



Madera South High School

September 2023

A Message From The Principal

Dear Madera South High School Families,

As we head into our second month of the school year together, I wanted to take a moment to discuss a topic that holds immense significance in the growth and development of our students: resilience and motivation.

A student's ability to bounce back from challenges and maintain a positive drive towards goals is more important now than ever. Our students face many new challenges that have become more common in the past five years. Resilience, often referred to as the "bounce-back" factor, enables our children to face these challenges with a positive attitude and unwavering determination. It empowers them to view challenges as opportunities for growth, learning, and self-discovery.

Similarly, motivation plays a pivotal role in shaping their academic and personal success. A motivated student is one who possesses the drive to set and achieve goals, maintain a strong work ethic, and overcome obstacles. When students are motivated, they not only perform better academically but also develop essential life skills such as time management, discipline, and a strong sense of responsibility.

As parents and guardians, your influence on nurturing these qualities in your children cannot be overstated. Here are a few ways you can support the development of resilience and motivation in your child's life:

- **Encourage a Growth Mindset:** Help your child understand that their abilities and intelligence can be developed over time through effort, learning, and perseverance. Emphasize the value of learning from mistakes rather than fearing them.
- **Set Realistic Goals:** Assist your child in setting achievable short-term and long-term goals. Celebrate their accomplishments along the way, reinforcing their sense of achievement and self-worth.
- **Foster a Supportive Environment:** Create an environment at home where mistakes are seen as opportunities for growth, and failures are met with empathy and encouragement rather than criticism.
- **Lead by Example:** Model resilience and motivation in your own life. Share your experiences of overcoming challenges and highlight the lessons you've learned from setbacks.
- **Promote Self-Care:** Teach your child the importance of physical, mental, and emotional well-being. Encourage hobbies, relaxation, and positive self-talk to manage stress and maintain a healthy outlook.
- **Stay Engaged:** Regularly communicate with teachers and school staff to stay updated on your child's progress. This collaboration ensures that any concerns are addressed promptly, helping to maintain their motivation and resilience.

Madera South is committed to creating an environment that nurtures not only academic excellence but also the holistic growth of each student. Together, we can empower our students to become resilient individuals who are motivated to pursue their dreams and graduate with the skills to be successful in college and beyond.

Best regards,

Jon Steinmetz

Coming Soon

- September 4: No School, Labor Day
- September 5: School Site Council Meeting, 4-5 PM, Room 102/103, Agenda
- September 8: Parent Listening Session, 7:30-8:00 AM, MSHS Media Center
- September 8: Stadium Road Showdown Football Game, Stallion Stadium, 7:30 PM
- September 12: PIQE Parenting Classes Begin, Social Emotional Learning, 9:00 AM, MSHS PRC
- September 13: Fresno Area College Night Field Trip, 5:00-8:00 PM
- September 14: MSHS Band Family Night, 7:30-9:00 PM
- September 26: PIQE Parenting Classes Begin, Access to Higher Education, Online
- September 29: Senior Sunrise, 6:00-8:00 AM, Stallion Stadium



MADERA SOUTH HIGH SCHOOL

Parent Listening Session

FRIDAY, SEPTEMBER 8, 2023
7:30AM-8:00AM



MEET WITH PRINCIPAL, JON STEINMETZ, AND ASK
QUESTIONS.

MSHS MEDIA CENTER
COFFEE WILL BE PROVIDED.



MADERA SOUTH HIGH SCHOOL

Sesión de escucha para padres

VIERNES, 8 DE SEPTIEMBRE 2023

7:30 AM-8:00 AM



**REÚNASE CON EL DIRECTOR, JON STEINMETZ, Y REUNIRSE
CON EL DIRECTOR Y HACER PREGUNTAS**

**EN EL CENTRO DE MEDIOS DE MSHS
SE PROPORCIONARÁ CAFÉ**

Student Highlight | Vanessa Martinez Lira



Meet _____
Vanessa Martinez-Lira
ASB Secretary

“ I am excited for this position because not only have I been told by students but teachers as well that I am very organized and responsible. For this reason I believe that I can make a good fit and help the ASB class/club with keeping track of records for student council meetings and activities. ”

Student Highlight | Jessica Bautista



Meet _____
Jessica Bautista
ASB Treasurer

“My goal for this position, is to work in a way that can benefit everybody at Madera South. I also hope to manage my responsibilities with more input from the student body. Overall, I promise I will do my absolute best to help Madera South through my position.”

Staff Highlight | Mr. Logn



Mr. Logn is new to teaching and will be instructing our sophomores in driver's education and health. He is also a coach on our football team. We are excited to have him join our staff!

What is your most memorable student support experience?

I had a group of students who were involved in a play and they all came to invite me to the play.

What is your most memorable learning experience?

I got to visit Cambodia and saw Angkor Wat...one of the Ancient Wonders of the World.

What hobbies or interests do you enjoy?









I enjoy going on trips with my wife. I am a Philadelphia Eagles fan and love to coach football at Madera South.

What is a goal you have for the 2022-23 school year?

I hope to get my students to want to try something that they have not done before at this school. ex. go out for sport, join club, school activity, etc.

Parent Education Opportunities

The Parent Institute for Quality Education (PIQE) will be starting two parent education courses for Madera South parents in September. These courses are free and help educate parents learn about skills for success in and life for their children. The first course begins on September 12 and focuses on social-emotional learning. You can register [here](#).

<p>PARENT INSTITUTE FOR QUALITY EDUCATION (PIQE) MADERA SOUTH HIGH SCHOOL</p>	<p>PARENT INSTITUTE FOR QUALITY EDUCATION (PIQE) MADERA SOUTH HIGH SCHOOL</p>
<p>APRENDIZAJE SOCIAL Y EMOCIONAL TÉCNICAS PARA EL ÉXITO ESCOLAR Y DE VIDA</p>	<p>SOCIAL EMOTIONAL LEARNING SKILLS FOR SUCCESS IN SCHOOL AND LIFE</p>
	
<p>ACOMPÁÑENOS A UNA CONVERSACIÓN SOBRE COMO LOS PADRES PUEDEN APOYAR EL APRENDIZAJE SOCIAL-EMOCIONAL EN CASA</p> <p>Aprenda sobre la importancia del Aprendizaje Social y Emocional y su efecto en los logros escolares y de vida de sus estudiantes.</p> <ul style="list-style-type: none"> • Ayude a los niños a reconocer y manejar sus emociones • Estrategias para apoyar a sus niños a practicar la confianza en sí mismos • Guiar la toma de decisiones responsables • Y MUCHO MÁS! <p>MARTES 1 12 DE SEPTIEMBRE 9:00 AM</p> <p>REGÍSTRESE AQUÍ</p> <p>Para más información o ayuda con el registro contacte: Ivon Alcantar Associate Director (559) 240-7407</p> <p>Workshop presented by PIQE www.PIQE.org @PIQEUSA</p>   	<p>JOIN US FOR A CONVERSATION HOW PARENTS CAN SUPPORT SOCIAL-EMOTIONAL LEARNING AT HOME</p> <p>Learn about the importance of Social and Emotional Learning (SEL) and its effect on student's success in school and life.</p> <ul style="list-style-type: none"> • Help children recognize and cope with their emotions • Strategies to help children practice self-confidence • Guiding responsible decision-making • and more! <p>TUESDAY 1 SEPTEMBER 12 9:00 AM</p> <p>REGISTER HERE</p> <p>For INFO or help contact: Ivon Alcantar Associate Director (559) 240-7407</p> <p>Workshop presented by PIQE www.PIQE.org @PIQEUSA</p>   

The second course focuses on access to higher education. You can register [here](#).



PARENT INSTITUTE FOR QUALITY EDUCATION (PIQE)

ACCESS TO HIGHER EDUCATION

FREE FAMILY ENGAGEMENT WORKSHOP


Principal Steinmetz invites you learn the skills and tools to help support your student's future success.

**TUESDAY | SEPTEMBER 26
6:00 PM (ZOOM)**

[REGISTER HERE](#)

For INFO or help to register:
Ivon Alcantar
Associate Director
(559) 240-7407

Workshop presented by PIQE
www.PIQE.org | [@PIQEUSA](#)


PARENT INSTITUTE FOR QUALITY EDUCATION (PIQE)

ACCESO A UNA EDUCACIÓN SUPERIOR

GRATIS PROGRAMA DE INVOLUCRAMIENTO DE PADRES

El Director Steinmetz te invita a talleres gratuitos aprender las habilidades y herramientas para ayudar a apoyar el éxito futuro de su estudiante.

**MARTES | 26 DE SEPTIEMBRE
6:00 PM (ZOOM)**

[REGISTRAR AQUÍ](#)

Para más información o ayuda con el registro contacte:
Ivon Alcantar
Associate Director
(559) 240-7407

Taller Presentado por PIQE
www.PIQE.org | [@PIQEUSA](#)





Health and Wellness

Good Sleep

Now that we've been back in school for a few weeks, it's time to check out how well your children are sleeping. A study by the US Department of Health & Human Services, National Institute of Health shows that children's sleep is linked to their brain development. According to the study, children should get at least 9 hours of sleep a day.

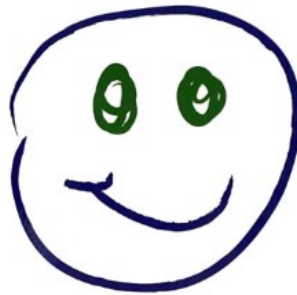


The researchers found that children who had less than 9 hours of sleep daily had more mental health and behavioral challenges than those who got sufficient sleep. These included impulsivity, stress, depression, anxiety, aggressive behavior, and thinking problems. The children with insufficient sleep also had impaired cognitive functions such as decision making, conflict solving, working memory, and learning. Differences in behavior and cognitive function between the two groups continued two-year after the study.

The findings suggest that sleep interventions might be needed to help improve mental and behavioral health during pre-teens and beyond. So, make sure your kids get adequate sleep in order for their brains to develop and function at their best.



**Bullies make me sad,
Friends make me happy!**



With STOPit, you have the power to protect yourself and others from harmful, inappropriate, or unsafe behavior.

Download STOPit for free from iTunes or Google Play



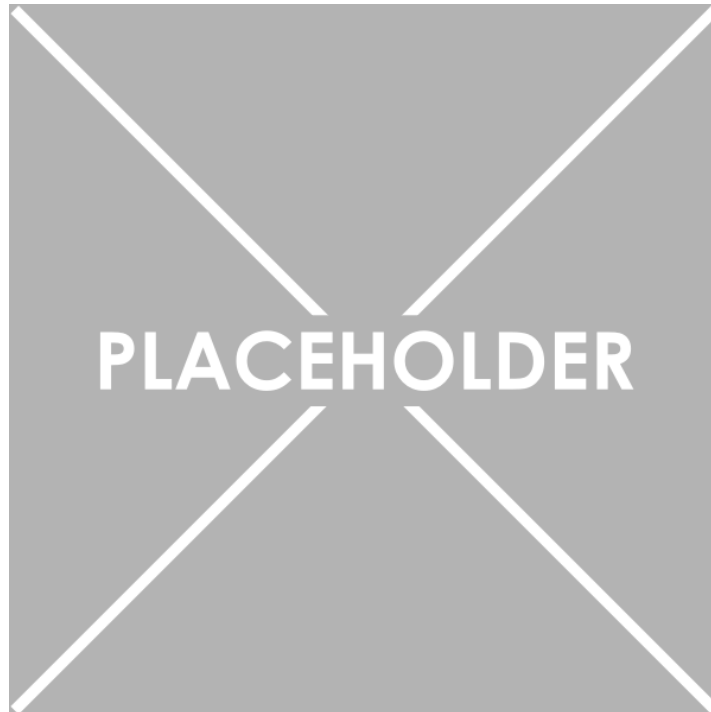
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Staff & Student Highlight | Event



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