ADVICE FOR PARENTS

What would your candid advice be as parents of current students to new parents on any aspect of MCHS?

1. Listen to your child and give them the freedom to explore the classes and activities THEY want to pursue.
2. Empower your child to take initiative to email/talk their teachers, counselors, coaches and club organizers with questions and ideas.
3. Empower them to utilize the Office Hours with Teachers in the Schedule. They are for students -- not parents.
4. Model the behavior you want them to have. During a stressful time like this, it is easy to get frustrated. Exercise and model patience, persistence and positivity.
5. Parents should focus on getting involved and staying informed by checking email (even junk/spam mail) and the web site for information about Costa, MBUSD and more. Become a PTSA member and attend the meetings. Reach out to fellow parents for assistance.
6. Providing an environment that encourages healthy behaviors and wellness is essential to academic success no matter where you are.
7. Be patient with the process. Let a crisis sit for a day...or three. After that, if it is still hot, reach out to the school.
8. Stay positive about school. It will serve you and your student well.

AERIES LOGIN

How does my child sign-in to Aeries for the first time? We have the mbusdapps email address but no password?

Students coming from MBUSD (Manhattan Beach Unified School District) schools already have an Aeries login using their mbusdapps account. If you are coming from Hermosa Beach or outside the district, you need to create an Aeries account using the New Student Portal: https://mbusd.asp.aeries.net/air/ . If you continue to need help with Aeries, email AeriesHelp@mbusd.org .

Every student has a gmail account as follows: Graduation year, last name, first initial @ mbusdapps.org The generic password to start is their birthday (MMDDYYYY). They can change this later.

ASB ACTIVITY MARKER

Will they still need an activity marker since there are no sports?
Purchasing an activity marker is optional. When in-person activities are permitted/resume, the activity marker provides discounts to school dances and/or free admission to sporting or other school events. Please note, however, that ASB (Associated Student Body) provides many activities all year to our student body that do not require a fee. As a result, many people purchase the marker in support of ASB beyond just admission to sporting events. However, the choice is up to each student/family.

BACK-TO-SCHOOL NIGHT

Will BTSN be virtual-live or prerecorded?
Back to school night will be virtual and live. More information to follow.
**CLUBS**

When will students receive information on joining or starting community groups, clubs, etc? Will this be an option if we are virtual?  
The school is planning a virtual club day near the end of September that will kick off during an SEL period. Students will be provided a list of clubs with zoom rooms and encouraged to pick one to attend on that particular Wednesday. Afterward, the clubs will organize their own meetings to take place at the end of a day as outlined on the bell schedule.

Do non-athletic clubs require the athletics packet and if the student needs to take athletics during zero period?  
No, non-athletic clubs do not require the athletics packet. Any athlete enrolled in an athletics period needs to complete the athletics packet as soon as possible.

**COMMUNICATION**

This is all so overwhelming. Where can I go to get information about what my student(s) should be doing?  
It is, and you are not the only one who feels that way. First, we have streamlined communication to just one weekly newsletter called Costa Connected that gives key information. Please be sure to check your email and junk mail for that. It is sent to every parent registered on Aeries to receive information about their student(s). These newsletters also are on our web site as well as our new Distance Learning Hub, which is a microsite dedicated to student learning. In addition to the link above, you can access the Distance Learning Hub from the Mira Costa web site. It is listed first under both the STUDENTS and PARENTS drop-down on the main navigation bar.

The Distance Learning Hub, which we also call Costa Connected, contains information and how-to videos to help your student and you navigate Mira Costa from afar. Please take the time to check-out all the tabs!

What do we do when teachers do not respond to students/parents in a timely manner?  
Students should be the primary communicator with their teachers. If a teacher does not respond to your student, encourage your student to visit them during Office Hours.

Can students receive the Costa Connected emails from Dr. Dale?  
We are working on that. Currently, the system sends to the guardians responsible for each student via our School Messenger system. We are working to explore how the communication can be sent to all student mbusdapps emails moving forward.

As a new parent to MCHS is there a specific newsletter to sign up for?  
During the pandemic, Mira Costa Administrators and PTSA have decided to have only ONE newsletter distributed each week that will go to all parents. This newsletter will not require a subscription. This ensures that ALL families get consistent and coordinated information. Counselors also send a monthly newsletter to all parents that will be sent in the near future. As a parent in the Manhattan Beach Unified School District, you may also get regular updates from Superintendent Dr. Mike Matthews.

You may also choose to subscribe to newsletters from other groups that distribute information:
- La Vista - [Student Newspaper](click on subscribe) or [paper form](click on subscribe) to be mailed to your home
- [MBX Foundation](MBX Foundation) has a newsletter for sports/activities updates.
- [South Bay Families Connected](South Bay Families Connected) provides information to parents to help students lead healthy and productive lives.

Also consider following social media accounts for [Mira Costa PTSA Facebook](Mira Costa PTSA Facebook) and [Mira Costa PTSA Instagram](Mira Costa PTSA Instagram), [Mira Costa ASB Instagram](Mira Costa ASB Instagram) and [Mira Costa Link Crew Instagram](Mira Costa Link Crew Instagram) for updates.

Will we have a follow up Zoom next week after school starts? Maybe some of these questions will be answered but new ones may come up? PTSA will look to host an evening hours Zoom. Please stay tuned for more information!

How will the school protect student privacy e.g., to prevent the copying and distribution to social media of online communications between students and teachers during classes, office hours and especially during SEL? Only registered students who have an mbusdapps email can log-in to online sessions. In addition, teachers will set expectations that online class time shall not be recorded and is a violation of the state Education Code. As we have done with students who nefariously record student/class time without a teacher’s permission when students were in in-person class, the Administration will take swift action to identify and work with families to remove content not for public consumption.

Dr. Dale, would you consider doing a video version of your weekly newsletter (not a zoom meeting, but an uploaded video clip, etc.), in addition to the text version. at least during the first several weeks? Sometimes watching you and/or your colleagues speak, perhaps accompanied by some visuals, could prove to be more effective these days. I know that this could mean extra work for you all, but I think it will help.

We have done this before and will continue to look at ways to utilize a video medium. You are correct that the issue of time/extra work is a factor, but it is something we know that works when we do it.

**COUNSELING**

When will counselors be available and what is the best way to reach them?
How do we find out who our counselor is?
Can we change counselors or are they permanent?
How can my child be tested for a 504 / IEP?

Counselors officially returned to work August 25 and are reachable by email. Your student’s counselor appears in Aeries under Demographics.YOUR STUDENT should email his/her/their counselor with questions or call the mail telephone line (310) 318-7337 and note the correct extension:

<table>
<thead>
<tr>
<th>Student Last Name</th>
<th>School Counselor</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-Dela</td>
<td>Jennifer Wildenberg x 5023</td>
</tr>
</tbody>
</table>
You may not switch counselors. They have a heavy workload at the beginning and end of each semester. In the middle of each semester there will be time for them to reach out and talk with you and your student. Also, each counselor will have weekly Office Hours. That is also a good time to stop by if your requests to communicate have gone unanswered.

**Counselors seem to have mbusd.org and Manhattan.k12.ca.us email addresses. Which should we use?**

The website is being updated with new information. But, you can use the links above. In addition, standard email format for Mira Costa staff is first initial last name @mbusd.org, such as bdale@mbusd.org. The emails that have Manhattan.k12.us also work and are interchangeable with MBUSD.

**COURSES/CLASSES/HOMEWORK**

**Will students be on a true block schedule? In the spring, it was sort of block schedule, but my kids at Costa had assignments to do each day.**

This year will be on a strict block schedule. This means that teachers will not schedule activities or assignments over each other.

**Is every class a zoom?**

No.

**What is synchronous and asynchronous learning?**

Synchronous instruction means the teacher and the students are in a video conference room together. The teacher could be talking to the whole group, or popping in and out of breakout rooms, or even speaking to a student 1:1. It’s all synchronous. Asynchronous means the teacher posted the assignment, and the student completes it without being in a live setting.

**Will every teacher start their class with a zoom? How much time will each teacher spend in zoom teaching their subject and answering questions?**

The expectation is for daily live instruction in each class with the exception of Wednesdays.

**Just want to confirm, this will be a 3x3 block schedule as discussed at the school board meetings?**

The schedule will not be a “3x3 block” as one of many options discussed by the committee and the Board. The schedule can be found by clicking HERE.
What is the process should WiFi go down during classes/exams etc?
Luckily, the experience of teacher or student WiFi not functioning completely is very rare. But, it could happen. When that does occur, students along with teachers and administrative personnel will handle this issue accordingly.

Is there a way to ensure that teachers connect and follow up with students regularly so that even if these tech issues continue (even to a small extent) they are still able to keep kids up on their work? How will students know teachers received their assignments?
Ultimately, it is the students’ responsibility to ensure work shows as completed in Google Classroom and Aeries. Missing assignments are visible in each student’s Aeries account as well as Google Classroom. Students should advocate for themselves with questions by emailing their teachers directly and utilizing the Office Hours that will occur each Wednesday in which they can connect with the teacher directly. If the teacher is not responsive, students are then encouraged to contact their Counselor.

How much homework can the students expect? Will it be the same as prior to distance learning?
The crisis situation of moving rapidly online to distance-learning last spring resulted in less homework being assigned as families and school staff dealt with a number of health and safety issues. As a result, homework was not as intense as it had been. This fall, students can expect homework to reflect the estimates outlined in the time management worksheets on our website.

Will there be opportunities for kids to work in smaller groups as opportunities for socialization? This is especially helpful for kids who are not extroverts or don’t know anybody and will not get a chance to meet kids.
Yes, as part of a teacher’s curriculum, he/she/they may decide to include working in small groups as part of their curriculum. This could be done as part of synchronous learning — which includes live instruction — in which teachers may put groups together in small breakout rooms on Zoom that he/she/they then moves between and supervises similar to how small groups work in a physical classroom. Teachers may also look for students to work together asynchronously — outside of live instruction — on assignments and projects.

In addition, student groups like Link Crew and Associated Student Board will look to create opportunities for students to connect with each other throughout the year. Please see headers for ASB and LinkCrew for more information.

Has anyone talked about POD groups being set up this year?
It is the official position of MBUSD to not comment or be in any way involved with families forming PODs.

What about 504 plans? Will we have an opportunity for a meeting?
Yes, please contact your child’s counselor to request a virtual meeting. (See Counselor section for specific information.)

How will teachers be utilizing the outside online curriculum (Schools PLP)? Will it be a standard curriculum/lesson plan or as a supplement or will it be teacher dependent? Do students use this too?
Teachers can choose to use as much of the Schools PLP curriculum that they feel is helpful to them. Keep in mind teachers have created and cultivated a curriculum that is aligned with curriculum standards. Many of them have independently over the summer adjusted those to better fit an online format. After they have time to review Schools PLP, some may choose to use select pieces in their curriculum and some may not use it at all.

Students will primarily use Zoom and Google Classroom.

Concerned that certain curriculum that may be incorporated into the classroom that is regarding current affairs but is really opinion.
Without a specific example, it is difficult to respond to this concern. Teachers do provide rich discussions where students can explore/identify/analyze various viewpoints having to do with the curriculum. In no way are students forced to believe or adopt a viewpoint. If a student believes that a certain viewpoint pertaining to the curriculum is being overlooked, then this presents an opportunity for your student to discuss with his/her/their teacher.

ART/CERAMICS
How will classes like Art and Ceramics be handled?
Students will receive specific information about coursework and supplies from each of their teachers.

BAND
When are band tryouts?
Please contact Director of Bands Joel Carlson for information about tryouts for performance bands and marching band.

FOREIGN LANGUAGE
Will there be placement tests for foreign languages?
No

MATH
I just checked Aeries and at the bottom it says “algebra 1 requirement not met” what does this mean? She got an A in math in 8th.
For some students Aeries has placed a notification which states, “Algebra 1 Requirement Not Met”. This is an error in the system, and has no impact on your student’s transcript or graduation status.

Last year the teachers allocated a large percentage of grades to tests but could not test. How has this been changed? Can math test? Are they allocating different percentages for homework and not tests if they are not testing?
Much of the work over the summer to prepare for classes focused on assessment in a virtual environment. Assessments present the biggest challenge in distance learning. Teachers will focus on students demonstrating their learning through multiple means, but limited to what can be done virtually. This is best answered by your student’s teacher when class begins and the expectations for the class are outlined.

INTRO TO ROBOTICS
Will there be an Intro to Robotics kit? How will the class work?
Students will receive specific information about coursework and supplies from each of their teachers.

SURFBOARD SHAPING

How will students do the surfboard making class this semester?
Initially the focus will be on design, and when we can begin scheduling students to use the tools and resources on campus, they will begin the work of shaping.

FIRST DAY OF SCHOOL

How will the first day of school work since it’s a “Wellness Wednesday”?  
Wellness Wednesday gives students and teachers a chance to come together weekly to address the social and emotional side of learning. (See WELLNESS WEDNESDAYS for more detailed information.) On the first day of school, which happens to be Wednesday, August 26, students will meet with their SEL (Social Emotional Learning) teachers at 10:10am.

Focus on these three things:
1. Attend SEL class.
2. Find and complete the asynchronous assignments in each class.
3. Find and make note of how each of your student’s teachers conducts Office Hours.

Will there be an instructional email sent to students regarding how to log on Aeries & get their schedule as well as how to log on on day 1?
Yes.

LINK CREW

What is “Link Crew”?
Link Crew is an on-campus organization composed of juniors and seniors who are passionate about helping others. Link Crew focuses on providing help for incoming freshmen during their first year of high school. Link Leaders serve as mentors to the freshmen, offering advice, providing tips, and answering questions in the hopes of making their transition from middle school as smooth and enjoyable as possible. Each registered incoming freshman received an email with orientation information that includes a Google form to be completed and returned. A Link Crew Student will then reach out to each student personally throughout the year.

OFFICE HOURS

How will you be making sure that students are using office hours and not parents?
Will teachers be available to kids during office hours?
First, Office Hours are for students and not parents. Students possessing the mbusdapps email will only be able to contact teachers during Office Hours. Many teachers will not respond to parents without first hearing from their students in most cases.

PE/ATHLETICS SPORTS -- GENERAL

● We registered for zero period, but no sport now. Can we drop this? How is this done?
● How does zero period athletics work in remote learning?
● Is 7th period athletics still on? Do kids show up at school for sports practice?
● Where do we find the google doc to indicate preferred fall PE/Athletic activity.
- My daughter is taking zero period. Does this mean that she is not taking the PE class when she is playing a sport that season? Or will she be participating in PE all year round?
- What if my son will be an athlete throughout his high school career, should we fill zero period with an academic class instead of PE and catch up with his PE requirement later?
- My student didn’t register for 0 period, how can she join a sport?
- If my daughter will be playing Water Polo in the fall, does she need to take zero period PE in the spring?
- If our kids are trying out for a sport, will they be taking zero period PE in the meantime?

Two full years of PE is required and all Freshman must be enrolled in PE or Athletics for the full year. If a student chooses to play a sport, that counts toward PE credit. If a student plays a sport all year, the PE requirement is fulfilled all year. If the student plays one sport, it is fulfilled during that season but then the student will be enrolled in a generic Athletics PE class when the sport is off-season unless that sport has an off season program.

Normally, students who are considering trying-out for a sport, are asked to choose “Zero Period Athletics” when registering for school. This helps the administration build a schedule of classes around that sport to minimize disruption to their classes. Students then usually have academics from Periods 1-5 all year with their sport practice taking place 6th period when in season. In the instance where a student chooses later to not play the sport or is not selected for the team, the student will then return to regular PE. In those cases, the student will return to have a PE class during this Zero Period to avoid having to reshuffle the classes and teachers he/she/they have during the semester.

During the first semester, due to the unique scheduling requirements, most students who registered for “zero period athletics” will not take athletics during zero period. The PE/Athletics course will usually be offered 7th period. Conditioning and coaching will begin via Zoom, so your student may need a space for exercise and to wear comfortable clothes. The teacher/coach will provide specifics via Google Classroom and on the first-day. At this time, students will not come to school for PE/Athletics until instructed. Please note that conditioning or training with the team in the first semester DOES NOT mean they will be on the team next semester if/when competition resumes. Prior to the competition seasons, each program will conduct try-outs. Any student who trained with the team first semester, but who does not make the competition team for second semester, will still be allowed to stay in the class and train, but will not suit up for the games.

Prior to schedules being released, parents received a Google Form inquiring which one specific sport their child would like to pursue as part of PE/Athletics during the first semester with the knowledge that it did not guarantee a spot on the team once/if tryouts occur. Even if your child’s sport is not listed, this is a great way to try and learn about another sport.

Currently, the CIF (California Interscholastic Federation) that governs high school sports has postponed all formal practices and competition until December. See here for further information from CIF. Sports will resume pending approval from state and county officials as well as CIF.

**Why can't athletes take 7th period PE?**

They are. Any student who has requested PE/Athletics and specified a specific first semester sport will have PE/Athletics during 7th period.
Where can I find the list of sports and extracurricular activities?
For Athletics, you can view a quick breakdown of the sports available this year [HERE]. The list of activities also supported by booster organizations can be found [HERE] on the MBX Foundation web site. This site includes both athletics and non-athletic activities.

What does CUT sport mean?
Some teams can only accommodate a certain number of participants. After tryouts, they will only carry the standard number of players to competitions. This is not unusual. Sports such as Surf, Tennis, and Golf have operated on a "ladder" system for a long time. Students train together, then compete to determine who goes to the meet with other schools. Please refer to the specific activity on the MBX Foundation/Booster site that hosts information about all sports and clubs. Note that many sports are in the process of being updated, so please check back regularly.

Our senior is transferring from a school where the PE requirement was only 5 units and the grad requirement is 20. Is there any consideration given for his 3 years of playing baseball and 2 years of basketball?
In this instance, we will need to get his transcript from his previous school. This is best addressed and handled with your child’s counselor. (See Counseling section for specifics about your child’s counselor.)

Would you consider MCHS expanding the scope, both in terms of variety and number of participants, of no-cut sports for this year given that this generation of students are spending more time at home and organized sports will be a way for them to get physical activity and “connect” to the school. Is there an intramural league at MCHS?
This is a lovely idea. Our struggle at the moment is implementing the sports while adhering to evolving social distance guidelines. We must also factor our resources -- limited space for practices/preparation and limited resources for instruction/coaching. That being said, if the current environment continues for longer than expected, this will be something we could evaluate and work toward.

- When/How do you turn in the Athletic/Activity Emergency card and the Physical Evaluation?
- What is an Athletic Packet?
- Do we need to fill it out? Is there a due date?
- What is 8 to 18?

Students planning to participate in a sport must submit a physical and emergency card (Athletic Packet) as soon as possible. In addition, athletes must complete an 8 to 18 Registration. Please refer to this page to access all the information. If your student plans to tryout for two sports, please complete the 8 to 18 registration twice. 8 to 18 is the platform Mira Costa uses for sports registration.

Due to current safety and social distancing protocols, the following procedures are being implemented to process the necessary athletic packet paperwork. There are two options: 1) mail in a current and completed Physical Form along with the Athletic/Activity Emergency Card in an envelope addressed to Cindy Gardner with the athlete's name and respective sport. Address: Mira Costa High School, 1401 Artesia Blvd, Manhattan Beach, CA 90266, Attn: Cindy Gardner.
2) Second option would be to physically drop off the required items after August 3rd, in a sealed
envelope with the same information and place in a box located outside the main office during the hours of 9:00 am - 12:00 pm. E-mailed documents will not be accepted. Thank you in advance for your cooperation as we navigate through these uncharted times.

When can the kids start working out live with the coaches? 
If a sport can be played socially distanced, will it go ahead, even if other sports cannot? 
Or is it all or nothing?
In-person athletics/workouts will first need approval from state and county officials. Coaches for each sport are submitting plans about how they plan to host a workout that meets social-distance guidelines. Once those plans are approved by the district and local officials, athletes will receive communication about workouts. We have learned to not assume/propose target dates.

My understanding is that the state waived the minimum PE requirement for this year?
The PE requirement is not waived. What the state waived was the minimum number of minutes per week. Students are still required to complete two full years of PE.

How does this new CIF season combination affect club sports?
Please refer to CIF for the impact on club sports.

SPORTS - BASEBALL
Can you clarify the baseball situation vis a vis athletic PE?
Baseball will be training during first semester and competing during second semester as a Spring sport.

SPORTS - BEACH VOLLEYBALL
Beach volleyball is listed as a fall sport but on other resources I see TBD for that sport, should my daughter still select it?
Beach volleyball is now being offered as part of PE/Athletics during the first semester. If your daughter is interested, she should select that on her Google Form. The actual tryouts and athletic competition has not been completely determined yet by IBVL (Interscholastic Beach Volleyball League), given that they would need approval from various counties for play on the beaches.

SPORTS - BOYS CROSS COUNTRY
NOT LISTED IN FORM?? Should boys enter into girls cross country?
Cross Country will be training during the first semester and competing during the second semester.

Will it be a cut sport?
SPORTS - DANCE TEAM

DANCE TEAM IS NOT LISTED ON THE GOOGLE FORM
This is because dance team held tryouts in the spring by video and has its team assembled with its PE period already in place.

SPORTS - FOOTBALL

Will football begin in December?
Currently, the CIF (California Interscholastic Federation) that governs high school sports has postponed all fall sport competition to December. Football and fall sports will resume at that time pending state and county approval. Please go to miracostafootball.com for more information and updates as they are available.

CIF schedule states Dec. 14 for the start of football practices with the first game on January 8. You mentioned later dates for FB. Please clarify.
I’m sorry for the communication gap. Costa will follow the CIF dates. Note that teams may practice conditioning and teaching plays as part of PE/Athletics in a virtual environment prior to actual in-person practices.

Is football a no-cut sport?
Yes

SPORTS - GOLF

How can my guy sign up for a sport? Particularly Golf—does this affect his school schedule?
Will there be golf in the fall? If so, is it a cut sport or do all kids make the team?
How can my daughter sign up for a golf team without a tryout yet?
My son is an incoming freshman and wants to be on the golf team will he need to try out or how do we know if golf is an option?

Boys and Girls golf will compete during the second semester in their particular seasons. Stay tuned for information regarding first semester training and conditioning.

SPORTS - LACROSSE

Boys Lacrosse is considered a spring season sport in 2020-21. It also is being offered as a PE/Athletic conditioning option in the first semester for those interested.
Girls Lacrosse will compete during the second semester. Stay tuned for information regarding first semester training and conditioning.

SPORTS - SAILING

Please contact Denise Anderson.

SPORTS - SOCCER

When are the soccer tryouts?
During this unique year, boys and girls soccer are now a spring sport. Please look at the Booster Clubs tab at mbxfoundation.org for information specific to Soccer throughout the year.
Why is Girls soccer not on the list as a year-long sport or available on the list of PE sports on the Google Doc?
Girls Soccer will compete during the second semester. Stay tuned for information regarding first semester training and conditioning.

SPORTS - SURF
Surf team?
During this unique year, we are awaiting specifics from the high school surf organization (not CIF) and our coaches. Please look at the Booster Clubs tab at mbxfoundation.org for information specific to Surf throughout the year or the Surf Team’s Facebook page for information.

SPORTS - SWIM
Is swim team now a cut sport? What are the changes
Yes, it will now be a cut sport. Please regularly check out the Mira Costa Swimming & Diving Team web site for updated information and MBX Boosters.

When are swim tryouts?
Boys/Girls Swimming & Diving is now a spring sport in this unique year. Please regularly check out the Mira Costa Swimming & Diving Team web site for updated information and MBX Boosters.

SPORTS - TENNIS
My child planned on trying out for tennis and there is no team for the fall. Is there any unofficial tennis practice for these kids?
Tennis will be training during the first semester and competing during the second semester.

SPORTS - TRACK & FIELD
Can you explain off season sports? Previously Track and Field was offered in the Fall, will this be the case this year, specifically for pole vaulting?
Actually, Track and Field has been offered as a spring sport for many years and will continue to be a spring sport this year. Stay tuned for information for the first semester training and conditioning.

SPORTS - WATER POLO
How will water polo work? Is the pool open?
The pool is currently not open. Currently, the CIF (California Interscholastic Federation) that governs high school sports has postponed all fall sports activities to December. Water Polo and fall sports will resume at that time pending state and county approval. Please look at the Booster Clubs tab at mbxfoundation.org for information specific to water polo.

Has Waterpolo been moved to a cut sport?
No.

SPORTS - WRESTLING
Will Costa offer wrestling?
Wrestling is now a spring sport in this unique year due to postponement by CIF. Please regularly check out the Mira Costa Wrestling web site and Booster Clubs tab at mbxfoundation.org for updated information.

Wrestling is on the list for fall, but I thought it was a spring sport?
It is still a spring sport this year, but we are offering a PE/Wrestling Conditioning and Education component for the first semester.

The following sports/activities will compete during the second semester in their specific seasons. Stay tuned for information regarding first semester training and conditioning.

Boys and Girls Badminton
Band
Drumline
Flags
Boys and Girls Golf
Hockey
Girls Lacrosse
Boys and Girls Soccer
Boys and Girls Swim
Boys and Girls Track

INDEPENDENT PE
My son plays Academy Soccer at MLS elite...he was at the INDEPENDENT STUDENT ATHLETE program at MBMS...how do I apply for ISA?
We are in the appeal process for Independent PE and I have emailed three different people at the district but haven’t heard back. Any suggestions?
Independent Study PE is only offered to students competing in a sport that is not available at Costa. If Costa has that sport, please try-out and play for the school. For all other sports, please contact Denise Anderson.

If my son is enrolled in Independent Study PE, is that 6th period?
In most cases, yes. However, it will depend upon the sport requirements and his courses.

Independent PE was not listed on the google doc. How should I proceed?
If your student has been approved for Independent PE you do not need to fill out the Google form.
If there is not tennis (or another sport of choice) being offered in the fall, can my daughter work with a tennis coach outside of school and it counts towards PE credit? No

What if my son is doing a club sport during the fall. Does that qualify as a PE credit? No. Your child’s Club sport will not constitute PE credit unless it is approved for INDEPENDENT STUDY.

For any further questions or applications regarding Independent PE Please email Denise Anderson (danderson@mbusd.org).

RETURN TO IN-PERSON SCHOOL

Do you know if anyone has considered any outdoor learning component for the kids? Yes. The district Steering Committee on School Reopening is considering all options within the state and county guidelines provided.

SCHEDULE CHANGES

- When/How can we change classes?
- Where will the google doc for class changes be located?
- If the student was put in a different elective, can we request the one she originally registered for? Is this what we use the google doc for?

Below you will find the information for student schedules.

- Students - Log in to your STUDENT Aeries Account to view your class schedule
  - If your schedule looks good, great! You don't need to do anything else.
  - If you would like to make a schedule change - FILL OUT THIS FORM
    - You MUST be logged into your STUDENT MBUSDapps email to access this form
      - If you are unable to access the student MBUSDapps.org email, please email Krishna Berkes at KBerkes@mbusd.org and she will reset the password within 24 hours.
  - Possible reasons for making a schedule change:
    - You completed a class that was placed in your schedule (Ex: Summer school class)
    - You planned on taking a summer school class but did not end up doing so
    - You have duplicate periods (Ex: Two 3rd period classes - English and Biology)
    - If you have duplicate classes (Ex. Two English classes)
    - If you are missing a core class in your schedule (English, Math, Science, etc.)
    - You have inconsistent teachers from Fall to Spring
    - If you did not request a zero period but were placed in one
Please be aware that the following reasons for requesting a course change will NOT be honored:
- Teacher change request
- Period change request
- English 12 Seminar change request

Due to the distance learning environment, block scheduling, and other scheduling restrictions, excused periods were used to increase flexibility and get students into their first choice classes, where possible (For example, some athletes may be enrolled in a 6th period class along with their 7th period sport - this is OK this year!).

Your counselor will review your submission and do their best to make the requested change to your schedule, and they will communicate to you if the change cannot be performed. Please allow 48 hours for a change or response.

- The Google form for Schedule Changes will be closing Thursday (8/27) @5PM.
- On Tuesday (8/25) after 5PM, please log in to your STUDENT Aeries Account to verify your schedule. There may be some movement in classes which could result in a teacher/period change.
- The Add/Drop Deadline is Friday (9/18) and the Level-Down Deadline - Friday (10/2)
- For Zero Period PE Athletics and the 6th period PE Athletics: Students must continue to attend the Zero Period Athletics (Grade 9) or the 6th Period Athletics (Grades 10-12) until your sport appears on your online schedule.
- For some students Aeries has placed a notification which states, “Algebra 1 Requirement Not Met”. This is an error in the system, and has no impact on your student’s transcript or graduation status.

What do we do if a student needs a schedule change? My daughter emailed her counselor twice, but no response. Do we just wait?

Yes

Now, with the new 7th period, that 6th period is free. Can my student add another class?

Yes, a student could have an open period any time during the day now. Remember: students may not take more than seven classes.

SCHOOL SUPPLIES & TECHNOLOGY

What device do the kids need for Mira costa? Tablet? Chromebook?

Mira Costa doesn’t require a specific type of device, students can use whatever device they prefer both in a distance-learning environment and during in-person instruction.

Hi! when you have a chance, what's the email for the tech support person?

There is not one tech support person to handle all questions. First, students and parents should work together by referring to this Technology Help Sheet for questions. If you continue to need help with Aeries, email AeriesHelp@mbusd.org. If you still need support, email Chris Harpe-Amos at charpe-amos@mbusd.org.

Is there a school supply list?
Each teacher will provide one if necessary for their class.

**Is there a Book Pickup?**
**When will textbooks be distributed?**
**Are there textbooks? When is pick-up?**
Yes. It will take place starting September 1-4 in the lower Peck parking lot. Specific timing will be available soon and will be by alpha order to comply with social distancing guidelines. Your child’s textbooks will be listed by teacher in the Costa Connected Distance Learning Hub under Materials and Supplies.

If we are not in town, can a friend pick up textbooks?
Information to follow

How can we borrow extra textbooks so our tutor can help our kids?
The school does not loan extra textbooks. If your child’s teacher indicates a specific textbook to be used, you may then purchase the textbook independently for your private tutor.

**STAFF**

What staff is on-site vs working from home?
Mira Costa teachers, counselors and administrators have been given the opportunity to work on-site. We understand and respect that not all staff is in a position to do so due to child-care, elder-care, immuno-sensitive or other issues. Mira Costa maintains security on-site.

**STUDENT IDS/PHOTOS**

How will the freshman get their ID card/photo taken?
Will there be a photo make up day?
All students can get their photos taken during textbook pick-up September 1-4. Photos are used for ID cards and yearbooks and also are available for purchase. Specific days/time for each student will be communicated. This will be done in a way that meets social-distance guidelines. If a student is unable to attend on these days, we will offer an alternative means for an ID card at a later date.

**VAPING**

How are vaping issues handled on campus?
Like many schools across the country, Mira Costa is not immune to students who explore vaping. As a community, we must work together to educate young people about the dangers and long-term effects of vaping. South Bay Families Connected has provided our community with valuable resources for parents, students and teachers. Last year, our PTSA was instrumental in ensuring that a vaping module was included in the required Health curriculum that all students must take. It is not tolerated on campus. We have drug-sniffing dogs to help us identify students who may bring illegal substances to school. However, vaping presents challenges because it is odorless and not easily caught. When students are caught vaping, they receive an infraction. In addition, our School Resource Officer for Manhattan Beach Police Department may issue a ticket that the parent must then pick-up in person. Continued discipline will occur if the same student continues to violate the policy. Ultimately, our goal is to work with the student and his/her/their family to provide them with support to break this terrible habit.

**WELLNESS WEDNESDAYS**

- Can someone explain the schedule for Wellness Wednesdays and happens on those days? Do students attend any classes?
How do kids know who their SEL teacher is?
How many students in the SEL section?
On weeks with a holiday (two in September) will the Wednesday schedule be scrapped so class time isn't lopsided?

Wellness Wednesday gives students and teachers a chance to come together weekly to address the social and emotional side of learning. Teachers begin the day collaborating with one another. From 10:10-10:25 am each Wednesday, students will SEL (Social Emotional Learning). It will appear on the calendar is Period 8, and they will be assigned to a teacher/classroom. The teacher’s name will appear on the student’s schedule. There will be 25 students in each SEL section. This helps cultivate a sense of community beyond the academic classroom, similar to a traditional “homeroom” period. During this time, students and teachers will address a variety of wellness and cultural topics, hear announcements about upcoming events and activities and ask questions. The Office Hours on this day are designed for students to check-in virtually with their teachers to ask questions related to curriculum and assignments; request additional help or share ideas.

The schedule for Wellness Wednesday may be adjusted in weeks where we have holidays and school is closed to ensure instructional time.