



Alternative Education

Friday Focus 12-1-23

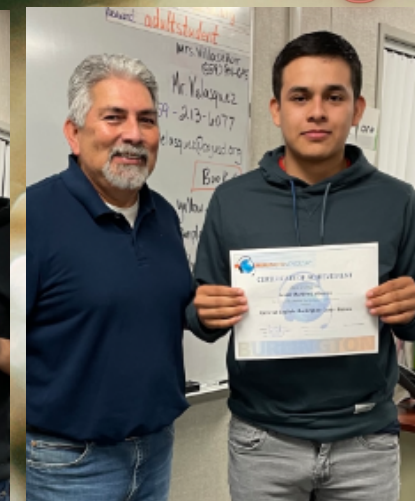
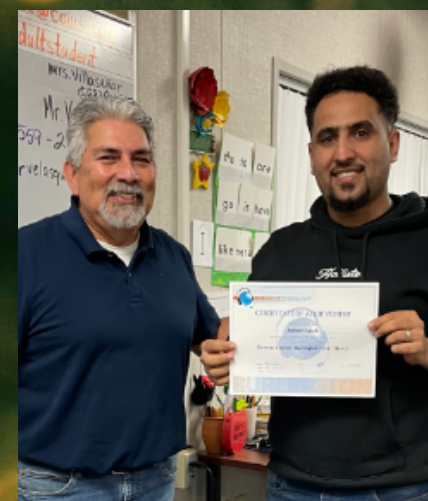
MESSAGE FROM THE PRINCIPAL

Our students came back to learn! We are on our final stretch to the end of semester one. Can you believe it? I would like to thank the staff who has come together to write our WASC report. Although not finalized, it's getting there. Please enjoy our highlights this week. Congratulations to our Adult ESL students for their gains this semester, our soccer team and November PBIS recipients.

Mrs. Guzman



Adult School Highlights



P.A.W.S. RECOGNITION



LOVELL VS. SEQUOIA



MINGA TRAINING

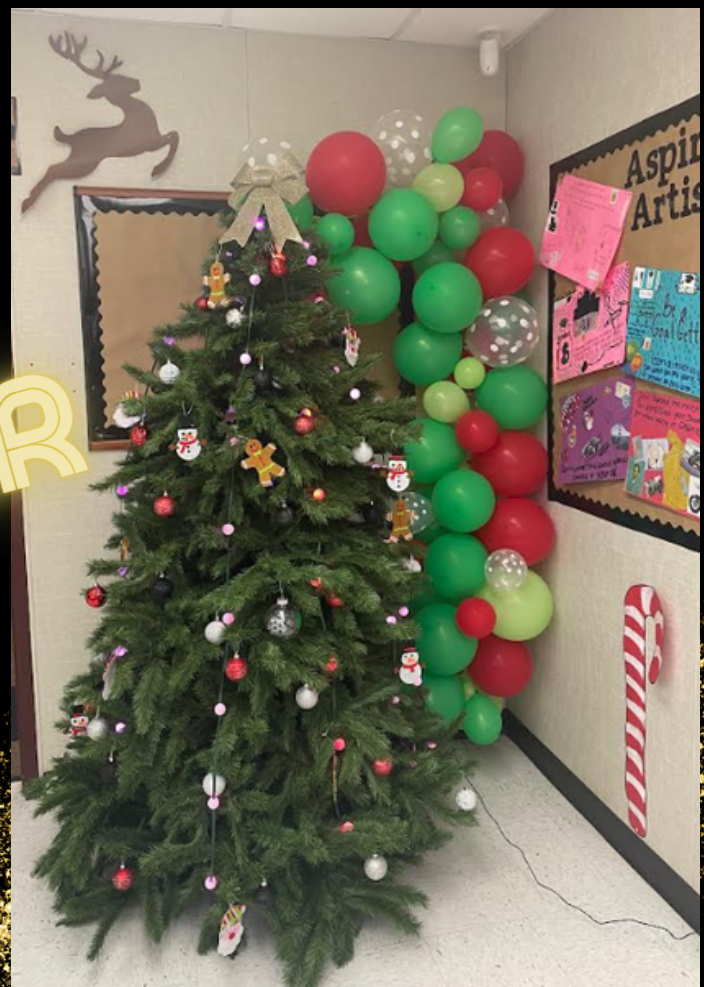


LEADERSHIP

EMBRACE THE SPIRIT OF GIVING THIS HOLIDAY SEASON WITH OUR CHRISTMAS DRIVE, FOCUSING ON COLLECTING CANNED FOODS, TOYS, AND WINTER CLOTHING TO SUPPORT THOSE IN NEED.

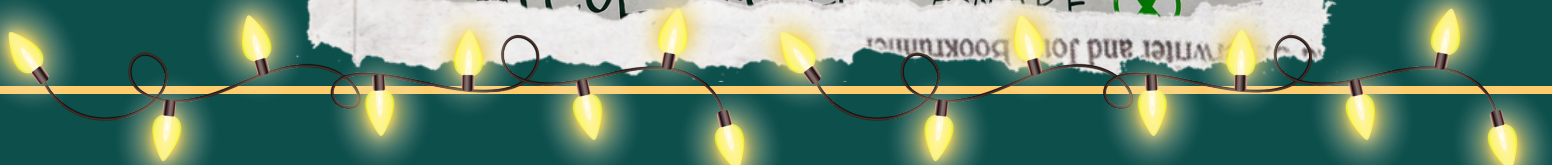
LOVELL HIGH SCHOOL

DECEMBER 1ST-15TH



COUNSELING

Mental Health Matters!



COUNSELING

THIS MONTH WE WILL BE PRACTICING SELF-CARE
ALL DECEMBER LONG!

WHAT DO YOU DO FOR SELF CARE? HERE ARE SOME
IDEAS!



GO FOR A
RUN/WALK/JOG



READ A BOOK



LISTEN TO MUSIC



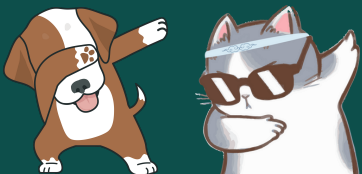
PLAY AN
INSTRUMENT



JOURNAL



DRAW/PAINT



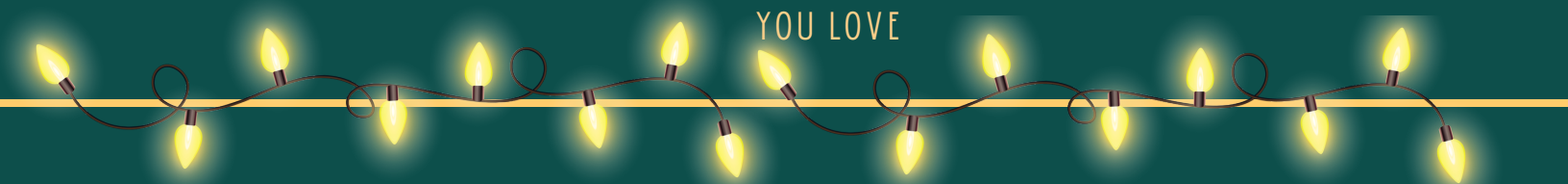
SPEND TIME WITH
YOUR PETS



SPEND TIME WITH
FRIENDS, FAMILY,
AND THE PEOPLE
YOU LOVE



COOK YOUR FAVORITE
FOOD





COUNSELING



MR. GARNICA'S QUOTE OF THE WEEK

"THE LONGER I LIVE, THE MORE I REALIZE THE IMPACT OF ATTITUDE ON LIFE. ATTITUDE, TO ME, IS MORE IMPORTANT THAN FACTS. IT IS MORE IMPORTANT THAN THE PAST, THAN EDUCATION, THAN MONEY, THAN CIRCUMSTANCES, THAN FAILURES, THAN SUCCESSES, THAN WHAT OTHER PEOPLE THINK, SAY OR DO. IT IS MORE IMPORTANT THAN APPEARANCE, GIFTEDNESS OR SKILL. IT WILL MAKE OR BREAK A COMPANY... A CHURCH... A HOME. THE REMARKABLE THING IS WE HAVE A CHOICE EVERY DAY REGARDING THE ATTITUDE WE EMBRACE FOR THAT DAY. WE CANNOT CHANGE OUR PAST... WE CANNOT CHANGE THE FACT THAT PEOPLE WILL ACT IN A CERTAIN WAY. WE CANNOT CHANGE THE INEVITABLE. THE ONLY THING WE CAN DO IS PLAY THE ONE STRING WE HAVE, AND THAT IS OUR ATTITUDE... I AM CONVINCED THAT LIFE IS 10% WHAT HAPPENS TO ME AND 90% HOW I REACT TO IT. AND SO IT IS WITH YOU... WE ARE IN CHARGE OF OUR ATTITUDES"

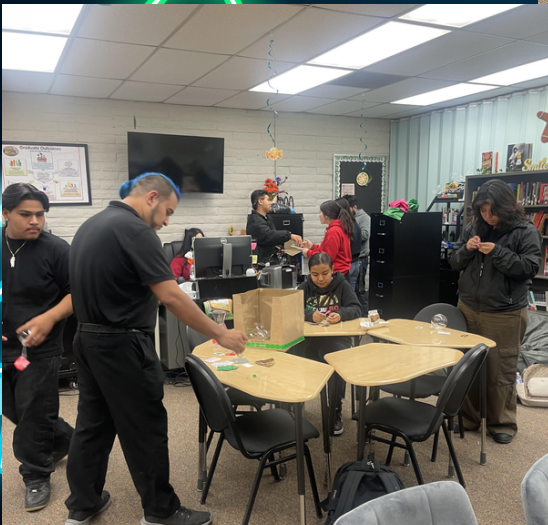
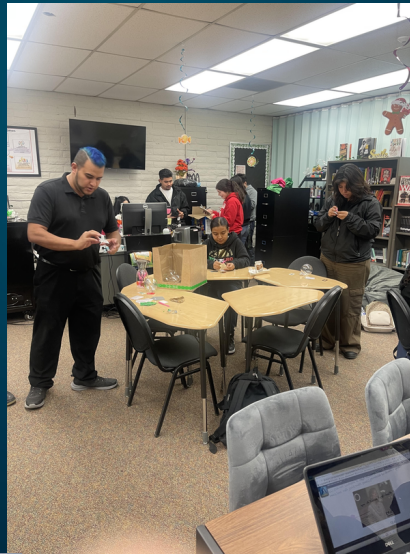
-CHARLES SWINDOLL



S.T.E.A.M. *Lunch Activity*



Students made Christmas ornaments during lunch.





Alternative Ed Presents:

CALM AND KIND

Parent Academy

2023-2024



SESSION 1 AND 2
SEEING THROUGH LENSES
OF COMPASSION
CONNECT TO CALM



SESSION 3
PROACTIVE AND
PREVENTATIVE
STRATEGIES

SESSION 4
CALM. CONNECT.
CORRECT

IF YOU HAVE ANY QUESTIONS PLEASE
CONTACT DANIELA RUSILES
(559) 528-4703

CHILD CARE & SNACKS PROVIDED

Join Us For



Joyful Giving Drive

Spread holiday cheer
and make a difference
in our community!

LOVELL HIGH
SCHOOL

DEC. 1ST - 15TH

HOW CAN YOU HELP?

- DONATE NON-PERISHABLE FOOD
- WINTER CLOTHING
- TOYS

Spread the Joy!

Contact Information:
Email: Antonio@cojUSD.org



Be the change you wish to
see in the world.



Semester 1 Upcoming Events



**Panther hour every Tuesday after
School: open to students and parents**

Monday, December 4, 2023

**NAF Be Future Ready 10th Grade
Conference**

Saturday, December 9, 2023

**Community For Youth Women's
Conference**

Tuesday, December 19, 2023 @ 5:00 PM


FAFSA Parent Night

Thursday, December 21, 2023

**Guest Speaker Series
End of Semester I: All Grades Due**

January 11-12, 2024 8:00 AM-12:00 PM

Spring Semester Jumpstart

Several large, dark grey paw prints are scattered across the bottom of the page, some overlapping the contact box.

Stay in touch :



viguzman@cojUSD.org



559-528-4703 Ext. 6001