
April 17 Weekly Newsletter

1 message

Joy Branch <jbranch@horizon-academy.com>
Reply-To: jbranch@horizon-academy.com
To: Joy Branch <jbranch@horizon-academy.com>

Fri, Apr 17, 2020 at 10:01 AM



Horizon Academy Weekly Newsletter

April 17, 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 training sessions.

Distance Learning Technology Update

Alexander Hayes, our Technology director, recently shared a link to his user-informed distance learning technology document. The goal of this document is to answer questions and provide troubleshooting tips, app tutorials, and provide quality of life settings for parents and students to

improve their Distance Learning experience. Please view via the link below.
This document will be updated weekly to include new questions and requests.

[Distance Learning Technology Document](#)

Friday, April 24

Spirit Day - Super Hero Day

Dress like a hero in honor of the hospital workers, first responders, grocery employees, or other essential personnel who are important to us during the Covid-19 Crisis.

Friday, May 1

No Distance Learning Classes

Teacher In-Service

Friday, May 8

No Distance Learning Classes

Teacher In-Service

May 11 - 15

Annual Reviews

This year you have been assigned a date and time for your meeting. To help staff prepare for the meetings, please complete the Parent Input form before May 1.

[Annual Review Meetings Schedule](#)
[Parent Input for Annual Review Meetings](#)



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

Counselor Hosted Parent Meeting

Friday, April 24

There will be two meetings, one for Lower School parents and one for Upper School parents.

9:30 a.m. - 10:00 a.m.

Lower School Parent Meeting

<https://zoom.us/j/143652130pwd=emNuc2VaWGpDbGIHeGtZcUtaeXRxUT09>

Meeting ID: 143 652 130

Password: 1E1ta8

10:00 a.m. - 10:30 a.m.

Upper School Parent Meeting

<https://zoom.us/j/94410709837pwd=MnNIYWlYeXFkMSt1eEUwVXE1aGFDdz>

09

Meeting ID: 944 1070 9837

Password: 1S3cES

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

- Plank Tap Challenge
- The Rocket
- Animal Workout
- Tossing Trick Shot Challenge
- Create Your Own Challenge

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

[25 Non-Screen Activities You Can Do At Home](#)

What can you do when there is no school and you're stuck at home?
Here are 25 fun ideas to choose from.

[3 Fun Science Experiments for All Ages](#)

Young learners of any age will enjoy these fun, simple, at-home science experiments that use common items to create impressive results.

The activities include:

- Building structures out of toothpicks and marshmallows
- Concocting fluffy slime
- Seeing afterimages using colorful paper

[Lunch Doodles with Mo Willems](#)

With millions of learners attempting to grow and educate themselves in new circumstances, Mo Willems, New York Times best-selling author and illustrator, has decided to invite everyone into his studio once a day for the next few weeks. Grab some paper and pencils, pens, or crayons.

Let's doodle together and explore ways of being creative.

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.