



Whittier Union HIGH SCHOOL DISTRICT

To Achieve and Maintain Excellence...

NEWS RELEASE

FOR IMMEDIATE RELEASE: Oct. 24, 2023 **CONTACT:** Andrea Garcia **PHONE:** 909-447-2403

California High School Academic Mentors Learn Courage, Teamwork at Orange County Ropes Course

WHITTIER – California High School’s Academic Mentors embarked on a thrilling adventure at the Orange County Ropes Course, where they were pushed out of their comfort zones and taught valuable lessons in teamwork, courage and risk-taking.

The Orange County Ropes Course is an elaborate network of above-ground obstacles, climbing structures and a final zipline that are each designed to test a person’s physical and mental abilities. The California High Academic Mentors faced the rope course on Oct. 5, building a strong mentality of overcoming obstacles that they will now bring to their mentoring sessions in the classroom.

"It was difficult to find the courage to go down the zipline at first, but the instructor helped me to relax and gave me the confidence to go for it," senior Academic Mentor Justine Alvarez said. "It ended up being fun, and I learned that you shouldn't be afraid to take some risks in life!"

As the Academic Mentors navigated the ropes course, they discovered the importance of effective communication and encouragement. Whether it was crossing a wobbly bridge or making the exhilarating descent down the zipline, they were taught that success often relied on their ability to support and uplift one another.

"Our Academic Mentors play an integral leadership role in the school," Principal Bill Schloss said. "They dedicate much of their time to helping all students achieve academic and personal success, as well as helping support them socially and emotionally."

The Academic Mentors also gained a deeper understanding of the importance of patience and looking just one step ahead at a time, as well as the benefit of pushing past comfort zones and developing a growth mindset.

"In the classroom, our mentors are often tasked with approaching reluctant learners, and it can be difficult to get started engaging as a role model," California High School Intervention Specialist and math teacher Melissa Esquerro said. "Our goal in coordinating this field trip was to help our Academic Mentors gain more confidence and realize the potential of positive words in their work."

The California High School Academic Mentors are a group of juniors and seniors who help support teachers by working in small groups or one-on-one with mentees in classes that are designed to provide extra support to at-risk students.

– MORE –

"Congratulations to California High School's Academic Mentors for taking on the Orange County Ropes Course, exemplifying the values of teamwork, courage and pushing boundaries," Board President Jaime López said. "Whittier Union is proud to provide many growth opportunities across the District that nurture our students as they continue 'To Achieve and Maintain Excellence.'"

PHOTO CAPTIONS

WUHSD_ROPES1: A California High School Academic Mentor traverses an obstacle at the Orange County Copes Course on Oct. 5. The course helped the Mentors gain a deeper understanding of the importance of patience and looking just one step ahead at a time.

WUHSD_ROPES2: The California High School Academic Mentors gather at the Orange County Ropes Course, where they attended a field trip on Oct. 5 to practice courage, teamwork, and risk-taking.

WUHSD_ROPES3: The California High School Academic Mentors navigate the Orange County Ropes Course on Oct. 5, featuring a network of above-ground obstacles, climbing structures, and a final zipline designed to test a person's physical and mental abilities.

###

OUR MISSION:

The Whittier Union High School District provides all students with an engaging, quality standards-based instructional program delivered by a well-trained staff resulting in improved student achievement. Whittier Union High School District works to achieve and maintain excellence in providing a comprehensive education for all students.

BOARD OF TRUSTEES:

Jaime López
President

Josefina E. Canchola
Clerk

Dr. Russell Castañeda-Calleros
Member

Gary Mendez
Vice President

Irma Rodríguez Moisa
Member

Dr. Monica Oviedo
Superintendent