



Hiram Johnson High School Update & Resources

Instagram: @hjhsofficial Facebook: @HiramJohnsonHS email us: Hiram-JohnsonHS@scusd.edu

Remind 101: Text to #: 81010 for info text:

9th grade: @hjhs2024

10th grade: @hjhs2023

11th grade: @hjhs2022

12th grade: @hjhs2021

Families: @hjpar

Sac Healthy HeART & Mind

Hiram Johnson along with several other schools in SCUSD will be participating in the **Sacramento Healthy HeART & Mind Program**. This is a partnership between the City of Sacramento and the Sacramento County Office of Education made possible by the CARES Relief Act funds.

The program will focus on using arts as a strategy to address mental health, trauma, absenteeism, and other well-documented effects of the COVID-19 pandemic on already at-risk youth. Professional community and in-school teaching artists who have been vetted by the City and school districts will provide instruction through Zoom on visual and media arts, dance, theater, spoken word, music and literary arts. Students will have the opportunity to create a piece of art or music instrument to keep as a culminating project. They will also receive weekly mentoring and mental health check-ins.

This program will operate in the Expanded Learning Space as part of our ASSETs program. Up to 60 students at Hiram Johnson can participate. Join the Sacramento Healthy HeART & Mind Google Classroom via this [link](#) or by using this code jzq6mh3. Check out this [flyer](#) to learn about all the artists who will be providing services.

College Track Sacramento

College Track Sacramento is recruiting 9th and 10th grade students from high schools in the greater Sacramento region. There are 75 slots for 9th graders and 35 slots for 10th graders. Hiram Johnson students act now to join this amazing free program. Students can apply [online](#) or complete this [pdf application](#) and email to Luisana Victoria at lvictorica@collegetrack.org. Reach out to your counselor if you questions and need support with the application.

College Track is a college completion program that empowers students to graduate from a four-year college. It provides students a 10-year commitment of support services to see students to and through college. The program serves students from low-income families and are first-generation college students. Watch this short [video](#) to learn more about the program or visit their website at collegetrack.org. Students/families may also contact Luisana Victoria directly at lvictorica@collegetrack.org with questions and support with application.

Families and Parents,

Help us keep you informed.
Log on to HiramJohnson.net
Under "Parents" you can
check/update/add an email so you get
direct contact and updates from Hiram
Johnson High School.

COUNSELING CORNER

Counselors are assigned by the student's last name or 10th through 12th grade academy.

Last name	Academy	Counselor
A-C	Law -	Raquel Ocampo
D-J	ROTC -	Jessica Gunning
K-N	Med Sci -	Va Ellis
O-R	JCBA -	Malia Chang
S-Z	Design -	Elzora Gray

College Application
Support Sessions
Mon, Tues, Wed- 4-8PM
Zoom Link:

<https://scusd.zoom.us/j/315301990>

Meeting ID: 315 301 9910

Passcode: College

What is SAEBRs??

The Social, Academic, and Emotional
Behavior Risk Screener

Students will take this screener during the month of November. Results will help to determine what school-wide supports are needed. This system was supported by the teachers, students, and parents of school site council and purchased with SPSA funds in the understanding that this would be used to better support our students. We look forward to analyzing the data from this screener!

For more information on SAEBRs [click the link!](#)
More [information](#)

ASB Information

Meeting ID: 315 301 9910



Electronic PRIDE Tickets

**Positive, Respect, Identity, Decide,
Empathy**

36 PRIDE tickets shared this week!

We are just getting started!

I am so happy you have completed all of your assignments during this grading period. You are doing a fantastic job! Keep up the good work!

Mr. Kirkendoll has such a great presence and attitude in the front office. Always willing to go the extra mile for everyone.

Thank you Ivy for coming to class with a great big smile and a positive attitude. You are an awesome young lady and I am so happy to have you in my classes.

Distance Learning Humor



Dan Witte
@danwitte



Wrapping up my Zoom "office hours" for the day. I had one student show up. I asked her how many teachers' office hours she goes to and how many students attend. She replied, "I try to go to them because I just feel like teachers are lonely."

We are. And thanks, kid.

11:53 AM · Apr 20, 2020



2021-2022 school year

Are we talking about next year already?!?!

YES!

Students will be asked to pick their elective options for next school year towards the end of November. Freshman have many choices when it comes to their Sophomore year! Business, Law, Health Academies, digital media pathway, and ROTC are ALL fantastic options.

Look for information about course selection throughout the month of November.

FREE Family Flu Shot Clinic

DON'T LET THE FLU GET YOU!

FREE Family Flu Shot Clinic


Tuesday, November 10th, 2020
10:00am to 1:00pm

At Hiram Johnson High School
6879 14th Avenue
Sacramento, 95820

Flu vaccinations are available for individuals over 6 months of age without a medical contraindication to receiving the vaccine

Please help us stop the spread of COVID-19: community members must wear Face Coverings and maintain Physical Distancing

Immunization Assistance Program
(916) 875-7468



! NO PERMITA QUE LA GRIPE LO AFECTE !

Gratis Clinica Familia
Contra la Gripe

Martes, 10 de Noviembre de 2020
10:00 am to 1:00 pm

La Escuela Hiram Johnson
6879 14th Avenue
Sacramento, 95820

Vacunas para personas de 6 meses en adelante

Ayudemos a detener la propagación de COVID-19: todos deben usar cubiertas faciales y mantener el distanciamiento físico.

Immunization Assistance Program
(916) 875-7468

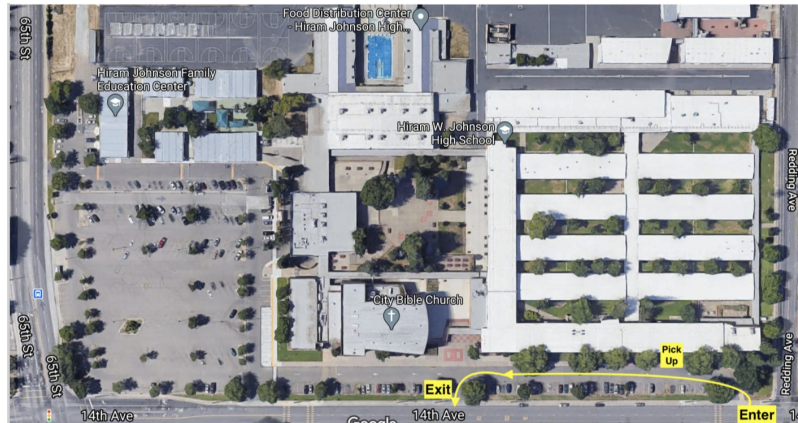


Office Hours & Contacts

8am to 3pm
by phone, email, or appointment
Call us at 916-395-5070
Email us at
Hiram-JohnsonHS@scusd.edu

Workability Drive-Thru Fair

SCUSD Workability Department is hosting a Resource Drive-Thru Fair for all students currently receiving Special Education services. The fair will be at our school on Tuesday, November 17 from 3:30pm to 5:30pm. Students will receive a bag filled goodies from work/vocational programs, community colleges and resource agencies. A free boxed meal will also be provided! See event flyer [here](#) for more info and drive-thru map to the right. We hope to see you then!



Weekly Tech Updates

Teachers, please see important tech updates and helpful tips for DL [here](#). Topics included in this week's updates are

- Zoom - how to share computer sound while also muting yourself for playing video
- Zoom - how to turn on Closed Captioning
- Zoom - Breakout Room Info
- [Educator-created tool that provides translation](#) into Pashto, Persian, Arabic, Vietnamese, Hmong & Chinese, Spanish

For instructional technology/application issues, do not hesitate to email DLSupport@scusd.edu for support.

Textbooks & Chromebooks

Students who still need to pick up textbooks can do so on Tuesday and Thursday between 11am and 2pm. Check in at the Front Office first and you will be directed to the Library.

Need Chromebook for DL? You can check one out from the Front Office Monday-Friday between 8am and 3pm.

SEL Theme: GRATITUDE

Gratitude (noun): the feeling of being grateful

Thankful (adjective): grateful and glad about something that has happened, especially because without it the situation would be much worse

Gratitude Lessons – A 2-week challenge with some reflection questions at the end ([see attached document](#)).

- Gratitude journaling- Use daily writing prompts to encourage students to reflect on gratitude in their lives ([see attached document](#))
- Gratitude Collage – Have students create a collage of things that they are grateful for in a power point slide! It may include photos, quotes, words, etc. Have the students present their “poster” to the class and share how the collage made them think about gratitude and why it’s important.
- Three good things: Have students set a goal to practice gratitude everyday. For one week, ask your students to reflect on three good things in writing. Encourage them to explain what

caused these actions or interpersonal interaction, or to explain the significance of the item or person. At the end of the week, ask them to reflect on how this daily writing helped them focus on gratitude. ALSO here are some

Daily Warm-Ups: Daily positive/inspirational quotes and ask students to reflect on them:

- "Enough' is a feast." Buddhist Proverb
- “Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” Melody Beatie
- “Wear gratitude like a cloak, and it will feed every corner of your life.” Rumi
- "True forgiveness is when you can say, 'Thank you for the experience.'" Oprah
- “Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.” Maya Angelou
- “What separates privilege from entitlement is gratitude.” Brene Brown

See SEL/Academic Integration [HERE](#) for more details/ideas on academic integration

Outreach

Motivated Mondays!

Mr. Taylor is still holding #MotivatedMonday sessions for our **African-American** students at Johnson. These virtual sessions are to support them as they face all the different challenges and changes that are happening in the world around them..

These 45min-60min sessions are a meaningful and safe space for them to discuss current topics that matter! This safe space will provide them with the opportunity to express their emotions, frustrations, thoughts, questions, concerns, fears, future and more.

Monday, October 19th is the first session and future sessions are 10/26, 11/2, 11/9, 11/16, 11/30 with more to come!

Climate Office Reminders

Please fill out the Pre Course Survey from Quetzal! Our campus is making an effort to engage in the very important work of Anti-Racist Training. Here is the link to the [Pre-Course Survey](#) for all staff to fill out. We are shooting for 90% of staff to fill out the survey.



Dwight Taylor Sr is an author who has spoken at Ted talks and won a Jr. NBA Coach of the Year contest and has worked with students and families to create a path to success.