

MARCH '24 ISSUE  
SD



# THE OFFICE OF CHILD AND YOUTH SUCCESS

A CITY WHERE  
CHILDREN AND YOUTH  
CAN THRIVE!



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# MARCH



Office of Child  
and Youth Success



## About Us

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

## Our 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.



## Our 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.

[Click here to  
subscribe to the  
newsletter!](#)







# HELLO SPRING!

## March Equinox

**WHEN IS IT?**  
**TUESDAY, MARCH 19TH 2024 AT 8:06PM (PST)**

**MANY SCHOOLS' SPRING BREAK STARTS AT THE END OF MARCH!**

**WHAT IS IT?**  
**THIS DAY MARKS THE POINT WHEN THE SUN CROSSES THE CELESTIAL EQUATOR, LEADING TO APPROXIMATELY EQUAL DAY AND NIGHT LENGTHS.**

**THIS EVENT SIGNALS THE BEGINNING OF SPRING IN THE NORTHERN HEMISPHERE, WHILE IN THE SOUTHERN HEMISPHERE THE EQUINOXES PLAY A CRUCIAL ROLE IN DEFINING THE SHIFTING SEASONS ON EARTH.**



### Equinox Day Around the World

#### India



**Holi Festival**

Holi Festival symbolizes the triumph of good, heralding the arrival of spring and bidding farewell to winter. Additionally, it commemorates the onset of a prosperous spring harvest season.

#### Mexico



**Spring equinox in Teotihuacán**

The crowd reaches to the sky, worshipping the sun to absorb its energy. Below on the esplanade, pilgrims dressed in white with red scarves (some with feathers) sing, dance, and burn incense to the beat of tambourines, bells, and conch shells.

#### Iran/Persian



**Nowruz**

The celebration corresponds to the Persian New Year, marking the commencement of spring. Observers participate by acquiring new attire, tidying their homes, visiting friends and family, and indulging in lavish meals together.

#### Japan



**Shunbun No Hi**

Established in 1948, this national holiday in Japan was designed to mark the onset of spring and provide a platform for expressing gratitude for the flourishing of nature post-winter.



**Click the bird icon to check out spring activities in San Diego!**





# DAYLIGHT SAVINGS

Daylight Saving Time (DST) was first proposed by Benjamin Franklin in 1784. The modern implementation began during World War I, with Germany adopting it in 1916 to conserve energy. Other countries, including the United States, followed suit.

The Uniform Time Act of 1966 standardized DST in the U.S. and set consistent start and end dates. Many countries worldwide now observe some form of DST, adjusting clocks to make better use of natural daylight.

**Sunday, March 10, 2024, 3:00 am local daylight time instead.**

**Sunrise and sunset will be about 1 hour later on March 10, 2024 than the day before. There will be more light in the evening.**

## Be mindful of what/when you eat/drink

Have an earlier dinner to help your body prepare for bedtime. Avoid spicy or fatty foods near bedtime, as they can cause indigestion and hinder sleep. Also, avoid consuming caffeine and alcohol later in the day to promote better sleep!

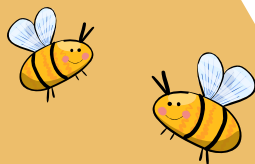
## Reduce screen time and maintain good sleep hygiene

While using electronics might seem relaxing in the evening, they can actually stimulate your brain and make it harder to fall asleep. Consider avoiding the use of electronics and refrain from watching TV right before bed.

## TIPS AND TRICKS

### Enjoy the longer evenings and go outside!

The longer sunshine is one of the benefits of spring and daylight saving time. Sunlight exposure can elevate your mood and naturally reset your body clock. Allowing the morning light into your room helps you wake up more focused.



## HOW DOES THIS AFFECT US?

### Disrupted Sleep Patterns

The clock changes can disrupt sleep patterns, causing sleep deprivation and adjustment difficulties. This disruption may affect irritability and mood swings. Some studies suggest a connection between DST transitions and an increase in depressive symptoms.

### Health Impacts

The abrupt time change has been linked to an increase in health issues, and the number of accidents. The disruption to circadian rhythms can have short-term health consequences.

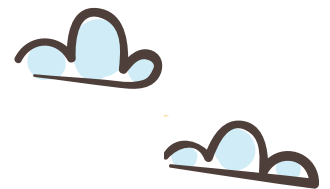
### Productivity and Concentration

The shift in time can lead to a temporary decrease in productivity and concentration as individuals adjust to the new schedule. This can affect work performance and daily activities.



### Adjust your bedtime

Adjust your clocks before bedtime for a smoother transition to the new time zone. Consider using a sleeping mask if early sunrises due to the time change disrupt your sleep.



# GO GREEN

WITH THESE SUSTAINABLE INITIATIVES IN SAN DIEGO



## What is San Diego's Climate Action Plan?

San Diego's **2022 Climate Action Plan** outlines ambitious goals and strategies to combat climate change and reduce greenhouse gas emissions. It focuses on transitioning to 100% renewable energy, improving transportation options to reduce reliance on cars, enhancing energy efficiency in buildings, promoting sustainable land use and urban planning, and increasing climate resilience efforts. The CAP aims to create a more sustainable and resilient city while fostering economic growth and equity for all residents.

*Check out this helpful video to learn more about the main strategies of the CAP!*

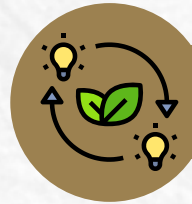


## Water Conservation Efforts in San Diego

Committed to its CAP and sustainability goals, San Diego is dedicated to reducing water waste and enhancing efficiency. The City has implemented robust water conservation efforts, including the **Pure Water San Diego Program**, aiming to purify recycled water to drinking standards and increase the local water supply. This initiative reduces reliance on imported water, promoting regional water sustainability.



Click on the icon to discover more.



**Explore San Diego's Sustainability Initiatives**



**Explore the Pure Water San Diego Program**



**Explore Ways to Get Involved, including:**

**Take Climate Action!**  
**Climate Kids**  
**Port of San Diego Careers**  
**Youth Advisory Council (YAC)**  
**San Diego County Water Authority.**



## World Water Day (March 22)

This day is used to promote the responsible use of water and access to safe water for everyone. Find ways to conserve and reduce water usage.





MAR 30, 2024

# TAKE A WALK IN THE PARK DAY

"The best way to get started is to quit talking and begin walking."  
- Walt Disney



## What is 'Take A Walk In The Park Day' ?

"Take a Stroll in the Park Day" was created to reconnect people with nature and its therapeutic benefits. Research shows that regular park visits improve mental and physical health, and living near parks improves relationships. Views of trees also reduce aggression compared to concrete buildings. As our living spaces shrink, our connection with nature diminishes, impacting our well-being. Parks are essential in our busy lives by providing a rejuvenating escape. Let's appreciate and enjoy these life-saving havens.



## TRAIL PARKS IN SAN DIEGO

SEVEN BRIDGE WALK  
LENGTH 5.7 MILES

SAN DIEGO RIVER  
CROSSING TRAIL  
LENGTH 3.6 MILES

CHOLLAS LAKE PARK  
LENGTH 2.3 MILES

BALBOA PARK GARDENS  
LENGTH 1.4 MILES

SUNSET CLIFFS TRAILS  
LENGTH 2.1 MILES

COWLES MOUNTAIN  
LENGTH 3.1 MILES





# Teen Mental Wellness Day

## March 2nd

In support of International Teen Mental Wellness Day, be part of the conversation and help work to destigmatize something that affects billions of youth around the world. As a parent or a youth, here is how you can help others and yourself.

**Talk regularly and openly about mental health:** This can not only help destigmatize mental health, but it can also help relieve some of the stress that is caused by internalizing mental health struggles. Talking out loud can help each individual understand that it's ok to discuss/share emotions and mental health issues.

**Educate oneself and others:** Educating family members on mental health, the stigma behind it, and how to help each issue involved, is very crucial within the home.

**Be cautious of language usage:** Do not use derogatory language within the home. This can lead to even more stigma and uncomfortability.

**Encourage equality of importance between mental illness and physical illness:** Help family members understand that mental illness is just as important as physical illness. Both should be looked at as a serious illness and not an individual's fault. Knowing that people are not in control of their illnesses is crucial in understanding why stigma is wrong.

-Adolescent Wellness Academy-

## Mental Health Resources

- [San Diego County Behavioral Health Services](#)
- [California Health & Human Resources - Youth and Caregivers Mental Health Resource List](#)
- [Free-or-no-cost counseling services](#)

Tip: Some schools and companies offer free therapy sessions for their students/employees. Don't forget to check out the services that your school or job offers you!

### EMERGENCY CONTACTS:

- San Diego Access and Crisis Line - **(888) 724-7240**
- National Suicide and Crisis Prevention - **988**

mental health matters







# THE IMPORTANCE OF SLEEP

## LEARNING AND MEMORY



Sleep is necessary for learning, memory consolidation, and information processing.

## RESTORATION



Sleep allows our bodies and brains to rest and recover.

## PHYSICAL HEALTH



Sleep is critical for preserving physical health.

## SAFETY



Lack of sleep can impair our judgment, reaction time, and decision-making ability, potentially leading to accidents and other safety issues.

## HERE ARE FIVE TIPS TO GET A GOOD NIGHT'S SLEEP

1

PLAN A SLEEP SCHEDULE

2

MINIMIZE NAPS

3

CREATE A COZY ROOM ENVIRONMENT

4

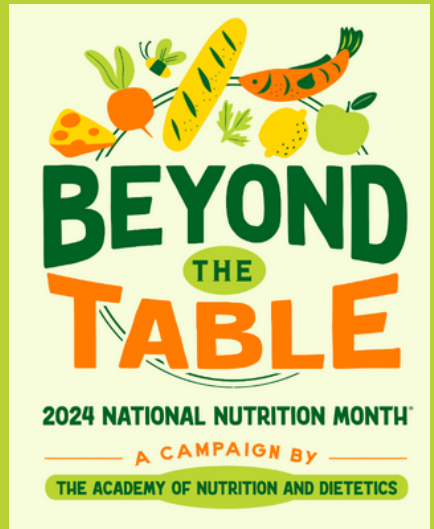
AVOID EATING LARGE MEALS BEFORE BEDTIME

5

AVOID CAFFEINE BEFORE BED



# NATIONAL NUTRITION MONTH 2024



Join the celebration and visit the Academy of Nutrition Dietetics at [EatRight.org](http://EatRight.org)!

The month was created by the Academy of Nutrition and Dietetics to educate people on the importance of making healthy food and drink choices, creating improved eating habits, and incorporating more physical activity into daily lifestyles in order to prevent the onset of many chronic diseases.

**Week 1:**  
Stay nourished on any budget.

**Week 2:**  
See a Registered Dietitian Nutritionist (RDN).

**Week 3:**  
Eat a variety of foods from all food groups.

**Week 4:**  
Eat with the environment in mind.

## DID YOU KNOW?

In 2013, San Diego County began providing **CalFresh Healthy Living** services, a statewide program that promotes well-being by sharing nutrition education, promoting physical activity, improving access to healthy foods, and many other activities.

Visit the CalFresh Healthy Living homepage [here](#).

### Apply for CalFresh (SNAP)

If you receive CalFresh benefits, you may be eligible to use your EBT at local farmers' markets. Use this [link](#) to find a farmers' market that accepts EBT/SNAP/CalFresh.



A healthy diet is essential for good health and nutrition. We've compiled some helpful resources to help you follow a healthy diet.

**World Health Organization: Healthy Diet**

**The Jacobs & Cushman San Diego Food Bank: Nutrition Education**

Click each box to discover more!

**SHARP Nutrition Classes & Seminars (Free for SHARP patients)**

**Specialty Produce Recipes**

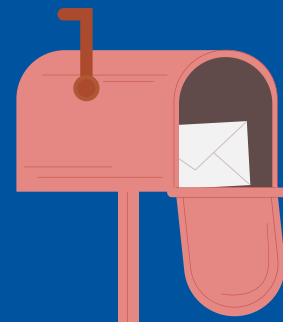
**Seasonal Food Guide**

Locate your **local farmers' market** by clicking on the icon.





# NAVIGATING COLLEGE DECISIONS



College decisions are beginning to be released for the 2024-2025 school year. Whether you got in, were waitlisted, or were rejected, dealing with big emotions can be overwhelming. Follow these steps to rein in your emotions and prepare for the next steps.

## IF YOU WERE ACCEPTED...

### WAIT FOR MORE OPTIONS

Do your research... again. Now that attending a particular college went from a possibility to a reality, you will likely view things a little bit differently. Before making a final decision, consider visiting (or revisiting) the campus as a first-year student.

### TALK IT OUT

Talk to your family and friends about your options. Consider the costs associated with attending each school. Make a spreadsheet to track all of the expenses.

### REFLECT

Know what's most important to you about each option (cost, distance from home, majors offered, student population, etc.). Sit quietly and picture your first day of college. What campus are you visualizing?

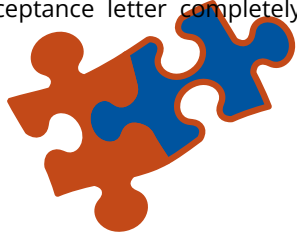
### ACCESS YOUR STUDENT PORTAL

Many schools have a student portal that hosts all the pertinent information and deadlines you need to know to move forward in the admissions process.

### KEEP TRACK OF DEADLINES

Read through your acceptance letter completely and take note of important dates.

[-ACT.org](https://www.act.org)



now  
what?

## IF YOU WERE DENIED/WAITLISTED...

### DON'T TAKE IT PERSONALLY

Don't beat yourself up for something that is out of your control. Allow yourself some time to embrace your feelings

### FIND WAYS TO COPE

Take stock of how you have grown personally. Commiserate with other rejected students

### GET SOME PERSPECTIVE

Why did you want the college that rejected you? Take a critical look at your qualifications for that college.

### TURN TO COLLEGES THAT ARE SAYING YES

Put serious thought into the colleges at which you have been accepted and consider visiting them or reaching out to current students.

If you are still dwelling on your rejection, try to stop.

### ASK THE COLLEGE TO RECONSIDER YOUR APPLICATION

You'll have a chance of success with this strategy only if significant information, such as your latest test scores, was missing from your application.

### REAPPLY AFTER A GAP YEAR OR AS A TRANSFER STUDENT

Taking a gap year will allow you to take steps to significantly improve your application while doing something meaningful. When you reapply, use your essay to explain what you learned from your year "off." You also might be able to reapply to your dream school after a year at another four-year college, or after one or two years at a community college

[-CollegeData](https://www.collegeboard.com/college-data)

# REMEMBER

## Your journey doesn't end here!

The traditional 4-year college route isn't for everyone. Whether you got in to a school and realized that it isn't a financial decision you're ready to make or were waitlisted/denied, there are more pathways out there you can explore. For more information on options beyond traditional higher-education, see the next page.



# COLLEGE?



## What else is Out There?

### A note from Us:

There are several approaches to achieving your concept of success in life. It's important to remember that success is personal, and that schooling may not be suitable for everyone. There are various paths to excellence in your life; all you have to do is explore. Here are a few ideas of things you can pursue without a college degree.



Office of Child and Youth Success

### Entrepreneur:

Be your own boss and start a business that highlights your interest. Here are 3 steps to get started:

- Build It!
- Market It!
- Sell It!

Follow this link to learn more!

Ask Yourself: "Can I market and sell while still building?"

### Trade School:

Look into what interests you and learn the abilities you need to start working right away. San Diego offers a wide range of learning possibilities.

1	<u>Concorde Career College</u>
2	<u>San Diego Medical College</u>
3	<u>UEI College</u>
4	<u>PhlebotomyU</u>

### Military:

Reach out to your nearest recruiter to learn more information about what it takes to enlist in the military.



<https://www.usa.gov/military-requirements>

For even more options, see our January 2024 Newsletter Edition

# School Registration

## New student online enrollment 2023-2024

If you are the parent/guardian of a student new to **San Diego Unified**, you can now enroll your child online if the school in your neighborhood is participating in the online enrollment process.

## Find your neighborhood schools

[Schools participating in online enrollment](#)

[Locate your neighborhood schools!](#)

## Locate your school district

[San Diego County Office of Education School Finder](#)



## Universal Transitional Kindergarten (UTK)

Universal Transitional Kindergarten is a new grade level preceding Kindergarten and it is open to all pupils turning 4 by September 1.

Eligible students are born between September 2, 2019 and September 1, 2020 and San Diego Unified resident students.

## UTK Resources

[List of UTK Schools 2024-2025](#)

[Map of UTK Schools 2024-2025](#)

[SD Unified UTK webpage](#)

[Parent Workshop UTK 2024-2025](#)

## Important information

This online enrollment process is **only** for students who are new to San Diego Unified. If your child has previously been enrolled at a school in San Diego Unified, please contact your neighborhood school directly.

For enrollment information pertaining to schools outside of SDUSD go to the school district website to learn more about their registration requirements.





# How to Join a Club!



## At school

Show your school spirit by starting a club that is created to your own liking. Here are a few tips to consider when starting a new club at your school:

1 Identify a Need

2 Define the Club's Nature and Purpose

3 Register the Club with Your School



Join a club at a your local recreation center or neighborhood library! Click on the icons below to find reading clubs, movie clubs, knitting clubs and more!



## Upcoming Events

**San Diego Chess Club** located in beautiful Balboa Park, at 2225 6th Avenue. Tournaments are held on Wednesdays and Saturdays (all ages). Scholastic events (for grades K through 12th) are held on some Sundays. Free casual play (all levels, all ages, no memberships required) is on Thursdays and Fridays.

## Clubs in San Diego

Pacific Photographic Club - Mon & Sat

Video Game Club - Weekly

Youth Club - Friday



# St. Patrick's Day

## WHY DO WE CELEBRATE IT IN THE US?

Many Irish immigrants brought their traditions and customs, including the celebration of St. Patrick's Day, to the United States during the 19th and 20th centuries.

Over time, the holiday gained popularity and evolved into a cultural celebration of Irish heritage. St. Patrick's Day provides an opportunity for people of all backgrounds in the U.S. to join in the festivities, whether they have Irish ancestry or not.

## WHAT IS ST. PATRICK'S DAY?

March 17th is St. Patrick's Day, a global celebration of Irish culture honoring the patron saint of Ireland. People wear green, enjoy parades, and partake in festivities, transcending its religious origins to be embraced by diverse backgrounds.

*Did You Know?*

According to folklore, you get pinched on St. Patrick's Day for not wearing green because green makes you invisible to leprechauns. Leprechauns like to pinch people!

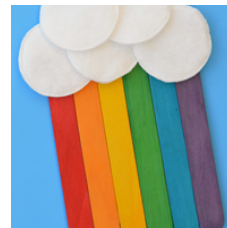


## FUN ACTIVITIES ON HOW TO CELEBRATE!!

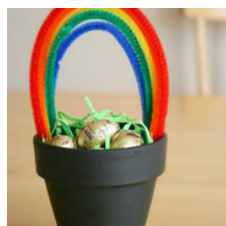
### I'm Lucky To Be Me St. Patrick's Day Craftivity



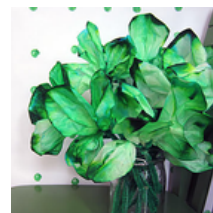
### Craft Sticks Rainbow Craft



### Make Your Own Pipe Cleaner Pot of Gold



### Coffee Filter Shamrock





# Women's History Month

**"Women Who Advocate for Equity, Diversity and Inclusion"**

The National Women's History Month's theme for 2024 celebrates "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

## The History

Women's History Month began in 1978 as a local celebration in Santa Rosa, California. It started as a week-long event to honor and recognize the achievements of women. The idea spread across the country, and in 1980, President Jimmy Carter declared March 8th as National Women's History Week. Later, in 1987, Congress passed a law designating the entire month of March as "Women's History Month." Since then, every year, the President proclaims March as a time to celebrate the contributions women have made to the United States.

## How to Support Women

Foster inclusivity at school, home, and with friends



Challenge stereotypes and biases related to gender

Speak up if you notice injustice or discrimination



## How to Celebrate Women



Women owned businesses in San Diego



San Diego Public Library on Women's Stories for teens



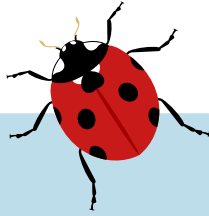
Explore the online exhibits for the National Women's History Museum



Donate gently used items to My Girlfriend's Closet, Father Joe's Villages, and Rachel's Women's Center



# UPCOMING EVENTS

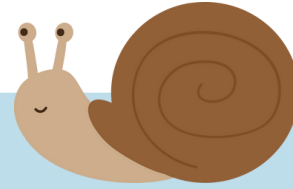


## San Diego Festival of Science & Engineering

Saturday, March 2

Come on down and join them, rain or shine, for a day filled with 100+ hands-on activities, stage performances and more!

Click on the lady bug icon to learn more!



## Apprenticeship Expo

Friday, March 22

The San Diego County Office of Education will host an Apprenticeship Expo at Miramar College.

Register by clicking on the snail icon!

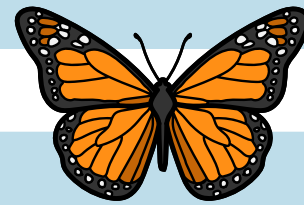


## Your Future, Now: A Youth-Led Career Expo

Tuesday, March 26,

The working group's signature event will be hosted from 10-1pm at UCSD Park and Market.

Click the worm icon to learn more!



## Voice Out: A Youth Media Arts Exhibition

Submissions accepted between March 4 and March 31, 2024

Outside the Lens will host their very first youth juried art show! Young creatives ages 8-19 are invited to submit their digital artwork in the categories of photography, illustration, and mixed media.

Click the butterfly icon for more information and guidelines.