

Student Services Snapshot

Summer 2020 Edition

From the Director of Student Services

Dear Parents and Students,

One thing I know in my heart is that our entire staff at Upper Adams misses you!!! Our teachers are still here, they haven't gone anywhere, and they are waiting until we are allowed to all be back in the classroom. Although we are thankful that we were able to connect virtually, we all feel a little bit lost without you!

Please take care of yourselves and your families, and be proud of yourselves as we all adapted to extreme circumstances this school year. We are proud of you!

Soon we will be together again, and hopefully we will all appreciate each other just a little bit more! We, again, miss your smiles in our hallways!

Enjoy your summer!

Dr. Corwell



Advice From The Graduates

During a recent Zoom meeting, Mr. Strine's graduates shared advice with their classmates...

"Smile" - Madison Anthony

"Work Hard, Have Fun, Enjoy being a Kid" - George Shull

"Try your best, even if it doesn't turn out that good" - Nathaniel Dutterer

"Enjoy your senior year while you can. It's a fun experience!" - Tucker Breighner

"Always do your best" - Christopher Simpson

Congratulations to the entire BHS Class of 2020!

Entrepreneur Emerges During COVID-19

Aaron found a way to make some cash. He put up for sale his art work. Family, friends, and neighbors supported his efforts. Aaron put the proceeds of his sales in his savings account. *Way to go, Aaron!*



Flower Power!

Prior to school closing, Mrs. Judy Pitzer's students planted seeds for a flower bed. The photo shows the status of the plants. Students may pick up their flower when they return their computer at the end of the school year.



Mrs. Carrera's Classroom Takes on Remote Learning!

Monday and Friday Morning Zoom Meetings

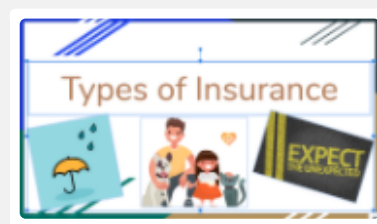
On Monday and Friday mornings, Mrs. Carrera and students meet to mainly regroup to talk about assignments, weekend activities, and to just simply socialize. It's nice to just see everyone's faces and smiles!

Functional Academic Learning during COVID-19 Remote Learning

Students were given opportunities to investigate real-life topics and practice functional skills they will someday use in their own lives.

Topics:

- * Setting goals - job /personal life /where to live
- * Exploring a career of interest
- * Understanding paycheck and pay stub / deduction / withholdings
- * Tipping / sales tax
- * Various insurances

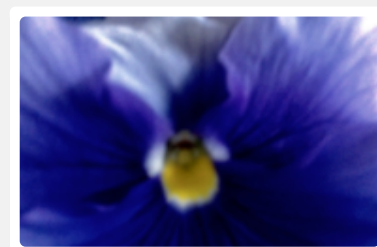
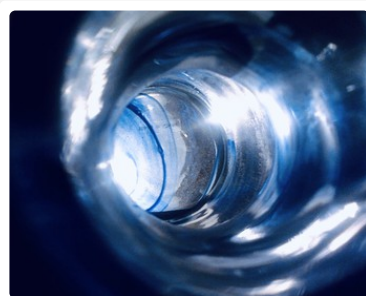
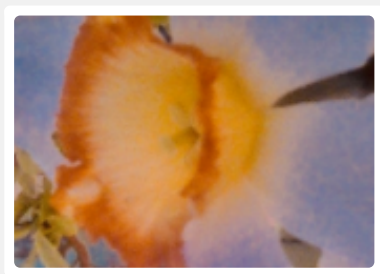


Award Winning!

Congratulations to BHS teacher and PIMS Coordinator Mr. Brad Showers! Mr. Showers recently won the 2020 Data Governance Award of Excellence from the Pennsylvania Data Quality Network. This award recognizes leadership in the area of PIMS Administration and acknowledges Mr. Shower's contribution to quality data reporting.

Photo-Tastic!

Sereck demonstrates his photography skills that he learned in Mr. Dwyer's Visual Communications 1 class.



All About Plants!

Mrs. Weigle's students have gotten to take a few virtual field trips this Spring! The most recent one was to Taylor's Greenhouse. They have been working hard to learn about plants, their parts, and what plants need to grow! This field trip was perfect to see everything they have learned up close. Then the students got their own flower and materials. The students planted their flowers and are giving them the things they need to grow!



Story of Success!

Please take a moment to share in the success of Zach and his therapeutic support specialist.

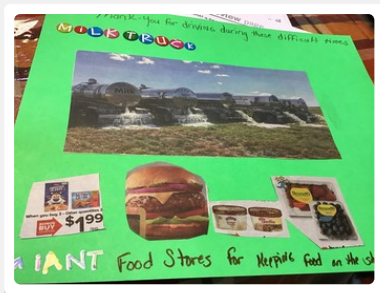
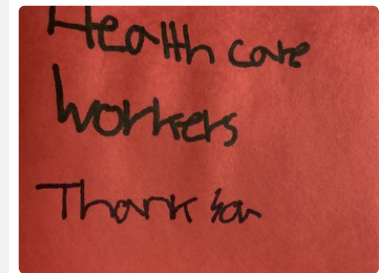
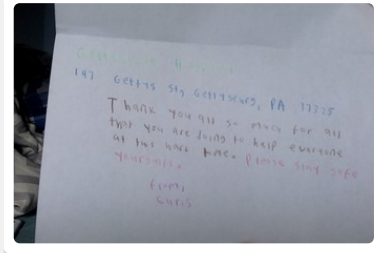
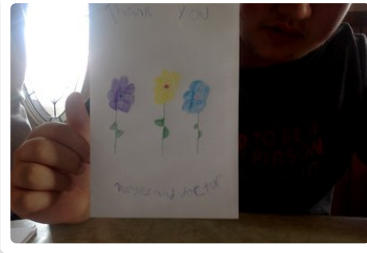
<https://theneighborhoodadvocate.org/shes-in-a-wheelchair-he-has-autism-pandemic-opens-new-possibilities-for-therapeutic-support-specialist-and-her-student/>

Spreading Appreciation & Sharing Happiness

Mr. Strine's classroom has been busy reaching out to the community.

To show support for the hardworking Healthcare Workers and First Responders, students made cards of appreciation.

As part of a Sharing Happiness Activity, the students thanked local stores, shared colorful art, and positive chalk messages.



Teachable Transition Skills

Independent Living:

Families can help students learn important skills such as learning to get up by themselves, prepare simple meals, manage money, shop for groceries and necessities, and other tasks of daily living. This will make independent living skills easier to apply when living at college or on their own. Begin promoting self-advocacy as early as possible, in doable bits, with increasing independence over time. Provide increasing independence for your student, and begin taking a greater "back-seat" or "cheerleader" role.

Employment:

"Soft skills are the skills, traits, work habits, and attitudes that all workers across all occupations must have in order to obtain, maintain, and progress in employment. These include being dependable, responsible, punctual, adaptable, honest, honorable, well-mannered, positive toward work, and appropriately dressed and groomed. Soft skills also refer to such attributes as the ability to get along

with others, work in teams, attend to tasks, work independently, and provide excellent customer service, both within the company and externally.” –*National Collaborative on Workforce and Disability for Youth*.

It is never too early to start working on these skills and summer is a great time to continue developing soft skills. Parents can do much to help their youth develop these important skills. Having good “soft skills” will increase your son or daughter’s chances of finding and maintaining employment. Consider the following ideas:

- To improve communication and active listening skills, encourage youth to join a social skills group outside of school.
- Encourage good personal hygiene and stress that most workplaces require their employees to be well-groomed and to dress appropriately.
- Help youth develop a sense of responsibility by assigning household chores.
- Look for opportunities for your son or daughter to work cooperatively with others by participating in a team sport, volunteering in the community, or engaging in teamwork at home when doing daily chores.
- Create opportunities to practice independence, learn a new skill, or encourage youth to join extracurricular activities of interest.
- Practice following directions, how to handle conflict, and how to use good manners.
- Be clear when tasks need to be done in a timely manner and practice if necessary.
- Enforce expectations of personal responsibility by creating an organizational system (calendar) to keep track of appointments, schoolwork, and social events.

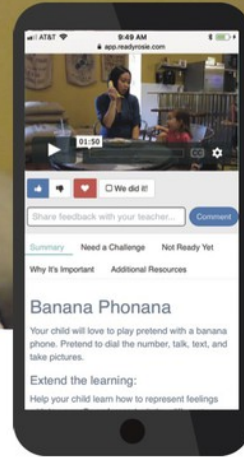
(Excerpt, PACER@PACER.org – National Parent Center on Transition and Employment)

ReadyRosie

If your family hasn't already checked out ReadyRosie for fun educational activities, now is the time! Register today and use the code: Cannors



Today's Activity: Banana Phonana!



ReadyRosie's modeled moments are designed to bring valuable lessons into real life situations in an engaging way for everyone.

You will receive a weekly playlist of videos that connect fun activities with serious learning opportunities. Who knew playing pretend could teach so much?!

How it works:

1

Families watch a 2 minute video from the playlist.

2

Families have fun learning and doing the activity.

3

Families can track progress and boost learning!



Register today!
Go to [ReadyRosie.com/register](https://www.readyrosie.com/register)
and use this code:

Canners



La actividad de hoy: ¡Teléfono de plátano!



Los momentos modelados están diseñados para aportar valiosas lecciones a situaciones cotidianas de la vida real de manera interesante para todos.

Recibirán una lista semanal de videos que conectan actividades divertidas con oportunidades serias de aprendizaje. ¿Quién hubiera pensado que el juego simbólico podría enseñar tanto?

Cómo funciona:

1

Las familias ven un video de 2 minutos de la lista de videos.

2

Las familias se divierten aprendiendo y haciendo la actividad.

3

Las familias pueden darle seguimiento a su avance y estimular el aprendizaje.



¡Regístrese hoy!
Vaya a [readyrosie.com/register](https://www.readyrosie.com/register)
usa este código:

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Reminders from the UAMS/BHS Nurse

- Upcoming 7th graders will need both Tdap and Meningitis vaccines prior to the first day of school or they will be unable to start.
- Upcoming Seniors are required to have the second dose of the Meningitis vaccine by the 5th day of school.
- Upcoming 11th graders need to have their physicals completed (anytime during 11th grade).

Insight from the School Psychologist

Take a Deep Breath: You Got This!

It has now been more than two months since schools closed and life routines have changed-in some cases, drastically. You may be working from home or taking on a new role of home-schooling parent. No matter what your situation in this "new normal", I am certain you have had a moment or two (or

many!) filled with sadness, frustration, anger, or anxiousness. If you haven't, I question whether or not you are human! These feelings of stress are quite normal, but are not always easy to move passed. My hope is to share with you one simple strategy anyone can do to help in these tough moments when emotions run high.

We have all heard the expression and advice of "take a breath" and maybe so much so that we tend to dismiss it. However, there is real power in deep breathing! Just a few deep breaths can slow your heart rate and begin to calm your body, which in turn often helps to calm your mind as a result. Chances are if you google "deep breathing" you will find thousands of resources to support this claim and instruct you on the best method. I invite you to do this! However, I assure you, if you are indeed a human, you will intuitively know how to take a deep breath and your body's calming response will follow. A few simple tips: breathe in through your nose and control your breath out through your mouth; allow it to feel natural, not forced. It may help if you lay down and place your hand or a small object on your belly to focus on the rise and fall of your belly as you breathe. You may want to decide on an amount of breaths you would like to take (such as 10) and in a moment of emotion (such as anger, frustration, or nervousness) count your breaths in your mind or aloud to begin focusing on something other than the negative emotion. You are not too old or too young to master this technique (my two-year old even does it!). You may encourage kids to put their favorite stuffed animal on their bellies and "breathe it out" or count along with you.

As with most skills, the more you practice deep breathing, the easier it will get and the more effective it will become as a strategy to help you in moments of need. If you want to try incorporating it into your daily routine, start out by practicing every time you go to the bathroom! You can even add a phrase or mantra to your breathing to make it more meaningful to you (ex. while breathing in say "I am calm and I got this!"). Simply repeat with each deep breath. You can also take comfort in knowing we are all connected in this time and in our emotions as humans. Stay safe and be well.

In Partnership,

Melissa McLean

School Psychologist

Upper Adams School District



Upper Adams School District Vision:

All students
college and career
ready

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