating
- Sexual acting out
- Severe mood swings
- Repeated use of alcohol and/or drug use
- Depression, prolonged negative moods, accompanied by poor appetite, difficulty sleeping and thoughts of death

### **What Can You Do To Help A Suicidal Friend?**

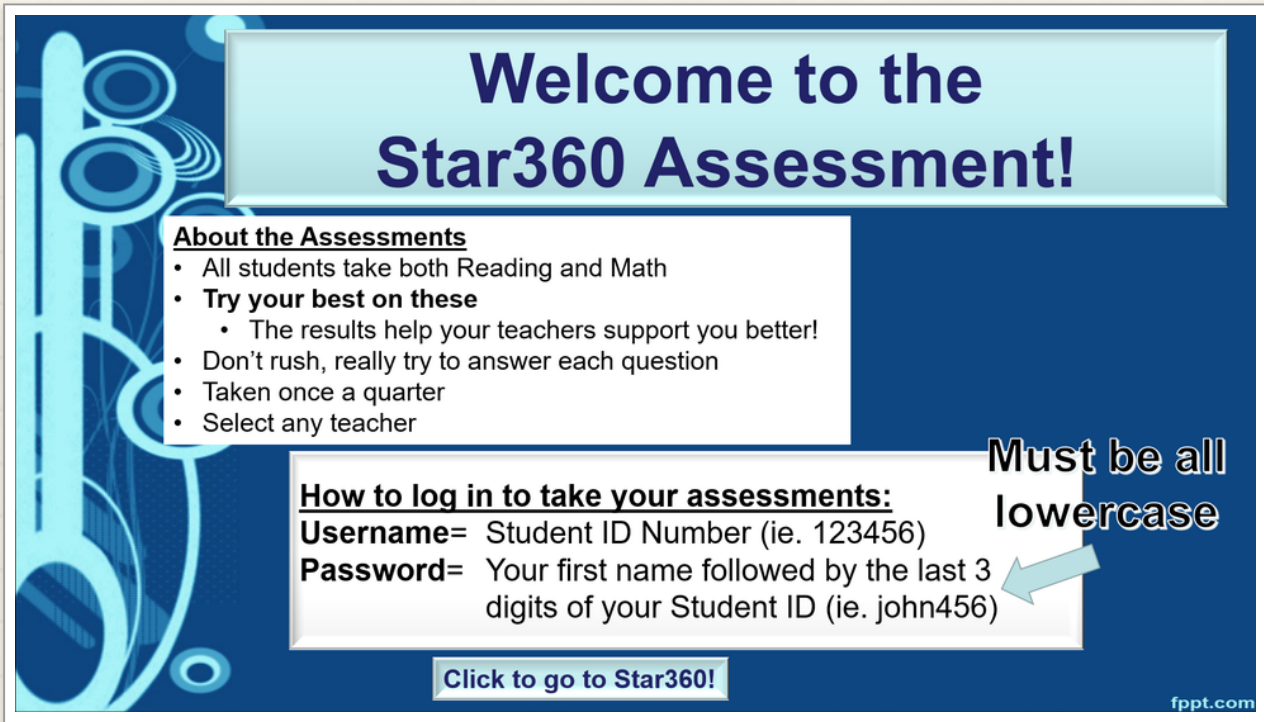
- Listen to your friend's feelings.
- Be direct about the situation: "Are you considering suicide? Do you have a plan? Will you talk to someone who will help?"



- Get help from: hospital, family physician, counselors, clergy, teacher, advisor, psychiatrist, etc. Take them to the person, if possible.
- Call 911 if danger is immediate. (Never swear to secrecy; your friend might get mad at you, but they will be alive!)

### Resources

- Hotline: 1-800-273-8255
- Textline: 741741 from anywhere in the US
- Website: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- Websites geared for teens: [www.halfofus.com](http://www.halfofus.com) and <http://jasonfoundation.com/>



**Welcome to the Star360 Assessment!**

**About the Assessments**

- All students take both Reading and Math
- **Try your best on these**
  - The results help your teachers support you better!
- Don't rush, really try to answer each question
- Taken once a quarter
- Select any teacher

**How to log in to take your assessments:**

**Username=** Student ID Number (ie. 123456)

**Password=** Your first name followed by the last 3 digits of your Student ID (ie. john456)

**Must be all lowercase** ←

[Click to go to Star360!](#)

fppt.com

## STUDENTS! INTERESTED IN CONTRIBUTING TO THE MONTHLY NEWSLETTER?

If you are interested in contributing to the monthly newsletter, please contact Janine Terrazas at [jterrazas@k12insightca.org](mailto:jterrazas@k12insightca.org)

For Example:

Student Birthday

Student Art & Photography

Student Writing



