



Alternative Education Gateway and Enterprise



January/February 2017

Issue #42

PRINCIPAL'S MESSAGE

Rees Warne

Gateway High School welcomes all new and returning students and their families to our Open House and SART (School Assessment Review Team) meeting on February 16th beginning at 5:30pm in the Gateway Multi-Purpose Room. The evening will start with a potluck, so bring your favorite dish to share if you'd like and a brief SART meeting.

The purpose of the evening is two-fold. First, the SART meeting includes an address by me about school programs and funding. During this presentation, parents will be informed about the Local Control Accountability Plan (LCAP) and how we are addressing the needs of Foster Youth, English Learners, and socioeconomically disadvantaged students. To do this, there will be a presentation by our Transition's Coordinator, Greg Connor, who will also invite parents to come and visit the Community Resource Center (CRC).

Secondly, the Open House portion of the evening will allow parents to reconnect with their child's teachers or to meet their teachers if they are newly enrolled. This evening is a wonderful opportunity for parents to understand teacher expectations and how to best communicate about your child's progress.

We'll see everyone at our Open House on Thursday, February 16, 2017. We are confident that you will be happy you attended.

TRANSITION UPDATE

Greg Connor
Transition Coordinator

Now Open! Gateway Clothes Closet

Location: Back Office of the Gateway Library
If you are interested in donating or accessing the Clothes Closet, *please contact the Transition Team at 327-1862.*

Job Board: Our electronic job board is up and running and being updated bi-weekly. We've had several students gain employment after completing applications and updating their resumes in the Community Resource Center. Please encourage students who are interested in getting a job to come see the latest employment opportunities.

Leadership Conferences: Coming in February is the annual Asian and African American conferences. If you have students

COUNSELOR'S CORNER

Gene Nagata

Graduating seniors, please plan on attending our Graduation Meeting on January 27, Friday, in the Library at 10:55am. Information on: White Card Day, Scholarships, the rental of your cap & gown, senior breakfast, and the graduation ceremony will be discussed. Any senior unable to attend this meeting should come to the make-up meeting on February 3, during 6th period in the library or talk to his/her counselor. Graduating seniors and their parents or guardians can sign up to receive text messages to receive information about senior happenings. Text 81010 with the message @gtwy17, call Mrs. Valdivia if you have questions.

A reminder to all seniors planning on attending a Jr. College or vocational school next year, you must complete a FAFSA, Free Application for Federal Student Aid, to qualify for financial aid. This form will be used to also qualify you for State Aid, Campus Based Aid and Student Loans. Most students will need to use their parent's 2015 income tax form. You can get help from the Counseling Office or the Financial Aid Office of any school offering financial aid. You **do not** have to pay for this service.

Work Permits

Students who need the work permit, must request them from their counselor. Return work permit form to the office when completed. You **must** have a job before getting a work permit.

Need a Job?

Clovis YES (Youth Employment Services) comes out once a month to meet with Gateway/CCDS students to talk about helping them find jobs.

Internet sites: www.caljobs.ca.gov, www.snagajob.com, www.fresnobee.com, and www.sierravistamall.com/MallEmploymentOpportunities



who are interested in attending these events, please have them see the transition team for further information.

Mental Health First Aid: On our first day back from vacation, our entire transition team had the wonderful opportunity to be trained on the latest techniques in regards to mental health through the National Counsel of Behavioral Health. Each transition staff member now has a better understanding of how to identify students who might have mental health concerns and how best to meet their individual mental health needs. For additional information please contact the transition office at 327-1800.

YOUTH PARENTING NEWS

Lanette Delk

Save the Date!!!
Central Valley Teen Parent Conference
Wednesday, February 22, 2017
Double Tree - Downtown Fresno

The Youth Parent Program invites all teen parents who are currently in good academic standing to attend the 31st Annual Teen Parent Conference. The conference offers a wide variety of break-out sessions that will provide information on child development, home safety, health care for babies & parents. There will also be sessions specifically designed for young fathers as they struggle to be involved fathers, providers, and also students. Students will walk through Health and Career Fair exhibits that showcase their services and resources for teen parents and their young children. Lunch will be provided to the students at no cost.

In order to make it as easy as possible to attend, all registration fees are being paid for by the Youth Parent Program, and bus transportation will be provided. The nursery will be open to care for babies that are currently enrolled in our childcare program while their parents attend the conference. **Counselor approval and parent/guardian permission slip is required to attend.**

The Teen Parent Conference has been a very popular event with our young moms and dads. While at the conference, students must remain in the conference building at all times; teachers and chaperones will monitor attendance. We expect students to adhere to the CUSD dress code and conduct policy. Failure to do so will incur the same discipline process as the high school campus. While at the conference, students will be representing Clovis Unified School District so they are expected to be on their very best behavior!

For more information or questions, please contact Mrs. Delk at (559)327-1888.

NURSES CORNER

Maggie Pendleton

MENTAL FITNESS -Be Emotionally Healthy



One in every five Americans experiences a mental disorder in any given year. One in ten children has a serious mental health illness. Less than one third of adults and one half of all children with mental health needs receives treatment...

Mental fitness relates to the health of your mind and emotions, just as physical fitness relates to the health of your body.

Signs and symptoms of **excellent** mental health:

- Positive relationships
- Healthy behaviors
- Realistic goals
- One or more important interests
- Success in school, work, and personal activities

Mentally healthy people may have stressful feelings, but they cope and recover over time.

People who are NOT mentally healthy feel so sad, hopeless, afraid or angry that they can't function in their lives. They may need support and treatment to recover.

Most of us fall somewhere between excellent and poor mental health.

Can I Change My Mental Health?

There are many things you can do to build your emotional and mental fitness. Staying mentally healthy is complicated. But some behaviors or actions make people feel better.

To **strengthen** your mental immune system:

- Accept who you are.
- Develop strong relationships.
- Choose positive over negative.
- Be in charge of yourself.
- Build a positive attitude.

Things You Can't Change

Genetics can increase your risk of heart disease and diabetes. Your genes may put you at risk for depression, anxiety or substance abuse. Know your risks; recognize symptoms of possible disorders. Life-altering events and stressors may challenge you.

Seek help during these times from a trained, trusted person who can offer support and suggest resources.

The Science of Emotional Health: Building Mental Fitness – Preventing Mental Illness

- **Resilience** – Some people function well despite trauma, poverty and other risk factors. Resilient people identify and reinforce their strengths and capabilities.
- **Optimism** - A hopeful, positive attitude is an important part of mental health. We can all learn ways to change a negative attitude into a positive one.
- **Emotional Intelligence** – Understanding your and others' feelings can help you relate better to others. We can learn how to identify, discuss and manage emotions.

What is happiness?

Some happiness is short term, like eating a bowl of ice cream. Long-term happiness that strengthens your mental health is different and is referred to as **well-being**. Long term happiness helps people use their personal strengths to guide their decisions about their lives. Their actions then feed and enhance their strengths.

You can boost your well-being when you:

- Do something kind for someone else.
- Speak up for what you feel is fair.
- Appreciate the good things that happen.

For questions or more information, call Nurse Maggie Pendleton at 327-1877

Calendar of Events

January 26	FCA @ Lunch – Rm. 37
January 27	Student Graduation Meeting – 4 th Period – LMC
January 30	District LCAP Parent Advisory Meeting – 5:00-7:30pm – Veteran’s Memorial Bldg.
February 1	Physical Fitness Training (PFT) Testing Begins
February 3	Arm Wrestling Tournament – 10:00am
February 3	Student Graduation Make-Up Meeting – 6 th Period – LMC
February 7	District SART Meeting – 9:00-10:30am – CART Theater Room
February 8	Kings Canyon/Redwoods Field Trip – 8:00am-3:00pm
February 8	CUSD Governing Board Meeting – 6:30pm – PDB
February 9	PASA @ Lunch – Rm. 9
February 9	Thursday School – 1:30-5:30pm – Rm. 35
February 13	Lincoln’s Birthday Holiday – No School
February 14	African American Leadership Conference @ Fresno State
February 16	Open House – 5:30pm – MPR
February 20	Washington’s Birthday Holiday – No School
February 21	City College Advising – 10:00am-12:00pm – LMC
February 22	CUSD Governing Board Meeting – 6:30pm – PDB
February 24	End of Grading Period

It is advised that students bring a binder/notebook, paper, and pencils to school every day. Be prepared to take notes and write all assignments listed on the board.

Students, this is a closed campus!! No one will be allowed to leave campus for any reason, unless a parent or guardian signs you out through the front office. This rule includes students who ride the bus, both before and after school. Students who leave campus will not be allowed to ride the bus home.

This newsletter is available online at:

<http://gateway.cusd.com/news/>