

Advisor Weekly Update

Week of December 1, 2025

This weekly newsletter is here to help students, parents, and staff stay aware of what is happening at Samohi! The advisors hope you take the time to look this over. There is a lot of helpful information as well as great opportunities to look forward to.

Additional information about what is happening day to day at Santa Monica High School can be found through the Blue Bulletin: <https://www.smmusd.org/BB>.

We will also post information on our Advisor Instagram page. Follow us [@Samo_Advisors](#).

Samohi Schedule for 2025-2026

Monday, Tuesday, Friday	Wednesdays EVEN Flex <i>No AM classes on these days</i>	Thursday ODD Flex
Period A 7:20 – 8:22 AM Period 1 8:30 – 9:25 AM Homeroom 9:34 – 9:43 AM Period 2 9:43 – 10:38 AM Break 10:38 – 10:40 AM Period 3 10:49 – 11:44 AM Period 4 11:53 – 12:48 PM LUNCH 12:48 – 1:23 PM Period 5 1:32 – 2:27 PM Period 6 2:36 – 3:31 PM	<i>Staff Meeting 7:40 – 8:40 AM</i> Period 2 8:55 – 10:24 AM Break 10:24 – 10:26 AM Period 4 10:35 – 12:04 PM Flex-Time 12:13 – 1:03 PM LUNCH 1:03 – 1:38 PM Period 6 1:47 – 3:16 PM	Period A 7:20 – 8:22 AM Period 1 8:30 – 9:59 AM Break 9:59 – 10:01 AM Period 3 10:10 – 11:39 AM Flex-Time 11:48 – 12:39 PM LUNCH 12:39 – 1:14 PM Period 5 1:23 – 2:52 PM <i>Staff Meeting 3:10 – 3:40 PM</i>

Popular Links

Attendance	Work Permits	College & Career Center
AP Registration	Super Saturday Signup	Wellness Services Center

Final Exam Schedule

Monday, 12/15 Period A Final	Tuesday, 12/16 Period 1 & 2 Finals	Wednesday, 12/17 Period 3 & 4 Finals	Thursday, 12/18 Period 5 & 6 Finals	Friday, 12/19 All Classes
Period A 7:20 – 8:50 AM				Period A 7:42 – 8:22 AM
Period 1 9:00 – 9:50 AM	Period 1 8:30 – 10:30 AM	Period 3 8:30 – 10:30 AM	Period 5 8:30 – 10:30 AM	Period 1 8:30 – 9:05 AM
Homeroom 9:59 – 10:08 AM	Flex-Time 10:39 – 11:44 AM	Flex-Time 10:39 – 11:44 AM	LUNCH 10:30 – 11:05 AM	Period 2 9:14 – 9:49 AM
Period 2 10:08 – 10:58 AM	LUNCH 11:44 – 12:19 PM	LUNCH 11:44 – 12:19 PM	Period 6 11:14 – 1:14 PM	Period 3 9:58 – 10:33 AM
Break 10:58 – 11:00 AM	Period 2 12:28 – 2:28 PM	Period 4 12:28 – 2:28 PM		Period 4 10:42 – 11:17 AM
Period 3 11:09 – 11:59 AM				LUNCH 11:17 – 11:52 AM
Period 4 12:08 – 12:58 PM				Period 5 12:01 – 12:36 PM
LUNCH 12:58 – 1:33 PM				Period 6 12:45 – 1:20 PM
Period 5 1:42 – 2:32 PM				
Period 6 2:41 – 3:31 PM				

Advisor's Academic Planning Presentation



Academic Planning Zoom Evening Meeting on 11/18 recordings and slides: Please visit this link:

<https://samohi.smmusd.org/about-us/advisors/academic-planning>

Schedule Change Information for Spring 2026

If you would like to make a schedule change for next semester, please complete the attached form and return to your advisor.

IMPORTANT NOTE: Requests are not guaranteed. They will be fulfilled depending on course availability/capacity and Advisor/Admin approval.

Reasons to make a schedule change:

1. Changing levels of a course such as moving from Honors/AP to P
2. Made a sports team
3. Have a class in my schedule that I no longer need

Reasons that schedule changes will NOT be approved.

1. Teacher change
2. I don't like my elective class (elective classes are yearlong and we can't change you at the semester)

Schedule Change Deadlines:

January 16, 2026

Please note, options for schedule changes are VERY limited. Due to class availability, please be aware **you may need to change periods and teachers** if your request is approved.

[Click here to download the form!](#)

Attendance

To report a student's absence, please send an email to your student's appropriate House.

AttendanceSHouse@smmusd.org ext. 71139

AttendanceAHouse@smmusd.org ext. 71208

AttendanceMHouse@smmusd.org ext. 71281

AttendanceOHouse@smmusd.org ext. 71381

AttendancePBL@smmusd.org ext. 71177

DO NOT EMAIL ADVISORS AS THEY CAN NOT EXCUSE ATTENDANCE

[Attendance/Tardy Recovery](#)

Santa Monica Ed Foundation

Join the Ed Foundation this
GIVINGTUESDAY

\$100K IN A DAY
CHALLENGE
December 2nd



Local
Giving,
Lasting
Impact

 THIRD STREET PROMENADE

\$2,500
Flash Match



Santa Monica
Education Foundation
smedfoundation.org

Únase a la Fundación Ed este
GIVINGTUESDAY

\$100K EN UN DÍA
DESAFÍO DE
2 de diciembre



Donaciones
locales,
impacto
duradero

 THIRD STREET PROMENADE

\$2,500
**Igualación relámpago
de su donación**



Santa Monica
Education Foundation
smedfoundation.org

Hazel Health

Hazel Health provides free, school-based physical and mental health support for students. Through Hazel, students can quickly connect with licensed medical and mental-health providers by video during the school day, helping them access care, manage symptoms, or receive guidance without leaving campus. Families can sign up once, and students can use the service anytime they need support.

This year, Hazel will be available for at-home visits throughout winter break, Monday - Friday, ensuring that all students get the care they deserve.

You can schedule your first visit by going to get.started.hazel.co.

Through Hazel Health, your student can receive support for:

- Academic Stress: Balancing schoolwork and break activities
- Anxiety: Coping with uncertainty and changes
- Managing Emotions: Understanding and expressing feelings

- Relationship Challenges: Navigating friendships and family dynamics

Flyer - [English](#) | [Spanish](#)

Thriving Thursday



Samohi Interact Club

The poster features a cream-colored background with various festive illustrations. At the top left is a green gift box with gold stars and a gold bow. To its right is a red star, a red ornament with gold dots, and a pine branch. Further right is a green gift box with gold stripes and a gold bow. Below the top left gift is a red and white striped gift box with a gold bow. To the right of the main title is a red and white striped gift box with a gold bow. At the bottom left is a green gift box with gold dots and a gold bow. To its right is a red star, a red ornament with gold stripes, and a pine branch. Further right is a green gift box with gold stripes and a gold bow. The text is centered on the poster.

SAMOHI INTERACT CLUB

HOLIDAY GIFT DRIVE

ALL GIFTS DONATED TO
THE CHILDREN'S
HOSPITAL LOS ANGELES

*FIND THE BOXES IN M HOUSE AND
THE HUMANITIES CENTER!
TAKING DONATIONS 12/1-12/12*

TOYS, BOOKS, GAMES ALL
ACCEPTED (UNUSED ONLY)
FIND THEIR REGISTRY
ONLINE AT

[HTTPS://WWW.CHLA.ORG/
DONATE-TOYS](https://www.chla.org/donate-toys)

Holiday Gift Card Drive

SAMOHI HELPS BRING JOY TO OUR
COMMUNITY

SEASON OF GIVING GIFT CARD DONATION DRIVE

Your generosity is immensely appreciated!

To donate physical cards, please send the envelope with the gift card(s) with your student to their House Office or the Vikings' Hub in English 113 (except November 11th and the 26th-28th). On the envelope, please include the following information:

- Your Name
- Your Student's Name
- Student's ID #
- House office
- Value of card

To donate electronic cards, please email the gift cards to carlanunez@smmusd.org, copy izepeda@smmusd.org if possible. Please send a confirmation email to the contacts listed above with the following information:

- Your Name
- Your Student's Name
- Student's ID #
- House office

We ask that gift cards are not dropped off with anyone other than Carla, Iris, House Office Administrative Assistants, or Advisors.



IF YOU ARE A STUDENT OR FAMILY
THAT WOULD LIKE TO BE REFERRED
TO RECEIVE GIFT CARDS, PLEASE
CONTACT YOUR ADVISOR.

COMMUNITY
SCHOOLS
Opportunity. Equity. Families.



SAMOHİ TRAE ALEGRÍA A NUESTRA
COMUNIDAD

TEMPORADA DE OBSEQUIAR CAMPAÑA DE DONACIÓN DE TARJETAS DE REGALO

!Su generosidad es inmensamente agradecida!

Para donar tarjetas, por favor mande la(s) tarjetas de regalo en un sobre con su estudiante a su Casa Oficina o el Vikings' Hub en English 113 (*excepto el 11 y el 26 al 28 de noviembre*). Coloquen las tarjetas de regalo en un sobre con la siguiente información:

- Su nombre
- El nombre de su estudiante
- Número de identificación del estudiante
- Casa oficina
- Valor de la tarjeta

Para donar tarjetas electrónicas, envíelas por correo electrónico a carlanunez@smmusd.org, copiando a izepeda@smmusd.org si es posible. Envíe un correo electrónico de confirmación a los contactos mencionados anteriormente con la siguiente información:

- Su nombre
- El nombre de su estudiante
- Número de identificación del estudiante
- Casa oficina

Pedimos que las tarjetas de regalo no se entreguen con ninguna otra persona excepto Carla, Iris, asistentes administrativos, o los consejeros.



SI USTED ES UN ESTUDIANTE O UNA
FAMILIA QUE DESEA SER REFERIDO PARA
RECIBIR TARJETAS DE REGALO,
COMUNÍQUESE CON SU CONSEJERO



Peer Tutoring

Need help with your classes? Come to the library at lunch or after school! Monday through Friday Samohi Peer Tutoring offers tutoring to anyone from tutors who are current Samohi students. Tutoring is offered in all subjects and in all levels of courses. Follow the instagram @samohipeertutoring for more specific information(tutors, the subjects they tutor, what days they tutor).



Need help?

Ask a Peer Tutor

 Library

 Everyday: After school
& during lunch

Tutoring: All grades welcome!

ALL SUBJECTS

Questions?  jcw@smmk12.org

Tutoring Matrix

Samohi Tutoring Matrix

Program	Description	Location	Time
On Campus			
 Teacher Office Hours	Approaching your teacher should always be the first step when seeking extra help. All Samohi teachers offer individualized tutoring for their current students. You can sign up to see them during Flex-Time, or ask them what other times they are available.	Varies	Wed & Thu Flex-Time Check with your teacher for other times
Tutoring at Samohi Library	Peer tutors are available every day at lunch and after school. IG: @samohipeertutoring Teachers are available for questions in the Library after school on these days: --Mon: Spanish --Tues: Research --Wed: English --Thu: Chemistry & Math	Library, Language 210	Mon-Fri at lunch Mon-Thu after school until 5:00pm
AP Writing Center	The Writing Center is staffed by 2 retired AP English teachers and focuses on 11th/12th graders who need help in English or with college applications	Discovery-205A	Wed & Thu Flex-Time (sign up on Enriching Students)
Off-Campus			
 Virginia Park Teen Center	A quiet place for working on assignments & receiving help. There is a library of school textbooks available in the homework room, computer lab & homework help. There is no fee but youth must enroll to participate.	2200 Virginia Ave. (Pico & 23rd)	Mon-Fri, 2:45pm – 7:00p
 Santa Monica College Tutoring Centers	For students taking courses at SMC, Tutoring Centers are offered for free for most courses. There are Tutoring Centers in 8 locations throughout campus and also available online. Go to the Tutoring Center page to make an appointment.	Various locations on campus & online	Various times
 Boys & Girls Club College Bound	Individual & group tutoring, individual & family counseling, dinner, and college counselling. Requires \$20/year Membership	1220 Lincoln Blvd (Lincoln & Wilshire)	Mon-Thu, 4:15pm - 7:00pm
 Police Activities League	Homework assistance. The site includes computer access. For members only.	1401 Olympic Blvd. (Olympic & 14th)	Mon-Fri, 2:30pm-7:30pm
 Pico Youth & Family Center	Academic tutoring for all subjects is available, starting Nov 2025	1460 4th Street, Suite 302 (4th & Broadway, above Burton Store)	Varies, call ahead for times at (310) 396-7101
Online			
 Santa Monica Library Brainfuse HelpNow	Online live tutoring, homework help, standardized test prep, writing feedback, and job/resume/interview coaching for Gr3-College, in math, science, English, & social studies. Spanish- and Chinese-speaking tutors are available. Access using your LA County Library card and PIN number (free).	SMPL Brainfuse	Sun-Sat, 1:00pm – 10:00pm
 LA Public Library Tutor.com	Live, one-to-one tutoring every day, in English or Spanish. K-12 and adult learners in all subjects, including AP-level classes, test prep from The Princeton Review, career tutoring, and parent coaching. Access with a library card (free). Professionally trained tutors communicate in a virtual classroom with chat and two-way white boards.	LAPL Tutor.com	Sun-Sat, 11:00am – 11:00pm

College and Career Center

THE COLLEGE and CAREER CENTER provides resources to all Samohi students as they plan for their post-Samohi plans. In addition to SchoolLinks, college, career, military and gap year publications are available for student research. Secondary school reports, letters of recommendations, and testing materials are handled by the College/Career Counselors. The College Fair, Samohi Scholarship Program, SAT & ACT, FAFSA/CADAA, CSS Profiles and college, career and military representative visits are all part of the service.

Students are welcome to come in before school, during lunch and after school to research specific colleges and financial aid opportunities - but you need an appointment to meet with one of the College/Career Counselors. Please note that college/career planning meetings are reserved for Seniors only during the fall, and Seniors and Juniors during the spring. Seniors/Juniors, to schedule a meeting with your College/Career Counselor, please click on their "[calendly](#)" link to access his/her availability.

Elks Scholarship

A poster for the 'Elks Contest For Kids' by Santa Monica Elks Lodge #906. The poster features a red and blue background with two cartoon children, a girl in a red polka-dot dress and a boy in a white shirt and black shorts, waving. The text is centered and includes details about two contests: an Americanism Essay Contest and a Drugs are a Grave Mistake! contest. Both contests offer cash prizes for 1st, 2nd, and 3rd place and have a submission deadline of December 15, 2025. QR codes are provided for more information.

... Elks ...
Contest For Kids
Santa Monica
Elks Lodge #906

What does Service to your Country mean to you?
Americanism Essay Contest
For 5th - 8th Grade
Cash Prizes for 1st, 2nd, and 3rd Place
Submissions by December 15, 2025

Drugs are a Grave Mistake!
3 Great Drug Awareness Contests
Cash Prizes for 1st, 2nd, and 3rd Place
Submissions by December 15, 2025
Poster Contest 3rd - 5th Grade
Essay Contest 6th - 8th Grade
(250 words or less)
Video Contest Middle and High School

For additional information visit: www.santamonicaelkslodge906
or email sm.elkslodge906@gmail.com

American Water Works Association

The American Water Works Association is offering scholarships to help future water leaders launch their careers in science, technology, engineering, and math (STEM). This is your chance to make a lasting impact in critical fields such as civil engineering and environmental science.

American Water Works Association Scholarship for the **2026-2027** Academic Year - Now Open!

**You have a bright future as a
water professional!**

Who: American Water Works Association and Corporate Sponsors

What: 24 STEM (science, technology, engineering, mathematics) scholarships for undergraduate, graduate, and Ph.D. students

Where: Applications open online at:
awwa.awardspring.com

When: September 22 - December 20, 2025

Why: To provide solutions to manage water effectively, the world's most vital resource.



Application deadline:
December 20, 2025

Let us help you get there.



Learn more and APPLY NOW
awwa.org/scholarships

The American Water Works Association is the world's largest organization of water supply professionals.

[Apply Today!](#)

SAMOHI Teen Clinic

In AD 103- Across the hall from the nurse's office, Open on Tuesday from 1 to 3:45 pm and on Thursdays from 8:30 to 11:45 am!

- Immunizations
- Physicals
- Medical Care
- And so much more

[Click here to see the flyers!](#)

DemocraShe



Start your future now with DemocraShe!



At DemocraShe, we inspire and empower young women like you to become leaders in every sector as well as future elected leaders who will transform our country for the better. We believe running for office is your birthright, but you need to know how to get there!

In DemocraShe you will:

- Hear from inspiring women leaders
- Learn how your identity is your superpower, how to get your voice heard, and how to take political action to make meaningful change in your community and beyond
- Learn resiliency skills to both immediately cope with the stress of high school and set yourself up for success as a leader
- Join an incredible national community of young women
- Leave DemocraShe with a concrete plan on how to keep moving in activism and political engagement
- Because young women deserve to be paid for their time, earn a stipend for participating!

Our program is completely free and online, with weekly zooms to help create a future led by young women and led by YOU!

Free to apply - paid stipend to participate!

More information about our program and our community can be found at www.democrashe.org. And follow us on Instagram @democrasheorg!

Are you a female-identifying student in grade 9-12 who wants to join a group of incredible, diverse young women ready to change the world?

If the answer is yes, DemocraShe invites you to apply! → 

EASY APPLICATION LINK: Apply at www.democrashe.org/apply by December 21, 2025. Our Spring Cohort will start in February 2026 and meet online 2 hours a week for 10 weeks (choice of weekday afternoon/evening or weekend sessions).

Let's fight for a better world together!

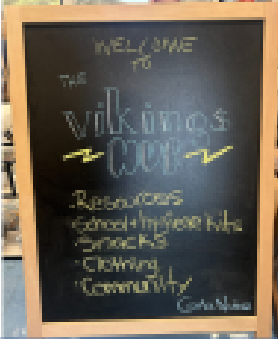
Building Connections Tool Kit

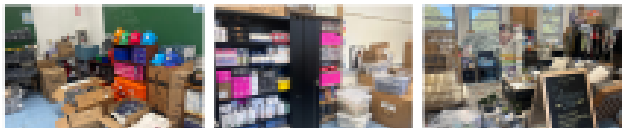
For *Parents and Caregivers* in English and Spanish from the Social & Emotional Wellness Initiative (SEWI). See below:

English: https://drive.google.com/file/d/16TzHC5PzfRobi5_xKnzOwiDZJn2DTQcj/view

Spanish: <https://drive.google.com/file/d/1jaJEvYbB84fjPX-HgEwB0FKFgYrRGLV9/view>

Vikings Hub





Escuelas comunitarias de LACOE

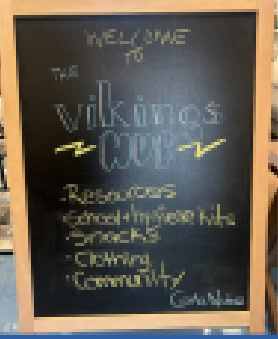
La Escuela Secundaria Santa Mónica es una de las 22 escuelas que se ha asociado con la Oficina de Educación del Condado de Los Angeles (LACOE) para la iniciativa de Escuelas Comunitarias. La iniciativa de Escuelas Comunitarias es una estrategia que reúne a educadores, socios comunitarios, agencias gubernamentales locales, estudiantes y familias para comprender y abordar las necesidades, fortalezas y aspiraciones únicas de la comunidad escolar.

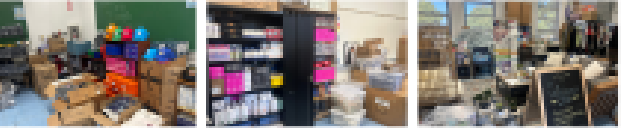
RECURSOS

- ✓ Kits de higiene
- ✓ Ropa
- ✓ Esenciales para bebés
- ✓ Útiles escolares

Como equipo, alineamos los recursos comunitarios para realizar una visión compartida de éxito. El enfoque es mejorar los resultados de los estudiantes abordando las necesidades académicas, físicas, mentales, socioemocionales y básicas de los estudiantes. A medida que transformamos Samohi en una Escuela Comunitaria, uno de nuestros objetivos es compartir con ustedes los recursos comunitarios que pueden ser de apoyo. Si necesita más asistencia o tiene circunstancias únicas que pueden estar afectando su bienestar general, por favor comuníquenos.

Para obtener más información:
Carla Nuñez
ext. 71-143
carlanunez@smmusd.org





LACOE Community Schools

Santa Monica High School is one of the 22 schools that has partnered with Los Angeles County Office of Education (LACOE) for the Community Schools Initiative. The Community Schools Initiative is a strategy that brings together educators, community partners, local government agencies, students, and families to understand and address the unique needs, assets, and aspirations of the school community.

RESOURCES

- ✓ Hygiene items
- ✓ Clothing
- ✓ Baby essentials
- ✓ School supplies

As a team, we align community resources to realize a shared vision for success. The focus is to improve student outcomes by addressing students' academic, physical, mental, social-emotional, and basic needs. As we transform Samohi into a Community School, one of our goals is to share with you community resources that may be of support to you. If you need further assistance or have unique circumstances that may be impacting your overall well-being, please contact us.

For more information:
Carla Nuñez
ext. 71-143
carlanunez@smmusd.org

Weekend Bag Programs

SMMUSD's Weekend Bags Program offers nutritious, easy-to-prepare weekend food for Samohi students when school cafeteria breakfasts and lunches are not available. Students can drop by and pick up Weekend Bags on Fridays after school from the Vikings' Hub in E113.

Each Weekend Bag holds two breakfasts, two lunches, and two snacks. The menus have been evaluated by a dietitian and provide a balance of healthy, nutritious *non-perishable* foods, and the menus change each week. Bags usually include mac and cheese, fruit cups, granola bars, trail mix or nuts or dried fruit, oatmeal packets, cereal, canned vegetables, and shelf stable milk, in addition to rotating entree items like soup and tuna; ravioli or beef stew and peanut butter; pasta and sauce; or beans and rice

Students or their families should let Community Schools Specialist Carla Nuñez (or their House Office assistant or House Advisor) know if they would like to receive Weekend Bags. Carla can be reached at carlanunez@smmusd.org or 310 395-3204 ext. 71-143 or in E113 after school.

9th Grade Girls Group



A colorful poster for the 9th Grade Girls Group. At the top, the title "9th Grade GIRLS group" is written in large, multi-colored, blocky letters. Below the title is an illustration of three girls hugging. To the right of the illustration is a yellow sticky note titled "About Group" with text describing it as a peer support space. Below the illustration is a green sticky note titled "Who can join?" with the text "Any freshman girls!". To the right of the green note is a light blue sticky note titled "When will group take place?" with the text "Mondays during 3rd period". At the bottom is a large pink sticky note with text about where to get a referral form and a QR code labeled "SCAN ME". The entire poster is decorated with stars, confetti, and wavy lines.

9th Grade GIRLS group



About Group

It is a peer support space where we can come together to create connections, talk about setting boundaries and navigating conflict, and more!

Who can join?

Any freshman girls!

When will group take place?

Mondays during 3rd period

If interested, please drop in to ADS13 to fill out referral form or contact your House Advisor!

Online Referral Form →



SCAN ME

Coping with Anxiety-Counseling Group

Coping with Anxiety

Group therapy focused on mindfulness, self-compassion, and using expressive arts to cope with anxiety.



Tuesdays, 4th Period

(Starts soon - November 4th!)

Sign up through your advisor in your house office,
or come to drop-in AD 513 to fill out a referral.

UCLA Neuroscience High School Virtual Summer Program 2026



Mary S. Easton Center for Alzheimer's Research and Care at UCLA

UCLA Neuroscience High School Virtual Summer Program 2026

Program Information

The 6-week program from **June 15th to July 23rd** will expose students to various neuroscience topics particularly Alzheimer's disease and related dementias. The program will consist of 3 structured days, 3 hours per day, that will allow students to engage in various activities such as:

- Neuroscience seminars
- Neurology grand rounds
- Journal club
- Exposure to research
- Mentorship
- Independent research project
- Virtual lab activities
- Neuro Ethics club
- Meet research scientists

Important Dates

- Application available on **December 8th, 2025** on our website
- Application due on **February 9th, 2026**

Application Process

1. Review requirements for the summer program. Only incoming **juniors** and **seniors** are invited to apply.
2. Access online application at: <https://eastonad.ucla.edu/about/neuroscience-high-school-scholars-program>
3. Virtual interviews for selected applicants April 13-17, 2026
4. Final decisions: April 24th, 2026
5. Program cost: \$0

Target Participants

- Juniors and Seniors only
- Students who are mature, eager, and motivated to learn
- Students who are considering a career in neuroscience

UCLA Health

 **MARY S.
EASTON CENTER**
for Alzheimer's Research and Care at UCLA
DAVID GEFFEN SCHOOL OF MEDICINE AT UCLA

Samohi Counseling Groups

2025-26

Talk to your advisor or come by room AD513 to get connected!

All counseling groups are free of charge, no insurance information required. Some groups may require parental consent.

9TH GRADE YOUNG WOMEN'S GROUP

This is a process-oriented group that aims to support the development of healthy self image and personal relationships as students transition to high school. Various activities and discussions will cover topics such as the transition to high school, body image and the media, female empowerment, friendships and relationships, and stress management.

COPING SKILLS FOR ANXIETY AND DEPRESSION

A counseling group that focuses on mindfulness practice, Cognitive Behavioral Therapy, relaxation strategies, communication styles, and crisis management. The goal of this group is to have students learn various ways of grounding themselves to better manage stressful situations (i.e., academic pressure, peer relationships, intense emotions, difficult family dynamics, etc).

FINDING FLOW: WATERCOLOR ART THERAPY GROUP

An art-based counseling group for students exposed to or at risk of violence and trauma that aims to create safe space for students to learn about and practice mindfulness skills, and build self-esteem and resilience to help cope with past trauma and other stressors. Interventions will focus on use of watercolors to meet these goals.

AFFIRM - SUPPORT GROUP FOR QUEER STUDENTS

Affirm is a short-term counseling group aimed at promoting queer mental wellness by helping participants manage their stress while building a positive identity. Affirm intends to build a safe and supportive environment to engage in affirmative dialogue surrounding identity, discussions related to discrimination/minority stress, and the teaching and practice of safe and effective coping skills. Affirm welcomes any student who identifies as LGBTQ+.

SELFY - SOCIAL EMOTIONAL LEARNING FOR YOUTH

SELFY is a social and emotional support curriculum that focuses on health and wellbeing by creating greater self and community awareness. With support from program facilitators, students engage in activities to develop resilience, enhance communication skills, improve decision making, and cultivate greater connection to their own thoughts and feelings as well as others.

YOUR CANVAS : BODY IMAGE ART THERAPY GROUP

An art-based counseling group for students exposed to trauma and unhealthy relationships with struggles with body image/self-confidence that aims to create a safe space for students to process feelings around body image and sense of self using artmaking, including painting.

WRITE YOUR OWN STORY: ART THERAPY JOURNALING GROUP

An art-based counseling group for students exposed to trauma that aims to create safe space for students to share their trauma narrative and process past traumas and build resilience, utilizing creative art and writing interventions including altered book creation and journaling. The objectives are to increase student's ability to share trauma narratives to process past traumas, provide psychoeducation about trauma, increase distress tolerance, and build resilience and community.

ONE on CAMPUS

ONE on Campus is a multi-dimensional social emotional learning (SEL) program that is rooted in the power of human connection and inspiration. Students are offered the opportunity to build life-sustaining internal coping mechanisms through the creative use of film, music, written word, and the art of conversation. ONE seeks to inspire and ignite the passion that exists within all young people while providing pathways to navigate their young lives. ONE is dedicated to struggling adolescents, their loved ones and conscious members of the community looking to increase their awareness. Any student may join ONE but it may be required for students who are caught with substances or are under the influence at school.

GRIEF AND LOSS SUPPORT GROUP

A group for students who have recently experienced the death of a close family member or friend. Participants will share their thoughts and feelings about the death and what their life is like after, as well as honor their person through art and writing projects. They will learn mindful coping tools and connect with other students through their shared experience of grief.

All groups will start as soon as we have enough referrals - tell a friend!

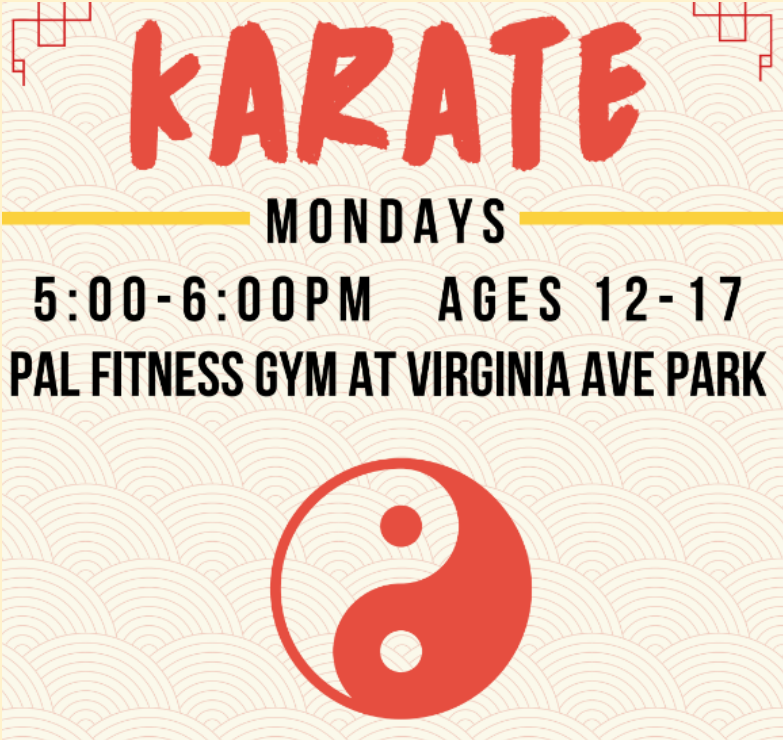
Margaret's Place

Margaret's Place is back in E117 this school year! See below for the latest info on how students can get involved in individual or group counseling, Peer Leadership Club, or other activities at Margaret's Place—plus, resources for parents and caregivers:

- [Fall newsletter for Parents from Margaret's place](#)
- [Fall newsletter for Students from Margaret's place](#)
- **FOR FRESHMEN PARENTS:** [Video on Supporting Youth's to High School](#)

Email LDeSanto@smmusd.org with any questions!

Police Activities League (PAL)



KARATE

MONDAYS

5:00-6:00PM AGES 12-17

PAL FITNESS GYM AT VIRGINIA AVE PARK

CLASSES ARE FREE & START SEPTEMBER 8



BOXING SCHEDULE

CLASSES START SEPTEMBER 15

AGES 13-17 MONDAYS OPEN GYM 4-6PM

TUESDAYS ADVANCED BOXING 5-6PM AGES 13-17

AGES 11-14 THURSDAYS INTERMEDIATE BOXING 4-5PM

THURSDAYS GIRLS ONLY BOXING 5-6PM AGES 13-17

CLASSES HELD AT VIRGINIA AVE. PARK

 **FOR MORE INFO: SUSAN.LINVILLE@SANTAMONICA.GOV**

FLEX Time

Samohi Flex-Time provides targeted educational opportunities during the school day for intervention and enrichment to best meet student individual needs. It is our goal that Flex-Time will help all students to be more successful. Students will engage in their own learning by building metacognitive and advocacy skills to promote emotional health, explore passions and grow in a focused, academic, and productive environment.

	Office Hours	Library/Writing Center	College Center	Testing Center	Featured Flex-Time
What?	Teacher provides topic, structure, and focus for the room. The following are words that can frame a Flex-Time session: - Review - Refine - Re-explore - Reteach - Reconnect - Rehearse - Research	Student-driven, independent work: - Research - Computer work - Writing help	Location to work on college applications, scholarship applications, and financial aid forms. Additional workshops will be available to discuss how to get prepared for college.	A quiet location for a student to take a test or quiz. This must be pre-arranged with the teacher.	Enrichment opportunities for students involving presentations, assemblies, town hall meetings, and workshops focused on current events, hot topics, and other areas of interest.
Who?	Students sign up and/or teacher can request based on grade.	Students sign up	Students sign up (priority given to Seniors during certain times)	Teacher assigns. Pre-arranged between student and teacher	Students sign up

AFFIRM Youth



A group to help LGBTQ+ teens manage stress.

AFFIRM supports health, enhances coping skills and builds the strengths of its participants.

Providence Saint John's Child and Family Development Center's Youth Development Project is seeking students interested in participating in an 8-week LGBTQ+ therapy group. This free group runs 1x/week at your high school every school year (dependent on sign-ups). Students under 18 can self-consent. We are seeking students who are:

- Queer/LGBTQ+ identified
- Between ages 14-16



To register or ask questions, scan QR or contact Adam Cortez | 310-829-8065




Camp Cinder

The application period for Camp Cinder 2026 is open from 12/01/2025 to 01/31/2026. Camp Cinder 2026, CAL FIRE's free firefighting camp for young women, will take place from June 22nd to June 25th in Redding and June 29th to July 2nd in San Luis Obispo, California.

The mission of Camp Cinder is to provide young women a safe, dynamic, interactive and challenging environment to gain strength, knowledge, and confidence in their ability to excel in the profession of firefighting and beyond. Upon completing the camp, young women will leave with a sense of empowerment and the confidence that they can succeed in any career they choose.

https://www.fire.ca.gov/camp-cinder?fbclid=IwdGRleAOZYRVleHRuA2FIbQIxMQBzcnRjBmFwcF9pZAo2Njl4NTY4Mzc5AAEeDlnFIHMXI4ihtg-EBwnEPhB3TjTV5vopN3OHJHjMu_BaiJ-RSkduzl1QgfQ_aem_FNpbAH29Hc8vrqA-awENKg