

CHS Parent Webinar

10/22/2020





WELCOME!

Upcoming “no school” days

November 11

Veterans Day

November 26, 27

Thanksgiving Break



What's new with CHS facilities?

- Updated Science building will be ready when we return (it's ready now, but...)
- New entrance to athletic fields from Finch Ave
- Additional parking at the front of campus
- New bike parking that doubles capacity
 - Hasn't it been nice not to deal with traffic? Let's keep that going and walk/ride rather than drive!



What do we know about returning to school face-to-face?

- No plans have been set. We're in conversation about a variety of options and you'll have opportunities to weigh in!
- Current decision: Remote Learning through first semester/December Break.
- **May** be able to have small pods of students back on campus for specific needs before that if we can do it safely.



Recent Advisories

- Interrupting the Pyramid of Hate
- Latinx/Hispanic Heritage Month
- Check-ins and feedback
- Internet Safety



Upcoming Advisories

- Stress and Remote Learning
- Post-election mental health day
- Interrupting the Pyramid of Hate: Practicing our Allyship Skills
- Gratitude
- Microaggressions
- Virtual Rally



Athletics

Fall Conditioning Updates:

- Possibly increasing pod sizes
- Ball usage now allowed
- Must remain socially distanced and with masks

Athletics Parent Webinar November 5. See website for details.



Associated Student Body (ASB) cards

Help support Student Activities & Athletics by purchasing an ASB Card + Yearbook!

- ASB, school-wide events
- Athletics
- Yearbook

<https://tracks.activenetwork.com/CPTHs/webstore>





Student Mental Health

They are trying to be brave and strong.

They don't want to be a burden.

They don't want you to worry.

They don't want you to think they're weak or irresponsible.

So, they may just be saying "I'm fine."



Mental Health Concerns on the Rise

- Uncertainty
- Fear
- Grief
- Isolation/Loneliness
- School stress
- Lack of motivation/engagement



Work with your children on

- Good Sleep. They need 8+ hours. Those who are seeing our School-Based Therapists are averaging 4-6 hours/night.
- Predictable routines: provide structure and security. Start small if there's no routine now.
- Stay connected: take time to listen every day without giving advice, opinion, or correction.
- Regular exercise and creative activity



Supporting your child's mental health

- Follow their lead
- Listen
- Focus on building resilience
 - What can you control?
 - What can't you control that you have to accept?
 - Help them focus on what they can control like taking care of their bodies and minds, connecting with others.



Look for signs they might need more support

- Moods will come and go
- It's reasonable to be down or irritable sometimes
- If they don't seem to bounce back from a bad week--it could signal a more serious issue.
- Sudden changes in behavior can also signal a mental health struggle.



Other signs to look for

- Physical complaints. Stomachaches, headaches, or other vague physical symptoms can be associated with depression.
- Social withdrawal. If teens begin to completely isolate from parents or start to isolate from peers, this might be a sign of depression.
- Academic decline. A striking drop in academic performance or motivation, in conjunction with other symptoms, may indicate depression.



Other signs to look for

- Substance use. A teen might be self-medicating.
- Self-criticism. An increase in frequency and intensity of negative self-statements, such as “I’m so stupid!” or “I can’t do anything right!” may also be a sign of depression.
- Change in eating habits: overeating or loss of appetite
- Drastic change in sleeping habits



How can the school help

- Reach out to teachers for additional help or time
- Reach out to Guidance Counselors or AP for support
- Reach out to our School-Based Therapists
- Need help finding outside therapy? Let us connect you! Your AP, Guidance Counselor, or SBT can assist you.



What are your questions?