



FORCE Parent Notes

September 11, 2020

Hello FORCE families,

My name is Paula Chavez I am your Director of Campus Operations. You all have already made it through a few weeks of school! We know there has been a lot of ups and downs working through this new virtual setting. However, we have seen our students, parents, and teachers work extremely hard to make the most of this new learning environment. Today, you will receive communication from our district office to fill out a new survey in Skyward for your school environment choice. (Virtual vs. On Campus Learning) Please fill this survey out by Monday, September 21st, in order for our school to plan out the safest transition back. Again, we are extremely proud of our FORCE families and we will continue to work together to make this year an amazing one!

Best,

Ms. Chavez

FORCE Athletics

If you have children participating in E-Sports, you can see the schedule by clicking on this link:

<https://www.teamsideline.com/sites/hcal/schedules>

We also have optional athletic workouts every day after school starting at 4pm, followed by sports specific workouts starting at 5pm.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength + Conditioning - 4:00-4:55					
Strength + Conditioning	Orange Theory	Strength + Conditioning	Stretching + Mindfulness	Footwork, Speed Agility	Endurance (Asynchronous)
Sport Skills - 5:00-5:55					
Cross Country + Track	Volleyball	Basketball	Soccer	Football	Meets/ Competitions (Asynchronous)
E-Sports					
Weekly lesson from E*Sports Curriculum					
Cross-campus game competitions on Sport-focused games					
Gamers will report results to AD					
Leadership + Character Development					
Weekly lesson or opportunity from a Character Development Curriculum (not yet selected)					

FORCE Updates

Tech Update

Students and families thank you for your patience navigating through this virtual setting. We understand the frustrations that may come up when technology is not working in our favor. Here are a few tips that will help you!

1. If your student is logging in to their Teams account make sure they are typing their YES email that we provided for you and the new password. Make sure you are capitalizing the letters: **YesStudents17**
2. If the account says that it is locked please reach out to the front office so someone can help you. (If the phone is busy please email us gtfo1@yesprep.org)
3. If the account says you need a code, fill out the tech survey so that we can reset your password:

bit.ly/YPLoginHelp

Internet Access

If you are still in need of internet access, please make sure to complete this survey if you have not already completed one:

https://yesprep.co1.qualtrics.com/jfe/form/SV_88PdSPrrXOHvTKZ

Attendance

Force Parents, please make sure you are submitting excuse notes (doctor's notes, etc.) when your student is absent due to an appointment or illness; to excuse the absence for the day the student was out.

Email any excuse note to claudia.klonis@yesprep.org and she will update the student's attendance to an Excused Absence.

Legacy Clinic

LEGACY SCHOOL BASED HEALTH IS HERE FOR YOUR HEALTH CARE NEEDS!

Pediatric well visits, sick visits, counseling for anxiety, depression, behavioral problems and more!

We are OPEN and ready to serve you! We've made our School- Based Health pediatric care and counseling available from the comfort of your home. We are providing health services both, virtually from your computer or smart phone and limited in-person visits as needed. Appointments are available and new patients are welcome, schedule an appointment at 281-628-2050.

Some common concerns that we can address through video and from the safety and comfort of your own home include:

- Weight management/ dietary counseling
- Management of asthma or allergies
- Acne
- Rashes or other skin problems
- Pink eye
- Irregular menses
- GI concerns such as constipation or reflux
- Contraception counseling
- Anxiety or depression

No health insurance? Call us today at 281 – 628-2050 to schedule a virtual eligibility visit and to discuss coverage options.

