

November 2019

SUNSET HIGH SCHOOL UPDATES

2019 SUNSET HOLIDAY DRIVE

DECEMBER 2-11

Every year, Sunset HS hosts a holiday drive in contribution to the Community Resource Center's Annual Holiday Baskets event that provides food, coats, gifts, ect. for over 6,000 people in need.

This year at Sunset, we will focus on collecting coats and cans. However, we will also accept bikes and toys.



Canned Food

- Soup, stews and chili
- Spaghetti Sauce (no glass containers)
- Meat (tuna and chicken)
- Vegetables
- Fruit (peaches, pears, pineapple)
- Beans
- Peanut butter/nut butters (in plastic)
- Evaporated or condensed milk

Dry Food

- Meat Jerky
- Pasta (including Mac & Cheese)
- Rice, beans, lentils/split peas
- Raisins, trail mix, nuts, fruits
- Mixes (pancake, bread, muffin)

Coats & Outerware

- **Clean New or Gently-used**
- Winter coats and jackets
- Sweatshirts and sweaters



All donations should be brought to Ms. Eliel's room (P-11)

Thanks for your support!



COUNSELING OFFICE NEWS

COUNSELING UPDATES

Make sure to bookmark our Counseling Page <https://sites.google.com/sduhsd.net/shs-counseling/home> or you can also access the page via the Sunset Hs website SS.SDUHSD.NET. We continually update it with important information and right now you can access our Senior Presentation and Financial Aid Presentation.

UPCOMING SUPPORT GROUP

In January Ms. Balderas, along with a representative from the Elizabeth Hospice Center for Grief will be running an 8-week support group on campus. If your student has experienced the loss of a loved one and you would like them to be part of the support group, please contact Ms. Balderas for more information.

FALL WELLNESS WEEK: NOVEMBER 18-22

Next week we will be having our first wellness week of the school year which will emphasize kindness as well as overall wellness. Some of the activities will include Tai Chi, Yoga with Principal Ayala, and canine unwind.

POSITIVE
VIBES

CONSTRUCTION UPDATE

The construction of the new campus continues with wall footings and framing for building 2 occurring this week. We are happy to report that as of now, progress remains on schedule so we are still on track to begin classes in our new campus for the 2020-2021 school year.



PUMPKIN CARVING CONTEST

PUMPKIN CARVING CONTEST RESULTS

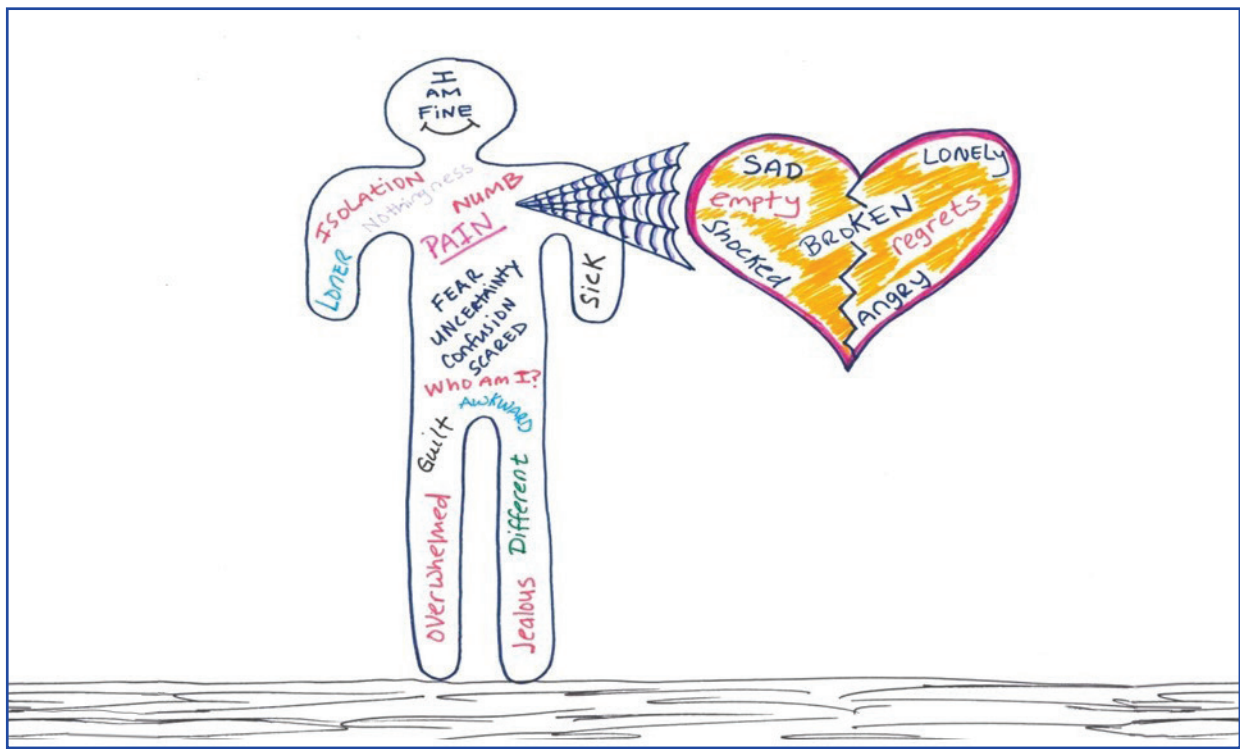
The Sunset HS pumpkin carving contest tradition was alive and well this year. It was a fun filled afternoon with everyone bringing their A game to the competition but in the end Mrs. Eliel's class took the win! In second place was Ms. Horsley's team, and in third was Mr. Wahlstrom's team.



November 18-22 - Wellness Week
November 22 - Progress Reports Sent Home
November 25-29 - Fall Break - No School

December 2-11 - Holiday Drive
December 23-31 - Winter Break - No School

January 20 - MLK Day - No School
January 24 - Progress Reports Mailed Home
January 24 - 1st Semester Ends
January 27-28 - District Inservice - No School



Free support group for grieving children and teens

Children who are struggling with feelings of grief and loss after the death of a parent, sibling, grandparent, friend, or another significant person in their life are invited to join our **GRIEF SUPPORT GROUP**. There's no cost to attend and sessions are held on the school campus during school hours.

During the eight-week program, children learn about grief and loss, develop coping skills, share their grief story and connect with others who are facing similar challenges. Sessions are facilitated by trained childhood bereavement professionals from The Elizabeth Hospice.

Before group, I never talked about my dad. I basically ignored his death. In these past weeks, I've grown because I'm more open about my dad. Thank you. I was blessed to be part of this group and to have someone to talk to. —Jillyan

GRIEF SUPPORT GROUP

Eight, 50-minute sessions,
held during school hours

8-12 students per group

Confidential



The Elizabeth Hospice

Leading. Human. Kind.