

GET THE INSIGHT

— **INSIGHT SCHOOLS OF CALIFORNIA: OCTOBER NEWSLETTER** —



LEADERSHIP LOUNGE

A MESSAGE FROM OUR ACADEMIC ADMINISTRATOR

I cannot believe we have entered the month of October already! This month brings some exciting changes, and not just to the weather! This month, we will begin hosting in-person events aimed at providing you with opportunities to interact with your peers, meet some of your teachers, and hopefully experience something new. Throughout the year and in various locations, we will offer opportunities to tour community college and vocational school campuses, provide service to our communities, and just have fun together. We hope that you will join us on as many of these adventures as possible! This month will also bring the end of Quarter 1 and the start of Quarter 2 – Be sure to continue attending daily and keeping up on your schoolwork, since the end of the quarter will be upon us before you know it. During Quarter 2, we will also begin having regular club meetings, so I encourage you to check them out and to take advantage of any opportunities to be involved in these, in your classes, and in school in general.



I hope that your month is filled with fun, success, and as much pumpkin spice as you can handle!

Morgan Vincent

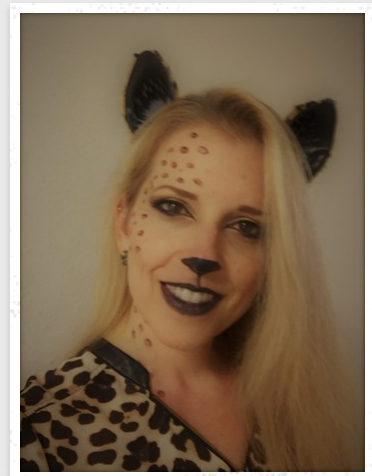


FAMILY ENGAGEMENT

A MESSAGE FROM YOUR FAMILY ENGAGEMENT COORDINATOR

Hi Families!

It was great seeing some of your smiling faces and meeting so many Learning Coaches at our first session of LC University. Check out the awesome events on the schedule for this month, as well as the new clubs just starting up. I'm enjoying developing our Insight family. One of the drawbacks to online school is that it's harder to get that sense of belonging. If you have any ideas for ways to help increase the feeling of community, please reach out to me!



If you haven't done so, 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.

See you soon!
Janine Terrazas



INSIGHT OUTINGS

Our outings website has been updated, and events for October have been added. Click the image below to check out events near you! Check back regularly, as events are being added all the time!



INSIGHT VIRTUAL CLUBS!



Club Launch/Intro Session – Join us to discuss upcoming clubs, club schedule, and ways to get involved!

- Thursday, October 10th, 3:30-4 PM
- [Click HERE to join!](#)

Teen Pregnancy/Parenting Support Group – Are you expecting? Are you already a parent? Join this group to share your experience with others and get some tips to help you learn to juggle all your responsibilities.

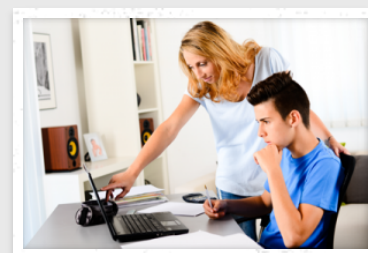
- Thursday, October 17th, 3:30-4 PM
- [Click HERE to join!](#)

LGBTQI+ Support Group – Lesbian, gay, bisexual, transgender, queer/questioning, intersex, + allies, etc.

- Check out this [SITE](#) for more info
- Thursday, October 24th, 3:30-4 PM
- [Click HERE to join!](#)

LEARNING COACH UNIVERSITY (LCU)

I will be conducting virtual sessions of Learning Coach University to help you learn to support your student in the best way possible. It was great to see some of you at our first session last month. Each month, we will go over a main topic, discuss student motivation tips, and have Question & Answer time. See our list of upcoming sessions below:



Thursday, October 24, 6 PM

- Main Topic: Tech help & Microsoft Office Basics
- [Click here to join!](#)

Thursday, November 21, 6 PM

Thursday, December 12, 6 PM

For more information, download the flyers below to register for **Learning Coach University** and **Coach to Coach Sessions** conducted by K-12.



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



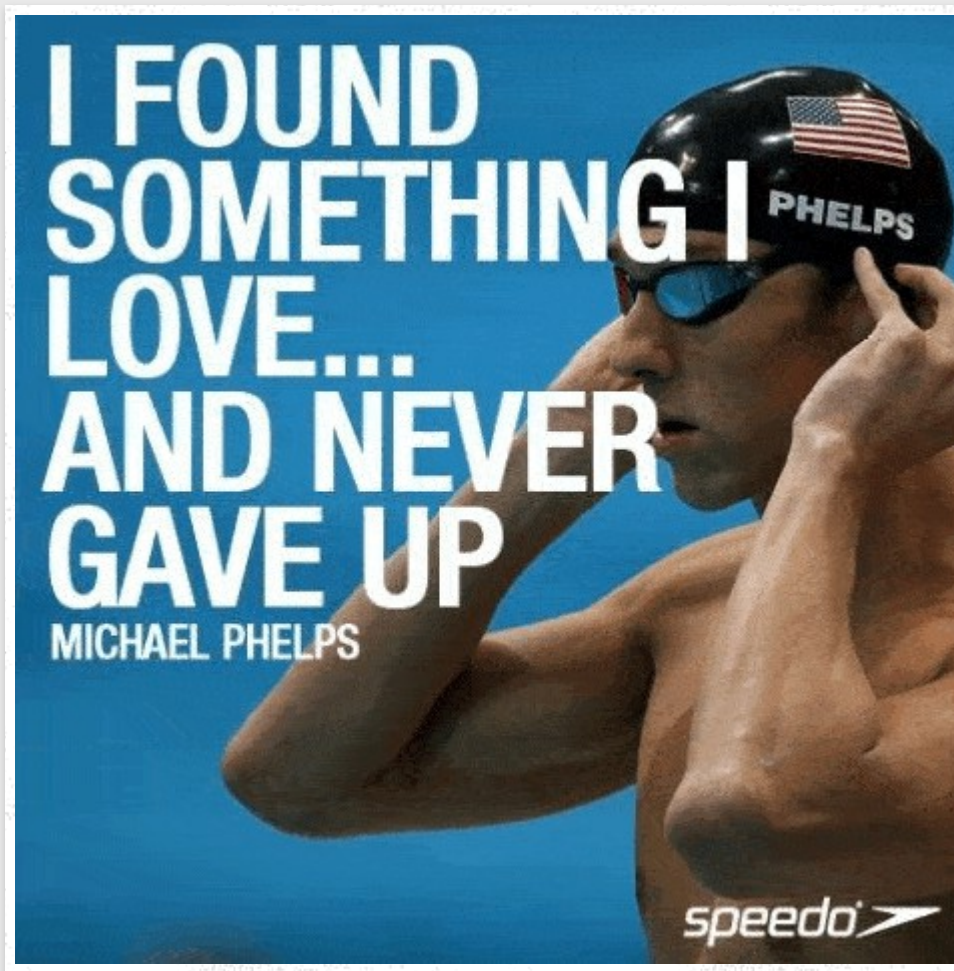
COMMUNITY COLLEGE: EXACTLY WHAT IS IT AND HOW CAN I FIND ONE THAT WILL WORK FOR ME?

Community college refers to a higher educational institution that provides workforce education and college transfer academic programs. Also known as Junior College, City College, Two-Year College, and/or continuing education. Student usually can earn Certificates, Diploma's, and associate degrees. There are 115 Community Colleges currently in the state of California. **Please review the California Community Colleges Website to explore your options!** <https://www.cccco.edu/>

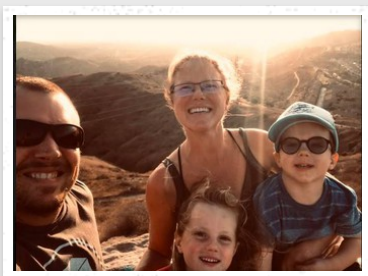
7 MINDSETS QUOTE FOR OCTOBER!

Passion First:

The Passion First mindset teaches us that we are each a unique expression of human life, and that our lives should be focused on finding our unique genius and sharing it with the world to the maximum extent possible. Learn to make your dreams authentic, and of such critical importance, that you'll find the fuel to overcome any obstacles you face on the way to achieving them.



TEACHER TRIBUTE



JEN BUEHLER

My name is Jen Buehler, and this is my third year as an Academic Advisor with Insight. I absolutely love my job! I love our school and am so happy to be working with such amazing students!

Before coming to Insight, I taught Social Science for five years in Benicia, California (a small town in the Bay area that was once the capital of California!). I enjoy the outdoors and love hiking, camping, rock climbing, traveling, and exploring. I have lived in a variety of awesome places in California and have traveled a lot around the world. I currently live in Orange, California with my amazing husband, two incredible kids, and our very intelligent German Shepard.



OCTOBER BIRTHDAYS

A meme featuring the Wicked Witch of the West from the movie 'The Wizard of Oz'. She is shown with her characteristic green skin and black hat, holding a blue egg. The text 'HAVE A WICKED BIRTHDAY' is overlaid at the top, and 'MY PRETTY' is overlaid at the bottom.

**HAVE A WICKED
BIRTHDAY**

MY PRETTY

Heather Paraiso	Heather Raposo	Renee Gurley	Richelle Yau	John Lennon
Academic Advisor	Compliance Liaison	English Teacher	Special Education Teacher	Zach Galifianakis

ATTENDANCE MATTERS: WHERE YOU BELONG

A MESSAGE FROM FAST: FAMILY ACADEMIC SUPPORT TEAM

Hello my name is Heather Raposo, and I am part of the Family Academic Support Team (FAST) here at Insight Schools. I work with "Non-Compliance." I know that is a big scary word, but it basically means, one who is not following through with the enrollment requirements; this can be in attendance, communicating with your teachers/staff, or having low-progress. FAST isn't about consequences, but rather, we are here to support you and get you to your graduation goal!! A little bit more about me: I am a computer geek and love to tinker with technology (Apple Devices are my favorite). Traveling is a passion of mine, and I have been to 18 countries and hope to visit Portugal next year, making it my 19th country!!! My husband, Pedro, is from Portugal, and he was born and raised in the Azores Islands. I also have two adult children, Cameron and Kaitlyn. Kaitlyn was an Insight Schools student and graduated with us in 2017, so I have the unique perspective of not only a staff member, but a parent and Learning coach too!



TIPS FOR STUDENT SUCCESS:

Design a Daily Routine. I suggest that on Monday morning, you log into the OHS and check your schedule. You will be able to see when all of your Live CC sessions are happening for the entire week. Using this information, you can write out a plan for your week. Make sure you plan your wake-up time, your Live CC sessions, OHS Daily Assignment time, Lunch time, Fun time, and Bed time. 😊 This will help you get the most important things done each day, and make sure that you're accessing your courses and getting attendance credit. Margaret Thatcher said, "Plan your work for today and every day, then work your plan."

[**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!

INCENTIVES, INCENTIVES, INCENTIVES!

OCTOBER 2019
Insight Attendance Challenge

Log in to class every school day for the month of October and you will be eligible to win prizes, including a \$20 Gift Card!

Weekly Raffle — You will be entered in the weekly raffle on Monday if you attended all school days the week before.

Monthly Raffle — You will be entered in the monthly raffle if you have perfect attendance for the Month of October



every day counts
ATTEND TODAY -
ACHIEVE TOMORROW!

COUNSELOR'S CORNER



OCTOBER IS NATIONAL BULLYING PREVENTION MONTH!

Did you know that more than one in five students [reports](#) being bullied at school each year? Sadly, this number would likely be even higher if all incidents of bullying were reported. There are various forms of bullying, which include cyberbullying (social media), physical (shoving, hitting), sexual harassment, verbal, written (including texts), social (intimidation, spreading rumors), racial or ethnic, and so many more. Insight is a bully-free school, and you are encouraged to reach out to your teachers if you are ever bullied here. Additionally, if you are being bullied outside of school, reach out to your counselor who can offer more information on how to handle bullies. Bullying causes fear, emotional damage, stops us from being who we want to be, prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! There are two additional factors to consider regarding bullying:



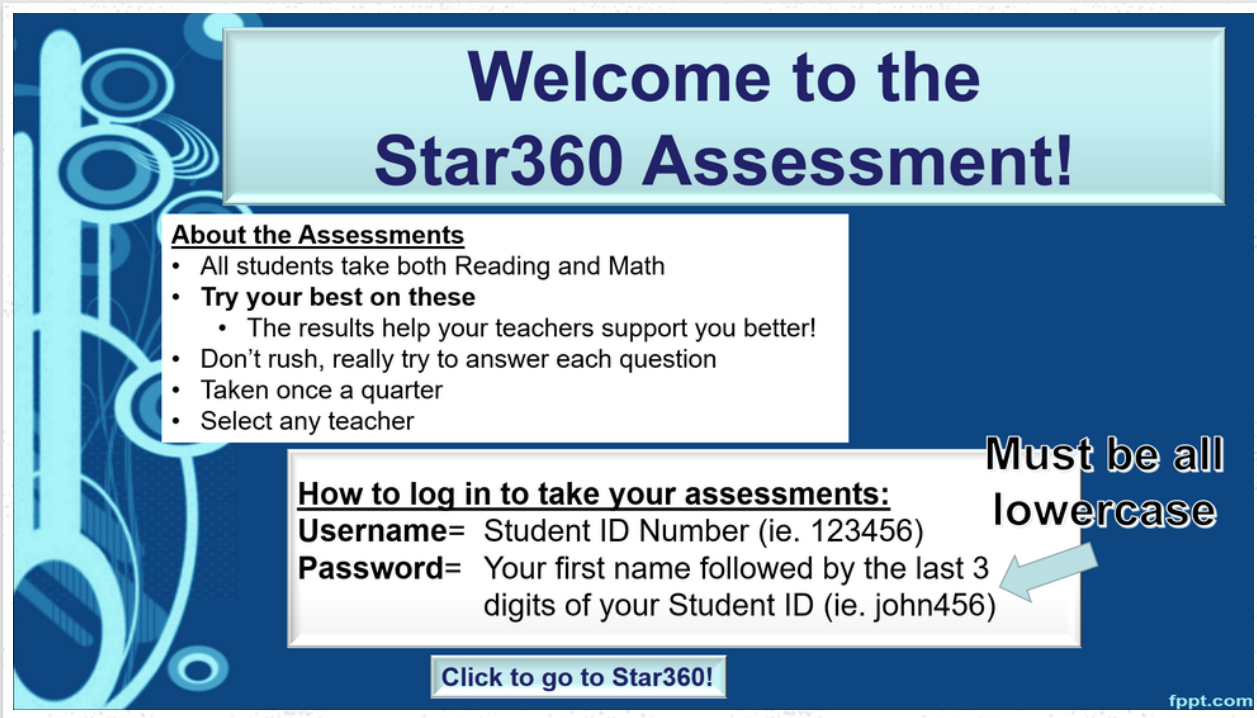
1. Bullying involves **An Imbalance of Power**: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

2. **Repetition**: Bullying behaviors happen more than once or have the potential to happen more than once.

If you are being bullied, SPEAK UP. If you feel uncomfortable with the comments or actions of someone... tell someone! It is better to let a trusted adult know, than to let the problem continue.

- Get familiar with [what bullying is](#) and [what it is not](#). If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- If you feel like you are at risk of harming yourself or others [get help now!](#)
- Learn more about [cyberbullying](#) and [how to respond](#) if it is happening to you.

- What if you aren't being bullied, but your friend is? Learn how [you can be more than a bystander](#).



**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

For Example:

Student Birthday

Student Art & Photography

Student Writing



