



1/24

Wolfly Weekpack

Howl

# DRESS UP AS YOUR FAVORITE CELEBRITY!

## CELEBRITIES SPIRIT DAY

FRIDAY, JAN. 26



(athlete, artist, actor,  
influencer, whoever!  
Remember PTMS dress code  
still applies.)





“  
C-O-N-G-R-A-T-S to **Pranav Mahendran** for winning the annual PTMS Spelling Bee!

Good L-U-C-K at the San Diego County Bee in March!

And congratulations to **Nikhil Shome** for being the R-U-N-N-E-R up!





**JAN 15th - FEB 5th**



## Girls in STEM Lecture Series

# Java Programming

Canyon Crest Academy's Girls Who Code's original **free**, after school program opens to all **6th+ graders**. Participants will learn how to **code in Java**, an essential programming language for those interested in pursuing Computer Science or other Engineering fields.

**By the end of the course, students will...**

- Receive a course completion certificate (can display on LinkedIn)
- Acquire a basic understanding of coding Java
- Build a network with other students involved in STEM
- Meet coding mentors to help them succeed

\*All genders are welcomed! We market the program as "Girls in STEM" as per our club mission.\*

**WEEKLY MEETINGS  
VIA GOOGLE MEET  
MONDAYS  
4:30-5:30 PM**



CANYON CREST ACADEMY  
GIRLS WHO CODE

NEXSTUDENT NETWORK PRESENTS

# INTRO TO PROGRAMMING WITH PYTHON

A SPRING PROGRAM FOR STUDENTS IN GRADES 7+

Online and Introductory 3 Week Course

**DATES:** Mondays and Wednesdays at 4:30pm,  
starting from Jan 22nd, 2024.

**PRICE:** FREE

ENROLL USING THE QR CODE BELOW OR  
THROUGH OUR WEBSITE!



SCAN ME

<https://nexstudent.wixsite.com/info>

STEM Education  
opportunities!  
\*click on the fliers for  
more info!\*



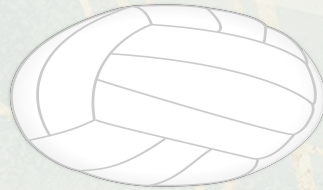
The background features a repeating pattern of overlapping, semi-transparent blue circles of various shades, ranging from light sky blue to deep navy. Superimposed on these circles are thin, gold-colored branches that resemble antlers or stylized tree limbs, extending across the frame in various directions.

## CLUB FAIR FEBRUARY 2 AT LUNCH

Thinking about joining a club?  
There will be a club fair at lunch 2/2  
where club members can advertise  
their clubs and students can join! If you  
want to start a club, apply in the  
Wolfpack Connections Google  
Classroom.



Beach Volleyball Lunch  
League will start Friday  
at CCA.



Sign up [here](#) or in Wolfpack Connections  
Games will be played Wednesday & Friday



# Happy Birthday to...

Isabella Tao, Sid Goel, Angeley Welker, Ava Pargal, Manxin Wei, Dan Turquie Burstein, Enze Lu, Sameer Prakash, Andres Martinez Vidal, Gian Han, Ajay Vokoun, Eden Kang, Giuliana Lialin, Ivan Garcia Ross, Evan Hong, Sai Thalla, Ellen Zhang, Eddie Zhang, Joshua Baek, Taylor Pountney, Clare Mika and Avianna Beruti-Bosze!!!





# No Place For Hate- Bullying

Made by the PTMS No Place For Hate Committee



# What is bullying?



Bullying is a **repeated abuse of a power imbalance** that **hurts someone or makes someone uncomfortable**. Power can take many forms, including social, numbers, financial, or any other form of power.



Partner Discussion Question:

**What different forms does bullying take?**





## A Few Types of Bullying:



- **Physical**— Hitting, kicking, beating up, property damage/ theft, sexual harassment, ect.
- **Verbal**— Insults, name-calling, mocking, teasing, slurs, threats, racist comments, sexual harassment, etc.
- **Social**— Exclusion, spreading rumors, etc.
- **Cyber/Electronic**— Using virtual platforms to threaten, insult, spread rumors, spread information, etc.





# What to do:

**What should *you* do about bullying?**

**\*Not a discussion question\***

01

If you are bullying

- **Stop it**
- **Reflect on the negative impacts of your actions and why you are bullying**
- **Sincerely apologize to the person/people you bullied**
- **Talk to a trusted adult if something is wrong or you need help**





# 02

## If you witness bullying

- Check in on the person being bullied
- Interject to end the bullying
- Stand up to the bully



03

# If you are bullied

- Ignore the bully
- Stand up to the bully
- Talk to a trusted adult or ask a friend to
- Find the people who will support you





# Table Discussion Question:

**What do you think the best strategy for dealing with bullying is?**

**If you are bullying:**

- 1. Stop it.**
- 2. Sincerely apologize to the person you bullied**
- 3. Talk to a trusted adult if something is wrong or you need help**

**If you witness bullying:**

- 1. Check in on the person being bullied**
- 2. Interject to end the bullying**
- 3. Stand up to the bully**

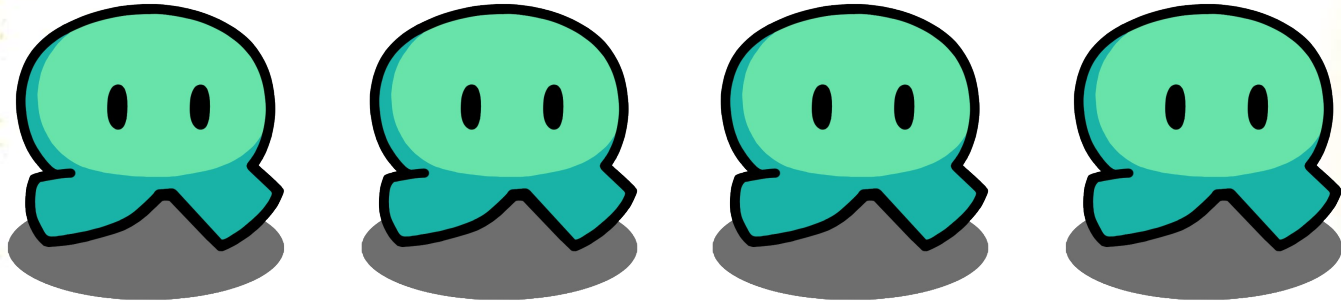
**If you are bullied:**

- 1. Stand up to the bully**
- 2. Ignore the bully**
- 3. Talk to a trusted adult or ask a friend to**
- 4. Find the people who will support you**



# Gimkit!

Review



[Link](#)





# Thanks!

Made by the No Place For Hate Committee

# THANK YOU!

[lic2886@my.sduhsd.net](mailto:lic2886@my.sduhsd.net)

[henckelsd3326@my.sduhsd.net](mailto:henckelsd3326@my.sduhsd.net)

[vidalk3414@my.sduhsd.net](mailto:vidalk3414@my.sduhsd.net)

[jinm6017@my.sduhsd.net](mailto:jinm6017@my.sduhsd.net)

Join the Wolfpack Connections [lit2701@my.sduhsd.net](mailto:lit2701@my.sduhsd.net)

Google Classroom!

Join code: ymp3tzl

[ricew2685@my.sduhsd.net](mailto:ricew2685@my.sduhsd.net)

Follow us on Instagram:  
[@ptms.asb](https://www.instagram.com/ptms.asb)

Shout out to Harshita  
singh for finding  
Waldo!!