Peak Prep Principal's Update

November 10, 2020

Peak Prep Mascot Name Survey

When

Tuesday, Nov. 10th, 8:30am-3:30pm

Where

This is an online event.

More information

The Polar Bear School Spirit Team is working on developing the personae of our school mascot. Please take a minute to complete this survey to determine the name and character of our school mascot, the Polar Bear.

https://tinyurl.com/PeakPolarBear



No School Tomorrow-Veterans Day

Peak Prep Pleasant Valley will be closed for Veterans Day on Wednesday, November 11th, 2020.

Students are more than welcome to continue their curriculum, but our staff will be unavailable.

Dear Families,

Happy November to everyone! I hope that you were able to have a fun and safe Halloween with your families! We have about six weeks remaining in the First Semester, and I have noticed that quite a few students are currently listed as "off pace" or behind in their courses. Please read the important information below (broken down by grade level) with tips on catching up and getting back on track!

We are committed to your student's academic success and devoted to ensuring that each student has the support they need to succeed.

If you have questions or concerns, please do not hesitate to reach out to me! I am here to support you.

Regards, Mrs. Sabrina Ciolino Principal Peak Prep Pleasant Valley Mobile: 415-320-1401 Email: <u>sabrina.ciolino@peak-prep.org</u> Website: <u>peak-prep.org</u> Facebook: <u>https://www.facebook.com/peakprep/</u> Address: 2150 Pickwick Drive #304 Camarillo, CA 93010



Is your student behind in their courses?

TK-5th Graders:

Pacing in grades TK-5 is based upon the schedule set by your teachers. If your student has missing assignments, please feel free to work during the upcoming breaks to catch-up, but do not forget to notify your teacher that you have uploaded a missing assignment.



6th-12th Graders

Pacing in Edgenuity is based upon the school calendar, which means that the system recognizes that students will not be expected to log in during Thanksgiving and Winter break. *This is your student's opportunity to get back on track in their courses if needed.* I would strongly encourage all students currently behind to use this time to catch up, but please be aware that our faculty will be unavailable during these breaks.

Please stress with your student(s) the importance of completing their assignments and maintaining a minimum 2.0 GPA with no Fs as a key to ensuring they do not fall behind their peers academically. Any student behind in their courses should be meeting with their teachers during Intervention hours to get extra help. As a reminder, you can also schedule 1-1 time with your teachers to get extra support when needed.

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Understanding the Attendance Log Remember students should be spending 6 hours per day in their courses.	Active Time	Idle Time
	Tech Support issues?	?

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Schoology Tech Support

Having technical difficulties in Schoology?

Click the support link at the bottom of the page within Schoology and live chat with a Schoology agent

OR call: 888-239-7067

Peak's account support code is: 1769-8738

Edgenuity Customer Support



Please make sure that you sign your student's weekly learning log!

Learning Logs

Every Friday, you will be receiving a signature request from DocHub for your student's weekly learning log. The learning log is one way to track attendance for our school and MUST be submitted weekly. Please complete all required fields, and initial on ALL days that your student attended school or participated in educational activities.

Please note: You will e-sign the document through DocHub, so there is no need to print anything out.

		Learning & Attendance	Log		
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Monday	Tuesday	Wednesday	Thursday	Friday	
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How to combat anxiety

The following suggestions may be helpful to combat anxiety and worry:

Social support network: Develop a social support network. It's
important to have someone to talk to, a friend, a parent, an uncle or
aunt, a teacher or counselor when you are feeling anxious or
worried, and just talking it out can help reduce whatever anxiety or
worry you may be experiencing.



- *Exercise:* Exercise for 20-30 minutes three to five times a week. Exercise can be energizing, make you more alert, and can calm you.
- *Eat a healthy diet:* A balanced diet low in sugar and caffeine and junk foods is highly recommended. Eating well can increase your mental and physical energy and may lessen your anxiety.
- **Sleep**: Quality and quantity of sleep are important. Fatigue wears on our emotions. If you get enough sleep, you will feel more refreshed and in a better frame of mind to tackle worries and concerns.
- Learn to Relax: If you're feeling anxious or worried, you can do something that relaxes you. For example, you can go for a long walk, listen to soft music, draw, read, do deep breathing exercises, or take a nice warm bath.

Thank you for sending in your Spirit Day Photos!







Mrs. McLean's 4th Grade

Mrs. Nuckles' 2nd Grade







D. Santiago



B.Bishop



L. Aguayo Carbajal







G. Saris



J.Uy-Santos





M. Bishop



M and D.Fields



P. Rose

L. Rios



P. Bishop



S. Saris









Peak Prep Pleasant Valley

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- 🔀 info@peak-prep.org
- peak-prep.org

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Grade Report

Recent Activity Upcoming

