



INDIAN SPRINGS NEWSLETTER



I AM. WE ARE. ISHS.

A MESSAGE FROM MR. SALMON

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Hello Coyotes,

I grew up in Riverside, four to five miles away from the Tyler Mall. I went to Norte Vista High School, eventually attending California State University, San Bernardino. My biggest struggle during my high school years was the fact that my parents got divorced when I was in 8th grade. To avoid the drama that comes along with divorce, I buried myself in sports and friends. Since neither of my parents went to college they both pushed me to do well in school. Plus, if I didn't get a 2.0 GPA, I couldn't play basketball. Luckily, I had a great group of friends who helped me stay on track as well. Some of them I have known since 3rd grade, and still talk to them to this day.

I really enjoy working in education. Teaching was so much fun, I didn't think of it as a job, and I've been working since I was 15. I love being a VP at Indian Springs. I getting to help students, parents, teachers and anyone who walks into the VP Office. Every day is a little different. When I think a day will go exactly as planned, something happens to change the day. I like being a VP because I get to affect all students, not just the 200 in a classroom. I'm in charge of Graduation and senior activities, so it is refreshing to see how happy and reflective seniors are at the end of a long school year.

In regards to being successful during Distance Learning, I know it's stressful, you just gotta keep going and persevere through the struggle. I have two kids at home, one in 2nd grade. He needs my help a lot for navigating the google classroom or using Clever, but it has brought me a greater appreciation for what the teachers and students are doing. I understand it's stressful on all sides, which is why you have to continue with your education and be your own self advocate. Go to office hours, ask questions to clarify the work you should be doing. Keep going and don't get discouraged and stop. If you stop completing school work or attending classes, that doesn't hurt the teacher, it hurts you, the student.

Sincerely,
Mr. Salmon
ISHS VICE PRINCIPAL





ISHS SPORTS



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COYOTE ATHLETICS

Q & A with Mr. Chamberlain

What do students have to do to get cleared to play sports this year?

You have to be cleared by a doctor and get a doctor's physical. Also, you need a 2.0 GPA or higher after the first quarter to be eligible for the first season this year and to be eligible to practice for the second season because the second grading period won't finish until right before the second season.

Are students allowed to play multiple sports during the season?

Yes, but the students need to manage their time between 2 sports. Both coaches have to agree on a practice schedule for both of the sports or the student can just simply choose. But they have to understand they can't be the star player for both teams unless they are that good. They can be a part of both teams and a contributor to both teams.



Will sports practices be modified for social distancing?

Yes. Once the state and the school district clears sports, it will start in 4 phases. The first phase is strength and conditioning with social distancing, no sharing of equipment, daily temperature checks, and daily questions about COVID. As the phases move up it will gradually get more and more normal. If we get into Phase 3 then cross country tennis golf etc. can start to play. Phase 4 would be full-contact sports such as football, wrestling, and basketball. We need to get to phase 4 to get the sports to how they used to.

How has the sports season been modified this year?

There are no sports between August and December. Girls and boys volleyball will occur in the same season. Starting first we have football, boys and girls cross country, and boys and girls water polo all at the same time. The first game if we have sports is going to be December 15. That would be volleyball in the gym. The second season that will start in late February early March will have baseball, softball, boys and girls soccer, boys and girls basketball, boys and girls tennis, boys and girls swimming, boys and girls track and field, and boys and girls wrestling. Cheer would be available during the fall season.



COYOTEATHLETES

Q & A with Coach Chaddick

When are Football tryouts?

They have started meetings so if you want the information you can find it on the Football Instagram [@ishscoyotesfootball](https://www.instagram.com/ishscoyotesfootball). If you go to Instagram in the bio there is a link that takes you to where a lot of the information for the team is. For the tryouts it depends on when the district votes for it. All the updated information is on the Instagram and on band. If you want to email Mr. Chaddick, his email is christopher.chaddick@sbcusd.k12.ca.us

What will players have to do at tryouts?

They need to get their physicals first. Students can get a packet at www.athleticclearance.com and you can't practice until you have a physical. Once you have the paperwork, turn it into Mr. Martinez the athletic trainer. The tryouts are going to be in small groups, 1 group of 10 students and 1 coach doing physical activity, running, conditioning, push-ups, sit-ups, etc. If you show up try and make it through, you are on the team.

How many players are you trying to draft for varsity and JV this year?

As many as possible. The more the merrier.

How will football games be different for players and spectators during social distancing?

The football games are going to be the same. The only thing that's different is practices. The coaches & spectators would wear masks and remain distanced.

Will students and parents be allowed to attend games?

Coaches, administration and athletic directors are trying their best to make it happen.

What goals do you have for coyote football this year?

Get better every day and get better every practice as students and athletes. Another goal is to win the elite title and to make playoffs for the first time in school history. The last goal is to get students on scholarships. Josh Jones has 3 offers.

Is there anything else you want students to know about coyotes football for this season?

We are going to turn it around so get pumped for the games and pep rallies!



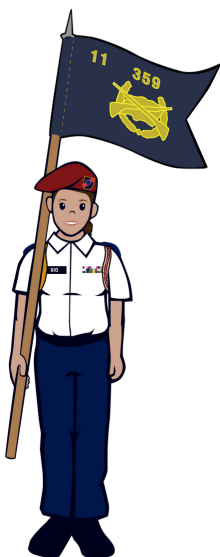
ISHS CADET CORPS

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SAFETY FIRST



Cadets from 5th and 6th period have been busy at work with a project involving the Re Opening Plan of the school. They applied their knowledge of the Risk Management Process to tackle an area of the school to conduct a Risk Assessment in order to develop new guidelines for the area for students to follow upon return to school. Their plan includes but is not limited to: Hand washing stations everywhere, plenty of PPE (gloves, masks), arrow markings to direct one way foot traffic, and a hybrid rotational schedule. The cadets even wrote up new rules that will have to be enforced such as not tagging up on that plexi glass.



Virtual Field-trip

Thanks to the Incident Management Team (IMT) Commander Eric Vetere, Cadets were able to attend the District Virtual Field-trip Thanks to the Incident Management Team (IMT) Commander Eric Vetere, Cadets were able to attend the District Incident Management Team meeting and were engaged in some Q&A with the experts.

Leadership in Action

Cadets divided and conquered areas of the School and developed the reopening plan using the the five step process of Risk Management. Leadership in Action Cadets divided and conquered areas of the School and developed the reopening plan using the the five step process of Risk Management.



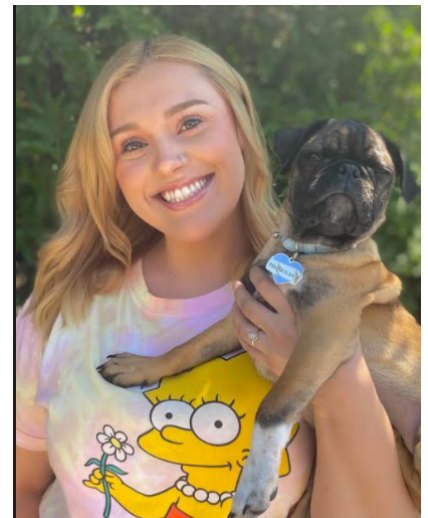
NEW TEACHER SPOTLIGHT



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Mrs. Gutierrez

I'm Mrs. Gutierrez and this is my second year teaching English 2 at Indian Springs High School & I love it! I am from Compton, California but have moved around A LOT. I attended UCLA and received my degree in English. Some of my hobbies consist of playing with makeup, cutting and dyeing my own hair whenever I'm bored, and watching way too much TV. Also on the first day of summer, I got a puppy so my life now revolves around my son, DeVito.



Mr. Atkins

I'm Mr. Atkins and I teach choir and guitar here at Indian Spring High School. I was raised in Corona, CA. I attended Cal State Fullerton and received my BA in Music Education. My hobbies consist of reading, watching sports, and playing video games.

Ms. Lumpkin

I'm Ms. Lumpkin and I am the French teacher here at Indian Springs. I was raised in Ontario, CA and I attended Cal State San Bernardino and received my B. A. in French and Francophone Studies in 2019. Some of my hobbies are riding my bicycle, skating, and hiking. I really like outdoor activities!





NEW TEACHER SPOTLIGHT

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Ms. Mackie

I'm Ms. Mackie and I teach 11th and 12th grade Physics. I am from San Bernardino, CA but moved to Redlands from San Bernardino after first grade. I used to live near CSUSB and got my Bachelor of Science in Applied Physics from Cal State San Bernardino. My hobbies include survival video games, reading books, anime, gardening, and fixing things around the house.

Mr. Paterson

I'm Mr. Paterson and I teach World Geography and World History. I was born and raised in San Bernardino and I got my bachelors degree from North Dakota State University in Social Science. I received my first masters degree from Concordia Irvine in Athletic Administration, then I received my credential and second master's degree in Education from National University. I spent 9 years in professional baseball, as a player, coach, and scout with different organizations like the Tampa Bay Rays and Miami Marlins. Some of my hobbies are taking my boat to Lake Havasu and wakeboarding and fishing. I love hiking, working out and sports! I was a division one college baseball player and professional baseball player so baseball is my passion.



Ms. Debrestion

I teach World History to some of the coolest sophomores on campus! I've lived in San Bernardino all my life and have been a part of this school district for over 5 years. I've always wanted to teach and decided to stay in the Dino to get my bachelor's degree at CSUSB and Masters at APU Inland Empire Campus. This is my second year teaching at Indian Springs and I love being a Coyote! Some of my hobbies include cooking, traveling, spending time with my family, and shoe shopping.



SENIOR NEWS



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TWO MONTHS DOWN, NINE MORE TO GO

SENIOR SHIRTS

Hey Seniors it is that time again, SENIOR SHIRT DESIGNS. Send in your unique and school appropriate designs using the link found in our class instagram bio **@ishsco21**. Designs are due **OCTOBER 16th**. We will choose the best design as a collective whole. We cannot wait to see all of your amazing designs.



FAFSA/

Dream Act

If you are looking into college but do not know if your family can afford it? FAFSA applications are now open! Email Mr. Kelly (joe.kelly@sbcusd.k12.ca.us) for any questions you have and visit <https://sites.google.com/sbcusd.k12.ca.us/ishscareercenter> for more information on the FAFSA and Dream Act Scholarships

DISTANCE LEARNING HELP LINES



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Mental Health Supports For Distance Learning

We know that distance learning can be stressful and complicated but we encourage anyone who may need it, to use these resources to help manage stress.

Helpful links & Phone Numbers!

Top Apps for anxiety :

<https://www.healthline.com/health/anxiety/top-iphone-android-apps#colorfy>

ISHS Suicide Prevention Form :

<https://docs.google.com/forms/d/e/1FAIpQLSdlGwFopOn3gfNUSL7ZPhyPZ-ZLpm08hJSs759wc6S9eFFihQ/viewform?gxids=7628>

Suicide Hotline :

800-273-8255

Mental Health Hotline :

800-662-4357

5 SKILLS DISTANCE LEARNERS NEED TO DEVELOP

1. SELF-MOTIVATION
2. PERSEVERANCE
3. ASK FOR HELP
4. INDEPENDENT LEARNER
5. ENGAGEMENT

+ GRAB YOUR STUDY PLANNER

CHLOEBURFOUGH.COM

SEPTEMBER

STUDENT SPOTLIGHT

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Mr. Atkins
Mr. Browning
Mrs. Evanson
Mr. Hernandez
Mr. Valencia
Mr. Tacchia
Mr. DelMonte
Mr. Kahler
Mrs. Larios
Mr. Mathis
Ms. Rigby
Mrs. Laurie
Mr. Krant
Mr. Witcombe
Mr. Chavez
Mr. Paterson
Mr. Rollberg
Ms. Lumpkin
Ms. Altamirano
Ms. Garcia
Mrs. Breuer
Mr. Khazali
Ms. Pollard
Ms. Swetnam
Mr. Ugalde
Ms. Mellor
Mr. Nadeau
Mrs. Sagasta
Ms. Sole
Mr. Escobedo
Ms. Peña
Mrs. Edmondson
Captain Gonzalez
Ms. Stuart
Ms. Mackie
Mr. Jinks

David Nguyen
Brenda Ibarra Vargas
Jazmin Sedano
Raul E. Hernandez-Garcia
Xtazy Santana
Melanie Murillo Torres
Andrea Rodriguez Facio
Jasper Felder
Jode Lupercio
Damian Lopez
Lucas Abrego
Samantha Perez
Adilene Morales-Tafoya
Freddy Espinoza
Joana Barragan
Haley Esparza
Angel Garcia
Amy Barrios
Martin Velazquez
Mariana Aguilar Gonzalez
Alexia Jimenez
Daisy Sanchez
Jose Carmello
Kally Phan
Adrienne Pesce
Adriana Magana Contreras
Jasmine Bolanos
Fernando Cruz
Emily Rabadan
Kayla Smith
German Blanco
Patricia Moreno
Rafael Chavez
Cesar Ruelas
George Moukbel
Estefani Diaz

Guitar
Peer Leaders
Yearbook
ELD 2
Spanish 1
ASB
CTE Intro
Math 2
MRWC
Physics
W Geography
Marketing & Advertising 1st Period
Art 1
US History
2nd period Statistics
World geography
Geography
French 3H
Chemistry
9th English
Ceramics 1
PE
Academic Skills
AVID
Government and Politics
English 3
Directing and Management
AP US History
ELA 9
Ceramics 2
Leaders of the PACC
ENG 3
Cadet Corps
Geometry
Physics
English 12th

Congratulations to the students above who were selected by their 5th period teacher for outstanding achievement during quarter one of distance learning! They received recognition certificates and may all visit the HERO store for a free prize!!



SEPTEMBER SPIRIT WEEK



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September Spirit Week

Summer's Peak
 @indian_springs_high_school
 #ishsspiritweek

9/14 Monday - Golden Hour
 A picture of the sunrise, sunset, or just you out enjoying the sun and hashtag it #ishsgoldenhourday

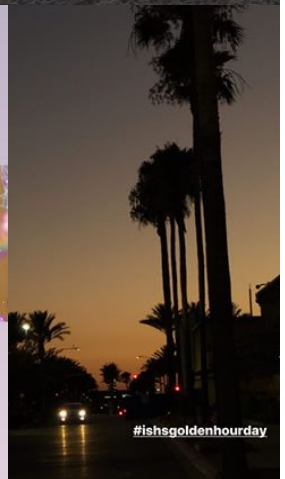
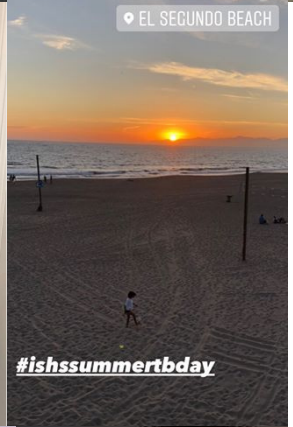
9/15 Tuesday - Summer tb
 Post you're best summer memories by posting them and hashtag it #ishssummertbday

9/16 Wednesday - Tye Dye
 Show off anything you have the dye and hashtag it #ishstyedyeday

9/17 Thursday - Cruising day
 Post a picture of your car or your dream car and hashtag it #ishscruiseday

9/18 Friday - Hawaiian Day
 Show off any Hawaiian theme clothes/ items you have and hashtag it #ishshawaiianday

ISHS Spirit Week



ANNOUNCEMENTS AND CONTACTS



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ASB Newsletter Committee

Priscilla Carmona

Daisy Perez

Valeria Torres

Brianna Nonato

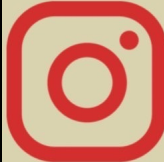
Nixie Barajas

Daniela Corominal

Giselle Orrante



INDIAN SPRINGS COYOTES!! MAKE SURE TO FOLLOW OUR INSTAGRAM PAGE @INDIAN_SPRINGS_HIGH_SCHOOL SO YOU WON'T MISS UPDATES AND PICTURES OF OUR VIRTUAL ACTIVITIES



!ANNOUNCEMENT!

ASB WOULD LOVE TO PRESENT OUR NEW OFFICIAL WEBSITE! HERE IS THE LINK:

[HTTPS://ASB-ISHS.WEBNODE.COM/](https://asb-ishs.webnode.com/)



CHECK IT OUT COYOTES



Indian Springs High School

Want to be featured in our monthly newsletter? Do you have news about something happening at ISHS? Please email the ASB Director

Mischa.tacchia@sbcusd.k12.ca.us



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