
April 10 Weekly Newsletter

1 message

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Fri, Apr 10, 2020 at 10:00 AM



Horizon Academy Weekly Newsletter

April 10, 2020

Important Information

During the stay-at-home mandate, Horizon Academy has implemented distance learning for our students. Please continue to look for these weekly newsletters for updates and schoolwide communications. At this time, we are continuing to plan for summer programs and teacher trainings.

Zoom Security Changes

Recently, Zoom implemented a few new security changes that affected all future and existing meetings. These changes are a direct response to issues regarding Zoom Bombing that have become visible through news stories recently. The changes were quick and system-wide and did affect some

classes on Monday.

Our teachers have been working hard to make the necessary changes on their Zoom accounts to reflect these changes. They have added new and more secure links to their Google Classrooms and are updating any personal links on other documents that have been provided to students and parents.

Zoom has produced security updates weekly since Distance Learning has gone into effect and there will be more to come. Sometimes, these updates can cause slight process changes or account-wide settings to be locked or removed. We ask for your patience as we work to implement recommended and dictated security policy changes to ensure your student's privacy and online safety are secure.

Link to Zoom Blog on security and process changes:

<https://blog.zoom.us/wordpress/>

Friday, April 24

School will be in-session

Friday, May 1

No Classes

Teacher In-Service

Friday, May 8

No Classes

Teacher In-Service

May 11 - 15

Annual Reviews

More information and schedules will be sent out soon.

S



Horizon Academy Distance Learning

Expectations for Online Learning

1



Be on time to all of your classes. Follow your schedule.

2



Check your email before your first class and multiple times throughout the day.

3



Dress in uniform or school appropriate clothes for virtual classes. No hoodies or hats. Your entire face should be visible on screen.

4



No eating during classes. Keep food/drink away from your chromebook.

5



Use your Chromebook where you can focus in a quiet, uninterrupted space. Preferably at a desk and not on your bed. No phones during school.

6



Use your Chromebook for school work only, especially during the virtual school day. Turn your computer off at 3:00 p.m. and do not use on weekends.

7



Do PE every day and complete 1 special class a day. Rotate through all of the specials each week.

8



Sleep at usual times. It's a regular school day!

Updates from the Counselors

Student Support

Our counselors are available to meet individually with students via ZOOM. If you feel your student would benefit from a check-in with a counselor, please contact:

Alicia Carr

Lower School Students (grades 1-6)

acarr@horizon-academy.com

or

Suzanne Welde

Upper School Students (grades 7-12)

swelde@horizon-academy.com

Mrs. Carr is available for student office hours (individual meetings) and lunch hours (group meetings) via Zoom for students if they would like to check-in.

Office hours: Tuesdays from 1:15 p.m. - 2:00 p.m.

Lunch hours: Thursdays from 11:30 a.m. - 12:00 p.m.

Mrs. Welde is hosting lunch hours with students.

Lunch hours: Tuesdays and Thursdays
11:30 a.m. - 12:00 p.m.

*Zoom links can be found in your student's
Social Thinking Google Classroom.*

Counselor Hosted Parent Meeting

Join us for our next parent support meeting

April 24th from 9:30 a.m. - 10:00 a.m.

<https://zoom.us/j/143652130>

Gratitude Challenge

Try the Glad Technique with your child to reflect upon each evening and practice gratitude.

G: One Gratitude that you have.

L: One thing you learned today.

A: One accomplishment you did today.
D: One thing that delighted you today.

Gratitude Is Good For You

Spirit Day - Luau Day Friday, April 17th

Find a lei and dress in your tropical apparel
for our all-school morning meeting.

ACTION FOR HAPPINESS **CALENDAR: APRIL 2020**

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

"Everything can be taken from us but one thing:
the freedom to choose our attitude in any given
set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time

ACTION FOR HAPPINESS  

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together Keep Calm · Stay Wise · Be Kind

Coach Chamberlain's Virtual PE Activities

Defying Gravity
Spoon the Balloon

Coach's B-day Workout
Cardio Cupid Shuffle
Sock Shots
Pillow Flipper

Admissions and Enrollment

Do you know someone who would benefit from Horizon Academy's programs?

The Admissions Office is still open and providing virtual parent tours, meetings and screenings for the 2020 Summer School and 20-21 school year programs.

Please direct any prospective parents to Laura Mombello at lmombello@horizon-academy.com.

Flatten The Curve

Here are some helpful tips to protect yourself and others.

- Stay home if you are sick, have come in contact with someone who has received a diagnosis of Covid-19, or suspect you might not be feeling well.
- Practice social distancing and maintain 6 feet from person to person
 - Appropriately cover coughs and sneezes
 - Clean all touched hard and soft surfaces regularly
 - Wash hands often

[Click here to view the WHO proper handwashing technique.](#)

Resources

[Printable Time Capsule](#)

This is a printable time capsule you can make with your child(ren) to document this time.

[Virtual Events Calendar](#)

This website has collected online events in one handy article so you can see upcoming virtual events for kids, teens, families and adults.

[Explore the Nelson & Other Museums](#)

This app allows you to discover the amazing stories behind artwork at some of the the most renowned museums around the world.

[41 Actions News Weather Academy](#)

The 41 Action News Weather Academy is a Facebook group to help educate viewers about all things weather. Look for updates from Gary Lezak and other crew members from 41 Action News.

Horizon Academy Community Wall

[Visit our community wall!](#)

Amidst the COVID-19 crisis, let's take a moment to focus on the positive. Use this wall to show off student work, highlight family involvement, share a photo of distance learning in action, provide gratitude within our Horizon Academy community, or point out the excellent work of colleagues. These are the moments that matter.

[4901 Reinhardt Drive, Roeland Park, KS 66205, United States](#)

You may [unsubscribe](#) or [change your contact details](#) at any time.