

ANCHOR NEWS

— CLEVELAND NJROTC NEWSLETTER, SEPTEMBER 21, 2020 —

WEEK IN REVIEW

It is hard to imagine but we are entering the week four of the school year, and it is time to talk about first progress grades. The teachers will finalize Progress 1 grades on Friday, September 25th. In order for the records to be timely and accurate, the district made that day a half-day for students, and slated some professional development time for teachers. Please check Cleveland website for modified bell schedule on that day. You will find it via the Calendar link (main page, left hand side). In other news, our Freshmen have been busy with STAR testing in reading and mathematics. Other grades took their first common formative assessments. Our teachers and students have worked very hard the first three weeks teaching and learning and we could not be more proud of the excellent job they did!

CLEVELAND STAFF: SCIENCE TEAM



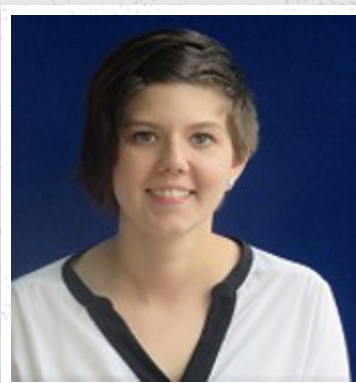
MS. BOND

Biology, Personal Finance



MR. ROLLINS

Chemistry



MS. NIPPER

Freshman Physics,
Environmental Science

SAVE THE DATE

September 25 - students' half-day, teachers will attend professional development.

September 25 -- Progress Reports Grades

September 28, 2020 -- St. Louis University [Virtual Girls in Aviation Day](#). For more details and to reserve your spot, please see their [Virtual Flyer](#)

October 6th -- ACT Test (seniors only), please email school counselor Ms. Schaffer for details.

COUNSELOR CORNER

Ms. Schaffer, our school counselor offers one-on-one meetings with parents and students. If you would like an appointment, please complete [Counselor Meeting Request Form](#) and indicate your preferred time, date, and nature of the meeting. After submission, you will receive a confirmation email with a meeting link.

Please note all individual student meetings must have another adult present or be recorded.

TECHNOLOGY SUPPORT AND UPDATES

On Monday, Sept. 21, SLPS will open Technology Technical Support Centers at two of our schools: [Vashon, 3035 Cass](#) and [Hodgen, 1616 California](#). These locations will provide tech support for any District equipment distributed to students: iPads, laptops and hot spots. If families have not received equipment for their student(s), they should contact their home school. Technology Technical Support Centers are open from 8:15am to 3:30pm Monday through Friday.

Earlier this week, the District made the decision to disable private chatting. This disabling impacts "student to student" chatting and "teacher to student" chatting. Communication can still occur between teacher and student using these methods:

- Email
- Chat during a meeting with the entire group for whole group instruction
- Send a message through OneNote

Microsoft is working on updating some permissions that would allow "teacher to student" but not "student to student." At this point, we do not have a timeline on when the updates will occur but will communicate when identified.

- [Parent Virtual Learning Resources page on the SLPS website](#)
- [Ten Tips for Parents Supporting Virtual Learning](#)
- **TECH SUPPORT:** For technology-related issues on District devices, contact the IT Help Desk at 314-345-5757 or email techhelp@slps.org

MARVELOUS MONDAY MEALS!

On the first day of school, Monday, August 31, 2020, SLPS will launch a new, five-day meal plan for students. The new program serves 8am to 1pm every Monday from designated schools. As we gear up for the new plan, this Friday, August 21, 2020, marks the end of the District's seven-day family meal service.

In the new plan, meal distribution is on Mondays. Please see the newly updated [list of meal distribution sites](#). Every Monday (except holidays), families can take home a **seven-day meal** kit, which includes five breakfasts and five lunches, for each student enrolled and studying virtually in any program at SLPS.

In order to receive meals, students or parents/guardians must present the student's meal service Personal Identification Number (PIN).

If you are new to the District or do not remember your PIN, please contact:

- Your home school (even though we're studying virtually, students are still assigned to a home school), or
- Food and Nutrition Services Department: Tenecia Williams, Accountability Specialist, 314-345-2308; or Althea Albert-Santiago, Director, 314-345-4519

EMOTIONAL WELLNESS

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional wellness.

BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present – of all that's going on inside and all that's happening around you. It means not living your life on "autopilot". Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- Take some deep breaths in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll and notice the sights around you.
- Practice mindful eating. Be aware of each bite and when you are full.
- Find mindfulness resources in your local community, including classes, programs, or books.

For more information please follow this [link](#).

GET YOUR FLU SHOT

Although flu lingers in the United States all year long, the annual flu season arrives in late fall and runs through late spring. Most individuals who become ill with the flu recover without serious complications, but some who contract the flu experience serious illnesses, hospitalization, and even die. The best way to help protect yourself, your family, and the community from the flu is to get your annual flu vaccination. The flu vaccine will not provide protection for COVID-19. However, the City of St. Louis Department of Health is alerting St.

Louis residents that is crucial that they get the flu vaccine. To learn more about this year's vaccine and locations in the City of St. Louis to get a vaccine click [HERE](#).



CLEVELAND NJROTC ACADEMY

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