



# THE OFFICE OF CHILD AND YOUTH SUCCESS

**August '24 issue**

**“A City Where Children and Youth  
Can Thrive”**



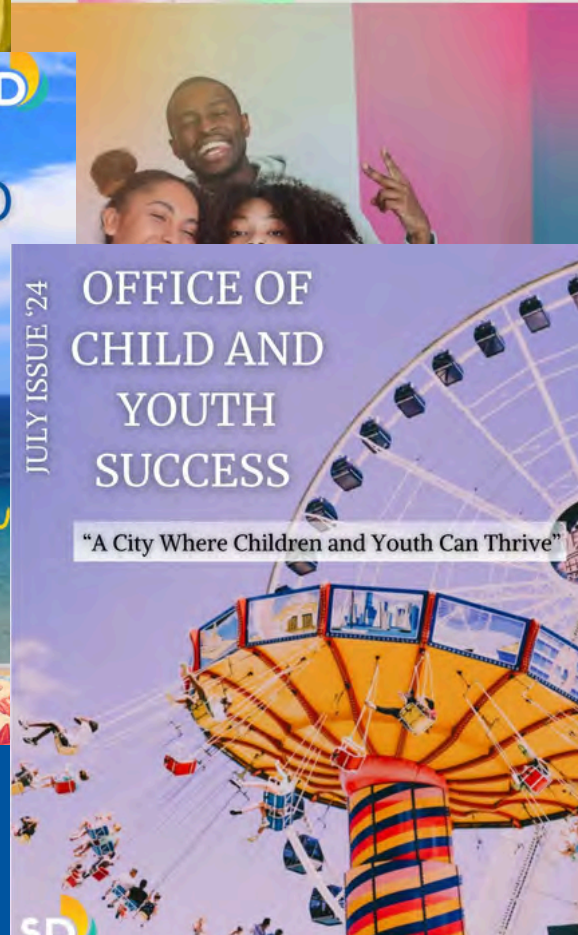
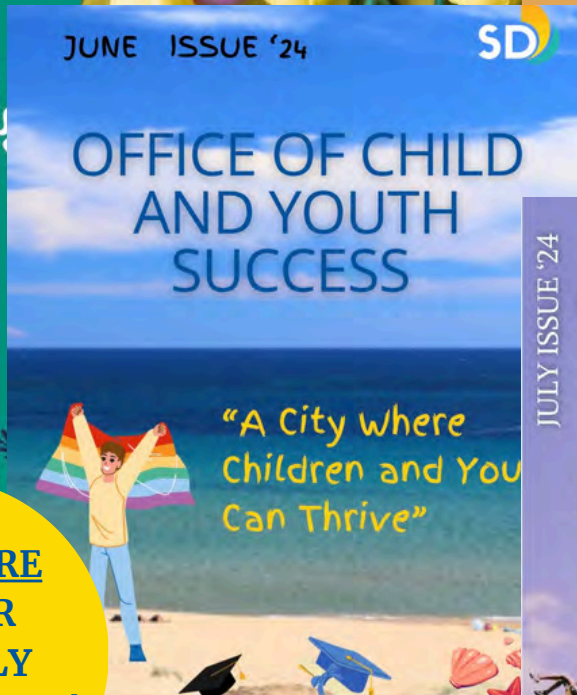
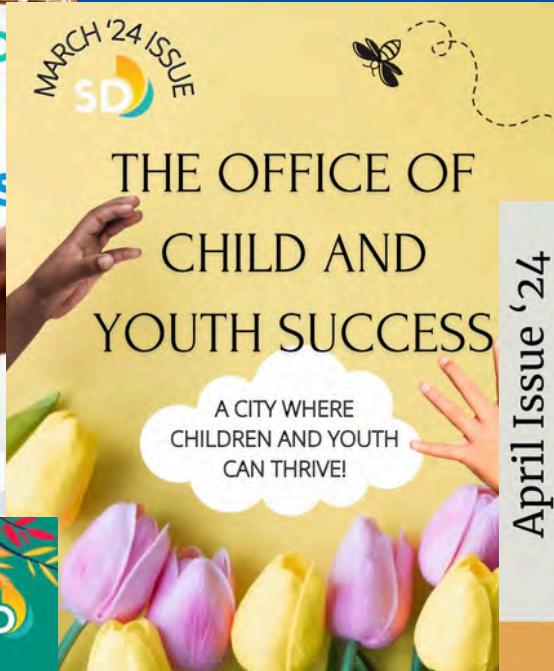
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[CLICK HERE](#)  
FOR OUR  
MONTHLY  
NEWSLETTERS!

# Be The First To See



[CLICK HERE FOR OUR MONTHLY NEWSLETTERS!](#)



## ABOUT US

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

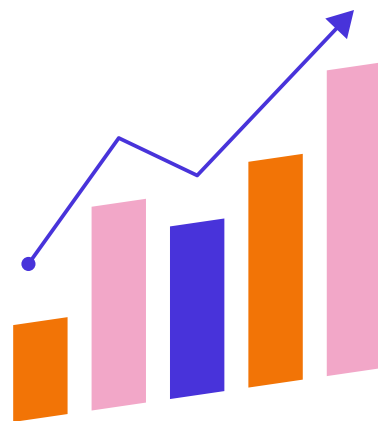
## MISSION

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.

# NATIONAL BLACK BUSINESS MONTH



There are 3.6 million Black-owned businesses in the United States, generating \$217 billion in annual revenue and supporting more than 3.56 million U.S. jobs. The financial impact of Black- or African American-owned businesses in the United States is multifaceted and dynamic and translates into real economic impact and creates jobs for workers of all backgrounds.

## WHY?

Each August we celebrate National Black Business Month, an annual observance that began nearly 20 years ago by two San Francisco-based Black business executives to highlight the remarkable achievements and contributions of Black-owned businesses across the United States.



## Support local businesses

Here is a list of black business in San Diego that you can help thrive and look for help to start your own!

### RESTAURANTS

- [Louisiana Purchase](#)
- [The Mental Bar](#)
- [Mom's Chicken and Waffles](#)
- [Maya's Cookies](#)

### SHOPS AND MORE

- [Dirt Don't Hurt](#)
- [Failed Race](#)
- [Garden of Frangrance](#)
- [FIVESPACE](#)

### ART AND CULTURAL SPACES

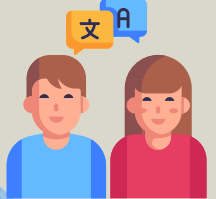
- [Common Ground Theatre](#)
- [The WorldBeat Cultural Center](#)
- [San Diego African American Musuem of Art](#)



# SPEAK UP SAN DIEGO SPECIAL YOUTH COUNCIL



# YOUTH EMPOWERMENT



**WHO:** Youth, Ages 12-26 in The City of San Diego

**WHAT:** Join us for our Speak Out Special Council sessions, where we come together to discuss and prioritize youth empowerment. Our focus is on exploring topics crucial to today's youth and how our community and peers can actively participate and support these initiatives. These sessions are designed to amplify youth voices, foster meaningful conversations, and inspire actionable solutions.

Whether you're a young person eager to share your perspective or an adult looking to contribute to a brighter future for our youth, your involvement is invaluable. Together, let's make a difference and empower our youth to thrive!

**WHEN:**

**August 6th, 2024, 4pm- 5pm**

**Microsoft Teams**

[CLICK HERE](#)



## ACCESS THE CHILD AND YOUTH PLAN BEFORE THE MEETING

[LEARN MORE](#)



# back to school

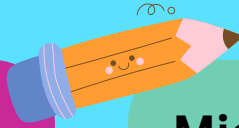
As summer winds down and the excitement of a new school year begins, we want to ensure everyone is prepared for a smooth transition back to school. Here are some essential tips and reminders to kick off the year on the right

foot:



## Elementary School (K-5)

- Backpack:**  
Sturdy and comfortable.
- Lunchbox:**  
With healthy snacks and a water bottle.
- School Supplies:**
- Notebooks
  - Folders
  - Pencils and erasers
  - Crayons or colored pencils
  - Safety scissors
  - Glue sticks
  - Ruler
- Personal Items:**
- Hand sanitizer
  - Tissues
  - Extra set of clothes (especially for younger children)



## Middle School (6-8)

- Backpack:**  
Larger to accommodate more books and supplies.
- Lunchbox:**  
With nutritious food and a water bottle.
- School Supplies:**
- Binders with dividers
  - Notebooks
  - Folders
  - Pens, pencils, and erasers
  - Highlighters
  - Calculator
  - Ruler and protractor
  - Glue sticks or tape
- Personal Items:**
- Hand sanitizer
  - Tissues
  - Planner or agenda
- Technology:**
- Chromebook or tablet
  - Headphones or earbuds



## High School (9-12)

- Backpack:**  
Larger to accommodate more books and supplies.
- Lunchbox:**  
With nutritious food and a water bottle.
- School Supplies:**
- Binders with dividers
  - Notebooks
  - Folders
  - Pens, pencils, and erasers
  - Highlighters
  - Calculator
  - Ruler and protractor
  - Glue sticks or tape
- Personal Items:**
- Hand sanitizer
  - Tissues
  - Planner or agenda
- Technology:**
- Chromebook or tablet
  - Headphones or earbuds



## Homeschool



Here is a free Not Back to School Bash to honor the kids who are homeschooled. Follow the [link](#) to learn more.

San Diego Mayor  
**TODD GLORIA**

**back to school celebration!**


Saturday, August 3, 2024  
10 a.m. to 12 p.m.

North Clairemont Community Park  
4425 Bannock Avenue  
San Diego, CA 92117

# NEED HELP ON YOUR HOMEWORK?



DO YOUR HOMEWORK AT THE LIBRARY!




Got Homework? We've got help!  
Monday - Thursday  
3pm - 6pm

**FREE** homework assistance for students to support out of school learning and engagement

The program includes:

- **Free** access to paid Coaches who are available to provide assistance for students K-8.
- **Free** access to learning materials, computers, online research tools, and more.

KHAN ACADEMY!




Its goal is to create a set of online tools that help educate students. The organization produces short video lessons.

Available learning resources 24/7 for all ages

Practice exercises, instructional videos, and personalized learning dashboards that covers math K-12 through early college, grammar, science, history, SAT, and more. It's all free for learners and teachers..

TUTORING KIDS AT HEART!



Kids at Heart offers free tutoring and mentoring for low-income students in grades K-12th

Tutoring Sites:

- Skyline Hills Library, Tuesdays @ 5pm-7pm
- Valencia Park Library, Wednesdays @ 3pm-6pm

OTHER HOMEWORK RESOURCES!

Brainfuse HelpNow 

Distance Learning Center 

UCSD Free Tutoring 

Uplift San Diego Resource Spreadsheet 

BECOME A TUTOR

BE THE HELP YOU ONCE NEEDED!



The City of **SAN DIEGO**

San Diego Council on **LITERACY**



# CONTINUING EDUCATION

## What is continuing education?

Continuing education is a general term referring to returning back to your studies. It can be obtaining a GED, learning new skills, gaining certifications, and more!

## What are the benefits?

Continuing education allows you to improve your skills, which can translate to greater earning potential, professional advancement, and greater overall career opportunities.

## Opportunities in San Diego



San Diego College of Continuing Education (SDCCE), part of the San Diego Community College District (SDCCD), is California's largest provider of noncredit education. For over 100 years, SDCCE has offered free, accessible, equitable, and innovative career training and education for adult students.



UC San Diego Division of Extended Studies serves lifelong learners by addressing career skills and personal development needs. Annually, it offers over 4,400 courses, panels, and events to 30,000 students, including in-person, online, and 3D-virtual reality classes. Programs include certificates, degrees, community partnerships, and public lectures, all developed with advisory boards and taught by professionals to maintain UC San Diego's high standards.

Find a career  
center near you



Find In-Person  
GED Classes  
Near You



Understanding  
San Diego's key  
industries



# THINGS TO KNOW AS A FIRST TIME COLLEGE STUDENT

## WHAT TO EXPECT?

- Don't expect how it was in high school! Professors will treat you like an adult.
- In high school, you're at school roughly 40 hours a week, but in college it's roughly 10 hours a week. will be more time studying outside of classes
- Professors cold calling (randomly calling on students) for answers.
- In some courses your grade reflects both assigned homework and exams, other courses on the other hand, reflects only exams. (i.e. midterms and finals).
- You're responsible for all things college. This means you are responsible for time-management, schedules, and eliminating distractions.

[Click Here](#) to learn more about college expectations!

## 5 IMPORTANT TIPS:

1. Go To Class
2. Safeguard Your Physical and Mental Well-Being
3. Learn The Campus
4. Know The College's Academic Rules
5. Be Realistic About Your Time

[Click Here](#) for more important tips

## FINDING A ROOMMATE:

- [Student Roommate Search](#)
- [Off Campus Roommate Search](#)
- [Questions For Roommates](#)

Each university is different, so be sure to contact your school for accurate information.



## WORK STUDY:

Your financial aid package may include work-study funds.

Work-study is a form of student employment limited to part-time during the school year, and students usually work no more than 20 hours a week.

Partially funded by the federal government, this program provides financial assistance through student employment.

Instead of a financial aid payment, your work-study award is paid in the form of a payroll check for time/hours worked.

[Click Here](#) to learn more!

## PROS:

- Learning relevant experience
- Flexible and convenient

## CONS:

- Doesn't cover large expenses
- Limited job choices

[Click Here](#) to learn more!



## DORM CHECKLISTS:

- [What To Bring To College](#)
- [Essentials](#)
- [Organization & Storage](#)
- [Printable Checklist](#)

# GETTING INVOLVED IN RESEARCH

## What is research?

Research is the process of studying and discovering new information in a specific area of interest. Research aims to answer a scientific question or hypothesis. New student researchers usually join an existing project in a professor's lab, where they are trained and supervised by postdoctoral scholars and graduate students.

Research is not just limited to pure STEM. The social sciences offer many opportunities to participate in research too!

## How to get started?

When getting started in research you will want to use the resources around you. This includes your university research center, faculty, professors, and graduate students. Reach out to faculty who have research that interests you. Set up meetings, go to office hours, network!

## Who can do research?

Anyone is capable of doing research in some capacity! However, if you are interested in getting deeply involved in an independent research study, a undergraduate institution will have the best resources to help get you started.

Check out this article by John C. Norcross, PhD, ABPP, on the getting involved with undergraduate research

[CLICK HERE](#)

Check out the research being done to address issues in San Diego



# NATIONAL NONPROFIT DAY

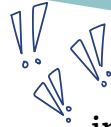
## August 17th



### WHY?

National Nonprofit Day is commemorated on August 17 each year to recognize nonprofit organizations' ongoing efforts to serve the local community.

### PARTICIPATE



Work to promote awareness and offer assistance to individuals who otherwise would not be able to afford it.



### Are You A Nonprofit ?

Check out these events where you can attend and donate your services to youth while having a bit of fun.



# National Grief Awareness Day

August 30, 2024

**National Grief Awareness Day**, also known as National Bereavement Day, is usually recognized annually on August 30th. It was founded in 2014 by Angie Cartwright, a woman who experienced the loss of many of her loved ones. Its purpose is generally to raise awareness of the different ways in which grief can manifest in our lives.

**Grief** is a complex emotion that manifests in different ways for different people. It is the natural reaction to loss. Grief is both a universal and personal experience.

## Coping with Grief

- Seek out caring people
- Express your feelings
- Take care of your health
- Be patient
- Seek outside help when needed



## How to help others coping with grief



- Give them a safe place to share their feelings
- Offer practical help like cooking or pet-sitting
- Be patient and give them time to grieve
- Encourage professional help when necessary

## Grief Resources in San Diego



GriefShare



VITAS  
Healthcare

# Women's Equality Day

## August 26th

### About

Women's Equality Day celebrates the adoption of the 19th Amendment in 1920, which gave women the right to vote. It also celebrates women's continuing efforts toward full equality, as the adoption of the 19th amendment was the result of the Women's Suffrage Movement, which started in 1848. Women marched, lobbied, lectured, practiced civil disobedience, and more to gain the right to vote. However, women of color were often excluded from the movement and kept from voting even after the 19th Amendment was adopted. Despite this, women of color played a key role in the movement, and today are able to vote because of these efforts.



### How to Celebrate

#### Educate yourself and others!

Learn about the history of the Women's suffrage movement [here](#). Read more about women of color who had a crucial role in the Women's suffrage movement [here](#).

#### Support women-owned

**businesses!** Intentionally shop at women-owned businesses to celebrate their contributions and empower them to thrive in their chosen field.

#### Spread awareness on social media!

Use social media to share informative content about women's rights and gender equality, use hashtags related to Women's Equality Day, and engage with others by liking, commenting, and sharing.

### Leadership and Networking Resources for Women

The City of San Diego has a [Commission on the Status of Women](#). The commission advises City government agencies of the needs and problems of women in San Diego, and recommends programs to reduce inequities women face. The meeting times/dates are available [here](#), and anyone can attend!



[DETOUR F.A.N.C.Y. Leadership Academy](#)

[Girls Rising](#) has a Mentorship Program for girls 8-17 and a Women Emerging Program for girls 18-24.

[Dynamic Young Women of San Diego](#) (you need a LinkedIn account to view!)



Office of Child and Youth Success



# SAN DIEGO SPEAK UP SPECIAL YOUTH COUNCIL

# ECONOMIC AND WORKFORCE DEVELOPMENT

TUESDAY -  
AUGUST 20, 2024  
4:00 PM - 5:00 PM



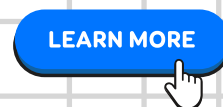
[USE THIS LINK TO JOIN](#)

**WHO:** Youth, Ages 12-26 in The City of San Diego

**WHAT:** The discussion goal is equitable opportunities for children and youth that promote strategies to obtain the necessary qualities to be resilient in economic downturns and also secure competencies to provide long-term workforce skills and abilities.



**ACCESS THE CHILD AND YOUTH PLAN BEFORE THE MEETING**



# CUTTING ENERGY COSTS PLUS TIPS TO STAY COOL WITHOUT AC

Are you a renter in San Diego? Chances are you pay for gas and electricity separate from your rent. San Diego Gas and Electric (SDGE) is the primary provider of residential gas and electricity in San Diego. Read on to learn about the most relevant payment plans for youth renters.



## SDGE Plan Options

### TIME OF USE - DR1

This plan splits the day into on-peak, off-peak, and super off-peak hours, going from highest to lowest prices respectively. These times are different between weekdays and weekends/holidays.

### TIME OF USE - DR2

This plan splits the day into on-peak and off-peak hours, with on-peak costing more and off-peak costing less. These times are the same for all days, even weekends/holidays.

### STANDARD

This plan means the less you use, the less you pay. This applies to any time of the day and any day of the week, including weekends and holidays. This is a good plan for people who tend to conserve energy and use less in general.

### TWO-TIER SYSTEM (ALL)

You pay less if you fall in Tier 1, meaning you use 130% or less of your baseline energy allowance. You pay more if you fall in Tier 2, meaning you use more than the 130% of your baseline allowance.



## Time of Use

For time of use (TOU) plans, the cost of energy usage is determined by the demand for energy at that time.

**\*Except for the standard plan, the most expensive time is always between 4 and 9 pm!\***

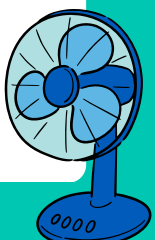
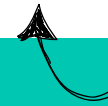
Learn more about SDGE pricing plans [here](#).



## Staying Cool Without AC

Don't have AC? Want to conserve energy? Here are a couple things you can do to keep cool:

- Keep your windows open at night.
- Close your blinds or hang sun-blocking curtains or any other type of window covering.
- Reduce your oven usage (opt for meals that don't require a stove or oven, or that don't need to be warmed up).
- Use ceiling fans and/or portable fans if you have them.
- Keep interior doors open to allow air to circulate freely and to avoid hot spots.
- If you can invest in alternatives to AC, [here](#) is a list of good options.





AUGUST 1, 2024

# LUNG CANCER AWARENESS DAY

“Lung Cancer is the leading cause of cancer related deaths worldwide for both men and women”  
-according to the World Health Organization

## SOURCE CONTROL

The best way to avoid exposure to harmful pollutants is by making sure they don't get indoors



### Fight Home air pollutants

- Do not smoke or vape indoors
- Keep trash covered
- Keep pets off furniture
- Regularly dust/sweep
- Avoid burning candles, incense & fire indoors
- 

### Fight home air pollutants

- Wash linen regularly
- Limit chemical cleaning supplies
- Fragrance free air fresheners
- Install HERPA air purifier
- Reduce or replace carpet
- 

## REDUCE & MANAGE

The next step to improve air quality indoors is to ventilate with clean, outdoor air. Outdoor air has two to five times fewer pollutants than indoor air.

## VENTILATION

Air cleaning or filtration can help to reduce pollutants already present in the air, but they cannot eliminate them.

### Fight home air pollutants

- Let in fresh air, Open windows
- Install HERPA air purifier
- Use Vacuum cleaners
- Use ceiling fans/box fans
- Clean/inspect HVAC systems
-

DON'T MISS THE LAST FEW WEEKS OF

# Summertime Fun



SUMMER MOVIES IN THE PARK

PRESENTED BY ROSE RY TAUSAGA REALTY GROUP

## FREE MOVIES IN THE PARK

Summer Movies in the Park is the largest free and family-friendly outdoor movie series in San Diego County, with dozens of hosting sites and over a hundred screenings.

### Shows Every Where, For Every Audience

Shows run May through October, in neighborhoods from the beach to the desert, and everything in between.

Have questions? [Click Here](#)

[Times & Places](#)

## PARKS AFTER DARK

FREE! Thursday, Friday and Saturday Nights 5pm-8pm  
June 20th - August 17th, 2024

Music & Entertainment, Inflatables, Community Resources, Arts & Crafts, Youth Sports Clinics, Health & Fitness, and more.

### Happening At These Locations:

- City Heights Rec Center
- Linda Vista Rec Center
- Memorial Rec Center
- Skyline Hills Rec Center

Have questions? [Click Here](#)

[Kids Eat Free](#)

## PARKS AFTER DARK



# SUMMER OLYMPICS

**LOCATION: PARIS**

**JULY 26, 2024- AUGUST 11 2024**



## BEST ON THE BLOCK!

Gather family, friends, and neighbors to see who are the best competitors. Host your own neighborhood Olympics games to have some friendly and fun competition in your community.

- Hopscotch
- 3 leg race
- Obstacle course
- Bean bag/egg toss
- Swimming
- Bike race

## HISTORY OF GAMES



The Summer Olympic Games, also known as the Games of the Olympiad, and often referred to as the Summer Olympics, is a major international multi-sport event normally held once every four years. The inaugural Games first took place in 1896 in Athens, Greece.



## FIND MORE SPORTS PROGRAMS TO GET INVOLVED WITH!

- [YMCA Youth Sports](#)
- [Find a recreation center or pool near you](#)
- [National Academy of Athletics](#)
- [Sports Summer Camps in San Diego](#)
- [Sports 4 Kids](#) - Provides sports clinics to low-income schools
- For athletes with disabilities:
  - [Special Olympics](#)
  - [Sports for Exceptional Athletes](#)
  - [Find more opportunities here](#)

# ESL RESOURCES

## IMPORTANCE

English as a second language can be an obstacle for learners. This can contribute to lower academic achievement and increased dropout rates among English language learners. Without appropriate support and accommodations, students may feel discouraged and disconnected from the educational system.



## HOW TO HELP IN SCHOOL

- Create a safe environment for students to practice new language.
- Show students that you're open to learning about their culture.
- Group students strategically to help build language skill development.
- Engage families to build community and strengthen school-family partnerships..

CLICK HERE

## TIPS

- ✓ Read often and out loud
- ✓ Take note of new vocabulary
- ✓ Have conversations
- ✓ Make friends
- ✓ Practice makes you better

CLICK HERE

## RESOURCES

- ★ SD County Office of Education
- ★ PBS Kids
- ★ Online Reading and Listening
- ★ SD College of Continuing Education
- ★ Bilingual Story Time

# RECURSOS DE ESL

## IMPORTANCIA

El inglés como segunda lengua puede ser un obstáculo para los estudiantes. Esto puede contribuir a un menor rendimiento académico y a un aumento de las tasas de deserción escolar entre los estudiantes de inglés. Sin el apoyo y las adaptaciones adecuadas, los estudiantes pueden sentirse desanimados y desconectados del sistema educativo.

## CÓMO AYUDAR EN LA ESCUELA

- Crear un ambiente seguro para que los estudiantes practiquen un nuevo idioma. Mostrar a los estudiantes que estás dispuesto a aprender sobre su cultura.
- Agrupar a los estudiantes estratégicamente para ayudar a desarrollar sus habilidades lingüísticas. Involucrar a las familias para desarrollar la comunidad y fortalecer las asociaciones entre la escuela y las familias.

CLICK HERE

## CONSEJOS

- ✓ Leer con frecuencia y en voz alta
- ✓ Tomar nota del vocabulario nuevo
- ✓ Tener conversaciones
- ✓ Hacer amigos
- ✓ La práctica te hace mejorar

CLICK HERE

## RECURSOS

- ★ Oficina de Educación del condado de SD
- ★ PBS Kids
- ★ Lectura y escucha en línea
- ★ SD College of Continuing Education
- ★ Lectura bilingüe compartida

# MGA MAPAGKUKUNAN PARA SA ESL

## KAHALAGAHAN

Ang Ingles bilang pangalawang wika ay maaaring hadlang para sa mga mag-aaral. Ito ay maaaring magdulot ng mas mababang nakakamit sa pag-aaral at nadagdagang antas ng pagtigil sa pag-aaral sa mga mag-aaral ng wikang Ingles. Kung walang naaangkop na suporta at mga akomodasyon, maaaring hindi mahikayat at makaramdam na hindi nakakonekta ang mga estudyante sa sistemang pang-edukasyon.

## MAKAKATULONG SA PAARALAN

Lumikha ng ligtas na kapaligiran para makapagsanay ang mga estudyante sa bagong wika. Ipakita sa mga estudyante na bukas ka sa pag-aaral ng tungkol sa kanilang kultura. Igrupo ang mga estudyante nang may istratelihiya upang makatulong sa pagbuo ng kasanayan sa wika. Gawing bahagi ang mga pamilya sa pagbuo ng komunidad at pagpapatag ng mga samahan sa pagitan ng paaralan-pamilya.

CLICK HERE

## MGA TIP

- ✓ Magbasa nang madalas at sa malakas na tinig
- ✓ Tandaan ang mga bagong bokabularyo
- ✓ Makipag-usap Makipagkaibigan Mas
- ✓ Humuhusay ka sa pagsasanay

CLICK HERE

## MAPAGKUKUNAN

- ★ Tanggapan para sa Edukasyon sa SD County
- ★ PBS Kids
- ★ Online na Pagbabasa sa Pakikinig
- ★ SD College of Continuing Education
- ★ Oras ng Bilingguwan na Pagkukwento

# 英语作为第二语言资源

## 重要性

对于学习者来说，英语作为第二语言可能成为障碍，导致学业成绩下降和辍学率上升。如果没有适当的支持和帮助，学生可能会感到沮丧，并与教育体系脱节。



## 如何在学校提供帮助

为学生练习新语言创建一个安全的环境。向学生表明你愿意了解他们的文化。策略性地将学生分组，以助培养语言技能。让家庭参与建设社区，加强学校与家庭的伙伴关系。

CLICK HERE

## 提示

- ✓ 经常大声朗读 记下
- ✓ 新词 进行对话 结交
- ✓ 朋友 熟能生巧

CLICK HERE

## 资源

- ★ 圣地亚哥县教育局
- ★ 公共广播电视公司儿童
- ★ 在线阅读和听力
- ★ 圣地亚哥继续教育学院
- ★ 双语故事时间

# UPCOMING EVENTS

[CLICK HERE FOR MORE EVENTS!!!!](#) 

## SAN DIEGO FREE TOUR

Join us on an unforgettable walking journey through America's finest city!

August 1st, 10am-12pm

## CAMP WET "N" WILD

A week of sharing the healing power of Adaptive Surf Therapy with disabled children from the San Diego area.

August 5th, 10am-12pm

## BILINGUAL CONVERSATION NIGHTS

Practice your Spanish while mingling with others or playing Lotería

August 5th & 19th, 6:30pm-7:30pm

## WOMEN'S HISTORY TOUR

Balboa Park and San Diego's rich history to inspire women of the future.

August 17th, 10am-11am

## LET'S TALK ABOUT IT

Come learn about various resources related to safety and education for people with developmental disabilities!

August 17th, 10am-12pm

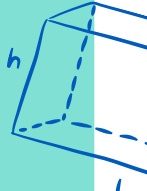
## LATINA EMPIRE SAN DIEGO

¡Celebra la cultura y la diversidad latina en San Diego con música, comida y baile en el evento Latina Empire San Diego!

August 24th 11am-1pm



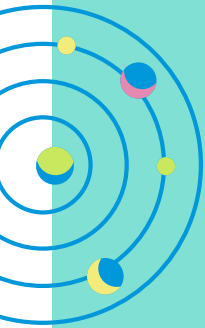
$$V = \pi r^2 h$$



$$V = LWh$$



$$V = \frac{4}{3} \pi r^3$$



$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

