

Get the Insight

INSIGHT SCHOOLS OF CALIFORNIA: NOVEMBER NEWSLETTER



LEADERSHIP LOUNGE

HAPPY NOVEMBER, INSIGHT FAMILY!

My name is Mrs. Peterson, and I am an administrator here at Insight. I am a mother of 5 children (pictured below), and I love to create adventures with my family. This picture was taken after a beautiful hike in Zion National park.

I am so thrilled to address you this month, as we are beginning our second quarter of the year! Can you believe it?! It is amazing how quickly time runs away from us. I am so proud of your efforts and determination to be successful. I am proud of the obstacles you have overcome and the challenges you will yet overcome this quarter. Please know, I am cheering for you each and every day.



Briette C. Peterson, M.A.Ed.
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Here are some tips to stay successful at Insight

- 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/homework every day!)
- Stay in touch with your Academic Advisor (This is your homeroom teacher. They are here to support your every need!)

We are here for you!

Briette



FAMILY ENGAGEMENT



HAPPY FALL, INSIGHT FAMILIES!

Fall is my favorite time of year. I love when the weather starts to (finally) cool down, and I get to pull out my boots and sweaters.

I also love that the school year is in full swing, and we can start to really get to know each other. We've had our club kick-off and the first of our support groups, and I am looking forward to our clubs starting this month. Please, come join us and have see what the fun is all about. I truly want to help make Insight a place to go for friendship, support, and fun. Help me make the clubs a place for you! Learning Coach University is also starting off strong, and I am enjoying helping your LCs learn how to better support you. Please, encourage them to join in and check it out.

Please click the image below if you haven't taken our short survey to give me more ideas of how to make school more fun, enjoyable, and successful for you.

Looking forward to seeing you soon!



INSIGHT OUTINGS

Click the image below to check out the Outings Website for more info on events near you!
Check back regularly, as events are being added all the time!

Insight Schools of California

In Person and Virtual Events

[Click this image to check out Face-2-Face events near you!](#)

Event/Site Name	Staff Member		City	Date	Time
	#1	#2			
San Bernardino Valley College	Ashley Boucher		San Bernardino	11/4	11 AM-12:30 PM
Wildlife Sanctuary Tours at Mount SAC Community College	Stephanie Zamora	Renee Gurley	Walnut	11/5	10 AM to 11 AM
Orbit Lanes	Rachelle MacIver	Heather Raposo	Dinuba	11/5	12-3 PM
FIDM OC Campus Tour	Marci Knoll	Jen Buehler	Irvine	11/7	12:15 PM
Concorde Career College Tour	Trislyn Gay	Maryrose Pratt	San Bernardino	11/7	10 AM-12 PM
Griffith Observatory	Brittney Fiorello-Larkin	Kelly Mortensen	Los Angeles	11/8	12:00 PM
Riverside City College Tour	Jeana Flores	Kristy Alexis	Riverside	11/8	9:00 AM
Crocker Art Museum	Leah Savage	Chris Corniola and Sabrina Bovee	Sacramento	11/8	11:00 AM
Operation Gratitude @ Starbucks	Wade Perkins	Brittany Olson	Thousand Oaks	11/8	9 AM-12 PM
Operation Gratitude @ Starbucks	Bo Binas		Chatsworth	11/15	12-3 PM
Micke Grove Zoo	Taylor Barter	Sammie Matthews	Lodi	11/19	11-1 PM
Modesto Technical College Tour	Jake Wheeler	Jaime Forrest	Modesto	11/20	12:30-2:30 PM
Heritage House	Danielle Ward	Bo Binas	Riverside	11/22	12:00 PM



INSIGHT VIRTUAL CLUBS!

Makeup & Fashion Club – Love makeup and fashion? Want to show off your mad skills or learn more? This club is for you!

- Tuesday, November 5th, 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, November 7th, 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, November 14th, 3:30-4 PM
- [Click HERE to join!](#)

Art & Travel Club – If you love art and travel, love to draw, look at art, or want to visit exotic places, this club is for you!

- Tuesday, November 19th, 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, November 21st, 3:30-4 PM
- [Click HERE to join!](#)

LEARNING COACH UNIVERSITY (LCU)

I am conducting monthly, virtual sessions of Learning Coach University to help you learn to support your student in the best way possible. I'm glad so many of you are joining us. 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, November 21, 6 PM

- Main Topic: Daily To-Do List/Expectations - setting daily routines, check-in times, and monitoring student progress
- [Click here to join!](#)

Thursday, December 12, 6 PM

- Main Topic: LC Responsibilities - staying compliant

Thursday, January 30, 6 PM

- Main Topic: Motivating students to attend school and work in classes

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



K12 - Learning Coach University Nov-Dec 2019.pdf

[Download](#)
491.7 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



FIRST JOB IDEAS FOR TEENS

When you're just starting out and haven't worked at a real job before, the best type of position to look for is one that doesn't require formal skills and experience. There are plenty of jobs available for those just starting out in the workforce, especially if they are willing to work minimum wage jobs in order to gain valuable work experience.

Click the link below for some useful information on where to get hired, first job options, what you need to do to get hired, and how to find your first job.

<https://www.thebalancecareers.com/list-of-good-first-job-ideas-for-teens-2062235>

7 MINDSETS QUOTE FOR NOVEMBER!

Attitude of Gratitude:

The Attitude of Gratitude mindset teaches us that we build our lives on either positive or negative foundations. Choose the positives, and you are on your way toward extraordinary success. Choose the negatives, and you will likely start on a downward spiral.

❁ Gratitude Stones ❁

This little pouch of burlap holds more than rock and stone.
It's got a bit of magic for you and you alone.

How it works is simple. Put each one on display
Somewhere you will find it as you go throughout your day.

Stick one in a kitchen drawer or on your bedroom stand.
Put one in your pocket. to keep it close at hand!

Place one on a shelf or desk. Place one in your car.
Just anywhere you'll notice it no matter where you are.

And every time you see a stone. this is what you do:
Think of something in your life that means a lot to you.

It only must be something that you seldom bring to mind.
The things you take for granted cause you have them all the time.

Make sure each thought is different (a most important part)
And take about 10 seconds to feel thankful in your heart.

And soon, before you know it, the magic will take place.
And every day you'll find you have a smile upon your face.

Who knew life could get much better by a small stone on a shelf?
But that's how being grateful works. Just try it for yourself!

© www.ourpeacefulplanet.com

TEACHER TRIBUTE



JACK FRANGIAMORE

Hi! My name is Jack Frangiamore. This is my fourth year teaching Math at Insight, specifically Consumer Math and Personal Finance. Before Insight, I taught Math (and sometimes Science) at Centennial High School in Compton for 6 years, then 20 years at Bellflower High School in Bellflower.

I retired from the US Army National Guard in 2015 as a First Sergeant after 20 years of service. I was deployed twice after 9/11, both times for one year in duration. I attend Seacoast Grace Church in Cypress. I'm a big fan of the Boston Red Sox and Seinfeld. I live in Orange County with my wife Laura, 2 dogs, and 3 cats.



NOVEMBER BIRTHDAYS



STUDENT SPOTLIGHT! DAVID F.

Hello! My name is David, and I am a senior at Insight. I have been homeschooled for the past 3 years; 2 years at Cava and this last and final year at Insight. I have enjoyed being homeschooled because I feel more comfortable asking teachers questions about homework, and they also care more about the students. One of the reasons I wanted to try homeschooling was that I felt that the teachers at my old High School didn't care much about their students, and I was also getting bullied. Being homeschooled has helped me develop as a person and has helped me put time into running. One of my hobbies I get to do every day after school is going for my daily runs. I usually run 5-6 days a week, and I love to do it.

I have done one Half Marathon in 2018, where I ended up second place in my age group with a time of 1:43:28. I have also done three 10k races and one 5k race. My favorite long-distance race is the half marathon because it is something that is not too challenging for me to do. Recently, I did my 3rd 10k race, where I ended up getting 5th place overall in the men's group and first in my age group. My time was 43:49, just one minute off my goal time, with a pace of 6:58. I had a couple of setbacks which caused me to miss my goal, so for the next 4 months, I am going to build my aerobic stamina and train for my second half marathon in 2020. My goal time that I would like to hit is 1:30 minutes, which is 6:30 pace.

After high school, I would like to go to my local community college for two years than transfer to a university to become a sports nutritionist.

Laps ▲	Time	Cumulative Time	Moving Time	Distance	Elev Gain	Elev Loss	Avg Pace
1	6:46.2	6:46.2	6:45	1.00	7	--	6:46
2	7:04.3	13:51	7:04	1.00	46	--	7:04
3	7:20.7	21:11	7:20.7	1.00	78	20	7:21
4	6:57.3	28:09	6:57	1.00	--	61	6:57
5	6:57.5	35:06	6:57.5	1.00	19	36	6:58
6	6:45.8	41:52	6:45.8	1.00	--	33	6:46
7	2:08.7	44:01	2:03	0.32	8	--	6:39
Summary	44:01	44:01	43:53	6.32	157	149	6:58

ATTENDANCE MATTERS: WHERE YOU BELONG

A MESSAGE FROM FAST: FAMILY ACADEMIC SUPPORT TEAM

Great job on attendance last month! A big thank you for making your presence a priority! Let's keep working to improve and remember that attendance is an important life skill. Regular attendance = SUCCESS in school and life. If you're not going to school, you will miss out on learning new things, support and help from your teachers, and school activities and clubs. Remember that you'll do better in school if you attend on a consistent basis. Be here. Everyday!



We are going to have another Attendance Challenge for November. Make sure that you're logging in EVERY day and working in your courses. For every week of perfect attendance, you will be entered into a drawing for gift cards. We will have drawings weekly and a \$20 gift card for perfect attendance for the month.

#AttendanceMatters

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!

November 2019
Insight
Attendance
Challenge



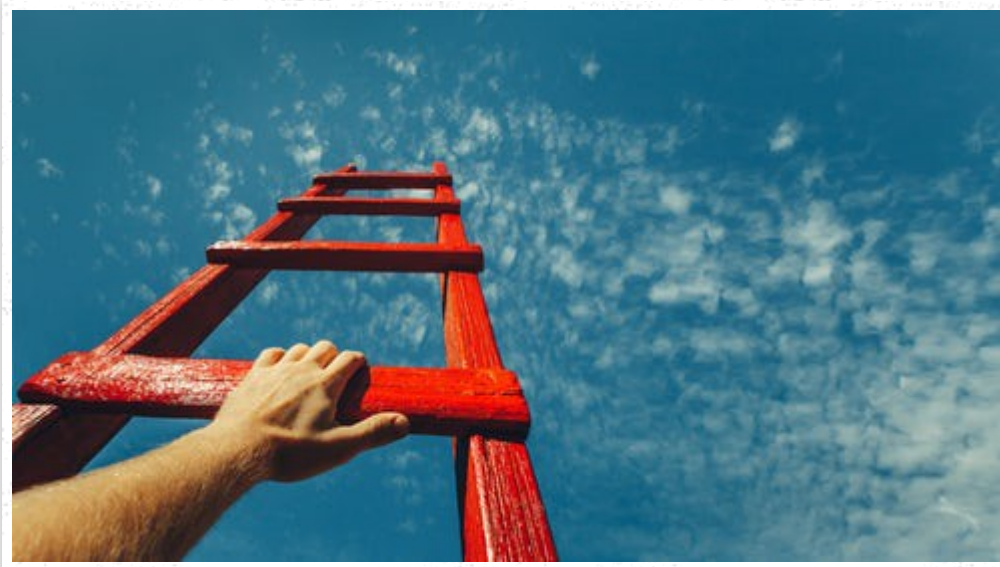
EVERY SCHOOL
DAY COUNTS

Log in to class every school day for the month of November 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 November

COUNSELOR'S CORNER



CAREER DEVELOPMENT: FROM YOUR COUNSELING TEAM

Do you know what career you want to pursue yet?

If you do, **YOU'RE LUCKY!** Most high school students don't know what they want to do yet, and that's why the career development process is so important.

Career Planning includes the stages involved in discovering a **career** path, including self-assessment, research, decision making, **job** searching, and accepting a **job** offer. It assists students in making informed decisions about their life, study, and/or work options.

What factors influence Career Development?



- **Personal Characteristics:** Personality type, interests, aptitudes, and work-related values make all of us who we are.
- These personal characteristics play a significant role in **career development** since they **influence** which occupations we find satisfying, as well as the types of work environments in which we will succeed.
- Click [here](#) to visit our counseling website and take some Career Interest quizzes.

How to Write a Career Development Plan

- Explore your interests
- Learn about yourself
- Do your research
 1. Identify possible careers
 2. Identify additional skills and experience.
- Get Experience
 1. Job Shadow
 2. Internships
 3. Jobs
- Train for the career
 1. High School
 2. Trade Schools/Apprenticeship programs
 3. College
 4. Military

Everyone's career path is different, and there is no **"right"** way to start a career. Whatever career path you choose, remember that you can change your mind at any time. There's always the flexibility to change direction. A career is not a life sentence.

If at some point you realize, *"I don't want to do this,"* back up and ask yourself the same questions again: *"What am I good at? What do I like to do?"* And have the confidence to work toward your ideal career, even if it seems out of reach.

Put a plan together and go for it, even if everyone else says you're crazy, or you'll never make it! Visit our [counseling website](#) for a wealth of Career Planning information!

14TH ANNUAL K12 ART CONTEST



HTTP://STORIES.K12.COM/

K12 wants to give you a chance to share your adventurous side by participating in this year's annual Art Contest. Whether your idea of excitement is rock climbing across the world or reading a book about creatures in a far-off galaxy, we want to know more about the adventures you can imagine.

Choose the adventure. Choose the art medium. Choose to share.

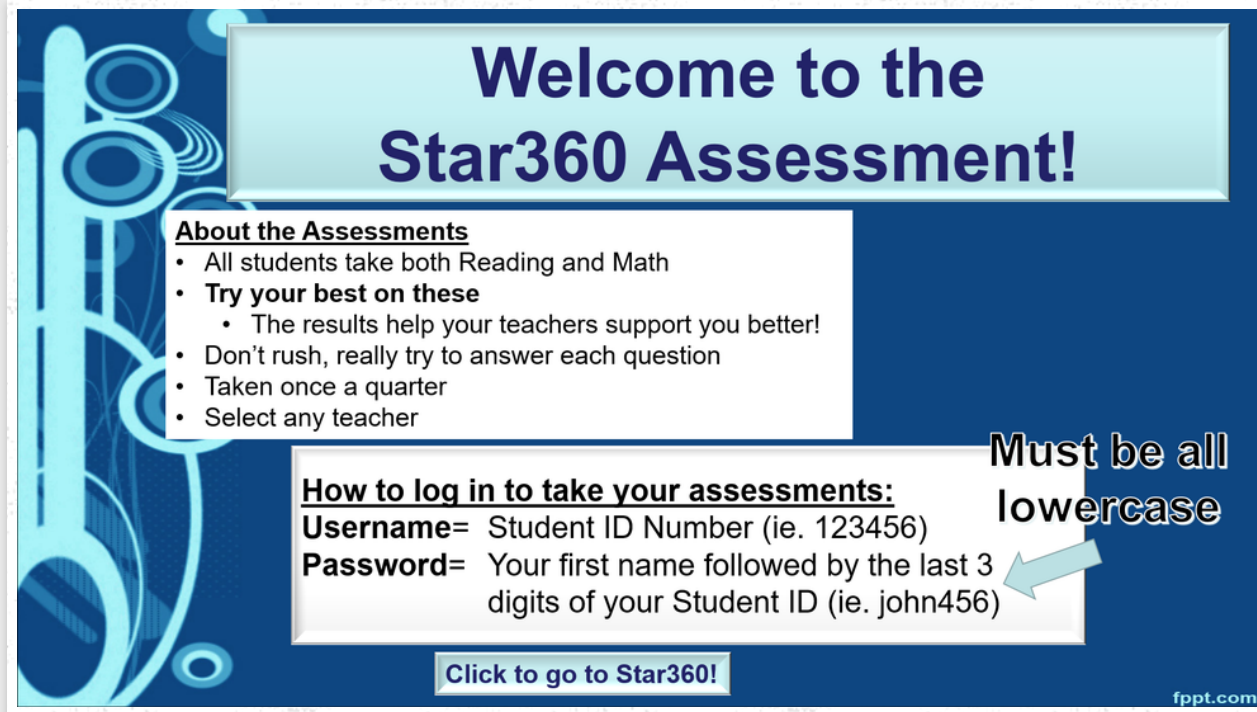
Then, we choose the winners.

Students in kindergarten through 12th grade are invited to participate and are encouraged to submit as many entries as they'd like.

Prizes will be awarded to the top three winners from each grade level and an overall Best-in-Show winner. See the [official rules](#) for details.

Stuck getting started? Here are some creativity prompts to get the adventurous ideas started!

1. Explore Something New—Imagine you're an explorer. What are you up to?
2. Travel the Globe—Imagine you could travel anywhere. Where would you go?
3. Design a Superhero—Imagine you're a superhero? What does your day look like?



**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

