

SWEETWATER CURRENTS



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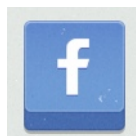


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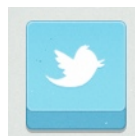
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Sweetwater's Got a Brand New Look...On the Web!

Have you been to the district website today? People are buzzing about the new look of our district website. The fresh, new look brings Sweetwater District's global face into the 21st century with a brighter color scheme, easy access "tab" system for important pages, and better connectivity with social media including Twitter, Facebook and YouTube. A great collection of videos of, and about Sweetwater Schools are available via YouTube through the district website. If you haven't done so already, click here to check out Superintendent Dr. Ed Brand's 2012-2013 Welcome Back video.

As always, this is a reliable source for parents, community, students, and employees to access the most current information about our district, our schools and programs, and the people that make Sweetwater such a dynamic place for our youth to develop into successful, globally-minded citizens. While the look has been upgraded, the url is the same, so go to <http://www.sweetwaterschools.org/> today to see it for yourself!

New Website

"Must-Sees"

Superintendent Dr.

Edward Brand's

latest video
announcements

FAQ: Open Transfers

FAQ: Mello-Roos



Look to Prop 30 for Number of Furlough Days Sweetwater Employees Can Expect

Like many other districts across California and the U.S., the Sweetwater District is facing a significant reduction in its operating budget. To close a \$27 million gap, all Sweetwater employee labor groups and staff have agreed to take a number of furlough days to help lessen the financial challenges.

The number of furlough days required will depend on the outcome of California Proposition 30 that will appear on the November ballot. Even if the initiative passes, there will still be a budget shortfall. Therefore, district employees will need to take furlough days to close the gap regardless of the proposition's outcome.

PROP 30 RESULTS	SWEETWATER'S BUDGET SHORTFALL	NUMBER OF SCHOOL DAYS SUHSD STUDENTS WILL MISS	DATES
If the initiative PASSES	\$11.3 million	total of 2 days	Sep 4-5
If the initiative FAILS TO PASS	\$27 million	total of 13 days (1 additional furlough day will be taken on a non-instructional teacher work day)	Sept 4-5 Nov 26-27 (Jan 14) April 1-5 Jun 4-7

In case the tax measure is not approved by voters, the Governor's proposed budget allows school districts the flexibility to reduce the school year by a combined total of 15 days in 2012-13 and 2013-2014. Both sides agree that this is a worst-case scenario that would have a serious negative impact on students. See Sweetwater's [Prop 30 and 38 FACT SHEET here](#).

SEPTEMBER 2012

Latino Heritage Month

3

Labor Day



11

Patriot Day

20

Education Summit

23

Native American
Day

24

Board Meeting
Day

No Games on Furlough Days

Whether you are an athletic Director, coach, student athlete, or parent, please take note. Due to the furlough days on September 4-5 of next week, all athletic contests scheduled for those days must be rescheduled. Athletic Directors and coaches will make the necessary arrangements, so check your school calendars for changes and updates. Go Sweetwater!



2012

Salute to Teachers

Where would we be without our amazing and dedicated Sweetwater teachers? Now that the 2012-2013 school year is in full swing, please make a point to order your tickets for this year's "A Salute to Teachers," October 6, 2012, 7:00 p.m. at the Balboa Theatre, downtown San Diego.

Ticket sales are on a first-come, first-served basis so you are encouraged to send in your order ASAP. There is no deadline to order, but as school staffs return, orders come in regularly and this year's "Salute" is expected to sell out yet again.

Photos of the Teacher of the Year nominees are on the SDCOE website at www.sdcoe.net/salute. For more information contact Laura Ferschweiler at lfersch@sdcoe.net. You can also call her at the San Diego County Office of Education: 858-292-3753.

KUDOS!

Mary Murphy-Clagett & Lisa Diaz-López

Congratulations to Sweetwater's **Adult Education Department** Congratulations to **Mary Murphy-Clagett** and **Lisa Diaz-Lopez**, Teachers on Special Assignment for the Adult Education Division, who accepted the California Department of Education Promising Practice Award on June 13 at the CASAS Summer Institute California Consortium in San Diego.

Each year, the California Department of Education recognizes adult education agencies that have implemented strategies and practices to help students attain their goals. Award winning agencies must have performed at or above California state averages for all involved programs for the last two program years.

H Y D R A T E for Heat Stress Prevention

With summer approaching, we all need to be reminded about the possibility of heat stress, which occurs as a result of excessive heat from the environment. Workers are best able to manage heat stress when they are fully hydrated, physically fit, acclimatized, well nourished, and well rested.

Adequate hydration is critical to the prevention of heat stress because it is essential to maintain both blood volume for cooling the body and sweating to release body heat. Both are reduced by dehydration.

Heat Stress Prevention Tips

- Drink more fluids even if you are not active; active workers should drink 5-7 ounces of fluid every 20 minutes in hot environments
- Do not wait until you are thirsty to drink
- Do not drink liquids that contain alcohol, caffeine, or large amounts of sugar
- Wear lightweight loose fitting clothing
- Protect yourself from the sun – wear a wide brim hat, sunglasses, and use sunscreen
- Perform strenuous work before noon
- Establish work – rest cycles to minimize heat stress
- Obtain sufficient sleep and maintain good nutrition

**From Palomar Corporate Health See the full article [here](#).*



Mild dehydration (2-3% of body weight) reduces physical capacity and heat tolerance and as dehydration increases, thinking ability decreases. This may affect the quality of work or even lead to accidents. In hot environments most people do not drink enough water voluntarily to maintain hydration.

Thus workers should be encouraged to drink water before they become thirsty. The list below describes specific recommendations for preventing heat stress.

Rosetta Stone Returns for SUHSD Employees

Parlez-vous Francais? Parli Italiano? Rosetta Stone and SUHSD are partnering once again to offer Rosetta Stone online subscriptions to all SUHSD employees at a discounted rate of \$79! SUHSD employees gain online access to all levels of any language offered by Rosetta Stone for one year.

If you are interested, follow the link to the [survey](#) below, and contact Crystal Robinson in the Adult Ed Office for more info: (619) 796-7200. The deadline to complete the survey is Monday, September 17th.



KUDOS!

MaryRose Peralta

Congratulations to **MaryRose Peralta**, Principal at **Granger Junior High School** for receiving the Bayani (hero) Award at the Mabuhay Fil-Am Festival.

KUDOS!

Reece Akana

Congratulations to **Reece Akana**, student at **Olympian High School**, for being this month's NBC 7 Inspirational Student of the Month.

Muscle Milk Athletic Grants

The Muscle Milk sports drink company is offering grants to high school athletic programs for up to \$25,000. Applications require a brief description of their athletic program, photos and an optional video that tells the story of why there is a need at the school.

For more information go to www.facebook.com/musclemilk Applications can be submitted through November 30, 2012.

Mariners Celebrate Teen Drivers:

Help MVH win \$100,000!

Mar Vista High needs your vote! Our community is having a teen driver party called Celebrate My Drive™ and you are invited! Stop by the party on September 15th from 11:00 am to 3:00 pm at Mar Vista High School – 505 Elm Ave Imperial Beach. There will be cool stuff to do and teens 15-18 can win prizes, like a NEW CAR! Hope to see you there!



Mar Vista High is participating in the event because teen driver safety is important to us and our school will have a chance to win a \$100,000 grant! We are asking for your help in spreading the word and getting votes for our school! Everyone age 14 and over can register online and vote from September 10 – 15 at

www.celebratemydrive.com. You can also check it out and share on [Facebook](#). For more information, contact David Mitrovitch at (619) 628-5750.

\$25,000 Scholarship Opportunity for the Little Ones

Jif® is offering your 6-12 year old child a chance to win a \$25,000 college fund. Let your little kitchen helper create their own sandwich recipe using Jif® Peanut Butter or NEW Jif Hazelnut Spreads for a chance to win a \$25,000 college fund! Recipes will be judged on the following criteria: creativity, visual appeal, taste, and ease of preparation.



To enter, parent or legal guardian must complete the [entry form](#), including your child's original sandwich recipe using an eligible Jif product, an original name for the sandwich and a photo of the completed sandwich according to the directions listed on the Entry Form.

The Contest entry period begins July 26, 2012 and ends on October 11, 2012. Limit: One entry per child. There are prizes for finalists and runner-ups too! See the website for more information: <http://www.jif.com/Promotions/Most-Creative-Peanut-Butter>

ADMINISTRATIVE APPOINTMENTS

Edmund Bajet	AP Student Activities	Castle Park High
Thomas Calhoun	Chief Facilities Executive	Facilities and Operations
Alexandra Coughlin	Psychologist	San Ysidro High
Alain Garnica-Mendoza	Assistant Principal	Chula Vista High
Michael Govea	Assistant Principal	Palomar High
Thomas Gray	Director	Research and Evaluation
Liliana Grossman	AP Student Activities	Olympian High
Karen Hernandez	Assistant Principal	Hilltop Middle
Sasha Scott	AP Student Activities	Hilltop High
Kevin Willard	Assistant Principal	Montgomery Middle

KUDOS!

Dr. Dario Villa

Congratulations to **Montgomery High School Counselor Dr. Dario Villa** for receiving the **Arthur Marmaduke High School Counselor Award** for his work in helping students apply for financial aid and scholarships for college. A counselor for 29 years, Villa has worked for 26 years in the Sweetwater Union High School District, the last 15 at Montgomery High.



Where are They Now?

Chula Vista Adult Culinary Alumnus Opens Local Business


As a student at Chula Vista Adult School's Professional Cooking class, Susan Chang worked well with her team members to create quality products, and dreamed of one day opening a bakery. According to her teacher Chef Baum, her enthusiasm for the class was high, despite limited English skills. As a graduate of CVA, she realized her dream and recently opened a bakery in Kearny Mesa called Pangea Bakery Café.

Her business offers customers pastries baked fresh each morning. The items are made from scratch using local ingredients. Both European and Asian style buns are featured. "Pangea's unique pastries are both healthy and tasty," explained Chef Baum. "We are so proud of Susan's accomplishments, and we wish her the very best." For more information about Ms. Chang's bakery, contact call or visit Pangea Bakery Café at 4689 Convoy St Suite 100, San Diego, CA 92111 (858) 560-0688.

Alumni Corner

Beginning on November 2, 2012 Southwest High graduate, **Aaron Linsdau**, will attempt to be the first American to ski solo from the coast of Antarctica to the South Pole and back without aid or resupply. He will traverse 1430 miles across the largest frozen wilderness on the planet, where there is no place to take shelter. For more information on his trip visit www.aaronlinsdau.com – Good luck Aaron!

Hilltop High School alumni **Justin Brinsfield** recently won an Emmy for "Outstanding Achievement in Sound Mixing – Animation" for his work on Kung Fu Panda: Legends of Awesomeness. Justin's previous work includes 6 years working as the supervising recording engineer for Sponge Bob Square Pants and a host of other projects.



Superintendent | Dr. Edward M. Brand

SUPERINTENDENT'S COLUMN

Time to Take Stock in Sweetwater

We start each year with a renewed sense of excitement and anticipation that brings with it an opportunity to accomplish great things. This year is no different.

In the Sweetwater District, Education is Job One. Along with continuing successful programs such as Compact for Success, we are introducing new initiatives to improve the educational experience for our students.

The iPad initiative and the Middle School/High School Redesign initiative are aimed at making sure that all students are prepared for success after graduation.

Both initiatives will be highlighted at the Sweetwater Education Summit taking place at Sweetwater High School on September 20. We are inviting community members to join us in at the Sweetwater Education Summit for a look at the "Classroom of the Future."

With displays and demonstrations, each school will showcase the programs and opportunities they offer to allow Middle School students to explore high demand careers and provide High School students academic pathways and course sequences that blend college-prep academics with career/technical instruction.



By combining college-prep academics with career/technical instruction and real-world experiences, Middle School/High School Redesign will make sure that Sweetwater graduates are prepared both for college and the world of work.

At the Summit, we'll also highlight the latest on the A-G curriculum, the Compact for Success, the budget outlook and enrollment. The summit will also give us the opportunity to present a status report on where we are and begin present a plan for where we want to go.

As we move forward, we continue to be guided by the Sweetwater Delta.

The Delta is pointed up to signify positive change and improvement. It's a reminder that we should always be working towards bettering ourselves and those around us. Inside the delta are the three key groups within our district: students, staff and community.

As the delta shows, students always come first. The students are the sole purpose for existence. The purpose of staff and the greater community is to ensure that students remain the priority and that their needs are being met.

As your superintendent, I am proud of the work that is done all around the district on behalf of students. I want to challenge each of us to find ways to do that work better and go from can be considered "good" to what can be recognized as "great."

I look forward to seeing you at the Education Summit on September 20 and working with the community to make 2012-2013 the best school year ever in the Sweetwater District.

Let's strive to be better than we ever have been. Let's continue to make the Sweetwater District the best district it can possibly be.

