



Superintendent's Message Mensaje del Superintendente

Dear Sequoia Union High School District
Family:

This week, I wanted to take the time to update you on my "Listening Campaign". In sharing this information, my goal is to be able to keep you informed and engaged with our district community.

In December, we initiated an e-mail survey to every member of the Sequoia Union High School District family that includes staff, parents and students. As an organization, we are stronger when we are able to receive input from our team members. As the results become available, you have my commitment that I will closely examine your responses in order to ensure that we continue developing our culture into one where, regardless of your position, you feel free to provide your point of view. I am appreciative to you all for taking the time to respond to the survey.

As an educator, it is a valuable resource to hear directly from our school sites. For that reason, I held community meetings at East Palo Alto Academy, Sequoia and Carmont High School, where I was able to have conversations with our sites, and more importantly, get feedback.

I was impressed with the level of enthusiasm, engagement, and representation of various stakeholders. We had the privilege of having the room full of community agencies, partners, elected officials, parents, students and staff. Every time I engage with our district community, I am quickly reminded as to why our district is one of the best in the state. To those of you that were able to attend, thank you for taking the time. Your feedback will help us we continue working to make our district even greater.

We will be completing our school site meetings in the month of February. We will start with Woodside High School on February 7, 2018, followed by Menlo Atherton on February 8, 2018, and end with Redwood High School on February 27, 2018. I look forward to meeting and interacting with you all.

Sincerely,
Superintendent Mary Streshly, Ed.D.

Dr. Streshly possesses 26 years of service in public education. She holds a B.A. from UC Berkeley, an M.A. from San Diego State University and a Doctorate from San Francisco State University.

Estimada familia de Sequoia Union High School District:

Esta semana, quería tomar el tiempo para actualizarlos sobre mi "Campaña de Escuchar". Al compartir esta información, mi objetivo es poder mantenerlos informados y comprometidos con la comunidad de nuestro distrito.

En diciembre, iniciamos una encuesta por correo electrónico a cada miembro de la familia de Sequoia Union High School District que incluye el personal, padres y estudiantes. Como organización, somos más fuertes cuando podemos recibir comentarios de los miembros de nuestro equipo. A medida que los resultados estén disponibles, tienen mi compromiso de que examinaré de cerca sus respuestas con el fin de asegurar que continuemos desarrollando nuestra cultura en una en donde, independientemente de su posición, puedan proporcionar su punto de vista. Les agradezco a todos por tomarse el tiempo para responder a la encuesta.

Como educador, es un recurso valioso escuchar directamente de nuestras escuelas. Por esa razón, realicé reuniones comunitarias en East Palo Alto Academy, Sequoia y Carmont High School, donde pude realizar conversaciones con nuestras escuelas y más importante, obtener comentarios.

Me impresionó el nivel de entusiasmo, compromiso y representación de los colaboradores. Tuvimos el privilegio de tener la sala llena de agencias comunitarias, socios, funcionarios electos, padres, estudiantes y personal. Cada vez que me comprometo con la comunidad de nuestro distrito, rápidamente se me recuerda por qué nuestro distrito es uno de los mejores del estado. Para aquellos de ustedes que pudieron asistir, gracias por tomarse el tiempo.

Sus comentarios nos ayudarán a seguir trabajando para que nuestro distrito sea aún mejor. Completaremos nuestras reuniones escolares en el mes de febrero. Empezaremos con Woodside High School el 7 de febrero de 2018, seguido por Menlo Atherton el 8 de febrero de 2018 y terminaremos con Redwood High School el 27 de febrero de 2018. Espero con interés reunirme e interactuar con todos ustedes.

Atentamente,
Superintendente Mary Streshly, Ed.D.

La Dra. Streshly llega a Sequoia con 26 años de servicio en educación pública sirviendo a estudiantes de preparatoria. Ella tiene un B.A. de UC Berkeley, una M.A. de San Diego State University y un Doctorado de San Francisco State University.



Board of Trustees:

President Christopher Thomsen
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Sequoia Union High School District
480 James Ave., Redwood City, CA 94062
650.369.1411

CARLMONT HS

Click on the links below to read all about:



- Carlmont's **Green Team's** implementation of a tri-bin system to collect compost, recycling, and landfill.

- [Carlmont's DECA club recognition.](#)

- [Carlmont Cares Program](#)



REDWOOD

Phase I Construction: progress continues nicely and the building is now sealed! The translucent panels have been installed on the MPR space. The new completion date for the construction project is April/May 2018.



23 proud RHS graduates have earned their high school diploma while 36 students joined our school from traditional schools to begin the third Quarter!

MENLO-ATHERTON

Menlo-Atherton is proud of three students who have been selected as Boys and Girls

Club of the Peninsula Youth of the Year: **Ingold Faleofa** (12th), **Esveide Gonzalez** (12th) and **Brandon Ortega** (11th).

M-A is excited to try out "flex time" as part of two bell schedule prototype pilots over the next six weeks.



EAST PALO ALTO ACADEMY



It is Exhibition Season at EPAA! Freshmen are studying the physics and engineering behind projectiles. Sophomores are digging deep into genocide studies, Juniors are learning about social movements, while Seniors are engaged in a "Compassion-it" service project. Spanish 3 students are excited to welcome their Stanford counterparts for their shared Spanish class. Students have been visiting the new local Amazon offices as part of career exploration.

SEQUOIA

The generosity of Sequoia's community was on display over the holidays -- over 600 adopt-a-family gifts were distributed this year!

Families and staff filled the Sequoia Multi-Purpose Room on January 16th for our annual community-building *Coffee and Conversation* dialogue.

Students in Band, Orchestra, Choir, Guitar, and Keyboard moved into the freshly renovated M-Wing, Sequoia's cutting edge performing arts building.



TIDE ACADEMY

Artist rendition of school



WOODSIDE

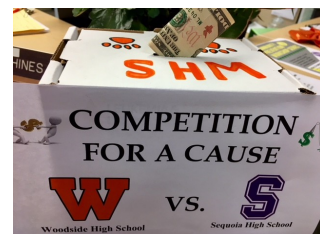
The final furniture delivery arrived for the library refresh funded by the WHS Foundation auction donors. Thanks to library clerk **Yeni Jimenez** and librarian **Anne Ken** for inspiring the refresh to remove dated desktops and order laptops, flexible furniture inside and out, and depict our 8 Conditions of Student Success on the walls.



Congratulations to Life Skills and Cyber High teacher **Nancy Staves** who will be recognized by the Domini Hoskins Black History Museum and Learning Center on February 8, 6 – 8 pm. The

museum has a month-long exhibit for Black history month titled *A Legacy of Strength and a Future of Hope*, open 12 noon – 6 pm daily in the old Big Lot store location on Broadway in RWC.

Thanks to **WHS and Sequoia's student leaders** who are conducting a "competition with a cause" to benefit the Sonoma County Schools Fire Relief Fund. The competition runs quad header to quad header and will end on Feb 2 and the Sequoia-hosted basketball quad header.



District Welcomes Communications Specialist

El distrito da la bienvenida a la Especialista



The District welcomes Ana Maria Pulido in a new district position as Communication Specialist/Executive Assistant to the Superintendent. Ana is a local asset that will add much value to the SUHSD community. She comes with multilayered experience in community

relations. Born and raised in the City of East Palo Alto, Ana has dedicated her life to helping those who are underprivileged and underserved.

In her previous capacity, she served as the Chief Operating Officer for One East Palo Alto, a local non-profit agency and community convener focused on equipping and building the capacity of individuals with a mission to enhance the lives of the community at large.

Currently, Ana is serving as the President of the board for the Ravenswood City School District. As a board member, she has lead town hall and community meetings centered on informing and gathering input. Furthermore, she has spearheaded successful public campaigns such as bond and parcel tax measures in order to improve school facilities. She is also a board member of the Bay Area Association of Latino Elected and Appointed Officials (BALEO) and Nuestra Casa. Both organizations advocate for the improvement and betterment of issues impacting underserved Latino populations. Additionally, Ana is part of the A.C. Nava Scholarship Foundation oversight committee whose mission is to aide and provide scholarship funds to individuals and families who would not otherwise qualify for financial aid.

Ana has a Bachelor's in Science in Business from San Francisco State University and is currently pursuing her Master's in Public Administration from the University of San Francisco.

El Distrito le da la bienvenida a Ana María Pulido al nuevo puesto del distrito como Especialista de Comunicación/Asistente Ejecutiva de la Superintendente. Ana es una valiosa aportación local que agregará mucho valor a la comunidad de SUHSD. Ella viene con una experiencia de varios niveles en relaciones comunitarias. Nacida y criada en la ciudad de East Palo Alto, Ana ha dedicado su vida a ayudar a los desfavorecidos y menos representados.

En su puesto anterior, se desempeñó como Directora de Operaciones de *One East Palo Alto*, una agencia local sin fines de lucro y convocante de la comunidad enfocada en equipar y desarrollar la capacidad de las personas con la misión de mejorar las vidas de la comunidad en general.

Actualmente, Ana se desempeña como Presidenta de la junta de *Ravenswood City School District*. Como miembro de la junta directiva, ella guió las reuniones del ayuntamiento y la comunidad centradas en informar y obtener opiniones. Además, ha encabezado campañas públicas exitosas, tales como bonos y medidas de impuestos sobre parcelas para mejorar las instalaciones escolares. También es miembro de la junta de la Asociación de funcionarios Latinos Elegidos y Designados del Área de la Bahía (BALEO, por sus siglas en inglés) y Nuestra Casa. Ambas organizaciones abogan por la mejora y la mejoría de los problemas que afectan a las poblaciones latinas menos representadas. Además, Ana es parte del comité de supervisión de *A.C. Nava Scholarship Foundation* cuya misión es ayudar y proporcionar fondos de becas a individuos y familias que de otra manera no calificarían para ayuda financiera.

Ana tiene una Licenciatura en Ciencias en Negocios de *San Francisco State University* y actualmente está cursando su Maestría en Administración Pública en la Universidad de San Francisco.



SUHSD on TV

SUHSD has made substantial efforts to be more visible and accessible to the community. Check out the interview with Ana Maria Pulido that was aired on the Spanish program **Despierta Área de la Bahía** on January 12, 2018 about college readiness. Click [HERE](#) to view the video.

SUHSD en TV

SUHSD ha hecho esfuerzos sustanciales para ser más visible y accesible para la comunidad. Vea la entrevista con Ana María Pulido que fue transmitida en el programa español **Despierta Área de la Bahía** el 12 de enero de 2018 sobre la preparación para la universidad. Haga clic aquí para ver [el video](#).

Physical Fitness Testing (PFT)

Examen de Aptitud Física (PFT, por sus siglas en inglés)



Spring Semester is an important time for ninth graders, as they are required to participate in the Physical Fitness Test (PFT). Students have taken this test previously, if they attended a

California public school in

their 5th and 7th grades. Sequoia Union High School District's testing window is February 1, 2018 through April 2, 2018.

The PFT is designed to measure a student's fitness level in six areas: Aerobic Capacity, Body Composition, Abdominal Strength, Trunk Extension Strength, Upper Body Strength, and Flexibility. The tests used to measure each area are the one-mile run, body mass index, curl-up, trunk lift, push-up, and the back-saver sit and reach.* Students must meet expectations in five of the six tests in order to receive a passing score.

Not passing the PFT in the 9th grade means that the student must enroll in P.E. 2 in 10th grade but will have the option to retake the test in August and December.

For more information of the PFT visit <https://www.cde.ca.gov/ta/tg/pf/> at the "Students & Parents" tab. For questions, have your student contact their P.E. teacher.

El semestre de primavera es un tiempo importante para los estudiantes de 9^{no} grado, ya que se requiere que participen en el Examen de Aptitud Física (PFT, por sus siglas en inglés). Los estudiantes han tomado este examen previamente, si asistieron a una escuela pública de California durante el 5^{to} y 7^{mo} grado. El periodo de prueba de *Sequoia Union High School District* es del 1 de febrero de 2018 hasta el 2 de abril de 2018.

El PTF está diseñado para medir el nivel de aptitud física de un estudiante en seis áreas: la Capacidad Aeróbica, Composición Corporal, Fuerza y Resistencia Abdominal, Fuerza y Flexibilidad de la Musculatura Extensora del Tronco, Fuerza y Resistencia de la Musculatura del Cuerpo Superior y Flexibilidad. Las pruebas que se usan para medir cada área son la carrera de una milla, índice de volumen físico, prueba de flexión anterior de tronco (*curl-up*), prueba de extensión de tronco (*trunk lift*), prueba de flexión de brazos (*push-up*) y la prueba de flexibilidad de la parte inferior del cuerpo (*back-saver sit an reach*).* Los estudiantes deben cumplir las expectativas en 5 de 6 exámenes para poder recibir un puntaje aprobatorio.

No pasar el PFT en el 9^{no} grado significa que el estudiante debe inscribirse en P.E. 2 en el grado 10 pero tendrá la opción de volver a tomar el examen en agosto y diciembre.

Para más información sobre el PFT visite <https://www.cde.ca.gov/ta/tg/pf/> en la pestaña de "Students and Parents". Para preguntas, pídale a su estudiante que se ponga en contacto con su maestro de P.E.

Parent Education Series

MENLO-ATHERTON HIGH SCHOOL (PAC) 2/15 at 7 pm

Melina Uncampher, PhD., Institute of Applied Neuroscience "The Neuroscience of Learning"

Register: <https://neuroscience2018ma.eventbrite.com>

SEQUOIA HIGH SCHOOL (Carrington) 2/7 at 7 pm

Michael Connolly, FCD Prevention Works: Global Nonprofit Substance Abuse Prevention Organization "Prevention Works: Alcohol, Tobacco, and Other Drugs"

Register: [https://](https://fcdpreventionworks2018sequoia.eventbrite.com)

fcdpreventionworks2018sequoia.eventbrite.com



The Parent Education Series events are sponsored by the Sequoia Healthcare District. Contact: Charlene Margot, M.A., Founder & Director, The Parent Education Series, cmargot@csm-consulting.net.

Click [HERE](#) for full calendar of events!

We are Posting! Are You?

Don't forget to connect with us through Facebook and Twitter!

 Sequoia Union High School District is at Sequoia High School.
January 29 at 6:30am · Redwood City, CA · 
Another week begins. We wish you all a productive week ahead!



Tweets Tweets & replies Media

 Sequoia Union HSD @SeqUHSD · 5h
The best way to enjoy the quad is to enjoy it while the Woodside High School Jazz band plays. Kudos to our... fb.me/FCXozMEX

