



Guidance News & Notes



**“Life doesn’t get easier or more forgiving; we get stronger and more resilient.”
-Dr. Maraboli**

As we continue to battle the outbreak of the Corona virus by employing a remote learning model, please know that you can reach out to the guidance department for any emotional or academic support. Email is the best way to reach out, but you will typically receive a follow up phone call to discuss any and all complications associated with our current situation. These are truly difficult times, but we can get through this together! - **Laker Pride**

STUDENT EXPECTATIONS

Students will be expected to participate in remote lessons and activities that have been or will be prepared by teachers; these activities and lessons will be loaded into Google Classroom. While it is not required, students should follow their daily schedule when organizing their learning activities for the day. Students should begin each day by reviewing their Google Classroom to see what activities have been designed with priority given to any “live event” that has been scheduled by a teacher. Students should also check their emails each morning for any further instructions that may be provided by teachers.

For more information use the following link:

<https://sunapeeschoolshs.ss19.sharpschool.com/cms/One.aspx?portalId=3301419&pageId=26262956>

Google Classroom information for parents and students:

<https://sunapeeschoolshs.ss19.sharpschool.com/cms/One.aspx?portalId=3301419&pageId=26276859>

DAILY ANNOUNCEMENTS



Follow us on twitter

<https://twitter.com/smhsoffice>



Available on our home page

<https://sunapeeschoolshs.ss19.sharpschool.com/>

A little humor for today....



Can This Teenager Use a Rotary Phone?

<https://www.youtube.com/watch?v=updE5LVe6tg>

MASKS NEEDED

Do you like to sew? Would you like to learn with a simple project?

We are looking for students to sew masks for area hospitals and emergency responders! We will provide a kit, directions, and even video step-by-step directions. Use your talents, be creative, and help others at the same time! You can pick up a kit in the foyer of SMHS between 10:00am and 3:00pm on Wednesday, March 25. Drop off for completed masks will be by Monday, March 30 between 8:00am and 3:00pm.

MIDDLE SCHOOL

This is a new and challenging time for students and parents as we adapt to new ways of learning and working. Students may face challenges staying motivated and engaged throughout the day. Establishing a daily routine will be beneficial for students and parents. Below is a list of links with various ideas and resources that may be helpful. We will continue to update the list. Please reach out with questions and concerns. We are here to help.

April 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Quarter 3 will end April 3rd

Grades and comments will be finalized and stored on April 10th. They will be available for public view through power school.



Laker Pride

TESTING

AP TESTING:

(<https://apstudents.collegeboard.org/coronavirus-updates>):

- College Board is developing secure 45-minute online free-response exams for each course.
- The exam content will focus on what most schools were able to complete by early March.
- You'll be able to take your exams on any device you have access to—computer, tablet, or smart phone. You'll also have the option to write your responses by hand and submit a photo.
- Colleges support this solution and are committed to ensuring that AP students receive the credit they have worked to earn. For decades, colleges have accepted a shortened AP Exam for college credit when groups of students have experienced emergencies.
- The College Board knows that not all students have access to the internet or a device. They are working on solutions to help students get what they need to show their best work. If you need mobile tools or connectivity or know someone who does, you can [reach them directly](#) to let us know.

SAT TESTING: The March 25 SAT School Day administration is postponed. College Board is working with local partners, and will soon share further information about weekday school-based SAT administrations scheduled for this spring.

<https://pages.collegeboard.org/natural-disasters>

Senior Scholarships: Mrs. Watkins will be emailing scholarship information to students and parents. Scholarships are posted on the Guidance webpage at the following link: [Updated Senior Scholarships 2020](#). Scholarships will continue to be updated often. Please reach out to Mrs. Watkins with any questions.

Course Registration: The 20-21 school year registration will begin as early as March 27th. Instructions will be communicated through the "Guidance" Google Classroom. **This will be a fluid process that can be changed up to the first five days of the new school year.** Students are encouraged to do the best they can based on the information they have, the information that will be given, and don't hesitate to reach out to your guidance counselor via email for advice.

Job Shadow: All juniors have been either assigned a job shadow, have a professional to contact, or are waiting to be assigned a job shadow. In the event the remote learning schedule is extended, or even if we return to school on April 3rd, it makes the most sense to encourage the job shadow as an **optional** part of the junior experience. It is reasonable to assume once we are back in session, businesses, healthcare workers, law professionals, engineers are all going to need time to find their stride again. That being the case, I would continue to encourage your participation in the job shadow, but there is no longer an expectation linked to the Senior Project grade. Please reach out to Mr. Cooney upon our return to school to investigate the prospect of completing an optional job shadow.

Prom and Graduation: The school administration is making decisions as they receive the information from the state necessary to make the decisions. Every effort will be made to keep with the academic and social traditions of our school. Please use the school website to stay up to date with decisions related to school functions.

REMOTE LEARNING



- ⇒ Create a routine
- ⇒ Get up and get dressed and ready for the day & have a good breakfast
- ⇒ Establish a routine for the day (schoolwork, chores, meals, breaks)
- ⇒ Create a workspace
- ⇒ Start checking your email/Google classroom at the same time every morning
- ⇒ Reach out to teachers and school staff with questions and concerns
- ⇒ Limit and be mindful of too much social media
- ⇒ Go outside and exercise everyday
- ⇒ Maintain your normal bedtime
- ⇒ Take some time to learn something new
- ⇒ Communicate and connect with others~ call or face time a friend or relative every day
- ⇒ Take a break on the weekends

HANDLING STRESS & RESOURCES

- ◇ [Managing Stress in Stressful Times](#)
- ◇ [Coping with corona virus anxiety - Harvard Health Blog](#)
- ◇ [Mental Health and Coping During COVID-19 | CDC](#)

Talking to kids about Corona virus

- ◇ [Talking to Teens and Tweens About Corona virus](#)
- ◇ [Corona virus \(COVID-19\): How to Talk to Your Child \(for Parents\)](#)
- ◇ [Talking to Kids About the Corona virus](#)

Additional Links for Parents

- ◇ [MKE With Kids Resources & Activities](#) □
- ◇ [Ideas for Quarantine/Social Distancing](#)

