Welcome New Director

Penda Samba started in September 2020. She loves creating services that empower underrepresented students. She has a background in Student Affairs. Penda is originally from Dakar, Senegal.
Tacoma MESA has been adjusting to Covid-19 and creative as to how we will deliver our program and services to our students during this time. Since September, we have had a new director Penda Samba join our team. This year we have 17 amazing MESA teachers and are in 14 schools across the Tacoma area. We have also been rewarded a grant for $14,000 from the Washington Youth Development Nonprofit Relief Fund. This fund was created in response to Covid-19 forcing schools to move to remote learning. These funds will be used to purchase at home science kits, iPads, and help provide tutoring services.

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**MESA Spotlight**

**Phil Schmitt**

What subjects do you teach?
- 6-8 Science and 6-8 STEM

How long have you been a MESA teacher?
- 8 years

Favorite MESA memory?
- So hard to choose just one memory, as every moment doing MESA is the highlight of my days. But if I had to pick just one, it would be getting invited to take a group of MESA girls to Amazon World Headquarters in Seattle to present their project at a World Women in STEM event. From trying new foods, to seeing a world premiere screening of a Women in STEM movie with the movies director, to getting to talk and interact with people in the fields – it was one of the most inspiring, engaging, and empowering event I have ever been part of. As an instructor, getting to see the awakening of a passion for STEM and the empowerment in those girls is truly one of those life altering moments. MESA makes it happen!
Community Outreach

Tacoma MESA Donated funds to the YMCA to purchase turkeys for families in need around the community. Our donation was able to help feed two families.

Struggling? Get Help With These Resources:

If you want to talk, text or just get more information, resources are available to help you and your family through the pandemic.

Self-Care
If you need someone to talk to about stress due to COVID-19, call Washington Listens at 1-833-681-0211. Someone is available to talk from Monday – Friday, 9 a.m. to 9 p.m. and weekends from 9 a.m. to 6 p.m. TTY and language access services are available.

Ingredients of Resilience
CDC guidance to support your mental health and well-being
Warm Line for people living with emotional and mental health challenges: 877-500-WARM (877-500-9276)

Crisis Support
Suicide Prevention Lifeline: 800-273-8255
Crisis Text Line provides confidential text access from anywhere in the U.S. to a trained crisis counselor.
Text HEAL to 741741 (24/7/365)
Crisis Connections connects people in physical, emotional and financial crisis to services.
Call 866-4-CRISIS (866-427-4747)
Teen Link: call or text 866-833-6546
National Disaster Distress Helpline: 800-985-5990 or text “TalkWithUs” to 66746.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan. 14, 2021</td>
<td>Parent Welcome Night</td>
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<tr>
<td>Jan. 19, 2021</td>
<td>Career Day</td>
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<tr>
<td>Jan. 25th -19th</td>
<td>Virtual College tour visit week</td>
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<td>Jan. 20, 2021</td>
<td>College Access Workshop</td>
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<td>February</td>
<td>Black History STEM Month</td>
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<td>Feb. 11, 2021</td>
<td>Family STEM Movie Night</td>
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<td>Feb. 25, 2021</td>
<td>FAFSA/WASFA Workshop</td>
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**DON’T FORGET**

**MESA Mathematics Engineering Science Achievement**
Tacoma/South Puget Sound
Happy Holidays!

Event Calendar
2020-2021 School Year

September 2020

October 2020

November 2020

December 2020

January 2021

WE OFFER:
After-School Programs
Virtual Field Trips
College and Career Readiness
Summer Programs
MESA Week Competition

TacomaMESA.org

Check us out on social media @tacomaMESA