



# PASS AmeriCorps Newsletter

## San Marcos Unified School District

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SAN MARCOS  
UNIFIED  
SCHOOL  
DISTRICT

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## Restorative Practices

Restorative Practices are a framework for building community and for responding to challenging behavior through authentic dialogue, coming to an understanding, and making things right. In our November all staff meeting, San Diego County Office of Education's Senior Manager Anthony Ceja, provided the PASS AmeriCorps mentors the opportunity to come together as a community. There was a circle discussion on how to deal with difficult situations using a restorative approach in the school setting. The main focus of this meeting was to hear from each PASS AmeriCorps mentor about how to deal with a difficult situation using a Restorative Practice approach. Discussion focused on how to re-engage students back

into the school and how to be able to restore relationships that have been broken. Another main focus was learning from other PASS AmeriCorps Mentors on ways to make students feel valued, important, and at the same time, be held accountable for their actions.

A few PASS AmeriCorps schools have been implementing Restorative Practice approaches in their schools, including Horace Mann Middle School, Vista High School, and Madison Middle School. They have been engaging in Restorative Practices with student-student interaction and also staff-student interaction. If a conflict arises, they connect the two parties involved in a restorative circle, and come up with solutions to either repair a pre-existing rela-

tionship or avoid further disputes. Restorative Practices have reduced the amount of suspensions or referrals due to fights. PASS AmeriCorps mentors are excited to collaborate in school efforts to cultivate positive communities for students.



The nine interconnected elements upon which Restorative Practices is based

## Self Care to Care for Others

Serving in PASS AmeriCorps is incredibly fulfilling and rewarding. It is always exciting to see students slowly improve upon themselves, and even something simple like the joyous greeting from a student in the morning has us feeling great! But what happens when the long hours and emotional roller coasters start to take their toll and leave us feeling drained? We make sure to practice self-care!

Here are a few ways our PASS AmeriCorps members get their rest and relaxation:

**"If I am upset, sometimes I will put on music and dance with my eyes closed until I've worked out of it."**

**"Going to the movies, going to a coffee shop and read, and go to the gym."**

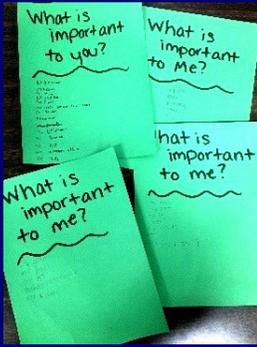
**"I enjoy driving to the beach and spending time relaxing by the ocean, or reading a book by the pool in my apartment complex."**

**"I go on a 4 hour bike ride, drink a protein smoothie, and take a nap."**

**"Read, yoga, meditate, color, go on hikes, take a walk, turn off my phone."**

# San Marcos Middle School

*Jennifer Sylvia,  
PASS AmeriCorps Member*



A group of PASS students responses to an activity, "What is Important to You?"

What an amazing year it has been so far! PASS AmeriCorps students are working on homework and engaging in social/emotional lessons with the PASS mentor. For example, "What is Important to You," "Healthy Relationships," "Positive Thoughts," and "Song about Me" are several activities that students have completed in PASS Room 11. In the classroom, students are learning about graphing points on a coordinate plane, solving an equation to find the slope of a line, learning about terms such as force and mass in science class, reading "The Outsiders" in language arts, and participating in their classroom book club.

Lunch Bunch runs every Monday, Wednesday, and Friday in the PASS room. Students enjoy their lunch, then participate in various icebreakers and group games. There is also an

option for students to color at the Color Yourself Calm table. Many students have taken a moment to relax and color away their worries of the day. PASS AmeriCorps accompanied SMMS mentorship students to the University of San Diego (USD). While on the USD campus, students received a tour of the university and watched a football game. The field trip was a great opportunity for students to learn about the process of applying to and enrolling in college, as well as the many majors and extracurricular activities available on the USD campus. Students thought about their current interests and how those interests can translate to a future career path.

Lastly, PASS students created thank you cards for the November National Day of Service activity. Students decorated paper soldier cut-outs and glued them to paper hearts. The cards were given to Mr. Powell, a Veteran and history teacher at SMMS.

I am looking forward to the rest of the school year here at SMMS!

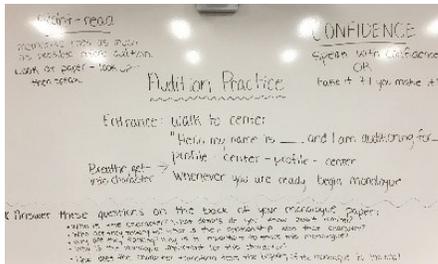


A student coloring a page from the Color Yourself Calm table



## PASS Spotlight

PASS Drama Club meets in Room 11 every Tuesday from 2:30PM-3:30PM. Students have been engaging in theater activities that develop group cohesion, trust, confidence, and communication skills. More recently, students have been preparing for their Spring 2019 production. Auditions and callbacks will be held after winter break.



The PASS Drama Club board filled with auditioning tips and information

## VETERANS DAY



HONORING ALL WHO SERVED

November National Day of Service thank you cards for Veterans Day





"Administered by CaliforniaVolunteers and sponsored by the Corporation for National and Community Service"

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PASS AmeriCorps Program**

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The **PASS AmeriCorps Program** serves students in grades 3 through 12 at 30 school sites across San Diego County, including campuses in San Diego, Oceanside, Vista, San Marcos, Escondido, and Valley Center. Each **PASS AmeriCorps** member provides support for 30 students through individual and group mentoring, academic support, grades and attendance reviews, leadership development, guest speakers, service learning projects, and parent outreach. Through their service with **PASS**, our **AmeriCorps** members are able to create positive change in our schools and communities.

PASS

AmeriCorps  
Program

Upcoming

Month's

Calendar

January

2019

<b>January 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 SDCOE Back in Session All School Districts Closed	3 All School Districts Closed	4 All School Districts Closed	5
6	7 Back In Session VCPUSD, Epiphany, SDUSD Back to Shadow OUSD VUSD – See Notes	8 Brief Intervention SDCOE Room 401/402 8am-4:30pm OUSD Senior AC's Shadow	9 Shadow OUSD & SMUSD	10 Shadow OUSD & SMUSD	11 Shadow OUSD	12
13	14 PASS All Staff & Mini Training NCREC Comm Labs 1 & 3 1-5pm	15 <i>Gabriela's Birthday</i>	16	17	18 VUSD Closed	19
20 	21 <i>MLK Day</i> Mandatory National Day of Service Day On Not a Day Off All Members Serve	22 Member Mid Performance Reviews NCREC Conference Room 2	23 Member Mid Performance Reviews NCREC Conference Room 2	24 Member Mid Performance Reviews NCREC Conference Room 2	25 <b>Service Logs Due</b>	26
27	28	29 Member Mid Performance Reviews SDCOE Room 302	30	31 Sstipend		
<b>Notes</b> First Days Back – Jan 2 <sup>nd</sup> -SDCOE Reopens; Jan 7 <sup>th</sup> : VCPUSD, EPCS, VUSD HS's, & SDUSD back at their schools. OUSD & VUSD MS's back to shadow; Jan 8 <sup>th</sup> – SMMS back to training and shadow January 8 <sup>th</sup> – Brief Intervention Training – SDCOE Room 401/402: 8am-4:30pm. AM Coffee, lunch, and materials provided. Debrief after training. January 14 – PASS AmeriCorps All Staff Meeting and Mini-Training – NCREC Comm Labs 1 & 3: 1pm-5pm January 21 – Honoring the Life and Legacy of Martin Luther King Jr. Service event details will be emailed. Also, please plan an NDS service project with your students at your school. January 22-24 and January 29 <sup>th</sup> – Member Mid Performance Reviews. Schedule will be emailed. Please arrive 15 minutes prior to your appointment time.						