

Del Mar News Flash

Bi-Weekly Newsletter

1.6.21

Key Dates:

Week of Jan. 5th

Phase 1, All Distanced learning.

Week of Jan. 11th

Move to Phase 3! (3/4 of the students in-person Tuesdays-Fridays), Mondays stay virtual.

Jan 14th

9:15 AM.
PTA Meeting.
See PTA News for Zoom link.

Jan. 14th

6:30 PM.
Being Adept Parent presentation.
See details below to register

Jan. 18th

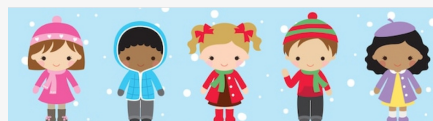
Martin Luther King Day-No



Principal's Message

We are looking forward to welcoming students back to campus next week as we begin Phase 3 of our plan for re-entry. We have spent countless hours to ensure that our campus will be a protected and safe place where students can thrive and learn. Please look for an email tomorrow from Ann-Marie Sklaggs, which will have the Phase 3 schedule for your child.

Take care,
Brian Lynch, Principal



IT IS CHILLY AT DEL MAR-INSIDE AND OUT! DRESS WARMLY!

PLEASE Take Care Of Our Tech Devices

School

Feb. 2nd

Makeup

Picture Day

Feb 15th-

Feb. 19th

Mid-Winter

Break

March 5th

Second

Trimester

Ends

April 5-9th

Spring Break

May 31st

Memorial

Day

June 11th

Last Day of

School

We want to remind students to take proper care of their school-issued devices. Students must always have their case on their iPad with their keyboard attached. When students are not using their devices, and especially when transporting them to and from campus and between classes, it is important that the devices remain closed. These simple yet important steps will help to maintain functioning devices so our students can easily engage in learning on and off campus.



7th and 8th graders will be experiencing some special events next week! 7th graders will be participating in a program through [Soul Shoppe](#), an organization that promotes creating a world where we all belong, giving students tools to self-regulate, support friends, and resolve conflicts. 8th graders will participate in presentations from [Being Adept](#), a non-profit which provides middle schoolers with tools for alcohol and drug abuse prevention. Being Adept also has a parent program coming up, for all Del Mar parents, detailed below:



BEING Adept
alcohol and drug education and prevention tools

Let's get together

We're hosting a new event, and we'd love to see you there. Join us for: **How is COVID affecting adolescent substance use and behavior?**

January 14, 2021 at 6:30 PM.

Concerned your teenager is spending too much time in isolation? Do you find the substance use might be finding its way into your teen's social lives? Maybe they are using substances to fill the void of loneliness?

A peer reviewed study from the Elsevier Public Health Emergency Collection found the frequency of both alcohol and cannabis use among teens has increased with advent of COVID19. The greatest percentage of adolescents are engaging in solitary substance use (69%), many are using substances with peers via technology (39%) and face to face. Our Being Adept Zoom seminar has 3 leading experts on adolescent behavior discussing this topic. Members of the Being Adept teen board will also offer their perspectives. We urge you to get all of your questions answered by filling out the questions form. Our experts will be sure to address them.

Panelists:

- Robynne O'Byrne, Ph.D, Clinical Psychologist, Executive Coach
- Linda Richter, Ph.D, Vice President of Prevention Research & Analysis
- Itamer Blaszczak, RN, - Registered Nurse at Kaiser Permanente

Register soon because space is limited.

We hope you're able to join us!

Warmly,
Being Adept

Who is Being Adept?

Being Adept is dedicated to the prevention of substance abuse and addiction among our youth through the development and delivery of an evidence-based prevention curriculum designed specifically for middle school students and their parents.



Thursday, January 14, 2021 6:30 PM
How is COVID affecting adolescent substance use and behavior?

[Register](#)

FOUNDATION NEWS...click on the banner below!



PTA News

PTA MONTHLY MEETINGS

If you'd like to join a PTA meeting, please email delmarptasitechair@gmail.com to get the Zoom link. The next meeting is: January 14th at 9:15AM!

Seeking 2021 PTA Nominating Committee Candidates

The RUSD PTA is seeking PTA members to serve on the 2021 Nominating Committee for the PTA Executive Board. The committee will be comprised of five members and one alternate with knowledge of all three school sites and their volunteer communities. The names of those expressing an interest in serving on the committee will be voted upon by the PTA membership through a confidential online survey.

Meetings of the Nominating Committee will be held in February and March with the goal of delivering a final slate of Executive Board candidates by late March. Open board positions to be filled include District President, District Secretary, Bel Aire Site Chair, and Treasurer at all three schools.

If you are interested in being a Nominating Committee candidate, please contact rusdptasecretary@gmail.com by Friday, January 15th.

We Are Here for You!

To see updated Phase 1,2,3 schedules, click [HERE](#).

To re-read previous Del Mar Newsflashes, click [HERE](#).

To re-read RUSD District News, including Covid19 and Phased Re-entry updates, click [HERE](#)

If you need TECH help, please email: help@reedschools.org and also feel free to call



the office at 415-435-1468 ext 0 so we can try to assist as well. We understand your frustration with tech issues!

If you'd like to contact the front office, please dial 415-435-1468 Ext. 0 or email delmar@reedschools.org

To reach teachers, please see our website, linked [HERE](#).

Absence/Late Policy: Please contact the school absence line if your child will be late or absent: 415-435-1468 ext 4, or email delmar@reedschools.org. We do not see health survey results in the office, so please be sure to inform us if you child is staying home.

If your child is late, please be sure they go directly TO THE OFFICE, rather than waiting at their entry location or heading straight into class.

Also: please don't forget to do the health survey each morning!