



"Together We  
Touch Lives  
Forever"

PRINCIPAL'S MESSAGE

The month of October is a special month for the Pine Ridge Community. This month we have our Pink vs. Wink Cancer walk, organized by our SAC/ SAF Chair along with our ESE Specialist. Each year students learn about the impact of cancer and how they can take preventative measures to support the cause. This month we also celebrate Hispanic History and the courageous pioneers of the Hispanic community. Our equity liaison encourages students and teachers to participate in a Hispanic History contest while learning more about the culture. Finally, we celebrate Red Ribbon week. Our creative school counselor involves students in activities that teaches students about the dangers of drugs. October is sure to be an exciting month!

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SPECIAL POINTS OF INTEREST

- Oct. 20– Early Release
- Oct. 21– No School
- Nov. 8th– No School
- Nov. 10– Report Cards





## **HISPANIC HERITAGE MONTH**

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15.



*Hispanic  
heritage  
month*



## Mental Health is Important

We are deeply saddened to hear about the devastating tragedy that occurred at Fort Lauderdale High School. There is no way we can make the suicide of a student less upsetting, however, there are things that you can do to help youth process their feelings and thoughts in a healthy way. Here are some pointers that may be helpful in responding to this type of loss:

While the suicide is important to be acknowledged as matter-of-fact, it is not necessary to provide children with details about the specific method of suicide used. Use consistent messages to reduce confusion, misinformation, and secrecy

Don't avoid talking about it, but also avoid sensationalizing or dramatizing suicide. Explain suicide in terms of an untreated mental health diagnosis. People sometimes hide emotional pain from people close to them, which can make it hard to help them.

Encourage your child to tell you what they are hearing and thinking and listen to them non-judgmentally. Keep checking in with them, because processing disturbing experiences takes time—questions are likely to come up later.

If your child has depression or prior suicide attempts, these conversations should be prioritized.

Do not avoid it because it's difficult and you're worried that it may make them feel worse. By talking about thoughts and feelings, you are creating a stronger connection with them, even if you can't see it. Suicides sometimes occur in multiples, so it's extremely important to increase monitoring of children who are at risk.

Help your child understand that when we learn of something so tragic and unexpected, it takes time for shock to wear off before we can start to understand what happened and accept it.

Normalize your child's emotions, explaining that it is normal to experience a range of emotions—sadness, anger, confusion—sometimes all at once.

Talk to them about strategies for managing these feelings

(talking to friends or a trusted adult, exercise, deep breathing, allowing yourself to cry)

Remember: Talking about suicide and/or asking your child if they're suicidal will not increase their risk; it will actually likely decrease the risk.

***“Mental health problems don't define who you are. They are something you experience. You walk in the ruin and you feel the ruin, but you are not the ruin.”- Matt Haig***



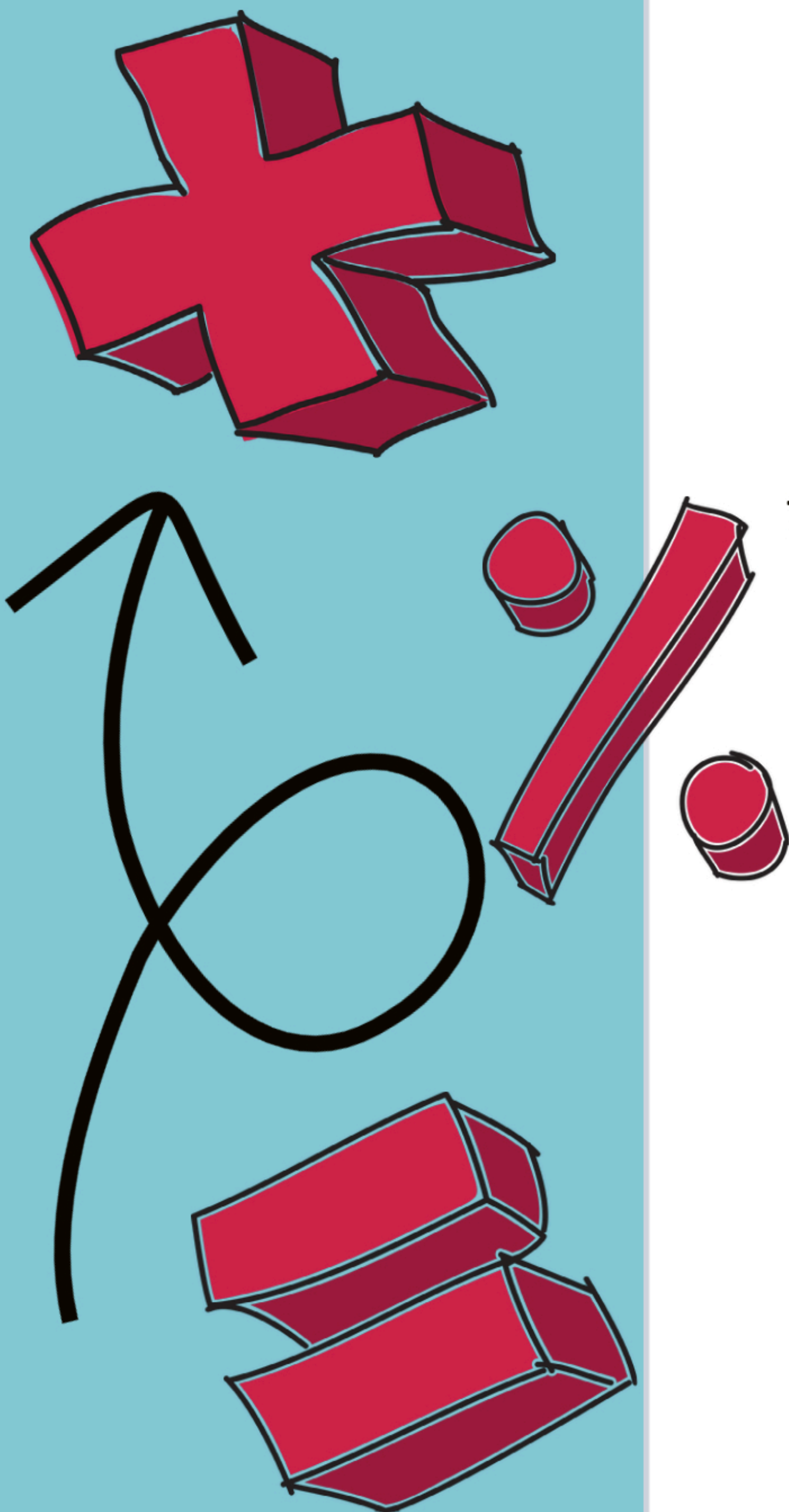
## **ELA Updates**

### CELEBRATING SUCCESS IN ELA

- Florida is becoming the first state in the nation to fully implement progress monitoring instead of end-of-year standardized testing and will fully eliminate Common Core.
- Pine Ridge increased by 28% in reading during the 2021-2022 school year
- Informs teachers so they can better help students

## **Math Curriculum Updates**

The Math Department is proud to announce that the hard work and dedication put forth towards math made a great impact to the “MAINTAINING” rating that was earned for the 2021-22 school year. Maintaining means 33% of our math students scored Level 3 or higher. For the 2022-23 school year, we have set a goal to earn a “COMMENDABLE” school rating. That goal can be attained if 50% or more of math students score level 3 or higher. With our theme being "Together We Touch Lives Forever", a partnership among the faculty, staff, students, and community, lives will be touched, and we will meet our goal to be commended on a job well done!





Counselor's Corner

Ms. Mogul is our Guidance Counselor and she will share upcoming events and our Character Trait for each month.

Character Trait for October is RESPONSIBILITY - Meeting obligations by being reliable, accountable, and dependable to self and others.

October 23rd to October 31 is Red Ribbon week - DRUG PREVENTION, and HEALTHY LIVING.

Breast Cancer Awareness Month

October is designated as National Breast Cancer Awareness Month. National Breast Cancer Awareness Month (NBCAM) is a partnership of national public service organizations, professional medical associations, and government agencies. These organizations work together to promote breast cancer awareness, share information on the disease, and provide greater access to services. Since the Breast Cancer Awareness Month inception more than 25 years ago, NBCAM has been at the forefront of promoting awareness. Breast cancer is the most common cancer among women in the United States, after skin cancer. It accounts for nearly 1 in 3 cancers diagnosed in women. By the end of 2013, an estimated 232,340 women will be diagnosed with invasive breast cancer. An estimated 39,620 women will die from breast cancer. The risks generally increase with age. Almost 8 of every 10 new breast cancer cases are in women 50 years old and older. They also account for almost 9 of every 10 breast cancer deaths. Pine Ridge honors those women who lost their battle to breast cancer and celebrate with those who won their battle against breast cancer.

Counseling Department

Mrs. Alfaro - ESE Family Counselor

Ms. Augustin - Family Therapist

Dr. Blair - Family Therapist

Mrs. Mogul - School Guidance Counselor

Ms. Espejo - School Social Worker

Mr. Petit-Clair - School Social Worker

**\*\*If you ever have any questions, comments, or concerns, please feel free to reach out to our front office at 754-321-7250, and ask for any of our mental health team members!\*\***





**Mr.  
Gerard  
Pericles**

**2022-23**

**TEACHER  
OF THE  
YEAR**

**Mrs.  
Maria  
Williams**

**2022-23**

**EMPLOYEE  
OF THE  
YEAR**

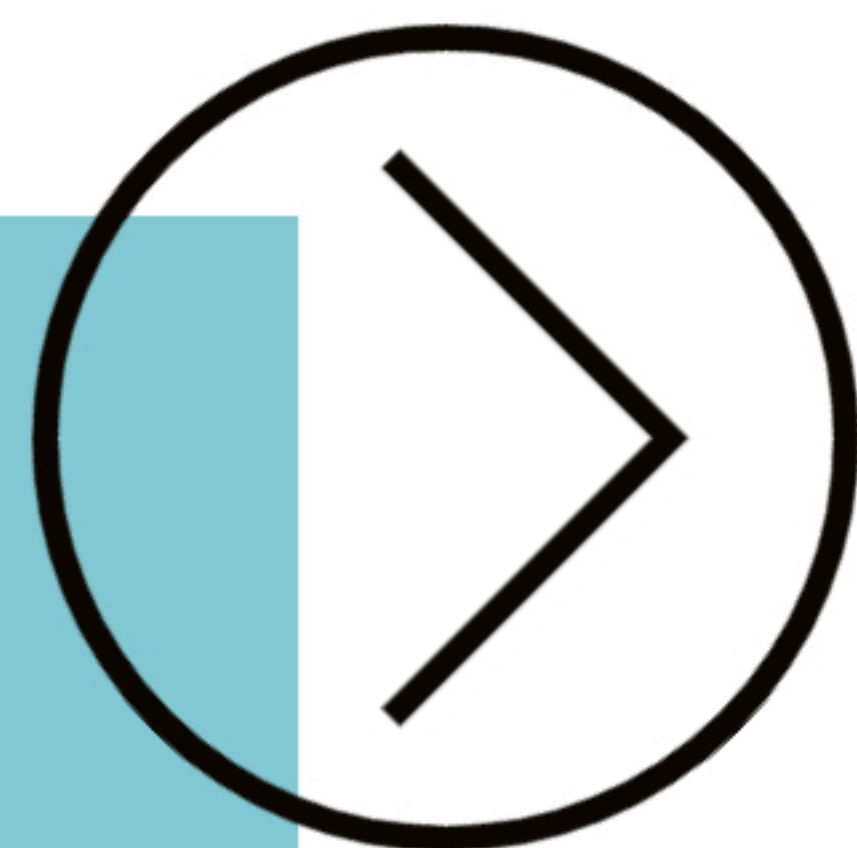




“A team’s collective belief must be greater than all the adversity and negativity they face. It only takes one person who doesn’t believe to hurt the team”



Pine Ridge Education Center is a school where second chances are given. We’re the only Alternative Center for grades K-6; we also house the Promise Program (K-12), The R.I.S.E Program (7), and the AES Program (K-6). Even though we are an alternative center, we have high expectations for our students as it relates to academics and behavior. Our curriculum is the same as every other elementary school in the District , but we do implement the Social Emotional Learning (SEL) standards through our Life Skills class. We teach our students if no one else believes in them, they have to believe in themselves first.



**“Don’t be safety blinded, be safety minded.”- Unknown**