FIRST WEEK RECAP

We had a great first week, excited to see our students: returning and new. At this time, we have completed our Technology Distribution. If you are still in need of a laptop or a HotSpot, please call us at 314-776-1301 and schedule an appointment for a pick up. Our visitor hours are 12 pm - 2 pm. Please enjoy a three day weekend, celebrate Labor Day safely, and if you are gathering together, please remember to follow social distancing guidelines.

CLEVELAND STAFF: COMMUNICATION ARTS TEAM

MR. RIEDER
Junior and Senior English

MS. COPPLE
Freshman English, ACT

MS. ANDERSON
Sophomore English, Journalism

SCHOOL VISITOR HOURS

Please be advised that starting September 7th, you are kindly asked to schedule an appointment to come to school. Please call us at 314-776-1301
CLEVELAND PARENT HOUR: SEPTEMBER DATES

Cleveland Parent Hour is a virtual meeting with the school administration, a platform for parents to give us feedback, ask questions, or express concerns. All meetings are conducted via Zoom.

Please mark your calendars for the September dates:

- September 10, at 6 pm -- Zoom Meeting Link
- September 24, at 6 pm -- Zoom Meeting Link

100 NEEDIEST CASES BY UNITED WAY

SLPS is participating in the 100 Neediest Cases program through the United Way. It is a program that provides holiday assistance to help families get what they need during the holiday season. If you have experienced difficulties this year and would like to be considered for assistance, please contact our school social worker, Mrs. Wolfgram. You can go to the Cleveland website and click on staff, then you will see Robin Wolfgram, Social Worker. On her site you will see a "100 Neediest Cases Form" on the left side. Please click on that tab and then click on the provided link to complete the referral form. You can also email her at robin.wolfgram@slps.org, or call her at Cleveland on Tuesday or Thursday. The deadline for requesting consideration is September 18th by 3:00 p.m."

SAVE THE DATE

- 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.*
VIRTUAL LEARNING PARENT CHECK LIST

New resource page is available on SLPS webpage with the wealth of information for parents about virtual learning. You may access the page via Parents Virtual Learning Resources.

TECH: Every Cleveland cadet will be issued a laptop for virtual learning. Hotspots will also be provided to families that indicated they needed one to access the internet.

SUPPLIES: A starter kit for school supplies needed for the school year will be provided when families come to pick up their laptops.

HOURS: Virtual Learning will be held daily, Monday through Friday, from 8:15 am to 3 pm, with the exception of holidays or professional development days. Please reference the 2020-2021 SLPS academic calendar for details: www.slps.org/calendar.

FORMAT: SLPS will use Microsoft Teams as its virtual learning platform. The format will be approximately 50-50 mis of synchronous instruction (virtual face-to-face class meetings, direct instruction, collaboration, discussion and intervention) and asynchronous instruction (independent work).

ASSIGNMENTS: An overview of each week's lesson, along with links to the Microsoft Teams classrooms can be accessed on your teacher's website.

BELL SCHEDULE: The schedule is being developed now, but the day will be oriented, so that students have brain breaks, technology breaks, bio breaks and lunch/snack breaks. You can find Cleveland NJROTC Academy Bell Schedule on our website or here!

LOGGIN IN: Parents/guardians can obtain their child's username and password from the teacher or during the technology distribution days.

TECH SUPPORT: For technology-related issues on District devices, contact the IT Help Desk at 314-345-5757. On-site training and printouts will also be available during technology distribution at school.

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 five-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

REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts long time – a condition known as chronic stress - those "high alert" changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- Get enough sleep
- Exercise regularly
- Build a social support network
- Set priorities
- Think positive
- Try relaxation methods
- Seek help

For more information please follow this link.

CLEVELAND NJROTC ACADEMY

@NJROTCleveland

4939 Kemper Avenue, St. Louis, MO, 63116
victoria.shearing@slps.org
314-776-1301
slps.org/cleveland

SIGN UP FOR THE NEWSLETTER

Do you know a Cleveland family that isn't receiving the newsletter? Tell them to call us at 314-776-1301 to join our mailing list. You can also sign-up or update your email address via the form below.

"Cleveland Newsletter Sign Up"