

# LA MESA FAMILIAR

## NEWSLETTER

September | 2024



Multicultural High School

# Welcome Back!

DEAR PARENTS/ GUARDIANS:

WE HOPE EVERYONE HAD A GREAT SUMMER AND ARE EXCITED FOR A NEW YEAR! WE ARE EXCITED FOR ALL THAT IS TO COME. I LOOK FORWARD TO WORKING WITH ALL OUR STUDENTS AND FAMILIES.

A REVIEW OF POLICY:

ATTENDANCE IS TAKEN **EVERYDAY**. IF YOUR STUDENT WILL BE ABSENT FROM SCHOOL, PLEASE SEND A **LETTER** AFTER ANY APPOINTMENT (MEDICAL, LEGAL, FAMILY EMERGENCY, ETC). LETTERS ARE THE ONLY WAY ABSENCES CAN BE EXCUSED.

WE MAKE CALLS FOR NUMEROUS REASONS AS WELL AS SEND LETTERS. PLEASE SHARE WITH US ANY CHANGE IN PHONE NUMBERS OR ADDRESSES.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO STOP BY THE BUILDING OR CALL OUR OFFICE AT 718-827-2796.

SINCERELY,

PETER NG-A-FOOK  
PRINCIPAL



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## FAMILY CORNER

# Get to know our Care Team

**A WARM WELCOME TO ALL OUR NEW AND RETURNING FAMILIES!**

WE ARE THE COUNSELING TEAM HERE AT MULTICULTURAL HIGH SCHOOL. AS SCHOOL COUNSELORS, WE HELP STUDENTS MAKE ACADEMIC AND PERSONAL PLANS. WE WORK INDIVIDUALLY WITH STUDENTS, AS WELL AS ON A LARGER SCALE TO EDUCATE STUDENTS ABOUT IMPORTANT ISSUES THEY WILL FACE IN HIGH SCHOOL. WE HELP STUDENTS REVIEW WHAT CLASSES AND CREDITS ARE NEEDED TO GRADUATE AS WELL. **ALSO, ALL COUNSELORS SHARE THE 12TH GRADE! MAKE SURE TO CHECK IN WHO IS YOURS.**

AS A SCHOOL SOCIAL WORKER, I, MS. NATALIE AIM TO HELP STUDENTS ACHIEVE ACADEMIC SUCCESS WHILE ALSO MAKING ROOM TO ADDRESS BARRIERS THAT MAY POTENTIALLY BE IMPACTING THEIR ABILITY TO LEARN OR EXCEL. THESE BARRIERS CAN BE PROBLEMS AT HOME, WITH FRIENDS, RELATIONSHIPS, PAST TRAUMAS, DIFFICULTIES ADJUSTING TO SCHOOL, AND MORE. ADDITIONALLY, IF YOU NEED ANY REFERRALS TO RESOURCES, I AM HERE TO HELP.

### Social Worker

*Ms. Natalie*



### School Counselors

*Ms. Arlenis  
9th Grade*



*Mr. Urrea  
10th Grade*



*Ms. Rosio  
11th Grade*



## College and Career Readiness

GREETINGS FAMILIES! WELCOME TO A NEW SCHOOL YEAR! MY RESPONSIBILITY HERE AT MULTICULTURAL HIGH SCHOOL IS TO HELP YOUR CHILD NAVIGATE THE COLLEGE AND CAREER PROCESS AND FIND THE POST-SECONDARY PLAN THAT FITS THEM. THROUGHOUT THE YEAR, THE STUDENT SUCCESS CENTER OFFICE WILL CONDUCT WORKSHOPS FOR YOU, PARENTS AND GUARDIANS, ON HOW TO BE A SUPPORT SYSTEM. DATES WILL BE POSTED IN THE GROUP CHAT AND CALLS WILL BE MADE. CONGRATULATIONS ON BEING A PARENT OF A SENIOR!



*Ms. Aguilar  
College Counselor*





**FAMILY CORNER**

*Get to know our Care Team*

I SERVE AS A LIAISON FOR YOUR CONCERNS, AS WELL AS THOSE OF OUR SCHOOL AND COMMUNITY. I AM HERE TO SUPPORT YOU IN RECEIVING WHAT YOU MAY NEED FROM THE SCHOOL. PLEASE MAKE SURE TO LET ME KNOW OF ANY CHANGES TO YOUR CONTACT INFORMATION.

THE BEST WAY TO REACH ME IS AT (347) 515-3179.

I LOOK FORWARD TO WORKING WITH YOU THROUGHOUT THE SCHOOL YEAR!



***Ms. Denisse***  
***Parent Coordinator***

**Student/Family  
Engagement Specialist**  
***Steven Baldera***



HI, MY NAME IS STEVEN BALDERA AND I HELP DEVELOP, PROMOTE AND OVERSEE PROGRAMS/INITIATIVES DESIGNED TO SUPPORT SCHOLAR'S CIVIC, SOCIAL, EMOTIONAL, AND ACADEMIC DEVELOPMENT.



**STAFF WELCOME**

*A Warm Welcome to our New and Returning Staff*

*Administration*



**Mr. Peter**  
**Principal**



**Ms. Ovalles**  
**Assistant Principal**



**Ms. Murray**  
**Assistant Principal**

*Office and Support Staff*



**Ms. Ana**



**Ms. Celio**



**Ms. Santana**



**Ms. Denisse**



**Ms. Darlene**



**Mr. Ronald**



**Mr. Medina**



**Mr. Rodriguez**





**STAFF WELCOME**

*A Warm Welcome to our New and Returning Staff*

*CARE Team*



**Ms. Arlenis**



**Ms. Rosio**



**Mr. Urrea**



**Ms. Natalie**

*English Department*



**Ms. Alvarez**



**Ms. Rodriguez**



**Ms. Rodriguez**



**Mr. Pacheco**



**Ms. Merced**



**Ms. Leon**



**Mr. Salazer**



**STAFF WELCOME**

*A Warm Welcome to our New and Returning Staff*

*Native Language Arts Department*



**Ms. Martinez**



**Ms. Ramos**



**Ms. Rodriguez**

*Science Department*

*Math Department*



**Ms. Dolle**



**Ms. Plasencia**

*History Department*



**Ms. Rubio**



**Mr. Aquino**



**Mr. Pagan**





# A Warm Welcome to our New and Returning Staff

## *Physical Education Department*



***Mr. Screen***



***Mr. Maravilla***



***Ms. Avino***

## *Art Department*

## *Support Services Department*



***Mr. Quintero***



***Ms. Camargo***



***Ms. Tavares***



***Ms. Verrilli***

# Community Resources

## September is Suicide Prevention Month



IT IS A TIME TO REMEMBER THE LIVES LOST TO SUICIDE, ACKNOWLEDGE THE MILLIONS MORE WHO HAVE EXPERIENCED SUICIDAL THOUGHTS, AND THE MANY INDIVIDUALS, FAMILIES AND COMMUNITIES THAT HAVE BEEN IMPACTED BY SUICIDE.

### EDUCATE YOURSELF AND OTHERS ABOUT SUICIDE PREVENTION:

- THERE'S NO SINGLE CAUSE FOR SUICIDE. SUICIDE MOST OFTEN OCCURS WHEN STRESSORS AND HEALTH ISSUES CONVERGE TO CREATE AN EXPERIENCE OF **HOPELESSNESS AND DESPAIR**.
- DEPRESSION IS THE MOST COMMON CONDITION ASSOCIATED WITH SUICIDE, AND IT IS OFTEN UNDIAGNOSED OR UNTREATED. CONDITIONS LIKE **DEPRESSION, ANXIETY, AND SUBSTANCE PROBLEMS**, ESPECIALLY WHEN UNADDRESSED, INCREASE RISK FOR SUICIDE.
- **WARNING SIGNS ARE** THINGS TO LOOK OUT FOR WHEN CONCERNED THAT A PERSON MAY BE SUICIDAL. IT CAN BE A CHANGE IN BEHAVIOR OR THE PRESENCE OF ENTIRELY NEW BEHAVIORS. IF THE BEHAVIOR IS RELATED TO A PAINFUL EVENT, LOSS, OR CHANGE, IT IS EVEN MORE CRUCIAL TO PAY ATTENTION. SOME SIGNS ARE:



### TALK - IF A PERSON TALKS ABOUT:

- KILLING THEMSELVES
- FEELING HOPELESS
- HAVING NO REASON TO LIVE
- BEING A BURDEN TO OTHERS
- FEELING TRAPPED
- UNBEARABLE PAIN



### BEHAVIOR - ESPECIALLY IF RELATED TO A PAINFUL EVENT, LOSS OR CHANGE:

- INCREASED USE OF ALCOHOL OR DRUGS
- LOOKING FOR METHODS TO END THEIR LIVES
- WITHDRAWING FROM ACTIVITIES
- ISOLATING FROM LOVED ONES
- SLEEPING MORE OR LESS
- SAYING GOODBYE
- GIVING AWAY POSSESSIONS
- AGGRESSION
- FATIGUE

### MOOD - PEOPLE WHO ARE CONSIDERING SUICIDE OFTEN DISPLAY ONE OR MORE OF THE FOLLOWING:

- DEPRESSION
- ANXIETY
- LOSS OF INTEREST
- IRRITABILITY
- HUMILIATION/SHAME
- AGITATION/ANGER
- RELIEF/SUDDEN IMPROVEMENT







RESOURCES PAGE

Community Resources



**988**

CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG IF YOU ARE THINKING OF HARMING YOURSELF IN ANY WAY



**Crisis Text Line**

TEXT 'GOT5' TO 741741 TO REACH A VOLUNTEER CRISIS COUNSELOR. 24/7, FREE, CONFIDENTIAL. THROUGH TEXT OR WHATSAPP



**FKL School Based Health Center**

FREE FOR ALL STUDENTS AND HAS A TEAM OF MENTAL HEALTH PROFESSIONALS.

WEEKDAYS  
7:45 TO 3:45

Save the Date!

**Senior Parent Night**

SEPTEMBER 30, 2024  
5PM - 7PM IN-PERSON, ROOM 444

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



**Parent Teacher Conferences**

SEPTER 26, 2024  
5PM - 8PM (WILL BE VIRTUAL)

LINKS WILL BE SENT VIA WHATSAPP PARENT GROUP CHATS.

