

desert sands

CHARTER HIGH SCHOOL



Parent Advisory Committee Meeting

DATE Friday, 9/3/2025

TIME 5:30PM-7PM

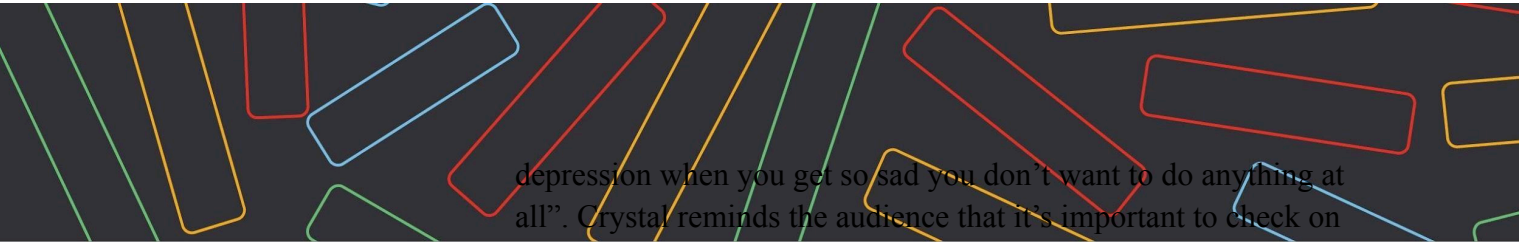
I. Welcome & Introductions

- A. **5:37 pm** Introduction of principal Jenny Bonilla and team Crystal Gutierrez, school social worker, Mike Hernandez Community Liaison, Sarahi Hernandez Community Program manager, Cecilia Rodriguez, Parent Engagement Liaison, Leeann Strickland, Supervising teacher and note taker, Susana Chavez, Long term substitute, Alex Morris state and federal program coordinator

II. Inside Out Presentation and Game Activity

A. *Navigating Mental Health Well-being with your Teen*

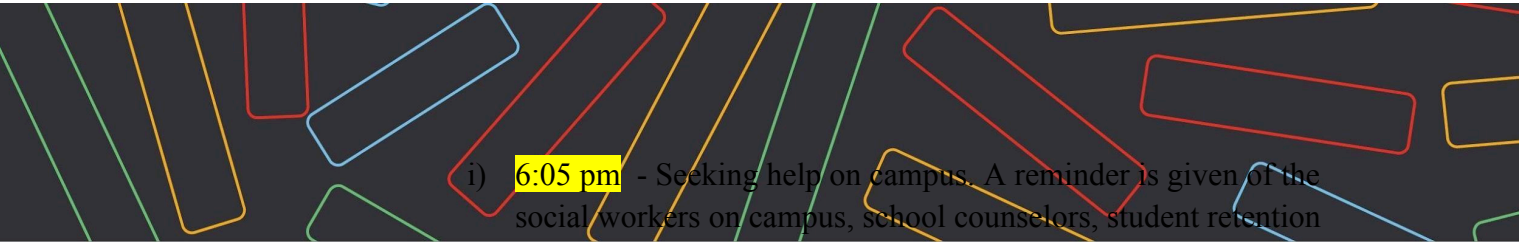
1. **5:40 pm** Crystal Gutierrez checking in and asking how everyone is feeling using emotions from the movie *Inside Out*. Bonilla and Crystal walk around and gets answers from the audience on their current emotions.
2. **5:42 pm** - What is mental health? Definition of mental health provided by Crystal G. as well as the prompt “what are our primary emotions?”
 - a) **5:43 pm** - The first primary emotion discussed is Fear and what that looks like. Crystal prompts the audience “How does fear affect us in life?” someone responds that sometimes fear holds us back. Crystal discusses some grounding techniques
 - b) **5:46 pm** - the second primary emotion discussed is anxiety. The question prompted is “how is fear connected to anxiety?” Someone in the audience responds that anxiety can make you freeze because too much is going on. Crystal responds with how anxiety can present physically through shortness of breath, sweating, trembling etc. This is sometimes the cause with students have educational anxiety that prevents them from making progress in school. Crystal offers fidget toys that can aid anxiety.
 - c) **5:49 pm** - Sadness. The question asked is “when does sadness change into depression” a student responds “sadness turns into



depression when you get so sad you don't want to do anything at all". Crystal reminds the audience that it's important to check on

your loved ones if you notice any behavioral changes. Sometimes a check in can go a long way. She offers coping skills such as self care, journaling, gratitude, getting active and speaking to a supportive person.

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- d) **5:52 pm** - Anger. What is the purpose of Anger? What other feelings can look like anger? The audience responds that sometimes anger is a defense mechanism. "When can anger be a good thing?" the audience responds that sometimes anger allows us to defend ourselves and express how we feel. Anger can present as yelling, shouting, aggressive behavior etc. Crystal offers coping mechanisms such as breathing exercises, counting, taking a break, reframing.
- e) **5:55 pm** - Other feelings such as envy, disgust, ennui, embarrassment. Crystal asks "where do you think these feelings come from?" a student responds "envy comes from looking at what others have and asking why I don't have these things"
- f) **5:57 pm** - Set Boundaries and reduce stress, crystal explains learning to say "no" in a respectful way. Taking breaks from work, social media and negative environments as well as practicing time management and organization to avoid feeling overwhelmed. Also good time management and not procrastinating, especially when it comes to graduation.
- g) **5:58 pm** - Cultivating Positive Self talk and reframing. Crystal prompts "Why is positive self talk important?" a student responds, "positive self talk is important because you need to talk positively to yourself so that you can achieve your goals". Crystal reiterates that its important to practice positive self talk using the example "you are what you eat". Reframing is changing negative self talk to positive and motivating assurances. Principal Bonilla chimes in with an example connecting to social media, how now we attach our self worth to social media likes. We give that too much power over our mental health and self worth.
- h) **6:04 pm** - Build Strong Social Connections. Crystal prompts "Why is having a strong social circle important?" a student responds "Having a strong social circle is important because the people who care about you are the ones who will be there for you, listen to you and help you get through those tough times"

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- i) **6:05 pm** - Seeking help on campus. A reminder is given of the social workers on campus, school counselors, student retention specialists, administrators. Principal Bonilla reminds families that school social workers are there for support with students and their families. Crystal offers examples of how they support students with check ins and snacks when they come to visit the social worker's office. There is a crisis hotline and mental health flyer is passed out to families. A reminder is given that in case of emergencies, please call 911 first. There is a Care center in Lancaster as well.

- j) **6:10** - Inside out jeopardy game.

III. Community Programs Update

- A. **6:34 pm** Sarahi Rico summarizes the California community schools partnerships program. The steering committee meeting that is planned in October, Sarahi encourages families to come and participate.

IV. School Cycle of Improvement: Data Dive

- A. **6:35 pm** Principal Bonilla summarizes how our students' credit completion has improved by comparing the 23/24, 24/25 school years to how we are currently doing in the 25/26 school year. She also explains the student progress metric and how it compares to traditional high schools. Although our credit completion has improved, our averages are not yet at the 5 per LP expectation. Principal Bonilla explains that it's important to encourage students to work on their credits independently at home. A reminder is given about student incentives. An explanation is provided about how the math lab works. Math teachers in the lab are solely focused on helping students progress through their math credits. Math credit data is provided that compares the 24/25 and 25/26 school year.

V. LCAP Goals

- A. **6:42 pm** Alex Morris discusses LCAP and gives a definition of what exactly it means. LCAP Goal #1 is increasing academic progress. Desert sands has improved in their lexile and math scores. LCAP Goal #2. Students will gain skills for college and career readiness, and Desertsands has improved. LCAP Goal #3 increase student retention, LCAP Goal #4 increase stake holder engagement, DS has improved. Local Control and Accountability plan snapshot will be handed out that discusses CTE pathways, statistics, budget etc.

VI. Updates & Reminders

- A. **6:47 pm** September 12, 2025 is Back to school night 5:00-6:30 pm
B. October 16th - Great shakeout drill
C. October 24 - Next parent advisory meeting & EL advisory meeting
D. October 28-31 Spirit Week
E. November 8th - Winter Ball

F. November 11 - Veterans Days

G. Nov 21 - Senior Deadline November 24-28 Thanksgiving break

H. December 2-5 Senior Week

I. December 12 - Fall Graduation

J. December 15- Intervention H.T.C's

K. December 19- Winter break begins

L. January 8 - Back to school for continued intervention conferences, two credits expected when students return from winter break

M. New technology for safety and security explained how it detects weapons and other prohibited items on campus. Staff is also required to walk through.

N. AB84 - Explained how Independent student schools will be required to become classroom based. This will completely change the flexibility of our program. It will also impact funding. Principal Bonilla encourages parents and students to contact local senators to oppose the bill that will affect their students.

StopAB84.com also provided to sign the petition to oppose the bill. Flyers about AB84 impact provided as well.

O. Please join us on October 24th for the next PAC meeting.

VII. Parent Feedback Survey

VIII. Adjourn - 6:57 pm