

**Tiger Paws**  
**Principal's Report**  
March 7, 2019

As I continue to adjust to last fall's end to Daylight Saving Time (with my twice-weekly refrain, "I can't believe it is dark so early!"), I am shocked to see that as I write, we are days away from springing forward with the start to Daylight Saving Time. It does not seem possible that we are that far into the year. Still, as I look at my calendar and see that in a few short weeks we will be meeting with our seniors to prepare them for graduation and all that leads up to it, reality is sinking in!

Last week, the Band Boosters sponsored the annual Spaghetti Dinner Night. If you've never been, you are really missing out on a key community event. While parents serve a lovely dinner, our instrumental music students provide the ambience by performing continual sets of different kinds of music. What is also impressive is that generations of SPHS-connected community members look forward each year to this fun family night.

I hope you are all aware of the PTSA forums held about six times throughout the school year. Parent Lolita Lopez is the Program Chair and has brought some very meaningful topics and highly qualified presenters to the forums. The last one was about Suicide Prevention and featured our School Social Worker and Train Your Brain specialist, Natasha Prime. A short film was shown and a Q-and-A period followed. We were able to learn about the signs of potential distress in teens and were given strategies for appropriate responses. This film will be shown to staff at our next late start meeting, and a student version will be shown to students throughout the spring semester. Each presentation will also have an opportunity for questions and answers. The next forum, on Monday, March 25, will feature an expert on digital use and social media. Please join us for this important session.

In addition to our upcoming Suicide Prevention late start staff meeting, we use other late start meetings for a variety of professional development needs, as well. Last month, thanks to Dr. Benedict Lee, an SPHS parent, we had a large team of doctors, nurses, and other health professionals lead us in tourniquet training as part of the national "Stop the Bleed" initiative. Each staff member had access to hands-on practice and key understandings of the importance of being able to aid victims in danger of bleeding to death. As a result, we purchased military-grade tourniquets, enough for each emergency "go bag" found in every instructional space and work area.

I'm very pleased to tell you about a SPEF Major Grant our school received. We are working with the Anti-Defamation League's "A World of Difference Institute" to provide training for both staff and students in workshops customized to our school's needs in the area of safety, community-building, and inclusivity. The idea behind the proposal for this grant was to equip our students and staff with the interaction skills and listening skills that will help them navigate through difficult situations of any kind, and specifically through those situations in which there are philosophical, political, or conceptual disagreements. We feel that our campus climate can be enhanced by purposeful applications of skills that will support anti-biased discussions and

civil discourse. All staff will be trained, and fifty students will become the first peer leaders in this effort. Training will be next fall, and we are in the planning stages now.

For the second year, Senior Sarah Uriarte is heading up a Health Fair at school on Friday, March 15. Other students working with Sarah, including Peer Mediators, will be hosting representatives from many community agencies so students can learn about available resources and guidelines for physical and mental wellness. Last year's lunchtime Fair was very well-attended and appreciated, and I hope the same for this year.

After some delivery delays, I'm happy to share that our new library lounge and office foyer furniture is arriving on Monday, March 11. The PTSA and a bequeathal by an alumnus provided the funds for this upgrade. It will greatly enhance our spaces, and we will have a "reveal" for parents in conjunction with a showing of the many PTSA Reflections contest works of art created by students. Stay tuned for information on whether that will be the night of the social media forum or at another time.

We received some other news last evening that is also fun to share. Senior Kai Arakawa was selected by the Association of California School Administrators as the winner of a multi-round speech contest with his speech about how educators shape leadership. In a very competitive field of contestants, he was a stand-out!

I could continue, but I must prepare myself for Sunday's loss of one hour. As always, I can be reached at [janderson@spusd.net](mailto:janderson@spusd.net). I wish you all the best as we continue our journey together.