



WELLNESS CENTER

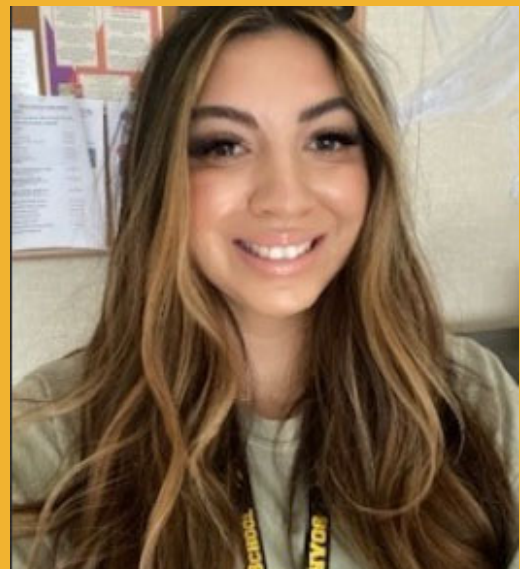


A message from the editor:

As I compiled all of our successes for the year I am humbled by what we all created as a team. My most heartfelt thank you to students, staff, and community members who have supported our journey with your continual support. As we close this year, I hope we can keep building and SOARING with PRIDE! - Delia Toscano Nguyen, Community School TSA

A message from co-editor:

Together we have created unforgettable memories, strengthened connections and embraced growth. As we close out this school year, let's carry the spirit of resilience and kindness forward into the next school year. Fly high Falcons!
- Anna Avila, Outreach Worker



COMMUNITY SCHOOL

What is it?



WHAT IS A COMMUNITY SCHOOL?

A community school helps students and families by working with local organizations. It focuses on all aspects of a student's life, not just schoolwork.

Four main ways it supports students:

These supports help create a caring environment where students can do well in all parts of their lives.

For the 2024-2025 School Year, we need more student, family, and community involvement. If you would like to be a part of this, please contact Delia Toscano Nguyen.

INTEGRATED STUDENT SUPPORTS:

Provides services like healthcare, counseling, and tutoring.

EXPANDED LEARNING TIME AND OPPORTUNITIES:

Offers after-school programs and activities for extra learning.

FAMILY AND COMMUNITY ENGAGEMENT:

Involves families and community members in the school.

COLLABORATIVE LEADERSHIP AND PRACTICES:

Staff, families, and community members work together to make decisions.



WELLNESS CENTER

A Community School Component



WELLNESS CENTER

is a safe supporting place for students, families, and staff members. We focus on a holistic approach to student development and academic success by enhancing both individual resilience and community unity within the school environment.

Whole School - Whole Community - Whole Child

EVENTS TO LOOK FOR NEXT YEAR

- ✓ Wellness Wednesday, every Wednesday
- ✓ Thrifting Thursday, once a month

SERVICES PART OF THE WELLNESS CENTER

- Outreach Worker
- Peer Specialist
- Therapist
- Community Schools
- Student Supports

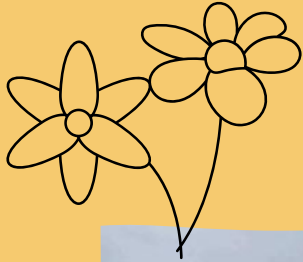
WHAT CAN I FIND AT THE WELLNESS CENTER?

Safe Space to regulate - Someone to talk to - RHS Closet - Community Supports - Student Supports - Student Groups - Activities - Friendly staff

ROUND OF SOME OF OUR SUCCESSSES THIS YEAR



Active Family and Community Engagement



RHS' FALL FESTIVAL



Thanks to Staff and Student volunteers we had an amazing time celebrating our company, clubs, talents, and community!

We plan to make this a tradition. Clubs and Sports, start thinking about what you would like to sell to fundraise!

If you would like to be part of the planning process, please contact
Delia Toscano
(delia_nguyen@jusd.k12.ca.us)

OPAL CAR WASH OF HORROR

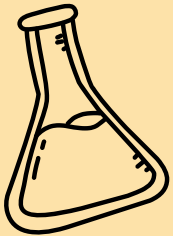
Working with our local businesses, Opal Car Wash allowed RHS and JVHS an opportunity to fundraise and perform during a Halloween themed event for the community.



ROUND OF SOME OF OUR SUCCESSSES THIS YEAR



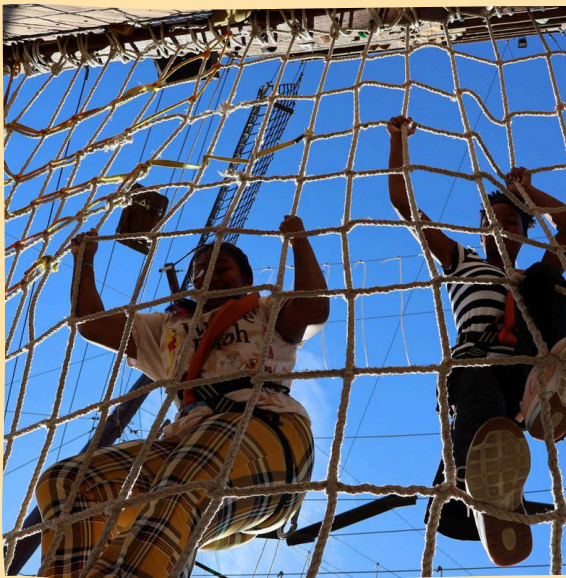
Expanded and Enriched Learning Time and Opportunities
Integrated Student Supports
Collaborative Leadership and Practices



PEER LEADERSHIP - PAL DAY

Peer Leadership had a day of learning about themselves and how to help others overcome their fears at the Orange County Ropes Course. FNL Falcon Friends and ASB joined in. Our goal is to continue to build student leadership by focusing on empathy and social-emotional care.

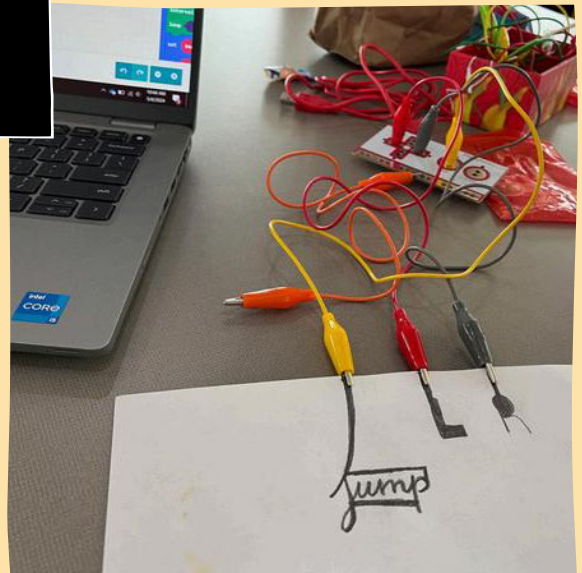
Students, interested in being part of the class? Mention it to your Guidance Counselor!

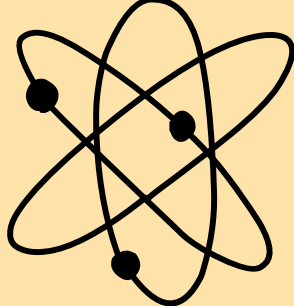
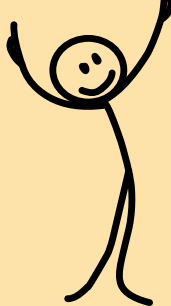


STEAM WORKSHOPS

Thanks to student and family input, we were able to bring 3D Design and Robotics during our Saturday School.

If you would like different types of workshops, contact Delia Toscano (delia_nguyen@jUSD.k12.ca.us)



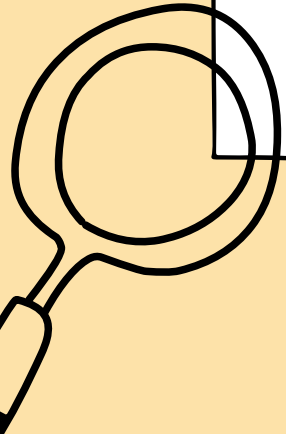


HOUR OF CODE

Students celebrated Computer Science Week with multiple booths focused on the current state of the field.

Hour of Code helps students learn about computer science through fun activities for learners of all skill levels.

JUSD Staff and community members participated in sharing their knowledge and skills with our students.



FARMERS MARKET

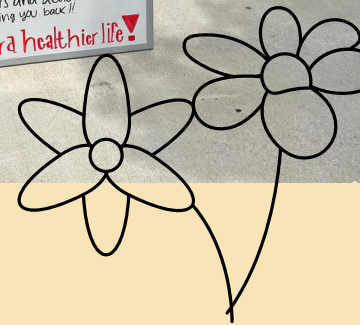
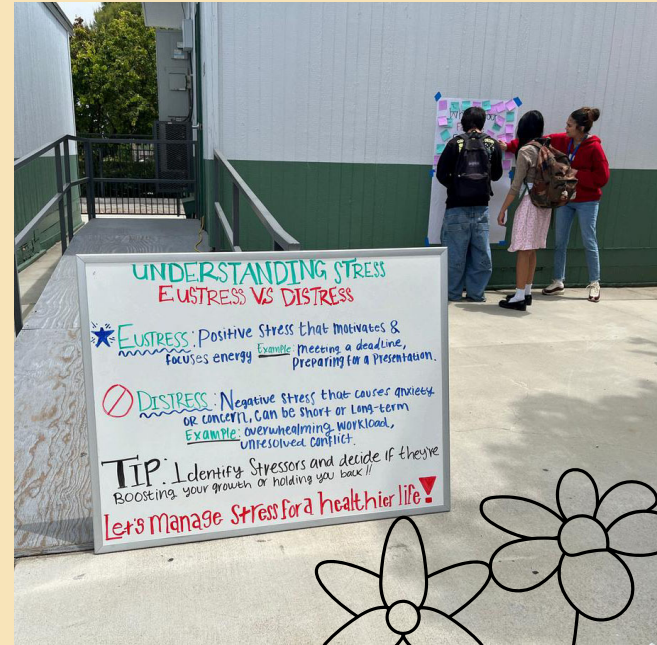


RHS students were able to learn from local farmers from Aziz frames about farming practices and organic produce. Students learned about sustainable agriculture and local food systems while exposing them to the health benefits of organic foods by giving each student samples to take home.

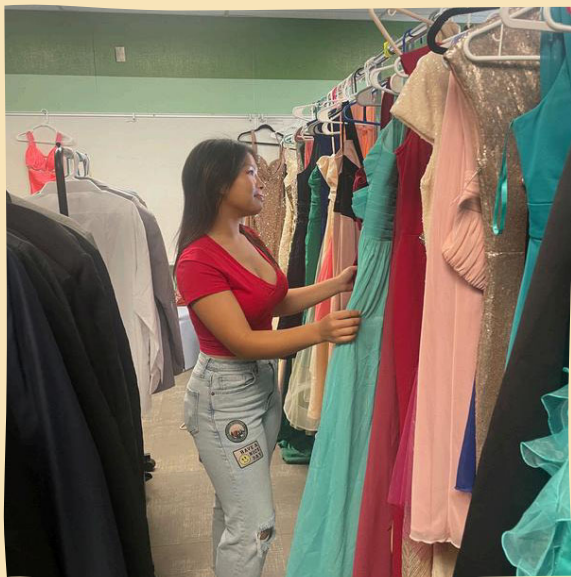


MENTAL HEALTH MATTERS FAIR

In recognition of Mental Health Awareness Month, we had the “Mental Health Matters” fair as part of our ongoing Wellness Wednesday series. This event was designed to educate and empower both staff and students by enhancing their understanding of mental health issues focused on practical coping skills and stress-relief activities. The event provided valuable tools for managing stress and promoting well-being within our school community.



PROM FASHION SHOW/CLOSET



The Prom Closet is dedicated to ensuring every student has the opportunity to attend prom in style. By offering a range of stylish dresses, suits, and accessories, we aim to allow all students to fully enjoy this memorable event.

Our closet is stocked with new and gently used items that promote the reframing and recycling of fashion to make a positive environmental impact. By reusing these outfits we reduce waste and support sustainable practices, demonstrating that looking great and caring for our planet can go hand in hand.

BOOK BUDDIES

The Book Buddies program partners with four local elementary schools.

Book Buddies are trained by elementary literacy coaches. The program aims to instill the importance of schooling and literacy at a young age. Our high school students reinforce their skills while learning how to support young students in their literacy journeys. Together, we are building a strong community while helping elementary students thrive.



A MESSAGE TO OUR COMMUNITY PARTNERS

On behalf of all our students who have benefitted from the ongoing services on campus, Thank you!

During the summer, we will continue to partner with Community Health Systems for our athlete students to get their physicals cleared.

For next year, we will continue to partner with Operation Safehouse to bring various self-help groups to our students.

Thank you to Neighborhood Healthcare for holding a dental clinic at RHS this year.



STAY UP TO DATE @FALCONWELLNESSCENTER

Congratulations

CLASS OF 2024!



SPORTS PHYSICALS

4250 Opal St, Riverside, CA, 92509, Parking Lot A

May 7, June 6 + 18, and July 2

9:00 AM - 3:00 PM

Get your child ready for their next game!

- We accept most insurance plans
- Cash Rate for Sports Physicals \$35

To schedule your child's sports physical, please call:

(951) 571-2333



Peer Support



SCAN ME!

What's a peer specialist?
Individuals who have been successful in their recovery process & are ready to help others experiencing similar situations.

Possible Reasons For Peer Support:



Need help building/finding new skills

Need someone to talk/vent to

Looking for resources/services

MAKE SURE TO GET A PASS FROM YOUR TEACHER, THEN HEAD TO THE WELLNESS CENTER!

Reminder: This is NOT to be used for urgent matters, crisis situations, or emergency communication. If you or someone you know is in crisis, please CALL 9-1-1 IMMEDIATELY. Peers DO NOT provide counseling services. A peer specialist serves as a role model on wellness and recovery, and can walk students on how to handle situations on their own.



Resources Available at Rubidoux High School's Wellness Center

951-222-7700

Offices

- Delia Toscano - Community Schools
- Anna Avila - Outreach Worker
- Melody Diaz - Peer Specialist
- Jacob Escobedo - Behavioral Health
- Lorraine Cruz - Behavioral Health



RHS Closet

Clothing, shoes, personal hygiene

Contact Anna or Delia

Individual and Group therapy/counseling

Contact Anna or Melody

Outreach Services

Connecting families with services

Contact Anna

Wellness Corner

Students and staff are welcome to visit when they need a moment to recalibrate

room 600

School Supplies

Basic items such as backpacks, pens, paper

Contact Anna or Delia

Recurring Events

Wellness Wednesdays (every Wednesday in room 602)

Thrifting Thursdays (once a month room 602)

Student Mentoring

Peer support mentoring

Contact Melody

District Services

PICO Website

https://bit.ly/PICO_JUSD

We are here to help.



P.I.C.O. Parent Involvement & Community Outreach Programs/ Resources

Care Closet

The Care Closet provides children and adults ready used clothing and school supplies to those in need. The Closet is set up at Families and Family Services where families can pick up supplies at no cost by request. Call the Department of Parent Involvement and Community Outreach at (951) 360-4175 to submit an order Monday- Friday from 09:00-03:30 PM.

P.I.C.O. Office Address:
3924 Riverview Dr,
Jurupa Valley, CA 92509

Parent Engagement

Jurupa Technology Education for Parents (JTEP) courses are designed to teach a basic level of computer skills, emphasize on developing basic knowledge and skills needed to perform simple computer functions.

Parenting Classes
Parenting classes are offered throughout the school year at JUSD. Classes workshop topics range from positive parenting programs, substance abuse prevention/overlook programs, financial literacy, internet safety, basic computer skills, and community engagement/communication workshops. Contact PICO office at (951) 360-4175 to obtain information on concurrent parenting classes. Some parenting classes offered at JUSD are listed below:

- Mental Health Classes
- Triple P Parenting
- Stronging Families
- Jurupa
- Multicultural Classes
- Family Literacy

Social Emotional Wellness & Behavioral Health Services

Mental Health Services for Students: EPSSOT: Early & Periodic Screening, Diagnostic and Treatment. Qualifying children and youth (0-21) who are enrolled at a JUSD school or living in the Jurupa Valley Region (92509/91752) may have access to school community based EPSSOT mental health services.

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
CBITS is funded through the Mental Health Services Act (MHSA). CBITS is a brief, trauma-focused, evidence-based practice developed for use within schools to help children exposed to violence, abuse, and other forms of trauma. CBITS provide 10-week groups that include individual, parent and teacher sessions. CBITS is for students in grades 6 through 9. CBITS is available at all school sites.

Student Assistance Program (SAP)
The Student Assistance Program (SAP) is designed to provide comprehensive community-based behavioral health services to JUSD students. SAP services are accessible to all JUSD students, regardless of insurance status, and provided directly at school sites during school hours.

Mentoring Program
The mentoring program is a school-based mentoring program designed to build student assets. The program builds high-quality mentoring connections that results in:

- Continuous support, enhancements in academic performance, and a reduction in absenteeism.
- Promotes a positive school environment, social norms, and reduce high-risk behavior.
- Focuses on skill building interventions that promote healthy youth development.

The mentoring program is offered to all secondary level students at JUSD. Contact PICO office to request a referral.

Additional Services for students on EPSSOT Program Peer Support Services- Students

Peer Support services are provided at secondary sites (PHS, PHS, JMS, MAMS & MMS). Peer support services are recovery-oriented and evidence-focused services for those managing behavioral health challenges as well as the parents, family members and caregivers that support them. Peer support services are evidence-based practices that provide role models to inspire hope, demonstrate a life of recovery and resiliency, and encourage real advocacy.

Peer Support Services- Parents

Individual support for parents and caregivers of students who are receiving services through JUSD Behavioral Health. Sessions will provide parents and caregivers with psycho-education on their student's diagnosis, and provide parents with empowerment, encouragement, hope and resources in navigating this journey in support of their child.

Home Visiting Programs

Available for families in Jurupa Unified School District and throughout Riverside County who are enrolled in CalWORKS. Funded in part by First 5- Riverside County.

Parents as Teachers (PAT)
Parents as Teachers (PAT) is a home-based program for families with children prenatal-2 years old. The PAT vision is that all children will learn, grow, and develop to reach their full potential, and that parents and caregivers are their earliest and best teachers. All county home visits focus on child interaction, development and family well-being. Only for parents receiving CalWORKS.

Home Instruction for Parents of Preschool Youngsters (HIPHY)

HIPHY is a home-based, early childhood education program that supports parents while providing solutions that strengthen families. HIPHY is a home visitation program for families with children 2-5 years old. The program curriculum is organized into 5 key learning areas called domains: Literacy, Math, Science, Motor & Language. Only for parents receiving CalWORKS.

School Based Health Services

Neighborhood HealthCare: Dental
Neighborhood healthCare dental will provide dental services such as x-rays, cleanings, sealants, etc. at all JUSD school sites. Contact PICO office to request information regarding location, date & time.

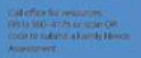
Community Health Services
Community health systems mobile clinic will provide vaccines, sports physicals, wellness checks, etc. Contact PICO office to request information regarding location, date & time.

America's Best Childhood & Adolescent Health Care
Contact with PICO office to request a referral. One voice referral is good for a complimentary eye exam & glasses.

Case Management

We are committed to providing families with resources that will build resiliency, support positive parent-child relationships, and support successful outcomes for students by living families in person, and building a network of supports and services with local agencies and providers within the community. The following are some resources that PICO can provide:

- Self-Sufficiency Program (Medical, Career, Counseling, etc.)
- Housing/Financial Assistance
- Care Closet (shoes, clothes, shoes & hygiene items)



Parent Partner Services

Incredible Years
Incredible Years is a 12-session parenting program that will strengthen parent-child interactions and attachments, as well as learn effective positive parenting discipline strategies. The program is for parents of children ages 3-6 years old.

Nurturing Parenting
Nurturing Parenting is a 10-session interactive class that will help you better understand your role as a parent. It will help strengthen your relationship and bond with your child as you learn strategies and skills to improve your child's concerning behaviors.

Education, Equip and Support
Education, Equip and Support consist of 13 sessions offered to parents and caregivers (along a child with Mental Health and/or Emotional Challenges). Classes are designed to provide parents with general education about children's mental health challenges, parent or parent support, and community resources.

PICO Drop-In Center

Drop-In Center
PICO's main office (3924 Riverview Dr., Jurupa Valley, CA 92509) is now serving as a Drop-In Center. Monday- Friday, the office is open to community members needing to print and/or fax for "self-sufficiency" purposes. A computer and printer will be available for a max usage of 1-hour. No copying invitations/ flyers, etc. will be allowed. Call (951) 360-4175 for more information.

Community Schools

Protecting our Youth
JUSD's Parent Involvement & Community Outreach hosts a series of presentations to educate families on current issues that affect our youth. Topics range from: Human trafficking, cyber bullying, drug use, self-injury, gang awareness, etc. Visit us at www.jurupausd.org under the PICO tab to obtain information on our upcoming presentations.

PEER LEADERSHIP

NEW ELECTIVE CLASS ALERT!!!

ALL GRADES WELCOME

LEARNING TO CARE OF YOUR MENTAL
HEALTH AND OTHERS

Class is A-G approved

LEADERSHIP IS MORE THAN
TELLING PEOPLE WHAT TO DO.

It is a balance between taking
decision, handling your own
responsabilites and delegating
them, and paying attention to
yours and others social emotional
needs.



**TALK TO YOUR
COUNSELOR TO ADD THE
CLASS FOR NEXT YEAR!**

HAVE SPECIFIC QUESTIONS?
contact
MS. TOSCANO (600)



The class will learn and practice effective
leadership attributes, and have
opportunities to travel, teach, and
organize events to support Rubidoux's
students and staff.

This class is designed to help students of
all skill levels!

