



# Dragon Gazette



## SULTANA SPORTS & SCIENCE ACADEMY NEWSLETTER

### A NOTE FROM THE PRINCIPAL...

Happy October Sultana Families!

Thank you so much for your support and flexibility during our first few months of school. Our students are amazing as they had to learn quickly how to adapt to a new school environment.

We know Online Learning has been new and difficult at times. It's not ideal for most students, but we love seeing them every day via zoom.

The Superintendent is keeping site Administrators very well informed with the County of San Bernardino COVID data. When it's safe to come back together, then we will be happy to see our students on campus. We miss them! Although we are apart for now, we are still together as one Dragon community.

Please keep in mind that this is the last month of the first Trimester. Students must login to zoom to get marked present and they need to return to class promptly after each break. Thank you to all parents that are actively participating in our communication post on Class Dojo.

Special Thank you to all parents that attended our parent meetings in the month of September.

Respectfully,

Ms. Melgoza

Principal



### SELF-MANAGEMENT:

### Mindfulness and Stress Management

During the month of October, your child's SEL instruction will focus on **Self-Management** skills learning about mindfulness practices and stress management. Stress can affect health, behavior, thoughts, and feelings. Recognizing and developing strategies for managing stress in healthy ways can lead to life-long physical and psychological well-being. This month, students will engage in activities to help them effectively regulate their emotions, control impulses, and manage stress. These activities help build emotional awareness, reflection, and calming skills.



Join us for Cafecito/Coffee with the Principal on **Friday, October 9th via Zoom**. Parents in attendance stay up to date with Sultana happenings and will be entered in a raffle to win prizes.

### Please Update Your Information Today!

Please take 10 minutes to update your child's information by completing your online Re-Enrollment today! All families are required to update their information each year, this year you can do it online or pick up a packet at the school office. You can help us by:

**Step 1.** Access Q Parent Connection, on a **computer** by visiting: <https://parentconnect.omsd.net>

**Step 2:** Enter your unique PIN and Temporary Password.

**Step 3:** Update your information from the comfort of your home.

If you forgot your PIN and Password, we can email it to you when you click the link: [Need your Login Information?](#) You can also contact our office at 909.986.1215 for help.



**BE SAFE, BE RESPONSIBLE,  
BE RESPECTFUL**

