

# How to Have an Awesome Year



# Your Counselor

Mrs. Curry



**KEEP  
CALM**

Your School Counselor

**CAN  
HELP**

# I am here to help

- Personal issues
  - Problems with friends, classmates, bullying
  - Stress, anxiety
  - Conflicts with family members
  - Divorce, illness, loss
  - Making new friends
  - Dealing with peer pressure

# I am here to help

- Academic
  - Improving grades
  - Organization
  - Teacher issues
  - Study skills
  - Course selection
  - High school, college and career questions

# How to see me!

## Best time:

- Homeroom, after school or at lunch
- If I am not available, leave your name with Ms. Mona
- You must have a pass from your teacher if you come during class

## Tips:

- Plan your time wisely and be on time for class
- In an emergency, I will always make time for you

# Confidentiality



...or unless you give me permission to tell someone else

We are all one Pack!  
If you see someone alone...

*just say*  
**hello!**

**HELLO**

IT'S NICE TO  
MEET YOU.

**What's  
Up?**

SO  
GREAT  
TO SEE  
YOU!

WHAT'S  
GOING  
ON

**Hi  
There**

# If you have a concern about a friend or classmate, ACT

How to help:

**A**

Acknowledge the concern

**C**

Care – let the know you care

**T**

Tell a trusted adult





# A word on social media...

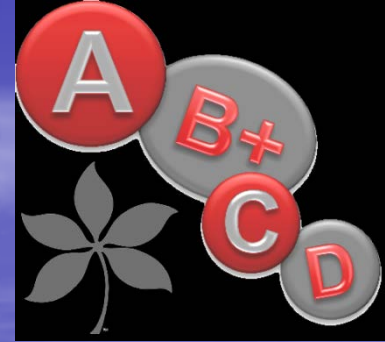
**Before you...**



## THINK!

**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

# Grades



- Middle school is a time when students make tremendous GROWTH in their learning
- Focus on your learning and growth...your grades will follow
- Take ownership of YOUR grades
- Affect placement into classes and eligibility for sports

**\*8<sup>th</sup> graders – what is something you learned last year about grades that you can share?**

# How to get to the Aeries Portal

The screenshot shows a web browser window with the URL [my.sduhsd.net](http://my.sduhsd.net). The page header includes the San Dieguito Union High School District logo and the text "my.sduhsd.net". A "Welcome!" message is visible on the right side of the page. On the left, a "QUICK LINKS" menu lists several services: Aeries, Drive, Blackboard, Sites, Edgenuity, Files, Classroom, Montage, and Overdrive. A red arrow points to the "Aeries" link. Below the quick links, there are sections for "Wireless Network" (with a Wi-Fi icon and text about connecting personal devices), "San Dieguito Tech Academy" (with text about getting started with email, Google Apps, and Aeries), and "Math Curriculum Support" (with text about information for students and parents). At the bottom of the page, there are logos for Eagle Software and ALEKS®. The browser's taskbar at the bottom shows several open applications, including "My.SDUHSD.net", "H:\Articulation\E...", "AERIES by Eagle S...", and "EWMS 8th grade r...". The system tray shows the date and time as 10:53 AM on 9/8/2015.

San Dieguito Union High School District  
my.sduhsd.net

Quick Links:

- Aeries
- Drive
- Blackboard
- Sites
- Edgenuity
- Files
- Classroom
- Montage
- Overdrive
- Illuminate

Welcome!

Wireless Network: How to connect **personal** devices to the wireless network at your school.

San Dieguito Tech Academy - Learn how to get started with email, Google Apps, Aeries, and everything else for SDUHSD!

Math Curriculum Support - Students and parents can get information here about SDUHSD's new math classes.

Reset Your Password Here

Still having trouble? See your Library/Media Center Tech to get your account reset!

Eagle Software  
ALEKS®

# Aeries Portal

The screenshot shows a web browser window with the following elements:

- Browser Tabs:** SDUHSD Start Page, San Dieguito UHSD, Aeries SIS: Portals.
- Address Bar:** parent.sduhsd.net/LoginParent.aspx
- Navigation Bar:** Includes links for Apps, Aeries Browser, Earl Warren, SDUHSD.net, Start SDUHSD, Screen, DataDirector, SDUHSD Google, Computer Labs, Browse and Ord, Naviance, MyAVID, and San Dieguito U.
- Page Header:** San Diego Union High School District
- Instruction:** Log in to continue to Portals
- Language:** English (dropdown menu)
- Logo:** Aeries<sup>®</sup> SIS Portals
- Form Fields:**
  - Email:
  - Password:
- Buttons:** LOGIN (orange), Forgot password? (red text), Create new account (red text)

# Gradebook Summary

	Name	Term	Per	Teacher	%
<a href="#">Details</a>	Spanish 1 P	Fall	1	Starr	100.00
<a href="#">Details</a>	CP 7 Period 2 (2017-2018)	Fall	2	Nybo	100.00
<a href="#">Details</a>	Wrld/Hist/Geo	Fall	3	Starr, M	100.00
<a href="#">Details</a>	Physical Ed	Fall	4	Olson	
<a href="#">Details</a>	7th Gr Science	Fall	5	Yamamoto	100.00
<a href="#">Details</a>	Math A Honors	Fall	6	Kuo	0.00

- Since it is the second week of school, not all gradebooks are set up yet, but they will be soon

# Sample of a gradebook when you click on "Details"

1- Spanish 1 P- Fall 8/29/2017 - 1/26/2018

Print

Starr [shea.starr@sduhsd.net](mailto:shea.starr@sduhsd.net)

Show only missing assignments

#	Description	Type	Category	#			Status/Comment	Date		Grading	
				Score	Correct	%		Completed	Due Date	Complt	Documents
1	HW: Syllabus	Formative	Class Work/ Homework	5 / 5	5 / 5	100.00%		08/30/2017	08/30/2017	No	

Category	Perc of Grade	Points	Max	Perc	Mark
Class Work/ Homework	20.00%	5.00	5	100.00%	A+
Target Language (Speaking / Writing)	20.00%	0.00	0	0.00%	
Quizzes	20.00%	0.00	0	0.00%	
Tests / Exams	40.00%	0.00	0	0.00%	
<b>Total</b>				<b>100.00%</b>	<b>A+</b>

# What if I don't have an Aeries account?

- Ask your parents if they have the Aeries letter that was mailed in the spring
- If they do, use the instructions to set up a student account
- If you do not have the letter at home, see Ms. Mona in the Counseling Office and you can get a copy of the letter with instructions

# How to Email Your Teachers from San Dieguito Tech Academy

- 1. Don't use email for something that can be addressed in person
  - If you have a question about the homework, check the website first or call a study buddy first. Use your resources!
- 2. Be formal
  - Use complete sentences.
  - Use capital letters and appropriate language
  - No text language or short-cuts
  - Use "please" and "thank you"



# How to Email Your Teachers (con't)

- 3. Use an email account with a formal name and has your name in it (if possible)
  - If your email doesn't have your name in it and you don't sign the email, your teacher won't know who sent it to him/her!
- 4. Include a meaningful subject line
- 5. Always use a greeting ex: Dear Mrs. Curry
- 6. Briefly and politely state the reason why you are emailing
- 7. If you are emailing with a problem, try to suggest a solution
- 8. Reread and proofread what you have written before you hit send. (spellcheck)
- 9. Allow adequate time for a reply (24 hours)

# Sample Student Email

Dear Mr./Mrs./Ms. XYZ,

My name is First Name Last Name and I am in your #th period class. I noticed on Aeries and have questions about a score/incorrect score/low score/missing score for an assignment/test/quiz LMNOP on 00/00/00.

Can I please come by before school/at lunch/after school/at homeroom to discuss this? Or if possible, could you please look into this and email me any information?

Thank you for your time,  
Student First Name Last Name

# Get Involved - Clubs, Tutoring, After School Activities are all in the Student Announcements

**LABOR DAY HOLIDAY**  
**NO SCHOOL**

---

## TUESDAY

**Today is a Block Period Day – 0, 1, 3, 5!**

**Lunch Today:** includes Doritos Walking Taco with Beef, Beans & Cheese, House Salad, Pick Up Stix, and more.

**Attention PTMS Gardeners:** Do you have an interest in growing things and making new friends? Come check out the PTMS Garden Club with Mr. Hunt and Mr. Gillette TODAY during lunch. We'll meet in room B226.

**Attention PTMS Board-Gamers:** Let's play some classic board games and make some new friends this Wednesday during lunch in room B226. Mr. Hunt has a ton of games, but feel free to bring your own if you'd like! That's this Wednesday in B226... and bring your lunch!

**Homework Club:** is every Tuesday (starting today) from 3:00 to 3:30 p.m. in Mr. Jenkins' room B223.

---

## WEDNESDAY

**Today is a Block Period Day – 0, 2, 4, 6!**

**Lunch Today:** includes Burrito, Deli Turkey on Ciabatta, Pizza, and more.

**Attention PTMS Board-Gamers:** Let's play some classic board games and make some new friends today during lunch in room B226. Bring your lunch!

---

## THURSDAY

**Lunch Today:** includes Crispy Chicken Sandwich, Yogurt Parfait, Pick Up Stix, and more.

**Tutoring for the Future:** Beginning next week. CCA high school

## DAILY ANNOUNCEMENTS

*(read every day)*

**Lost and Found:** Please check the Lost and Found in the Attendance Office for any items you may be missing, including personal devices.

**Lunch League:** Dodge Ball Lunch League begins Monday, September 11 during lunch out on the courts. To sign up, go to Coach Olson's website.

**Drop-off/pick-up:** For those families with siblings at CCA, please note that BOTH schools have designated the **CCA Theater/Box Office** as the **ONLY place for siblings to meet up**. For safety reasons, we do NOT want anyone walking (or riding) through the CCA parking lot. Only students who have an older sibling may walk along the sidewalk to get to the theater area of CCA.

**Need extra time to do Homework?** The Learning Commons is open before and after school and has resources for researching for your homework.

**From Mrs. Curry, PTMS Counselor:**

- Mrs. Curry and Mrs. Storey will meet with all students during PE on Thursday and Friday to talk about PTMS counseling services, discipline, academic support, study skills and how to have an awesome year!
- Our second New Student Social is this Friday in the gym during Homeroom. A reminder Call Slip will be sent to the new Wolves that joined our Wolf Pack from out of the area.

---

## COMMUNITY/SPORTS

**Boys & Girls Club – Girls Volleyball:** Tryouts are next Monday, Tuesday and Thursday – September 11, 12, and 14 – from 3:00 to 5:00 p.m. on the PTMS outside courts.

**Boys & Girls Club – Cross Country:** Tryouts are next Monday, Tuesday and Thursday – September 11, 12, and 14 – from 3:00 to 4:30 p.m. on the PTMS field.

**Boys & Girls Club – Flag Football:** Tryouts are next Monday,

# Academic Support at PTMS

Homeroom

Teacher Appointments

Homework Club 3:00-3:30

- Tuesday
- Wednesday

Math Mornings Tuesday and Wednesday at 7:45

Math Lab

Reading Lab

Writing Lab

Organization Group



*Academic  
Support*

# Tips for Success

- Be on time for class
- If I'm absent, how do I find out what I've missed?
  - Ask a friend
  - Checking the teacher's website
  - Check Aeries
  - Many teachers post their assignments for the week on the whiteboard
  - Turn in your work right away
- Talk to your teachers and don't be afraid to ask for help
- If you want to work with a another teacher during Homeroom, make arrangements ahead of time and have a pass ready to show your Homeroom teacher.
- Get to know your counselor.
- Listen to the student announcements *every* day at the beginning of Homeroom.
- Use your agenda, keep your notebook and backpack organized.
- Pay attention in class.
- Do all of your homework!!
- Be kind to everyone!

# Using My Agenda Tips

- Enter the assignment the day it is assigned
- Always start at the top of the box – don't waste space
- Write neatly and consider using pencil
- If there is no homework enter NH for no homework
- During Homeroom, prioritize your assignments and start your homework
- Check off your assignments when you finish them
- Do not leave class without finding out the homework
- Friday Homeroom – if you have weekend homework, plan accordingly

Questions?

