
April 3 Weekly Newsletter

1 message

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Fri, Apr 3, 2020 at 10:23 AM



Horizon Academy Weekly Newsletter

April 3, 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.

Technology Action Required

Horizon Academy requires an update to our technology and device policy to reflect new distance learning access for students. Please use the following link for the Distance Learning Consent Form and accept the terms.

[Complete distance learning technology consent form.](#)





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

Counselor Hosted Parent Meetings

On Friday, April 10th and Friday, April 24th from 9:30 a.m. - 10:00 a.m. we will host parent meetings via ZOOM. Most of the parents that completed our survey requested parent meetings every other week. Please use the following link in order to join on April 10th and April 24th at 9:30 a.m. :

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

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](mailto:acarr@horizon-academy.com)

acarr@horizon-academy.com for Lower School (1-6 grade) students

or

[Suzanne Welde](mailto:swelde@horizon-academy.com)

swelde@horizon-academy.com for our Upper School (7-12) students.

Gratitude Challenge

In Mrs. Carr's Social Skills classes this week, she discussed coping strategies and asked students to get into the habit of reflecting on three specific things they are grateful for each day. Reflecting on the good parts of each day helps students feel happier and more at peace. Students could start a journal or just share out loud with a family member at the end of the day.

Try to make it part of the evening routine and see how they feel after they've tried it a few days in a row.

Consider updating the [Horizon Academy community wall](#) with what your family is grateful for this week.

Spirit Day on April 10th

The theme for this Spirit Day is Crazy Hair Day!
Make your hair crazy for our all school morning meeting at 9:00 a.m. on April 10th!

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



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

- Driveway Fitness Obstacle Course
- Ladder Workout
- TP Juggling and Fitness Mathopoly (see below)
- Ladder Games
- American Ninja Warrior

14+6 JUMPING JACKS	10-3 PUSH UPS	10 SECOND BUTTERFLY STRETCH	4+4 SQUATS	10-2 HIGH KNEES	10 SECOND BALANCE ON ONE LEG	11-1 SECOND PLANK	6+6 SHOULDER TAPS	Bonus Sip of Water	14-2 MOUNTAIN CLIMBERS	6+8 SQUATS	CHOOSE ANY EXERCISE TO DO!	7+7 TOTAL LUNGES	5+5 ARM CIRCLES	Bonus Dice Roll!	7+2 CALF RAISES	6+4 SIDE PLANK	EVERYONE DOES 3+7 PLANK	15-5 SUMO SQUATS	Give ANOTHER PLAYER AN EXERCISE TO DO FOR 10 SECONDS									
8+0 SQUAT JUMPS	14-4 ARM CIRCLES	PICK ANY STRETCH TO DO!	1+4 PUSH UPS	Bonus Dice Roll!	7-2 FROG JUMPS	3+5 BUNNY HOPS	10 SECOND DANCE PARTY	9-1 SKAT JUMPS	Give ANOTHER PLAYER AN EXERCISE TO DO FOR 10 SECONDS	3+7 SECOND PLANK	9-4 JUMPING JACKS	Bonus Dice Roll!	7-2 SIT UPS	CHOOSE ANY EXERCISE TO DO!	Bonus Sip of Water	2+3 SUMO SQUATS	10 SECOND BALANCE ON ONE LEG	10-4 TOTAL LUNGES	20-4 MOUNTAIN CLIMBERS	4+1 PUSH UPS	EVERYONE DOES 10 HIGH FIVES	8-3 ARM CIRCLES	10 SECOND TOE TOUCH STRETCH	Bonus Dice Roll!	3+2 FROG JUMPS	CHOOSE ANY EXERCISE TO DO!	8-2 SQUATS	Start!



Fitness Mathopoly



- All you need is a dice and this board.
- Pick a game piece and place it on "Start."
- Roll the dice, move your piece that many spaces, solve the math problem, and perform the exercise that many times.
- Whenever you pass "Start" give yourself a point on the Scoreboard and take a drink of water.
- The first player to get to 3 points wins.
- Have water ready for when you get thirsty.

When You Pass Start
 • Give yourself a point
 • Drink Water

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

[Managing Distractions While Learning at Home](#)

Tuesday, April 7 at 7:00 p.m.

This webinar is hosted by former
Horizon Academy counselor,
Natalie Bergman.

Learn helpful ways to manage distractions
while your children are learning at home.

[Washing Hands: How to Get Kids in the Habit](#)

Here are a few practical tips that can help your child
develop the habit of washing their hands.

[Online Playdates, Game Nights, and Other Ways to Socialize at a Distance](#)

Fire up FaceTime and get the fun started
with ideas from show-and-tell to charades.

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.

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