

Welcome to PTMS



PACIFIC TRAILS WEBSITE: PT.SDUHSD.NET

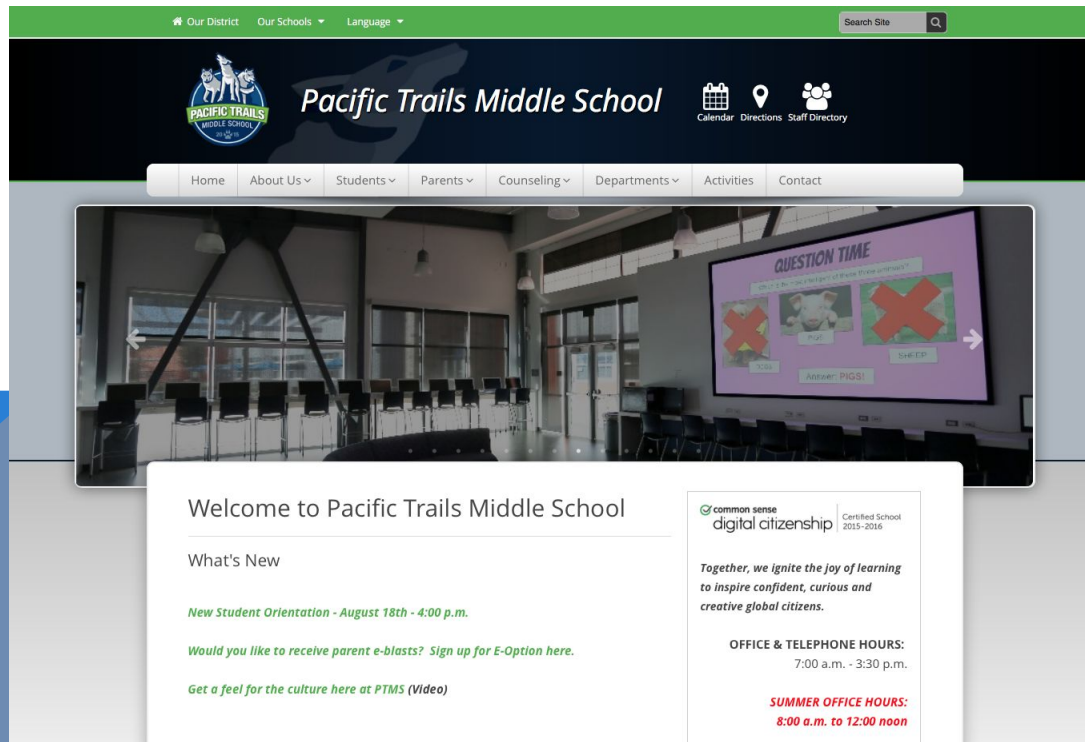
School Information ([Bell Schedule](#))

After School Sports ([Boys and Girls Club](#))

Teacher websites (homework, test dates, handouts)

Calendar (Family Nights, [Late Start Days](#), holidays)

[Clubs](#)



The screenshot shows the homepage of the Pacific Trails Middle School website. The header is green with navigation links for 'Our District', 'Our Schools', and 'Language'. A search bar is located in the top right. Below the header is a dark blue banner with the school's logo, name 'Pacific Trails Middle School', and icons for 'Calendar', 'Directions', and 'Staff Directory'. A white navigation bar contains links for 'Home', 'About Us', 'Students', 'Parents', 'Counseling', 'Departments', 'Activities', and 'Contact'. The main content area features a large photo of a modern classroom with a large screen displaying a 'QUESTION TIME' slide. Below the photo is a white box with the text 'Welcome to Pacific Trails Middle School' and a 'What's New' section. The 'What's New' section includes links for 'New Student Orientation - August 18th - 4:00 p.m.', 'Would you like to receive parent e-blasts? Sign up for E-Option here.', and 'Get a feel for the culture here at PTMS (Video)'. To the right of the 'What's New' section is a 'common sense digital citizenship' logo and text: 'Certified School 2015-2016. Together, we ignite the joy of learning to inspire confident, curious and creative global citizens.' Below this is the 'OFFICE & TELEPHONE HOURS: 7:00 a.m. - 3:30 p.m.' and 'SUMMER OFFICE HOURS: 8:00 a.m. to 12:00 noon'.

[\(Link\)](#)

Wellness at PTMS

- 1st Quarter: Social Wellness
 - Welcome Week
 - New Student Social
 - Homeroom Activities
- 2nd Quarter: Physical Wellness
 - Spirit Day
 - Inflatable Obstacle Course
 - Homeroom Activities
- 3rd Quarter: Intellectual Wellness
 - STEM Activities – Math League Competitions, Science Olympiad
 - Pi Day Activities
- 4th Quarter: Emotional Wellness
 - Wellness Week
 - Restorative Practices
 - Kindness Challenges

ASB Events

- Welcome Week
- Lunch Activities
- Step It Up Fundraiser
- Dances – Fall, Winter & Spring Dance
- Holiday Food/Clothes Drive
- Clubs
- Holiday Grams
- Random Acts of Kindness
- And much, much, more. . .

Lunch Time Sports

- Sports equipment is available for checkout at lunch
 - Basket balls
 - Soccer balls
 - Frisbees
 - Ping Pong
- Lunch League
- Stay tuned to the morning announcements for more information

MY.SDUHSD.NET

Student support

(connecting personal devices, re-setting passwords)

Student gmail account

Google drive and docs

(save work at school or at home)

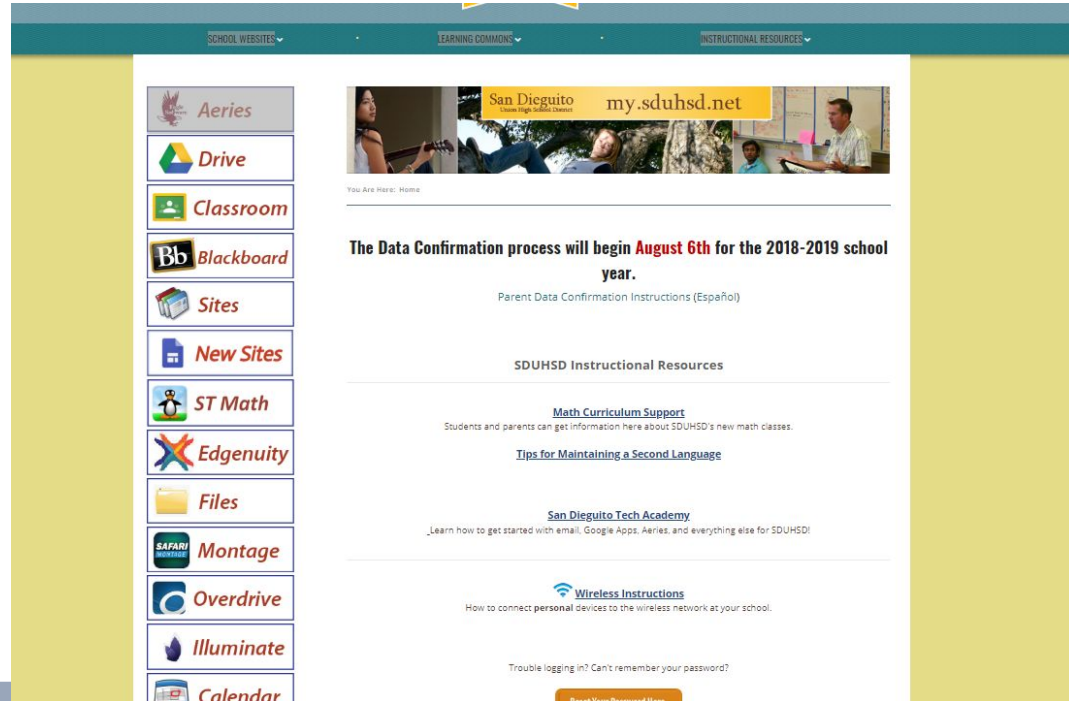
Google Classroom

(some teachers use this)

Math Curriculum Help

ALEKS, ST MATH

(Math classes)



The screenshot shows the my.sduhsd.net website. At the top, there are navigation tabs for 'SCHOOL WEBSITES', 'LEARNING COMMONS', and 'INSTRUCTIONAL RESOURCES'. Below these is a header with the San Dieguito Union High School District logo and the URL 'my.sduhsd.net'. A navigation menu on the left lists various services: Aeries, Drive, Classroom, Blackboard, Sites, New Sites, ST Math, Edgenuity, Files, Montage, Overdrive, Illuminate, and Calendar. The main content area features a 'Data Confirmation' announcement for the 2018-2019 school year, with links for 'Parent Data Confirmation Instructions (Español)', 'SDUHSD Instructional Resources', 'Math Curriculum Support', 'Tips for Maintaining a Second Language', 'San Dieguito Tech Academy', and 'Wireless Instructions'. A 'Reset Your Password Here' button is visible at the bottom.

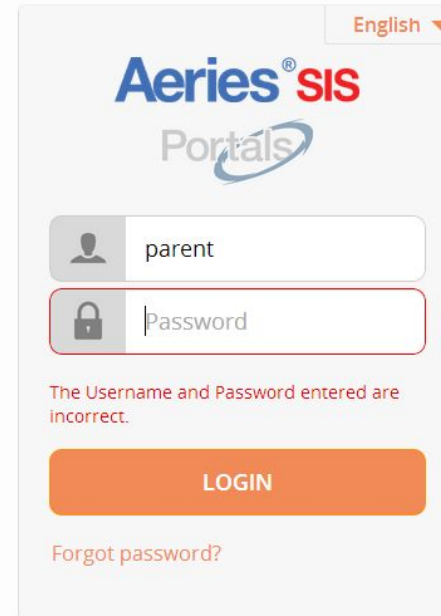
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AERIES: CHECK YOUR GRADES ONLINE

San Dieguito Union High School District

Your parents must register first, then you can add your own account on to theirs.

Log in to continue to Portals



The screenshot shows the Aeries SIS Portals login interface. At the top right, there is a language dropdown menu set to "English". The main heading is "Aeries[®] SIS Portals". Below this are two input fields: the first is labeled "parent" with a person icon, and the second is labeled "password" with a lock icon. A red error message states: "The Username and Password entered are incorrect." Below the error message is an orange "LOGIN" button. At the bottom of the form, there is a link for "Forgot password?".

[Create new account](#)

ELECTRONIC DEVICES

****You will learn your district username and password the first week of school****

BYOD (bring your own device)

At teacher discretion whether allowed to use in class or not. MUST follow teacher rules.

Chromebooks

- ***District permission slip required to use school computers***
- ***Daily Chromebook check out available to students in the Learning Commons – parent permission slip required***

Wireless Network

PTMS Computer lab

STAY CONNECTED

Email Teachers

Minimize absences

Facebook (PTMS Facebook page)

Twitter

Be Kind...


Be Curious...

Be a Problem Solver!

Gratitude

Stop, notice, appreciate, and say Thank You

Why gratitude?

- Improves relationships
 - Improves physical health
 - Enhances empathy and reduces aggression
 - Improves sleep
 - Improves self-esteem
 - Increases mental strength
- 

Activity: Gratitude Chain

On your strip of paper, write ONE thing you are grateful for. Please be as specific as possible.

| Non- Examples | Examples |
|----------------------|--|
| Family | Game Night with my Family |
| Vacations | Time with my Grandparents camping in Tahoe |
| School | Red Slushies at lunch |
| Teachers | Mrs. Math Teacher who makes funny math jokes |
| Technology | Playing Cuphead on my XBOX |