
April 24 Weekly Newsletter

1 message

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Fri, Apr 24, 2020 at 11:19 AM



Horizon Academy Weekly Newsletter

April 24, 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.

Technology Tips

There have been a few support tickets this last week that have required Network or Chromebook troubleshooting to fix.

If your student is running into issues with network latency, lag, or CPU issues with Zoom on their Chromebook, it can be due to two separate issues:

Network Resources

If your student is facing issues with their connection, there are some key things to consider and try.

1. Note the speed of your network by connecting to your wifi with the

Chromebook and another device. Go to Google.com. Search for internet speed test, then Tap or click Run Speed Test.

2. Move your student closer to your Wifi source (wireless router, wifi enabled modem, access point, etc). 5ghz connections are faster but do not travel as well through Walls. 2.4ghz travel farther, but are slower and can run into interference from microwaves.
3. If you are using a lot of internet bandwidth for processes online like Netflix, streaming services, or games, or connected to a VPN for work, this may decrease available bandwidth for other devices including your child's Chromebook. Be mindful of your network usage.
4. If you need to unplug your modem and router for a minute, plug the modem in first, then plug the router in about 30 seconds after to reset them.
This may fix some issues.
5. On the Chromebook, turn the wireless connection off and then on again to reset their connection.

Chromebook Resources

Your student may have too many things open on their Chromebook, or the device hasn't recently completely powered off. Please make sure students completely power off at least once a week, and close all their apps and tabs every day.

Thursday, April 30

Spirit Day - What Are You Reading?

Students should bring a book they've been reading and be prepared to briefly share about it during the morning meeting.

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](#)

Thursday, May 21

Virtual Talent Show

Our virtual talent show will be on May 21st.

If your child is interested in performing, please email Mrs. Altman at jaltman@horizon-academy.com with your idea **by May 1st**.

Once Mrs. Altman approves your idea, you have until **May 13th** to submit your video. To submit your video, email it to talentshow@horizon-academy.com.

Students are welcome to submit a video up to 90 seconds in length. If your video is longer than 90 seconds, it will be edited to fit within the required time allotment.



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!

(913) 789 - 9443 | info@horizon-academy.com

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

Parent Resources list from Counselors

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

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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

Pancake Flipper
Shoe Flip
Deck of Cards Workout
Broom Ball
Backdoor Basketball-3 Point Contest

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

[Calm the Chaos](#)

In this free webinar hosted by ADHDKC, you will discover:

- Hidden challenges that make homeschooling difficult for many parents, especially remote professionals.
 - How to minimize interruptions from your kids so you can get your work done.
- Ways to motivate your child to do their school assignments when they would rather play video games.

[50 Best Streaming Documentaries to Watch as a Family](#)

Take a break from the sitcom reruns and tune in to some of these educational documentaries to watch as a family. They're just as entertaining, and help make screen time worthwhile.

[Storytime Live!](#)

Join the Learning Tree for Storytime each week live streamed on Facebook. Come together to read stories and connect through children's books!

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.