

Student Services Snapshot

FALL 2020 EDITION

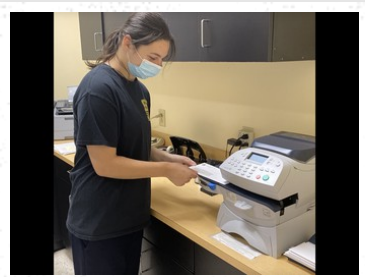
WELCOME BACK!

Having our students back in our school buildings is the best feeling in the world. The students have been missed so much! They have exceeded our expectations with their patience and flexibility during the start of this school year and all the challenges it brought.

Additionally, our teachers are working hard to accommodate ALL students- whether the students are attending school in the building full-time, part-time, or virtually on Canner Cyber Connection. We are so thankful for our amazing staff who go above and beyond in order to provide lots of individualization to help our students succeed.

Wishing continued good health and safety to all!

Dr. Anne Corwell



CENTRAL OFFICE INTERN

Brianna, a BHS senior, is currently doing an office internship in the Central Office. As part of her internship, she is learning how to use all of the office equipment, sort the mail, track packages, and assist visitors upon their arrival. If you get by the Central Office, say hello to Brianna!

INSIGHT FROM THE SCHOOL PSYCHOLOGIST

An Attitude of Gratitude: Why Is It So Important?

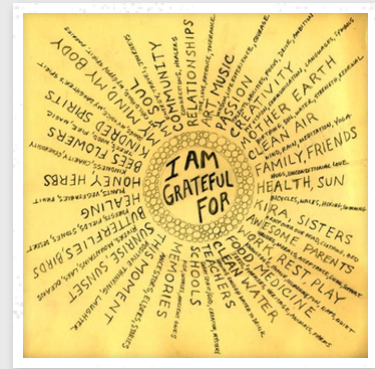
The Harry Potter book series is currently all the rage in my house. Aside from the captivating, magical world that draws readers in, there are also many life lessons found within its pages. One of my favorite scenes contains some sage advice from the wise old wizard Albus Dumbledore, "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light".

So, how do we turn on the light during dark times? *Gratitude* is the quality of being thankful *and* having the readiness to show appreciation for and to return kindness. With gratitude, people acknowledge the goodness in their lives and it helps them feel more positive emotions (i.e. happiness!), relish good experiences, improve their health, deal with adversity, and build strong relationships.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. The best part is, gratitude benefits people of all ages-even young children! Here are some ways to "turn on the light" with gratitude:

- Write a thank-you note
- Thank someone mentally
- Keep a gratitude journal
- Count your blessings
- Meditate
- Perform acts of kindness
- Create a gratitude jar
- Establish a gratitude ritual as a family (Name three things you are grateful for at dinner, bedtime, on the car ride to school...)

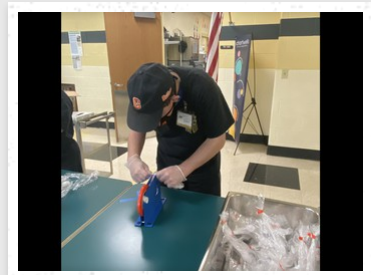
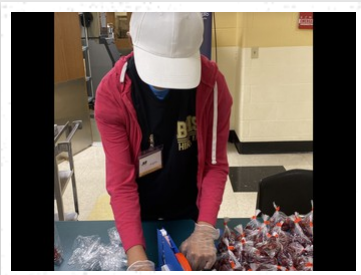
Although it may feel forced at first, your sense of gratitude can actually grow stronger with use and practice. In these uncertain times when it is easy to feel a sense of negativity, give gratitude a try and you may find the great words of Albus Dumbledore to be true for you.





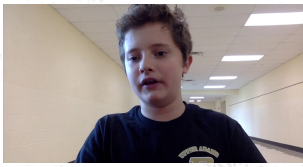
CANNERS IN THE CAFETERIA

Students in Mr. Strine's classroom have been making a difference by putting their job skills to use in the cafeteria. This hands-on work experience has students prepackaging plasticware and fruits for student lunches. Thank you, students!



DID YOU EVER WONDER?

Click on Gavin's video link below.



youtube.mp4

drive.google.com

"SEW" COOL

Emma, a student in Ms. Peterson's classroom, is making a Boho Bag!



MOCK ELECTION

Mrs. Thompson's students are conducting a mock election. Students are working in groups and have campaign roles that they must fulfill. The two candidates Issac McAdams and Anne Matthews were created by each party. Students are currently creating campaign materials and have written their campaign's stance on important issues chosen by the students. In the next few weeks, "candidates" will develop yard signs, bumper stickers, campaign commercials, and give their official pre-election speech. This unit will wrap up with students and staff voting for the candidate.

Anne Matthews Is Going To Save The Environment.



Anne Matthews is going to post the replanting list to other people.



Anne Matthews is going to post the kids' schools to make sure the kids understand how to protect the environment.




Anne Matthews is going to sell recycling bins to other people who don't have any recycling bins.

Republican party www.anne Matthews.com



McAdams Saves Environment With Your Vote



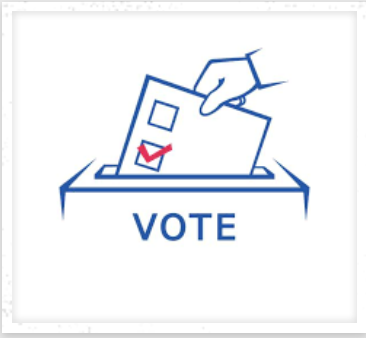
All electric cars by 2030.

Put in laws to prevent forest fires.

Solar power.

Vote Anne Matthews
Understanding President
Republican Party
www.anne Matthews.com

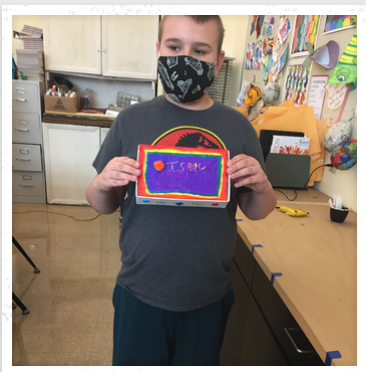
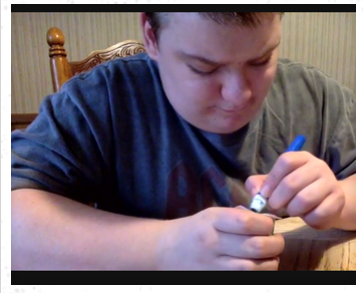


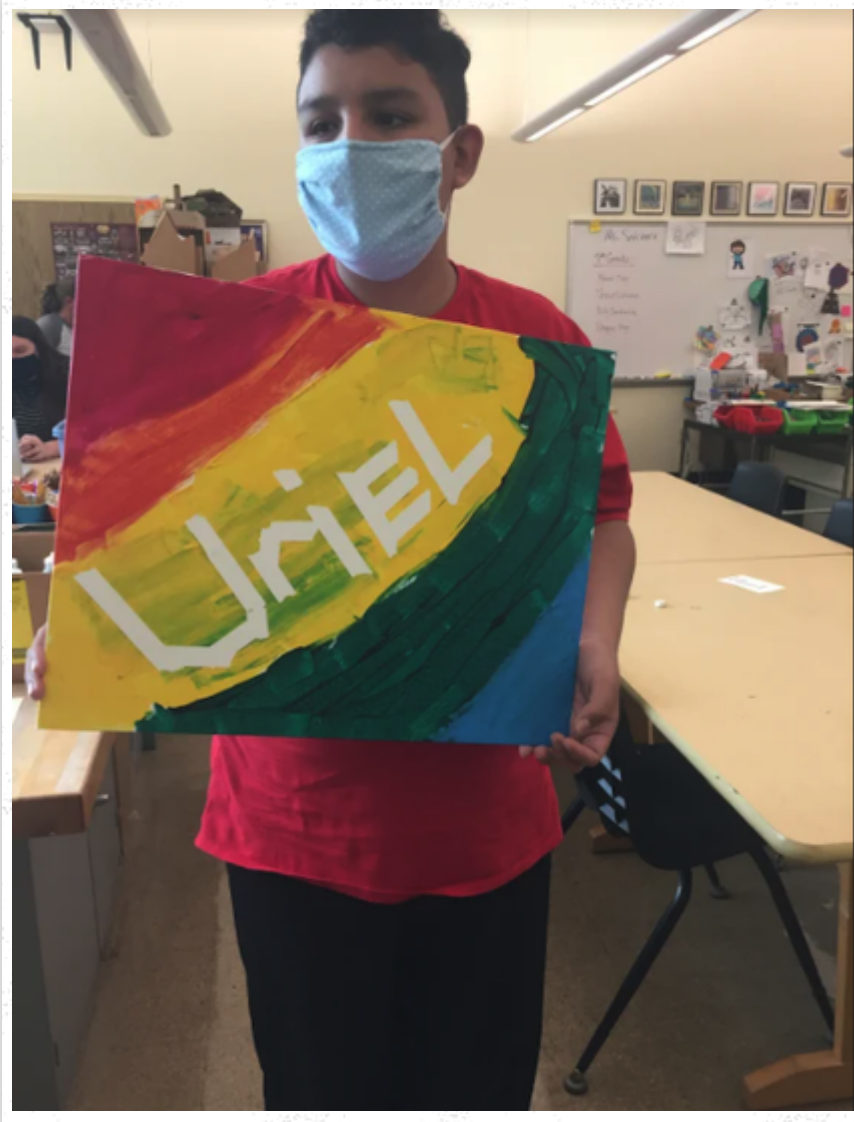


Vote for McAdams
Make The Future Better
Democratic Party www.McAdams.com




CANNERS GETTING CREATIVE





YOGA ANYONE?



Upper Adams School District Vision:

All students
college and career
ready

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