WELCOME TO A NEW YEAR:

Hello and welcome to a new school year. With so much going on, wanted to recap what I know and send out some important dates as well as some tips.

**Scheduling Update:**

Individual schedules are posted in PowerSchool. In order to review schedules, students must be registered for school. NOTE: If a student wants to make changes to their schedule, they have until Monday, August 31st to make a change with no penalty. Schedule changes to get another teacher will not be allowed unless a highly extenuating circumstance exists. Students must look at their schedules by August 28th.

**KACC**

KACC starts August 20th. The bus will leave at 7:40 A.M., please arrive no later than 7:30 A.M. Students will return for the final period each day. As part of their 90 minutes extended learning, they will watch the lesson from their one missed class that day. This means on Monday they will report for 5th period and watch 4th period when they get home.

**Freshman Orientation**

On Tuesday, August 25th we will be holding a Freshman Orientation from 5-7 P.M. It will be limited to 20 minutes and by last names. At no time will there be more than 50 students in the den. Student may bring one parent. If a student wants to take a quick tour, only the student can take a tour, a mask is required at all times. Here is the format.

<table>
<thead>
<tr>
<th>Last Name</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>A-G</td>
<td>5-5:30 PM</td>
</tr>
<tr>
<td>H-K</td>
<td>5:30-6 PM</td>
</tr>
<tr>
<td>L-R</td>
<td>6-6:30 PM</td>
</tr>
<tr>
<td>S-Z</td>
<td>6:30-7 PM</td>
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</tbody>
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**Important Dates**

**August 17**

First Day for Prairie State College Classes

**August 20**

First Day of KACC

**August 24 & 25**

Remote Learners to pick up textbooks and Chromebooks

**August 28**

First Day of School & In-Person materials will be picked up.

**October 14**

SAT Test for seniors & PSAT test for juniors.
Prairie State College Program

Students enrolled in the Prairie State College Program start August 17 and will be taught virtually. To view your schedule, you can log into WebAdvisor and from there you will click on students and then schedule. Here: https://webadvisor.prairiestate.edu/WebAdvisor/html/contactus.html. If you have not logged into your account yet, please do so just to ensure you are able to.

All your course material will be found on their online learning system called Desire 2 Learn (D2L for short) and information on how to log in can be found here: https://prairiestate.edu/about-us/operational-departments/information-technology-resources-itr/instructional-technology/desire2learn-students.aspx

If you haven’t set up a payment plan or paid for your courses, you can follow the instructions in this link to do so: https://prairiestate.edu/apply-reg-pay/how-to-pay/index.aspx.

For more information or questions in regards to the Prairie State College Program, please contact Beth Wyack. Bwyack@prairiestate.edu

Testing

TESTING INFORMATION: if you are on social media, I recommend following ACT and SAT for the most up-to-date information!

- **SAT:** The seniors will be taking the SAT with Essay on October 14th. The test is free and will be taken at Beecher High School. More information will be sent out soon. All juniors will be taking the [PSAT](#) on the same day October 14th. All freshman and sophomores will be remote learning that day.
- The school is offering Naviance Test Prep this year. This is a great resource for free SAT/ACT test prep. For more information, please contact Mr. Sarsany

Virtual College Fairs

Students who are interested in going to college after high school, NACAC, National Association for College Admission Counseling, will be hosting a Virtual College Fair. Here is a great chance to hear firsthand from those-in-the-know at hundreds of colleges and universities nearby, across the country, and around the world. It is free and parents are invited as well. To register, visit this link: https://www.nacacfairs.org/attend/attend-virtual-college-fairs/students/
Mental Health Resource

Beecher Support Staff

BES Social Worker- Emily Beaulieu: ebeaulieu@beecher200u.org
BJHS Social Worker- Debbie Rojas: drojas@beecher200u.org
BHS Guidance Counselor: Steve Sarsany: ssarsany@beecher200u.org
District School Psychologist- Dr. Sandra Hoffman: shoffman@beecher200u.org

24/7 Hotline Numbers

State of Illinois helpline:

Mental Health text “TALK” to 552-020
For Spanish, text “HABLAR” to 552-020
Employment Text “Unemployment” to 552-020
Housing Text “Shelter” to 552-020
Food Text “Food” to 552-020

Suicide Prevention Lifeline- 1-800-273-8255

Crisis Text Hotline- Text “Hello” to 741741

National Suicide Prevention Lifeline 1-800-273-8255

NAMI HelpLine for assistance with mental health resources and support
(National Alliance of Mental Illness)

NAMI Crisis Line: (800) 950-6264 Monday-Friday, 9:00 a.m. to 5:00 p.m., www.nami.org

Covid-19 Resources:

SAMHSA - Coping With Stress During Infectious Disease Outbreaks What you should know, signs of stress and how to relieve stress. https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

NCTSN - Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 What you should know, readiness, reducing your family’s risk: hygiene, medical care & supplies, coping with the stress of an infectious disease outbreak, scheduling & activities, self care & coping and seeking additional help. In addition, a quick view chart is available which indicates what child’s reaction may be by age group and the best ways you can respond. https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
Information for Parents

As your family transitions back to “normal” life, it’s important to remember that normal looks a bit different now, and that can be uncomfortable. Your child may also feel out of practice or unprepared to be back in school after so much time at home. Here you’ll find some information on how to help your child cope with these changes and have a successful year.

Get Back in the Swing of Things – Tips to help your child get back into a successful school routine.

- Encourage organization. It might be a little tough at first for your student to get used to his/her time being more structure again. Encourage your students to use a planner to record assignments, tests, and appointments.
- Make sure your student practices good classroom and study habits. Encourage your child to participate in class discussions, use study time wisely, and keep personal conversations to a minimum during class. Your student has probably missed socializing with friends, but when in class, it’s important that he/she stay focused and on task.
- Encourage patience. Like you and your family, the entire school faculty has also gone through something very stressful. Be patient with the school as everyone gets back into the swing of things, and encourage your student to do the same. We’re all in this together.

Monitor Mental Health – In many ways, the pandemic was, and continues to be, a traumatic event for everyone. Be on the lookout for signs of anxiety and depression and help your student deal with lingering mental health concerns.

Possible signs of Anxiety & Depression

- Irritability and oppositional/defiant behavior.
- Frequent physical ailments, such as headaches or stomachaches, especially if no medical cause is found.
- Trouble sleeping or sleeping too much.
- Clinginess.
- Loss of interest in school and social activities.
- Simply not seeming like him/herself.

Teach breathing as a calm technique - If your child is upset or feeling anxious, encourage him/her to take deep breaths – breathe in, count to four, and breath out. Repeat.

Talk about it – Regularly talk to your child about his/her feelings. Your child may be reluctant to discuss what he/she is thinking or feeling, and that is okay. Initiate conversations be available to listen, and make sure your child knows that you are there to help any way you can.

Stay Healthy – Make sure that you and your child continue to do the following to stay healthy and safe.

- Wash your hands for at least 20 seconds
- Avoid touching your face
- Cough and sneeze into a tissue or your elbow
- At all times wear a mask in school
- Stay home if you’re feeling sick
Tips for Students

- Since we have not been in a traditional school routine since March, we want you to keep some things in mind upon your return:

  - We are resilient! We have endured the impact of a very serious crisis, and we had to learn to adapt and change to manage our personal health, both physically and mentally. Give yourself a pat on the back and remind yourself that you have and can face hard things and overcome!

  - Our bodies always have an adjustment period at the start of a school year, especially the early morning routine. Our brains readjust in many ways as well. Be patient as your body, brain and emotions get back into a normal routine after a longer abnormal timeframe.

  - As our brains readjust to schoolwork, you may experience a lower frustration tolerance. Again, be patient with yourself and give yourself some grace. If you feel frustrated that you are not learning something as quickly, give yourself a break and try again. We are all adjusting in different ways at different paces--adults too!

  - Emotional health and mood has taken a more front-and-center spot in the conversations following quarantine, even though they have always been important! You may have taken more time to acknowledge your emotions throughout this process, and we encourage you to do so as you return to school/throughout the school year. We are here to support you as you navigate return to a new normal!

  - Making connections with your peers is a major part of high school life, and we realize that isolation has impacted those connections, both positively and negatively. We want you to make healthy and positive connections to your classmates and peers, and we are here to help you process this part of high school should you find yourself struggling.