

# YOLO PARENT NEWSLETTER

*Information for the parents of Yolo students*



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Leila Martinez  
School Counselor  
[LMartinez@nclusd.k12.ca.us](mailto:LMartinez@nclusd.k12.ca.us)

## Introduction

Hello Parents and Guardians!

Thanks to the feedback received from the thought-exchange, we are making this parent newsletter to offer information relevant to Yolo Middle School.

## Coming Up this month

2/8 Early Release Schedule

2/11-2/15 Presidents Day Holiday-

No School Thursday, Friday, or Monday

2/17 Rally Schedule

2/22 Early Release Schedule

2/24 Second Cup of Coffee Meeting/ ELAC

2/25 Parent Teacher Conferences

1:00-3:00pm, 5:00-7:00pm

2/25 Minimum Day

2/26 Minimum Day

# Mental Health Resources

OUR BEHAVIOR HEALTH CLINICIAN, AMBER RICE, SPOKE ABOUT MENTAL HEALTH RESOURCES DURING OUR JANUARY SECOND CUP OF COFFEE MEETING. LISTED BELOW ARE BENEFICIAL WEBSITES TO VISIT.



Each Mind Matters: [www.eachmindmatters.org](http://www.eachmindmatters.org)

Each mind matters is meant to be a safe space to learn about mental health. It gives important information for different ages, stories of individuals, ways to get involved and even events you can attend.



Walk in Our Shoes: [www.walkinourshoes.org](http://www.walkinourshoes.org)

If you have ever wondered what life is like for someone dealing with mental health issues, such as depression, anxiety, or adhd, you should visit this website. It details individual stories of struggling and succeeding, and clears up some myths about mental health.



Know the Signs: [www.suicideispreventable.org](http://www.suicideispreventable.org)

Suicide can be a tough conversation topic. This website is a great tool to access the warning signs of suicide, ways to start a conversation about suicide with friends or family, and resources for you to share with someone who may need help.

## Parent Videos

Also due to the feedback from the student-thought exchange, we began to post informational videos for parents on parent square. These videos will answer frequently asked questions by parents, and give some training on requested topics.

Check out the video on "Routines" during remote learning: [HERE](https://www.parentsquare.com/feeds/6237751)

<https://www.parentsquare.com/feeds/6237751>

Also, if you would like to recommend other topics for us to cover, please leave your requests here:

**English:** <https://forms.gle/LiHby8YuFhxhPExLZ9>

**Spanish:** <https://forms.gle/mumbLQFU5S6Uu2gJ7>

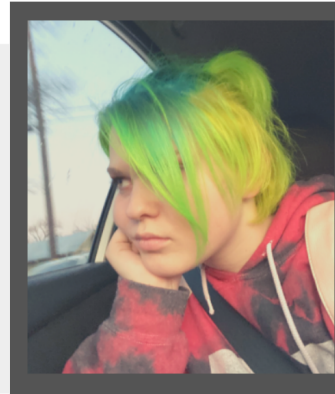


## SPOTLIGHTS: Get to know some of our students and staff each month

### Student Spotlight

#### MEET: MACKENZIE ROGERS

- Mackenzie Rogers is an 8th grader at Yolo.
- Her favorite subject is Drama and her favorite teacher is Mr. Reeves.
- She has 2 dogs and 3 bunnies.
- When she gets older she wants to be in the navy or an animator.
- A coping technique she uses in the pandemic is she tries to compliment 3-6 different people every day, and if she can't do that she tells herself that everything's going to be okay.



#### MEET: SAMANTHA MENDOZA

- Samantha Mendoza is an 8th grade student.
- Her favorite subject is Math and Ms. Decator is her favorite teacher.
- Samantha's hidden talent is writing.
- She has 1 pet.
- When she gets older, she wants to be a nurse.
- A coping skill she uses to adapt to the pandemic is playing softball.

### Staff Spotlight

#### MEET: MRS. DECATOR

- Mrs. Decator teaches English 7, Yearbook, and Student Council here at Yolo.
- She has been teaching for 11 years.
- She became a teacher because she had a teacher who made an impact in her life, and she wanted to do the same for students, by making learning fun.
- If she was not a teacher, she would be a lawyer or a nurse.
- When she is not teaching, she is reading books, playing board games and traveling.
- She has a daughter who is 7.
- During the pandemic, she uses reading and writing to cope.



#### MEET: MR. SANTOR

- Mr. Santor teaches 8th grade History and the National History Day elective.
- He has been teaching for nine years.
- He became a teacher because he likes to help people succeed and reach their full potential.
- If he was not a teacher, he would be in sales, preferably insurance.
- When he is not teaching, he is fishing, barbecuing and playing with his dogs.
- He has a wife, four children, and five grandchildren.
- During the pandemic, he uses meditation and reading audiobooks to cope.