

Northview Newsletter

Principal's Update

Hello Northview Familia,

We are two weeks away from the end of our second grading period of the semester (November 3) and I want to remind you of our tutoring program that takes place before and after school Tuesday through Thursday in the Northview Library.

Our weekly attendance rate dropped to 95.7% in the last week. Continue to encourage your students to attend school each day. Attendance warning letters have been sent home to students who have missed more than 3 days of school.

Our counseling team has planned many workshops and opportunities for our seniors to get their college applications completed. Please take advantage of all of the opportunities that we have available. Have a great week, Vikings!

Wellness Corner

You can't always avoid triggers, but you can change your response to them. These techniques can help you regain control and stay in the present moment.

- **Plan Ahead**: Proactively identify options in unfamiliar situations. Ask a friend for their car keys or know where the bathrooms are for a quick escape. Share your location with friends if you need to step away.
- **Ground Yourself**: Connect with the ground and your physical senses. Focus on your feet, moving from heels to toes, savoring each connection to the ground. Squeeze and release each toe, feeling the difference between tension and release.
- **5-4-3-2-1 Grounding**: Activate your senses to return to the present. Find five things you can see, four things you can hear, three things you can touch, two things you can smell, and one thing you can taste.
- **Cool Down**: Use cold water to activate the parasympathetic nervous system. Splash your face with cold water or hold an ice cube to soothe your body after stress.
- **Red-Yellow-Green System**: Create an emotional safeword in intimate relationships. Red signifies full-blown triggers, requiring both parties to stop and separate.
- **Move Your Body**: Engage in physical activity, such as exercise, to realign your nervous system. If exercise isn't an option, do simple stretches or poses, like Warrior II, to stay present and emotionally stable.



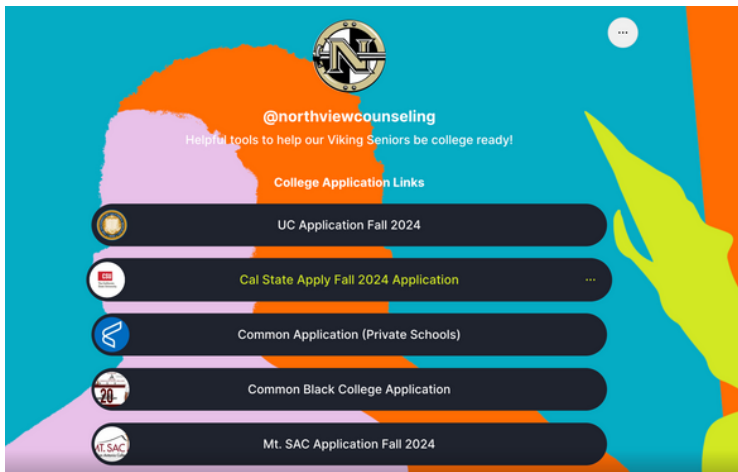
These techniques empower you to cope with triggers effectively and stay grounded in the here and now. For the detailed article check out; [6 Strategies to Ground Yourself After Getting Triggered](#)



Upcoming Events

Counseling Update

Visit [Northview's Counseling Linktree](#) for college application resources and helpful information



This week counselors held a UC and CSU application workshop for students before school and after school. As a reminder, if a student needs assistance with their college applications, we encourage them to attend the upcoming application workshops. Our next application workshop will be Wednesday October 25th during lunch in the library. We also invite students and their families to attend our College and Financial Aid Overview presentation Monday, October 23rd at 5:30pm in the library.

- 10/23 – Parent Meeting College & Financial Aid Overview, Library 5:30pm
- 10/25 – CSU Application Workshop, Library Lunch
- 10/25 – VVL Symposium
- 10/25 – SSC/ELAC Meeting, Library 5pm
- 10/26 – Cal Baptist Nursing School Field Trip
- 10/26 – Demystifying Mental Health Workshop, Library 5:30pm
- 10/30 – Lockdown Drill
- 10/31 – Late Start
- 11/4 – Saturday Academic School
- 11/14 – Future Day



Updates



Sports Updates

Cross Country

Cross Country had two athletes medal at the Mt. SAC Invite this past Friday. Their next race will be League Finals on Wednesday, November 2 at Horsethief Canyon Park.

Football

Varsity Football beat Los Altos HS this past Friday with a score of 48-13. Their final league game and Senior Night will take place this Thursday, October 26 at District Field.

Tennis

Varsity Girls Tennis had a successful season and celebrated Senior Night last Thursday. This week, we will be hosting League Prelims and Finals at Northview on Tuesday, October 24 and Thursday, October 26.

Volleyball

Congratulations to our Varsity Girls Volleyball team on a successful season that took them to the first round of CIF playoffs!



Winter Sports

The Winter Sports Season is just around the corner! Boys and Girls Basketball will start their league games after we return from Winter Break. Try-outs have concluded for both teams.

Boys and Girls Soccer will start their season during Finals week and resume after we return from Winter Break. Try-outs have concluded for the boys team. The Girls team is hosting try-outs this week on Tuesday, Thursday, and Friday from 3:45 to 5:00pm.

Boys and Girls Wrestling will kick off their season on November 18 with a tournament. Their first league matches will take place in December and resume after we return from Winter Break. Students still interested in joining wrestling should contact Coach Ochoa or Coach Bellamy.



Updates



Future Ready AVID

It's Preview Day Season! Last Saturday October 14 our students attended the CSU San Marcos Preview day! Students had the opportunity to engage in campus life and attend various tours and presentations hosted by each school department.

Seniors, right now is the time to attend College Preview days. Stepping on the college campus is the best way to determine whether a college is the right fit. We encourage all seniors to visit at least two college campuses this month! Please see list of preview days [here](#)



ASB Updates

Last weekend, we hosted our 2023 Homecoming Dance: A Night at the Masquerade at the Santa Anita Park. Thank you to all of the students who attended and helped make it a success! We hope you all had a great time and can't wait to see you at our next event! Special thanks to our staff who chaperoned the event.

This week will be Youth Night at the Varsity Football game on Thursday, October 26. All children in 8th Grade or below will be admitted into the football game for free as long as they are dressed in their school t-shirt.

Senior Reminders

Don't forget to purchase your Senior Ads for the Yearbook! Please check the [Northview website](#), [Yearbook Website](#), or Yearbook Instagram (@theviking.yearbook) for the details on how to purchase and design your layout!

Still need to purchase your cap & gown? Orders must be placed through our [Jostens webpage](#) before December 1 to guarantee your order arrives prior to graduation!



Coming Up!

School Site Council (SSC) and English Language Advisory Council (ELAC)

SSC and ELAC are school-based committees that review school data and provide feedback on existing programs and initiatives. Members of ELAC make recommendations to SSC on issues affecting our English Language Learners. SSC makes recommendations on school programs based on school and district goals. Both groups are composed of school staff, students, and parents. Our first official meetings will take place on Wednesday, October 24, 2023 at 5:00pm and 5:45pm. All are welcomed to attend.

JOIN US! SSC & ELAC

Wednesday, October 25th

ELAC: 5pm - 5:45pm
SSC: 5:45pm - 6:30pm

Help us make collaborative decisions
to improve our school!

Refreshments will be provided

Register and Pay



<https://user.totalregistration.net/AP/050703>

AP Test Registration

As a reminder, there are two steps needed to be officially set up for your AP Exams:

1. Students must register for each AP Class on collegeboard.org. Their teacher should have provided them with access codes.
2. Parents need to create a Total Registration account and enter the AP class information for their student. Then you must make your payments.

You will want to fill out the Education Benefit Form found [here](#) to see if you qualify for a fee reduction. If you are requesting financial assistance, the form must be completed first. Payment is due by November 9, 2023. Please reach out if you have any questions.

Staff Spotlight

Our amazing Registrar, Esmeralda Jauregui, has been at The View for over 8 years. She has been in our District for over 16. She is our go-to gal for grades, Naviance, transcripts, and diplomas. One person maintaining these records for over 1,200 kids annually is no easy task, but boy, does she do a great job!

Mrs. Jauregui loves her family and children, true crime dramas, and her former career as a phlebotomist. How cool is it that the doctor she worked for had a famous son? Eddie Van Halen of Van Halen! Hopefully, she got his autograph!

