

LA MESA FAMILIAR

NEWSLETTER

October | 2024



Multicultural High School

Happy October!



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LA MESA FAMILIAR

NEWSLETTER

Principal's Message

GOOD AFTERNOON EVERYONE,

I HOPE THE MONTH OF OCTOBER HAS BEEN TREATING EVERYONE WELL! OCTOBER HAS BEEN A MONTH FILLED WITH VARIOUS CELEBRATIONS AND OBSERVANCES BEGINNING WITH HISPANIC HERITAGE MONTH. STUDENTS PUT TOGETHER AMAZING PRESENTATIONS AND HAD THE OPPORTUNITY TO LEARN ABOUT EACH OTHER'S CULTURES AND CUSTOMS. OCTOBER IS ALSO BREAST CANCER AWARENESS MONTH, A TIME FOR US TO SUPPORT AND RAISE AWARENESS ABOUT BREAST CANCER. THIS YEAR, DIWALI OR THE HINDU FESTIVAL OF LIGHTS THAT CELEBRATES HOPE AND GOODNESS IS BEING RECOGNIZED. NOTE THAT **SCHOOLS ARE CLOSED ON NOVEMBER 1, 2024**, IN OBSERVANCE.

I ALSO WANTED TO SAY THANK YOU TO THE FAMILIES OF OUR SENIORS FOR COMING OUT THIS MONTH TO DISCUSS GRADUATION REQUIREMENTS AND THE ONGOING EFFORTS OF THEIR CHILDREN! WE'RE LOOKING FORWARD TO SEEING EVERYONE ELSE AT THE OTHER GRADE MEETINGS NEXT MONTH.

I ALSO WANTED TO TAKE A MOMENT AND ADDRESS AN IMPORTANT ASPECT OF YOUR CHILD'S EDUCATION: **ATTENDANCE**.

REGULAR ATTENDANCE IS CRUCIAL FOR YOUR CHILD'S ACADEMIC SUCCESS AND OVERALL DEVELOPMENT. IF YOUR CHILD IS ATTENDING EVERY DAY, THEY ARE MORE LIKELY TO PERFORM BETTER WHILE DEVELOPING POSITIVE SOCIAL SKILLS AND RELATIONSHIPS WITH THEIR PEERS AND OUR STAFF. FREQUENT ABSENCES CAN LEAD TO GAPS IN THEIR LEARNING AND PROGRESS. WHILE THERE ARE SOME VALID REASONS SUCH AS A FAMILY EMERGENCY OR ILLNESSES, WE ASK THAT YOU SUPPORT YOUR CHILD'S EDUCATION BY MAKING SURE THEY ARRIVE ON TIME EVERY DAY. WHEN YOU CAN, ESTABLISH BEDTIME ROUTINES FOR YOUR CHILDREN SO THAT THEY'RE GETTING ENOUGH SLEEP AND SCHEDULE APPOINTMENTS OUTSIDE OF SCHOOL HOURS WHENEVER POSSIBLE. ATTENDANCE IS TAKEN EVERY DAY. PLEASE COMMUNICATE WITH US IF YOUR CHILD IS GOING TO BE LATE. IF YOUR CHILD IS GOING TO BE ABSENT DUE TO AN APPOINTMENT, PLEASE ASK THE OFFICE FOR A LETTER SO THAT THE ABSENCES CAN BE EXCUSED (EXAMPLE: MEDICAL, LEGAL, FAMILY EMERGENCY, ETC...). LASTLY, IF YOU ARE MOVING OR HAVE MOVED, OR CHANGED YOUR PHONE NUMBER(S), PLEASE SHARE THAT INFORMATION WITH US SO THAT WE CAN REMAIN COMMITTED TO SUPPORTING YOUR CHILD'S EDUCATION.

SHOULD YOU NEED ANY ASSISTANCE, PLEASE FEEL FREE TO CONTACT US AT 718-827-2796. THANK YOU ALL FOR YOUR SUPPORT IN ENSURING THAT OUR CHILDREN HAVE A SUCCESSFUL SCHOOL YEAR.

PA LANTE MI GENTE,
PETER NG-A-FOOK
PRINCIPAL





FAMILY CORNER

Get to know our Care Team

WORKSHOPS HAVE BEGUN! WE ARE EXCITED TO SEE YOU ALL BACK IN THE CLASSROOMS. THIS MONTH'S TOPIC IS RESPECT FOR ALL AND SUICIDE PREVENTION. AS WE DISCUSS DIFFERENT TOPICS, REMEMBER, WE ARE HERE TO SUPPORT YOU! NO ONE SHOULD HAVE TO SUFFER IN SILENCE. IF SOMETHING IS HAPPENING THAT YOU'D LIKE TO TALK TO US ABOUT, PLEASE COME TALK TO US INDIVIDUALLY. PLEASE REACH OUT FOR SUPPORT IF YOU NEED IT. IN ADDITION TO SEEING COUNSELORS DO THEIR SET OF WORKSHOPS, MS. NATALIE WILL ALSO BE DOING WORKSHOPS FOR YOU ALL. THEY WILL FOCUS ON DIFFERENT TOPICS RELATING TO MENTAL HEALTH AND SOCIAL EMOTIONAL LEARNING. THIS MONTH WILL BEGIN WITH CULTURE!

LASTLY, 8TH PERIOD HAS ALSO BEGUN. PLEASE REMEMBER THAT THE CLASSES YOU ARE SCHEDULED FOR ARE THERE TO SUPPORT YOUR SUCCESS FOR REGENTS. IT IS A TIME TO GET ADDITIONAL SUPPORT IN PREPARATION FOR JANUARY AND JUNE REGENTS. ADDITIONALLY, IT IS FOR YOUR BENEFIT TO BUILD YOUR KNOWLEDGE OF THE CONTENT. YOU GET TO ASK YOUR TEACHER QUESTIONS YOU MAY NOT HAVE HAD A CHANCE TO ASK DURING CLASS.

Social Worker

Ms. Natalie



Ms. Arlenis
9th Grade



School Counselors

Mr. Urrea
10th Grade



Ms. Rosio
11th Grade





FAMILY CORNER

Get to know our Care Team

College and Career Readiness



Ms. Aguilar
College Counselor

FALL IS HERE, EXCITING EVENTS AWAIT FOR THE SENIOR CLASS. COLLEGE APPLICATION PLANNING HAS BEGUN, AND YOUR CHILD PROBABLY HAS HIS OR HER LIST READY. FROM **OCTOBER 22 TO NOVEMBER 15**, THE PUBLIC UNIVERSITY SYSTEM, **CUNY** WILL BE OFFERING FREE APPLICATIONS. STUDENTS CAN APPLY TO UP TO 6 COLLEGES FOR FREE. THE COLLEGES ARE LOCATED AROUND THE 5 BOROUGHES.

STUDENTS INTERESTED IN **SUNY** CAN APPLY TO UP TO 9 COLLEGES FOR FREE UNTIL **DECEMBER 31ST**.

AS PARENTS AND GUARDIANS, I RECOMMEND YOU TO FOLLOW UP ON WITH THEIR PERSONAL STATEMENT ESSAY AND START TO DISCUSS THEIR POST-SECONDARY PLAN AFTER HIGH SCHOOL GRADUATION.

IF YOU WOULD LIKE TO SPEAK TO ME, YOU CAN REACH OUT SEEKING A PHONE CALL OR AN IN-PERSON APPOINTMENT WHATSAPP, 646-727-0048.

CHARLAS ARE WEEKLY FAMILY CHATS WITH ME. THEY WILL BEGIN NEXT WEEK THURSDAY, OCTOBER 24TH. THEY OCCUR EVERY WEEK THROUGH ZOOM. IN OUR FAMILY CHATS, I SEND OUT THE ZOOM LINK DURING THE DAY. KEEP A LOOK OUT! I HOPE TO SEE YOU THERE!



OCTOBER 24, 2024
3:00 - 4:00PM
VIA ZOOM



Ms. Denisse
Parent Coordinator

Community Resources



October is Domestic Violence Awareness Month

UNDERSTANDING DOMESTIC VIOLENCE COMPLEXITIES IS ESSENTIAL. RELATIONSHIP ABUSE IS A PATTERN OF BEHAVIORS USED TO GAIN OR MAINTAIN **POWER AND CONTROL** OVER A PARTNER.

THERE ARE DIFFERENT TYPES OF ABUSE –

- PHYSICAL
- EMOTIONAL,
- SEXUAL
- FINANCIAL
- DIGITAL
- SEXUAL COERCION
- REPRODUCTIVE COERCION
- STALKING

DOMESTIC VIOLENCE DOESN'T DISCRIMINATE. PEOPLE OF ANY:

- RACE
- AGE
- GENDER
- SEXUALITY
- RELIGION
- EDUCATION LEVEL OR
- ECONOMIC STATUS
- CITIZENSHIP STATUS



CAN BE A **VICTIM – OR PERPETRATOR**
– OF DOMESTIC VIOLENCE.



Call: (800) 799. SAFE (7233)

Chat online: <https://www.thehotline.org/#>

Text: "START" to 88788

Bushwick Child and Family Mental
Health Center

102 Pilling Street,
Brooklyn, NY 11207
(718) 602-1000

Free for all students and
has a team of mental
health professionals.

Weekdays
7:45 to 3:45



EVENTS PAGE

Save the Date!

Junior Parent Night

NOVEMBER 7, 2024
5PM - 7PM IN-PERSON, CAFETERIA

COME DISCUSS GRADUATION, REQUIREMENTS, AND CONCERNS WITH YOUR STUDENT'S SCHOOL COUNSELOR



9th and 10th Grade Family Night

NOVEMBER 14, 2024
4:30 - 7PM IN-PERSON, CAFETERIA

FAMILIES WILL HAVE TIME TO MEET WITH COUNSELORS, RECEIVE RESOURCES TO SUPPORT STUDENTS, AND ASK QUESTIONS.

A Warm Welcome to our New Staff

Science Department



Mr. Marcucci