

OFFICE of Child & Youth Success

**"A City Where
Children and Youth
Can Thrive"**



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COUNT ALL THE TURKEYS!



NOVEMBER '23 ISSUE

NOVEMBER

SD Office of Child and Youth Success



About

The Office of Child and Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

Mission

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services, and high-quality programs to improve social, health, and educational outcomes.

Vision

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success, will coordinate a network of community stakeholders that will provide a shared framework to deliver high impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.



 CONTACT US



Engaging Activities to get Involved



United Against Hate Poster and Video Contest for Elementary, Middle and High School Students
For more information, click the links below!!




LEARN MORE



SAN DIEGO'S 2023 UNITED AGAINST HATE WEEK PRESENTS

Poster Contest



Put your creativity to the test in honor of San Diego's 2023 United Against Hate Week! Open to all San Diego elementary school students grades K-5.

Deadline: October 30, 2023
Submit poster using the Google form link: <https://forms.gle/uWfSDSEuW8M5g4V16>

SEE FAQs FOR INFORMATION ABOUT PRIZES AND MORE. ALL WINNERS WILL BE HONORED AT A CEREMONY AT THE U.S. ATTORNEY'S OFFICE.


PROMPT Answer 1
1. Draw a poster with the message "Choose Kindness, Stop Hate!"
2. Draw a poster about how to be an ally using the "6 Ways to be an Ally" guide

Teachers please contact Shastily Urias at shastilyurias@sdsdaj.gov or (619)544-9399 if your class would like a presentation or story on the topic of the contest & we would be happy to provide one.

EARL B. GILLIAM BAR FOUNDATION

SAN DIEGO'S 2023 UNITED AGAINST HATE WEEK PRESENTS

Video Contest



Use your words to combat hate! Submit a 30 second video for a chance to win a scholarship. Open to all San Diego middle schoolers grades 6-8 and high schoolers grades 9-12.

Deadline: October 30, 2023
Video links will be submitted via Google Forms:
Middle School: <https://forms.gle/LdZ1cMBZ2YYAygGT7>
High School: <https://forms.gle/oxS2f0oQwnu3E5>

SEE FAQs FOR INFORMATION ABOUT PRIZES AND MORE. ALL WINNERS WILL BE HONORED AT A CEREMONY AT THE U.S. ATTORNEY'S OFFICE.

PROMPTS Answer 1
1. Choose one of the six methods to be an ally and explain it. Share a personal experience to demonstrate why this approach to supporting others is meaningful to you.
2. Reflect on a time when you felt excluded because of your race, gender, religion, disability, sexual orientation or ethnicity. How did this experience shape how you treat other people?
3. Based on the "6 Ways to be an Ally" guide, how do you define being an ally to others? Can you share a personal experience where you were either the victim, bystander, or aggressor that has influenced your current perception of being an ally?

Teachers please contact Shastily Urias at shastilyurias@sdsdaj.gov or (619)544-9399 if your class would like a presentation on the topic of the contest & we would be happy to provide one.

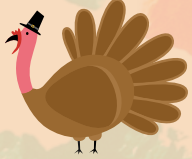
EARL B. GILLIAM BAR FOUNDATION



My 20 year old dog



THE POWER OF GRATITUDE: MENTAL AND PHYSICAL BENEFITS



To have a home and family to go to every night

For my Family

Boost your spirits with this simple technique if you feel lost, overwhelmed, or down this season. There's a simple way to uplift your mood: using gratitude. A key component of Thanksgiving is practicing gratitude, which can enhance your mental well-being.

I APPRECIATE YOU

Expressing gratitude is linked to numerous mental and physical benefits, such as better sleep, mood, and immunity. Research has also found that gratitude can decrease depression, anxiety, and chronic pain. Our brains are wired to solve problems, rather than appreciate what we have. To experience the benefits of gratitude, we must consciously override this natural tendency.

Good Health and my kids

Gratitude is a vital ingredient for a happy life, and it should be integrated into your daily routine. Begin your day by thinking of someone you're grateful for, whether it's a friend who sends you funny texts, a teacher who recognizes your child's gifts, or the barista who serves you coffee with a smile and friendly conversation. Later, take a moment to thank that person with a kind word, a note, or a text.

I am so GRATEFUL

Our actions can have a significant biological impact, so it's essential to be mindful of how we behave. For instance, expressing gratitude can induce the release of oxytocin, known as the "love hormone," which fosters a sense of connection with others. By sharing kindness, we not only enhance our own overall well-being and happiness but also positively impact those around

Guidance, loved ones, and my husky.

My mom and brother

My cat and people I care about

US.

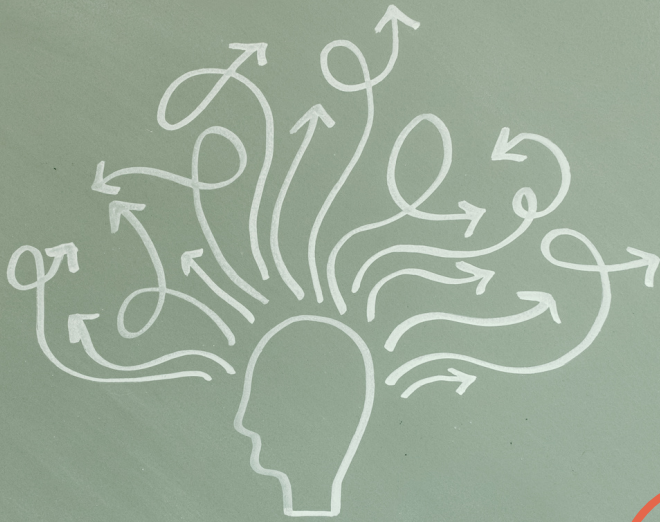
TESTIMONIAL



"Implementing the practice of Gratitude has transformed my life. It is a way to teach the mind to recognize and acknowledge all there is to be grateful for. It is easy to focus on the hardships and the negatives in life, which is why I have made it a habit to practice Gratitude every sunrise and right before bedtime. I like to be mindful and implement this technique when I speak. It works well, I find myself speaking with much gratitude and positivity over my life, it fills me with a sense of Fulfillment and Joy. Gratitude is the Fruit of my Life."



MINDING MENTAL HEALTH



MANAGE SEASONAL BLUES

STAY CONNECTED

It is of our human nature to connect. We are wired for social interaction and to make social connections to thrive. Data indicates that social connection is of great importance as our basic needs to survive. Here are some ways to stay connected this Holiday Season.

- Create new traditions for yourself
- Acknowledge and Feel grief and emotions
- Focus on nurturing self
- Research Local Events in your community
- Try baking a pumpkin Pie!
- Volunteer at a Shelter
- Visit a Corn Maze
- Spend time with friends

NURTURE YOURSELF

Remember to make time, and give yourself space to connect with yourself. The holidays are fun and joyous times but we can also acknowledge they can be emotionally challenging and stressful. A great technique you can try to help you navigate emotions is journaling, understanding your emotions and allowing them to guide you instead of steer you into reaction.

SUPPORTING MENTAL HEALTH THROUGH THE HOLIDAYS

S.A.D.

Studies show that Seasonal Affective Disorder is common during the fall and winter. Daylight savings time brings shorter days & less sunshine. To avoid the seasonal blues it's essential to maintain a balanced diet (see nutrition page #) and find ways to get some extra sunlight. Try catching a morning walk to get some exercise and a dose of sun exposure to promote mental wellness.



SUPPORT

If you are grieving or spending the holidays alone this season, come and discover the ways to remain connected and receive emotional support at your service.

Grief Support for Youth
800.797.2050

Anxiety & Depression Support for Youth

800-843-5200



CONTACT

Substance Abuse and Mental Health Administration (SAMHS)

1-800-662-4357

California Youth Crisis Line (CYCL)

800-843-5200



FOSTERING MENTAL WELLNESS FOR THE YOUNG MIND

SD Office of Child and Youth Success

Tips for a Healthy Mind

- Pursue a sport in your school or local team to stay active.
- Create and Establish a Routine that works best for you.
- Try to label and accept your emotions as they come to aid you in processing them healthily.
- Try deep breathing as a coping technique when you are feeling stressed or anxious.



During the period of adolescence, it is vital to create social & emotional habits that support the mental well-being of children. According to studies, Mental Health and Behavioral Disorders are among the leading causes of illness and disease among adolescents.

Ways to Foster Mental Wellness include:

- Adopting Healthy Sleep Patterns
- Exercising Regularly
- Developing Healthy Coping Mechanisms
- Learning How to Manage Emotions
- Developing Skills: Interpersonal, Problem Solving, and Coping.

LESS STRESS!

National Stress Awareness Day

HEALTH IS WEALTH

National Stress Awareness Day is celebrated every first Wednesday of November. This day is sponsored by the International Stress Management Association (ISMA). The purpose of establishing this event is to expand the public's awareness and help individuals grow to recognize, manage and reduce stress in their daily and professional lives. Stress management and reduction should be a constant practice in order to work effectively.

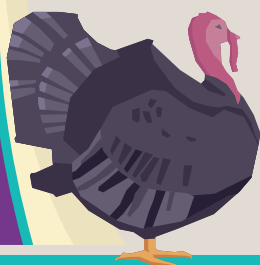
Use this day to intentionally find out the root of most of your stress.

Reflection Questions for Stress Awareness:

Is your stress coming from school, work, or family? Do you have a habit of worrying about little things? Find the stressful areas and plan a course of action to solve them.

Healthy Ways to Cope with Stress:

- Be mindful of your media consumption and take breaks
- Nurture existing connections with loved ones
- Avoid alcohol, tobacco, and other drugs to prevent any harmful coping mechanisms and unhealthy dynamics with substances



Family Travel Tips



Whether you're traveling with infants, teens or both, The Points Guy have compiled a list of their favorite family travel tips that are bound to make traveling with family as fun and carefree as possible! Check out some of their tips and tricks [here](#).

Keep valuables out of sight

Pack plenty of snacks

Pack hidden toys to reveal during your trip

Plan down days and afternoon rest

Build an activity bag

Pack enough essentials to survive at least 24 hours off of what you bring on board, as you never know what's going to happen.

Remember, family trips are about having FUN!

Travel kits are an excellent method to keep children occupied and interested while traveling. Choose a few items they enjoy, such as books, toys, coloring pages, and their favorite snack, to unpack while traveling.



OUR HOLIDAY DEALS ARE HOLIDAY FEELS!!

With all of the holiday sales going on, it's crucial for young people to recognize that material objects don't have much value in the grand scheme of life. Creating lasting memories and uniting with family has more value than anything that can be bought. Remember, the best gifts are the memories you and your loved ones make together! Here are a few activities that build family time and create new memories.



Gather the family and spend the day outside; there are numerous activities available, such as going to the beach, bike riding, hiking, or simply having a picnic in the backyard.

Bake cookies as a gift for yourself and others to demonstrate your care and love as well as spend quality time with one another.

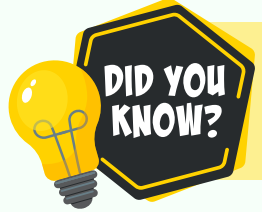


Make the most of your time at home by doing activities like pottery, painting, and DIY crafts. Get a head start on the holiday season by making homemade Christmas cards and ornaments.



NOV. 16 - USE LESS STUFF DAY

USE LESS STUFF DAY, WHICH FALLS ON THE 3RD THURSDAY OF NOVEMBER, WAS CREATED TO ENCOURAGE PEOPLE TO USE ESSENTIAL THINGS ONLY AND REDUCE WASTE.



STUDIES ESTIMATE THAT TRASH PRODUCTION IN THE U.S. INCREASES BY 25% DURING THE WINTER HOLIDAY SEASON. THIS MEANS THAT AMERICAN FAMILIES GENERATE ABOUT 4 TO 5 MILLION TONS OF EXTRA WASTE IN JUST A MATTER OF A MONTH!

FUN FACTS ABOUT THE HOLIDAY

[<< CLICK FOR MORE >>](#)



HOW DO I CELEBRATE?

- 1. REDUCE CONSUMPTION
- 2. GO ELECTRONIC
- 3. USE GLASS BOTTLES



NURTURING

QUALITY TIME *for Youth & Families*

Spending quality time with your family is vital to a healthy and happy household. A happy home can reduce stress and fulfill emotional needs, which can positively impact everyone's physical health, mental health and behavioral performance.



Easily bond by cooking a meal or baking a dessert together in the kitchen



For a healthy and active lifestyle, exercise together right in your living space

Hold a family bonding night where you play games or just talk and laugh



Check out your local community centers for fun activities and programs



NOURISHMENT IN THE FALL



Healthy and Simple Kid-Friendly Recipes



Try a Squash Boat!



You can make boats from a variety of vegetables, such as squash, zucchini, and eggplant.

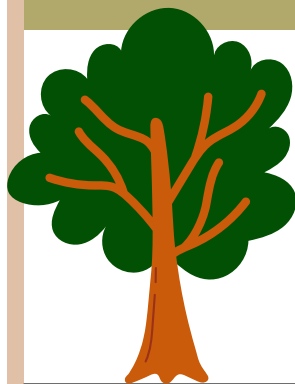
Boats are a fun way to eat vegetables!

Produce in Season:

- Squash
- Pumpkin
- Sweet Potato
- Spinach
- Onion
- Garlic
- Mushrooms
- Mango
- Celery Carrots
- Broccoli
- Raspberries
- Pears

The Benefits of Eating Seasonal

Studies indicate that eating produce that is in season is good for your health. Ripe and fresh produce that are freshly grown and ripened carry the most nutrients that benefit your health and wellness.



Try a delicious
Butternut Squash &
Sage Soup



Facts

- Did you know that there are two varieties of Squash? There's Winter Squash and Summer Squash!
- Squash and Melons are genetically related meaning they are of the same family!

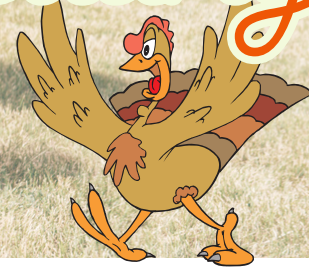
To learn more Fun Facts about squash, click the link.



Good Habits for staying



Happy and Healthy



Here are some ways to stay active and fit during the holidays:

- Seek out opportunities to move.
- Plan your workouts ahead of time.
- Exercise early and get plenty of sleep.
- Be creative and get rid of 'all or nothing' mindsets.
- 80/20 Rule for food. 80% healthy foods, 20% junk food.
- Plan active family holiday activities.
- Stay hydrated.
- Be realistic.

Health 
is wealth

Read what the experts are saying!



Keep in mind...

Rest is important, too!



10 Tips for Staying Healthy

1. Wash your hands
2. Drink responsibly
3. Manage stress
4. Exercise
5. Buddy up
6. Get sleep
7. Don't smoke
8. Eat healthy
9. Drink water
10. Don't make food the focus

Additional tips:

- Stay home if you're sick.
- Stay up to date with your vaccines.
- Wear a mask, if necessary.

[Read More](#)



EMPOWERMENT THROUGH KNOWLEDGE: NARCAN TRAINING AND LOCATIONS TO PICK UP

What does Naloxone do:

Opioids work by binding to certain sites in the brain, which can reduce the perception of pain and affect breathing. Naloxone, on the other hand, reverses the effects of opioids by binding more tightly to these same sites (stronger affinity) than opioids. This knocks the drug off these sites for a period of time, which allows breathing to be restored.

Is Naloxone safe:

Naloxone is a secure medication that does not produce any significant effects except in individuals who have opioids in their system. While it may elicit withdrawal symptoms, which can be uncomfortable, it is not life-threatening. In contrast, an opioid overdose can be exceedingly dangerous. Withdrawal symptoms from naloxone can include headaches, changes in blood pressure, rapid heart rate, sweating, nausea, vomiting, and tremors, but these symptoms are typically short-lived. (NIH) It's worth noting that administering Naloxone to someone who is not experiencing an opioid overdose will not cause any harm.



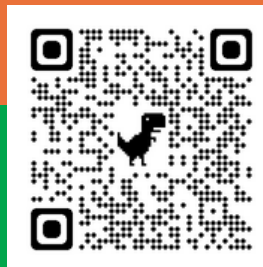
Why Teach Kids to Administer Naloxone

“In one study, it was shown that an estimated 11% of all U.S. children under the age of 14 live with at least one family member (parent, grandparent, sibling, cousin, uncle, etc.) who was or is substance dependent. As many as one in four are raised around an adult who misuses or is dependent on a substance. While exposure to addiction naturally creates trauma, it also exposes children to the risk of losing a family member to an overdose.” Administering Naloxone can be a life-saving action for family and friends, and is less traumatic for young children than witnessing a loved one die from an overdose without being able to do anything?

Recognizing the Signs of an Opioid Overdose Direct from Experts

- Unresponsiveness to shouting or pain stimulation
- Unconsciousness
- Slow and shallow breathing, or no breathing at all
- Pale, clammy skin and loss of color
- Bluish, purplish, or grayish face, particularly around the lips and fingernails
- Faint or absent pulse
- ***Signs of Overmedication****
 - Heavy nodding or sleepiness, but still responsive
 - Difficulty staying awake
 - Slurred or slow speech

[Learn how to administer the opioid overdose reversal drug naloxone](#)



What is

NATIVE AMERICAN HERITAGE AWARENESS

Month?



SD Office of Child and Youth Success

HONORING NATIVE AMERICAN HERITAGE

HISTORY

Some ways you can honor Native American Heritage Month would be:

- Explore Native American Heritage and Culture
- Discover the Tribal Land in which you reside
- Read books and educate yourself on Native America and Native American Roots
- Try an activity that will connect you to Native American Culture

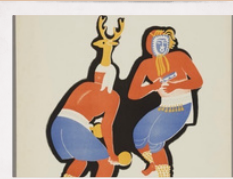
In 1915, the annual Congress of the American Indian Association formally approved a plan concerning American Indian Day. A proclamation was issued on Sept. 28, 1915, which declared the very First American Indian Day on May 13, 1916 in New York. This was the first and formal appeal for recognition which honors Native American Indians as citizens.

Meet Clarissa

Clarissa is of Yaqui and Mayo Tribal -Ancestral Roots, she carries Roots of Mexican descent as well, she identifies as Chicana. Clarissa shares her Ethnic background and experience with the world to educate and inform the collective in Honor of Native American Heritage Awareness month.

“I started reconnecting with my indigenous roots about 10 years ago and began to learn more about our traditions, customs, and language on my own as well as learning from my Apa (grandpa).

Yaquis are known to be the most resilient tribe, fighting the hardest for our land in the Sonoran desert. We hunted, fished, and were very family oriented. We also loved music and dancing. Our *Yoeme* are known best for our sacred Deer Dance and Deer which are still practiced today in sacred ceremonies. The deer is very sacred to our people, representing goodness. The dance tells the story of the deer, his brother, and the flower world known as, *Seyewailo*. The dance is done to thank the deer that is to be hunted for its sacrifice so that the people can continue living. We also believed in taking care of the earth and everything in it. If you have the opportunity to reconnect with your indigenous roots, do it, be that voice for your ancestors and don't let anyone discourage you to learn.”



Deer Dance



Clarissa

NATIONAL HOMELESS YOUTH AWARENESS MONTH

November was first declared as National Homeless Youth Awareness Month in 2007, As many as 2.5 million youth per year experience homelessness.




More Info Here

MORE THAN 2,000
YOUTH EXPERIENCE
HOMELESSNESS
EVERY NIGHT IN SAN
DIEGO

ALONG WITH LOSING THEIR HOME, COMMUNITY, FRIENDS, AND ROUTINES AS WELL AS THEIR SENSE OF STABILITY AND SAFETY, MANY HOMELESS YOUTH ARE ALSO VICTIMS OF TRAUMA. WHILE TRYING TO SURVIVE ON THE STREETS, YOUTH ARE EXPOSED TO COUNTLESS DANGERS, WITH AN INCREASED LIKELIHOOD OF SUBSTANCE ABUSE, EARLY PARENTHOOD, IMPULSIVITY, DEPRESSION, POSTTRAUMATIC STRESS DISORDER, AND A VULNERABILITY TO BEING TRAFFICKED.

- Youth Emergency Shelter, ages 12 to 17
- TAY Academy, ages 14 - 25
- TAY Housing, foster youth, ages 18-24
- Youth Homelessness Program, provides rapid rehousing, as well as transitional
- Housing to homeless and at-risk young adults.

 Office of Child and Youth Success

If you are currently experiencing homelessness or living in a dangerous environment, please use one of the resources available.

Learn more at

<https://sdyouthservices.org/services/homeless-housing-and-support/>



HOUSING & CAREER OPPORTUNITY

If you are looking to advance in your career and continue your education, then Job Corps is the opportunity for you! Job Corps is the Nation's largest free, residential career training and education program for low-income young adults ages 14- 24.

Work Industries to Choose

From:

- Advanced Manufacturing
- Finance & Business
- Hospitality
- Transportation
- Automotive & Machine Repair
- Healthcare
- Information technology
- Construction
- Homeland Security
- Renewable Resources & Energy

Program Benefits:

- Dorm Rooms
- Recreation Center
- Basic Medical Care
- Nutritious Meals Provided
- Books & Supplies Provided
- Living Allowance Provided
- Training Clothing
- Supportive Community



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRANSITIONAL HOUSING & SUPPORT

If you are seeking housing support, the YMCA is here to help you! The YMCA offers a variety of housing options to accommodate a variety of needs and housing situations. The YMCA serves young parents, justice-impacted youth, and former or current foster youth by offering transitional housing opportunities.

Program Services:

- Skill building and social-emotional groups
- Subsidized rent
- Employment and Educational assistance
- Financial development and personal budgeting
- Independent living skills education
- Relational wellness and therapeutic services



work

Navigating the Job Market and Maintaining Stability

SD Office of Child and Youth Success

Volunteer and Seasonal jobs

APPLY NOW

Holiday season is almost here, are you ready? Consider a seasonal job.

- | | |
|----------------|--------------------|
| Chick Fil-A | Belmont Park |
| Chuck E Cheese | SeaWorld |
| Panera Bread | JC Penny's |
| SD Zoo | Nothin Bundt Cakes |
| AMC Theaters | Kohl's |
| Target | Dukin Donut's |



Communication and professionalism between coworkers.

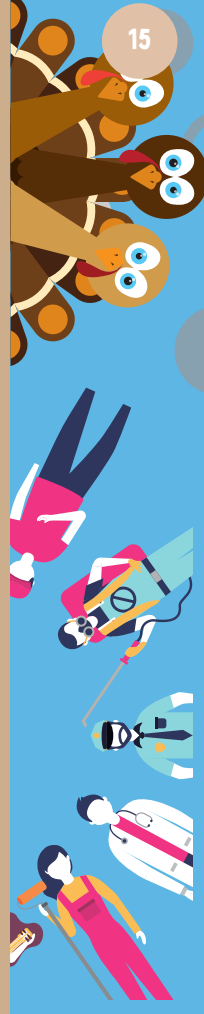


Getting Started with the Stock Market

- Learn to Invest Your Money to Make it Grow.
- Average return in the stock market is around 11% per year.
- Any amount of money is OK just a few dollars a day is enough.
- Everyone, whether you're a kid, teenager, adult, employee or entrepreneur, should invest.



1. Prioritize Two-Way Communication
2. Build Your Communication Skills
3. Embrace the Uniqueness of Each Employee
4. Have One-on-One Interactions
5. Schedule Weekly Team Meetings
6. Make Time for Team Building
7. Show Appreciation
8. Get a Team Communication App

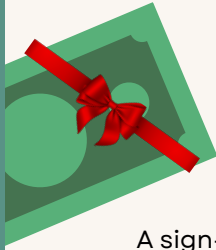




Discover these useful tools that can help young adults take the first steps towards "adulthood":



HOW TO SECURE A SIGNING BONUS



What it is

A sign-on bonus, also called a hiring bonus or signing bonus, is an incentive that employees can give new hires.



1 Wait for your official offer



2 Research salary and bonuses



3 Set an amount and reasons why



4 Be open to negotiations



5 Have it in writing

- USE TECHNOLOGY WISELY
- ESTABLISH BOUNDARIES
- CREATE A PHYSICAL WORKSPACE
- WORK OUTSIDE YOUR HOME
- SET REGULAR WORKING HOURS
- KEEP SEPARATE EMAIL ACCOUNTS
- UNPLUG
- DEVELOP AN AM/PM ROUTINE
- CUT DOWN ON MEETINGS

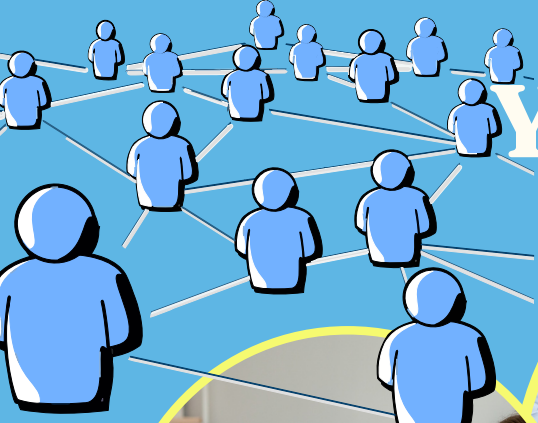
HOW TO SEPARATE YOUR WORK AND PERSONAL LIFE



"OUR COMMUNITY'S FUTURE LEADERS ARE THE YOUNG WOMEN AMONG US. MOTIVATING THEM TO ENGAGE IN MEANINGFUL WORK NOT ONLY ENRICHES THE COMMUNITY BUT ALSO FOSTERS THEIR OWN GROWTH, ESTABLISHING A CONTINUOUS CIRCLE OF PERSONAL AND PROFESSIONAL DEVELOPMENT."

WOMEN SHOWING UP IN THE WORKFORCE





Youth Empowerment



The Importance of Youth in

Community Organizing & Advocacy

- Involvement and collaboration between organizations and youth offer mutual advantages.
- Collaborative programs with youth as partners are more effective at engaging the target audience and making a significant impact.
- When adults make an effort to involve and empower young people in decisions that affect them, it makes it much more likely that these decisions will be embraced and easily become a part of their daily lives.
- Engaging young individuals in addressing community needs fosters empathy and encourages self-reflection
- True youth engagement treats young individuals as equal partners with adults in decision-making and program development, working alongside them rather than for them.

Here are a few local organizations that young people can explore:



1

SAY San Diego



2

San Diego Youth Will



3

San Diego Pride



4

Youth Advocacy .us



NOVEMBER 7TH IS VOTING DAY

WHAT AM I VOTING FOR?

DISTRICT 4 COUNTY SUPERVISOR



WHERE IS DISTRICT 4?

DISTRICT 4 SERVES THE FOLLOWING ZIP CODES: 91941, 91942, 91945, 91950, 91977, 91978, 92019, 92020, 92021, 92101, 92102, 92103, 92104, 92105, 92109, 92110, 92111, 92112, 92113, 92114, 92115, 92116, 92117, 92120, 92123, 92134, 92139 AND 92182.

WHERE CAN I VOTE?



SCAN HERE TO CHECK IF YOU ARE
REGISTERED AND WHERE TO FIND THE
CLOSEST VOTING LOCATION

HOW CAN I BE MORE INVOLVED?

- SIGN UP FOR YOUR CANDIDATES VOLUNTEER LIST
- RESEARCH
- ENCOURAGE OTHERS TO VOTE!
- VOLUNTEER TO BE A POLL WORKER



COLLEGE APPS: CROSSING THE FINISH LINE



BEFORE SUBMITTING YOUR APPLICATIONS, USE THIS QUICK CHECKLIST TO ENSURE ALL STEPS OF THE PROCESS HAS BEEN COMPLETED AND ALL INFORMATION IS CORRECT:



1. PROOFREAD, PROOFREAD, PROOFREAD!
2. HAVE TEACHERS, COUNSELORS AND TRUSTED MENTORS READ YOUR ESSAYS
3. CHECK FOR ANY PERSONAL ESSAYS YOU MAY HAVE MISSED IN YOUR APPLICATION
4. CHECK ON LETTERS OF RECOMMENDATIONS
5. ENSURE YOUR REPORTED GRADES AND TRANSCRIPTS ARE CURRENT AND ACCURATE
6. SEND IN STRONG SAT/ACT TEST SCORES EVEN IF THEY AREN'T REQUIRED

Deadlines for Fall 2024:

Common App - Various (See each institution page)

CSU System - November 30

UC System - November 30



STILL NEED HELP ON LAST MINUTE TOUCHES TO YOUR APPLICATIONS?

SEE THE NEXT PAGE FOR APPLICATION WORKSHOP DATES



COLLEGE APPLICATION SUPPORT!



OFFICE HOURS & WORKSHOPS

12th-graders will receive individualized support at office hours, or topic-specific support at workshops. Services are provided free of charge by San Diego’s Office of Child and Youth Success and Reality Changers.

DATES & TIMES:

- November 10, 10:00 am - 1:00 pm: Office Hours @ 1400 Park Blvd
- November 18, 10:00 am - 1:00 pm: Office Hours @ 1400 Park Blvd
- November 19, 10:00 am - 1:00 pm: Office Hours @ 1400 Park Blvd
- November 25, 10:00 am - 1:00 pm: Office Hours @ 1400 Park Blvd
- December 2, 9:30 am - 11:30 am: Financial Aid *virtual*
- December 7, 6:00 pm - 7:30 pm: Common App *virtual*
- December 9, 9:30 am - 12:00 pm: Financial Aid @ 1400 Park Blvd

Reserve your Spot today!

[SIGN-UP HERE](#)



Brought to you by:



Office of Child and Youth Success

<https://www.sandiego.gov/child-youth-success>



Presents

READ BOOKS. SPARK CHANGE.



When?

Encourages you to think about books as a spark for positive change.

November 6th-12th

How?

AT HOME, SCHOOL,
WHEREVER YOU ENJOY
READING!!

What?



More Info Here!

Find Your Spark: Book Q&A ■ What book did you read? Who wrote or illustrated the book? ■ If you had to pick one thing about the book to tell someone else, what would you tell them? ■ Who was your favorite character in the book? ■ What thing did the character do that made them your favorite? ■ What talent or ability did one of the characters have that you can identify with? What was a talent or ability you wish you had? ■ Is there an action the character(s) take that inspired you to do something similar? ■ Did the story show you something new that you had never thought or heard about before? ■ Did the cover art of the book inspire you in a particular way?



VISIT YOUR LOCAL
LIBRARY TO GET
INSPIRED!



MUSIC APPRECIATION

MUSIC GENRES

Here are some of the many music genres:

POP
ALTERNATIVE
ELECTRONIC
JAZZ
CLASSICAL
RAP
GOSPEL
ROCK
COUNTRY
HIP HOP
BLUES
LATIN
WORLD
DISCO

“MUSIC CAN CHANGE THE WORLD”

-Beethoven

MUSIC CAN...

- Heal us and positively affect our overall well-being
- Amplify cultural identities of diverse communities
- Provide a safe and supportive environment/community
- Tool for social advocacy and to inspire change
- Broaden perspectives and increase empathy



Learn more about the instruments

Orchestra Map

SPOTIFY

Scan the QR code to discover kid-friendly music!

KID-FRIENDLY PLAYLIST





OFFICE OF CHILD & YOUTH SUCCESS

END OF THE YEAR REFLECTION



NOVEMBER 2023

Reflection Questions for Year End

[McCarthy, Lindsay. "Reflection Questions for Year End." Grateful Parent, Grateful Parent, 21 Aug. 2018.](#)



- **What worked?** What went right this year? Where did I win? What were my successes?
- **What did I learn?** How did you stretch your limits? What were inner transformations that led to outer manifestations?
- **What new strengths or capabilities emerged for me?** How did my strengths evolve? Who was I being?
- **Who did I serve?** Who was kind to me? Who inspires me?

Why is reflection important?

- ★ IT HELPS US FEEL MORE GROUNDED AND PRESENT,
- ★ IT HELPS US SEE HOW FAR WE'VE COME,
- ★ IT HELPS US CLARIFY WHAT WE'VE LEARNED AND WHAT WE CAN CELEBRATE.



For You and Your Family:

[22 Thoughtful Reflection Questions & Activities for Year End](#)

Upcoming Events Around San Diego



1

Youth Leadership Academy 2023

Date & Time:

Nov 11, 2023, 9:00 am – 5:30 pm

Location:

San Diego City College
1313 Park Blvd
San Diego, CA 92101



2

Hullabaloo at Del Mar Highlands Town Center

Date & Time:

Nov 3, 2023,
10:00am – 10:40 am

Location: Del Mar Highlands Town Center | San Diego, CA



3

Thanksgiving Playday

Date & Time:

Nov 12, 2023, 10:00am – 12:30 am or 1:15 pm – 3:45pm

Location:

3901 Landis Street San Diego, CA 92105



4

Turkey Trot

Date & Time:

Nov 18, 2023, 8:30 am – 11:00 am

Location:

Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

The family that trots together, stays together! Come roll, walk, trot or run with us for our first



Open to all ages, this family and friends event requires registration by November 9th. Direct supervision is not provided, and the cost is \$10.

5

LA JOLLA PLAYHOUSE AND FRIENDS WELCOME LITTLE AMAL TO BALBOA PARK

Date & Time:

Saturday, November 4 · 11:30am - 12:30pm PDT

Location:

Meet at The Old Globe Plaza at 2pm



6

Create-it-Thursday: Native American Heritage Month @ Skyline Library

Date & Time:

Nov 16 & 30, 2023, 4:00pm – 4:45 pm

Location:

7900 Paradise Valley Rd. San Diego, Ca 92139



8

Free Youth Ballet with San Diego Ballet

Date & Time:

Saturday, November 4 · 11:30am - 12:30pm PDT

Location:

City Heights/Weingart Library
3795 Fairmount Avenue San Diego, CA 92105



7

Stay & Play Storytime Series

Date & Time:

Wednesday, November 8 · 10am – 12pm PST

Location:

College-Rolando Branch Library
6600 Montezuma Road San Diego, CA 92115



Great job on gaining knowledge and insight on new topics! Quick question, though – how many turkeys did you catch?

