

**COLORADO SPRINGS SCHOOL DISTRICT ELEVEN**  
Dr. Michael J. Thomas, Superintendent  
Phoebe Bailey, Assistant Superintendent-Personnel Support Services

**School Accountability (SAC) Training Agenda**

**November 4, 2021**

**In person, Tesla-room 116 and Via WebEx**

**6:00pm – 8:00pm**

- 6:00 – 6:10 pm     **Welcome and Introductions**  
Velvet Stepanek – DAC Chairperson
- 6:10 – 7:00 pm     **Spotlight on Keller ES -**
- Tech Night for Parents
    - What worked
    - Communication to parents
    - Support videos
  - Parent training on PowerSchool, Schoology, etc.
  - Questions
- 7:00 – 7:55pm     **Diversus Presentation - (they offer support and services dedicated to mental and behavioral health care, counseling, therapy and treatment in Colorado)**
- Parents, Let's Talk Youth Mental Health
  - Questions
- 7:55 – 8:00pm     **Closing Remarks/Door Prize**  
Lyman Kaiser, Chair – Training & SAC Support Subcommittee

# *Keller Tech Nights*

Stacy Brisben, Principal

Danette Grantz, LTE

## *Set Up Procedures*



- ⇒ 1st Quarter Tech Night
- ⇒ K-2 3-5 Why?
- ⇒ Interpreters for ELL families
- ⇒ Dinner
- ⇒ Fliers RSVP
- ⇒ D11 Loop
- ⇒ Keller Website
- ⇒ Dance Team Presentation (Community Partnership)

# *Stakeholders*



- Keller Staff
- Keller Students
- Keller Parents
- Community: Summit Danceworks

Welcome to PreK-2 Keller Tech Night!  
Danette Grantz: LTE

DANETTE GRANTZ: LIBRARY TECH TEACHER





# Powerschool Info

▶ <https://www.d11.org/PowerSchool>

▶ **If you need assistance Mon-Fri, 8:00am - 4:00pm, call 719-520-2487**

## Ipad Shortcuts and Apps

<https://medial.d11.org/Player/30769739>

Clearing History

<https://medial.d11.org/Player/21096199>

# Seesaw



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Student Log in Codes

Family APP

Seesaw for Families Tutorial

[https://www.d11.org/cms/lib/CO02201641/Centricity/Domain/64/My\\_Video.mp4](https://www.d11.org/cms/lib/CO02201641/Centricity/Domain/64/My_Video.mp4)

More than one child in Seesaw

<https://help.seesaw.me/hc/en-us/articles/206514685-How-do-I-add-another-student-to-my-family-account->

How to Message Your Child's Teacher in Seesaw

<https://help.seesaw.me/hc/en-us/articles/115003335423-How-do-I-message-the-teacher->

# Webex App



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# Technology Help for Parents



## D11 Parent Tech Tips Page

► <https://www.d11.org/TechTips>

# Ipad Care

- ▶ Please wash your hands before using the Ipad (They become very dirty very quickly!)
- ▶ NO food or drinks near the Ipads
- ▶ Please DO NOT clean the screen! We have special cleaning spray at school!
- ▶ Please do not REMOVE the case!
- ▶ Please ONLY use the school issued charger!
- ▶ Email/call Mrs. Grantz with problems

Mrs. Danette Grantz, Library Tech Educator

[Danette.Grantz@d11.org](mailto:Danette.Grantz@d11.org)

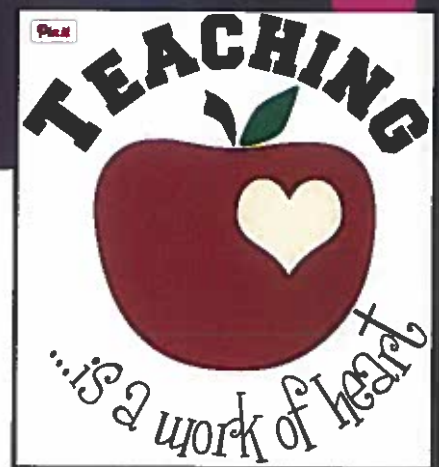
719-328-5924

Mrs. Laura Carroll, District Support Technician

Tuesdays and Thursdays

[Laura.Carroll@d11.org](mailto:Laura.Carroll@d11.org)

719-328-5922



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# Welcome to Keller Tech Night!

## 3-5



## Chromebook Care

<https://www.d11.org/cms/lib/CO02201641/Centricity/Domain/64/Things%20you%20should%20do%20for%20your%20Chromebook.pdf>

- ▶ Please use school issued charger
- ▶ Please shut down each day
- ▶ Please charge in the evenings
- ▶ Digital Citizenship



# Powerschool Info

► <https://www.d11.org/PowerSchool>

## Student Links



# Schoology

- ▶ Go to Student Links!
  - ▶ Log In: Student email and password
  - ▶ Announcements and Messages
- 
- ▶ Info to connect as a parent

# Webex

<https://web.microsoftstream.com/video/8c548e2a-5ef3-492d-ab09-de327bdc9c94>



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# Office 365

- ▶ Student Links
- ▶ Saving documents

## 2<sup>nd</sup> Quarter Tech Night Plans

- SCHOOLY INFO: PARENT REQUEST
- POWERSCHOOL REVIEW/SIGN UP ASSISTANCE
- PPLD RESOURCES/DESTINY E-BOOKS
- 1ST GRADE STAFF WOULD LIKE AN STMATH WALK THRU TO INCLUDE THE BRAIN RESEARCH BEHIND THE PROGRAM
- SAFE SEARCHING

PT Conferences

**Powerschool  
Sign up  
Assistance**



## Challenges/Lessons Learned



PRESENTATION  
TOOLS NEED  
UPDATING



STAFF  
SUGGESTIONS/IDEAS  
FOR NEEDS 2ND  
QUARTER



MORE  
ENGAGEMENT



OFFER CHOICES  
ROTATIONS



3-5 DATE  
CONNECTIONS



SURVEY/FEEDBACK  
NEEDED



*Looking for Ways to Support*

*Family, School, Community Partnerships*

Comcast Grant

PTA

## *Next Steps...*

- Looking into Reach
- Kids as facilitators
- 91 Keller Families connected to PowerSchool (Questions: Do they have an account created? Are all children linked?)

## *Thoughts from Keller Parents...*

- "Yes, I am logged in with Powerschool. I do really like being able to see grades and what not. It is similar to the application our old school district used (JeffcoConnect)." S. Luif (5th Grade Keller Parent)
- "The mobile app is very helpful and easier to navigate then Q ever was!" C. Ellis (5th Grade Keller Parent)

## *Things to look forward to...*

→ One place houses everything:  
Staff/Students/Families

→ Parent learns one system for the K-12  
experience

*Growth demands a temporary  
surrender of security.*

*– Gail Sheehy*

## Student/Parent Portal Mobile App



### PowerSchool Mobile

PowerSchool Group LLC

#12 in Education

★★★★☆ 2.4 to 2+ Ratings

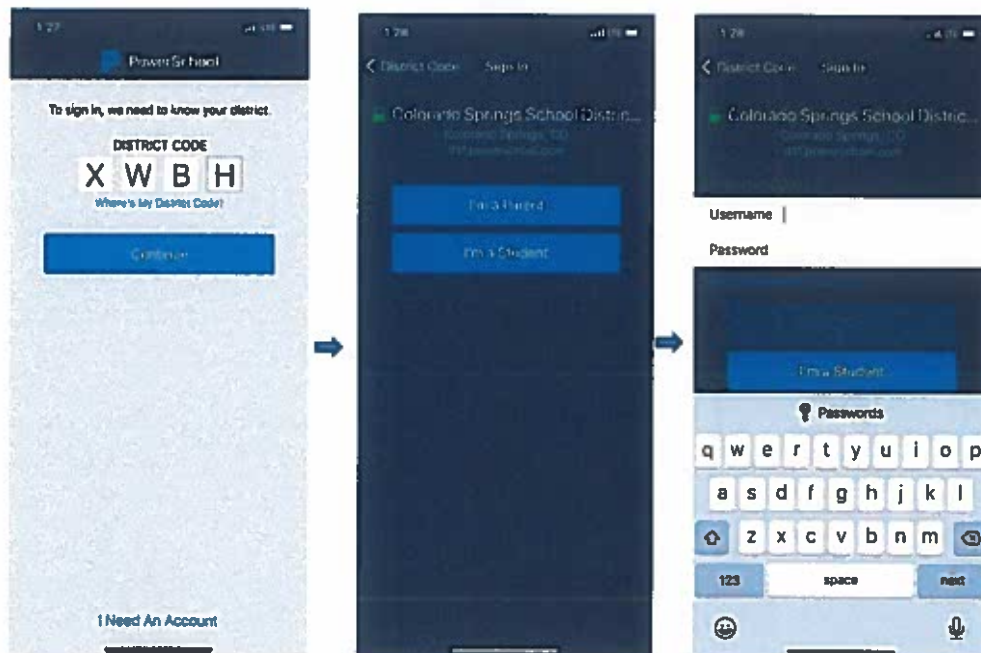
Free

The Student/Parent Portal app is available on iOS or Android mobile devices and can be used to track your student's academic progress, grade, and attendance. Students in grades 6-12 have access to the Portal using their D11 login credentials.

**\*Note: Parents must first create an account from a web browser before installing and using the mobile app.**

### To set up your app:

- In the App Store, search for PowerSchool and locate the **PowerSchool Mobile** app.
- Install the app on your device. When you first open the app, you will be asked to enter the district code.
- Enter the district code **XWBH** as shown below and click **“Continue.”**
- At the next screen, choose **“I’m a Parent”** (students will select **“I’m a Student”**) and then on the sign in screen, enter the username and password you created when you established your Parent Portal account. Click **“Go”** on your keyboard after entering your password.



Once logged in, you will see this bar at the bottom of your app:



- The **Dashboard** icon is the main page of the app. This gives you your student's current averages for each class. You can click on each class' button to see all of the assignments, grades, attendance, and progress for each individual class.
  - *\*Please note that PowerSchool grades are the accurate grades on record. Do not depend on looking only at Schoology grades/averages.\**
- The **Classes** icon displays the student's full schedule for the entire school year.
- The **Calendar** icon shows a monthly calendar. You can click on the date to show all assignments and grades recorded for that day.
- The **Schedule** icon will show your student's detailed schedule for a specific day.
- By clicking on the **More** icon, you can adjust your account preferences, see your school(s)' information, get help using the app, or log out of the app.

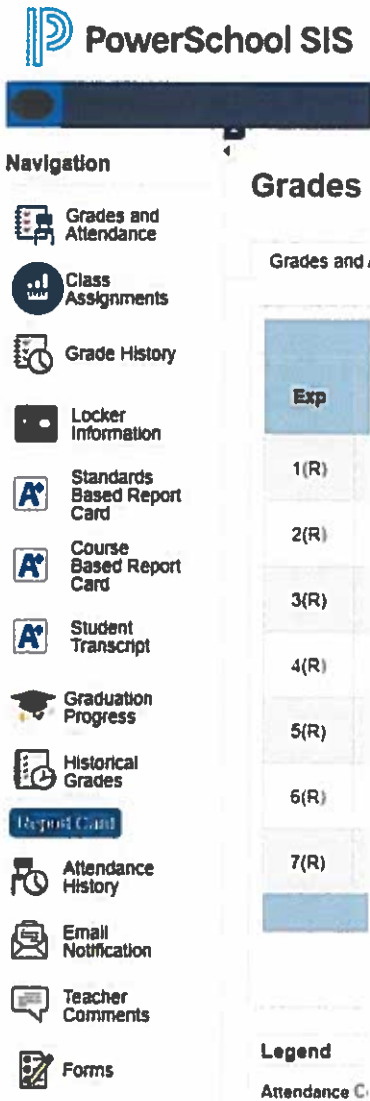
If you have more than one child linked to your account, you can switch students by clicking on the down arrow to the right of the picture in the upper right-hand corner of the screen, and selecting a different student.

As with any mobile app, your student's privacy is dependent on the security settings on your device. If you log out of the app after each use, there is no way for another person to view your child's account without the proper login information.



## An Overview to Navigating the Parent Portal Online

When you log into the PowerSchool Student/Parent Portal, the start page defaults to the **Grades and Attendance** page. Use the Navigation toolbar (pictured below) to view additional information for your student(s).



**PowerSchool SIS**

**Navigation**

- Grades and Attendance
- Class Assignments
- Grade History
- Locker Information
- Standards Based Report Card
- Course Based Report Card
- Student Transcript
- Graduation Progress
- Historical Grades
- Report Card
- Attendance History
- Email Notification
- Teacher Comments
- Forms

**Grades and Attendance**

Grades and Attendance

Exp

1(R)

2(R)

3(R)

4(R)

5(R)

6(R)

7(R)

**Legend**

Attendance C

**Grades and Attendance:** This shows comprehensive information about your student's grades and attendance for the current term. Click the letter grade within the "Term" column to view detailed assignments and scores. *\*Please note that PowerSchool grades are the accurate grades on record. Do not depend on looking only at Schoology grades/averages.\**

**Class Assignments:** After selecting the appropriate Quarter tab at the top of the screen, you can filter graded assignments by Teacher, Course, Term, Due Date, etc.

**Grade History:** This displays the student's grades for the previous terms/years. If a student has not completed a quarter/term, there will be no grades displayed on the page.

**Standards Based Report Card / Course Based Report Card / Student Transcript / Graduation Progress:** These four tabs will be populated based on your student's grade level. There may or may not be content for your student in every tab.

**Historical Grades:** On this tab you will see grades for previous years.

**Report Card:** Click this tab to download a PDF of the most current report card as well as last year's CMAS data. *Note: Not all students took all sections of the CMAS test last year so your student may not have data to show here.*

**Attendance History:** This tab displays information about your student's attendance record for the current term. A legend, at the bottom of the page, explains the different codes used for attendance.

**Teacher Comments:** This shows any comment(s) that a teacher has attached to a report card grade. It also gives hyperlinks for each teacher's email address.



My Schedule



School Information



Demographic Info



School Bulletin



Transportation Info



Honor Roll



Test Scores



Next Year Schedule



Course Recommendations



Account Preferences



Lunch Menu

**My Schedule:** You can see your student's master schedule and weekly schedule, including times, teacher names, and room numbers, on this screen.

**School Information:** On this screen, you can find your school's name, address, phone, principal information, quarter dates, etc.

**Demographic Info:** This is the information about your student that the school has on file. (i.e. ID number, address, birthdate, phone, etc.)

**School Bulletin:** If your school posts bulletins/announcements, they will be housed here.

**Transportation Info:** If your student uses District 11 transportation, that information will be here.

**Honor Roll:** All Honor Roll records for your student will be here.

**Test Scores:** This tab shows various assessment data, including CMAS and the Galileo K12 Universal Screener.

**Account Preferences:** Click here to manage your PowerSchool Parent Portal account information. This page can also be used to add other CSSD11 students to your account.



## Parents, Let's Talk Youth Mental Health

Colorado Spirit COVID Response Program

Presented and Created by  
Roberta Renfro, LPC and Lynn Shull

July 2021

## Did You Know?

Around 45% of students were struggling from the pandemic, almost half.

55% felt like they had positive coping skills.

67% of the students felt like they could not get help or talk to an adult.



## Did You Know?

- **61%** of teens said that the COVID-19 pandemic has increased their feeling of loneliness.
- **45%** of teens reported experiencing excessive stress, **55%** anxiety, and **43%** depression.
- **82%** of teens are calling on America to talk more openly and honestly about mental health issues in this country.



**MENTAL  
HEALTH**





## What To Watch For

- Is feeling very sad or withdrawn for 2 or more weeks.
- Has severe mood swings.
- Shows big changes in behavior.
- Often has problems in friendships and other relationships.
- Has a sudden overwhelming fear or worry that does not match the situation.



## What To Watch For

- Seems unusually irritable.
- Displays explosive anger.
- Has trouble sleeping.
- Changes their eating habits. Loses weight.
- Spends so much time alone that it gets in the way of doing other activities, or starts hanging out with peers who are an unhealthy influence.



## What To Watch For

- Is taking new risks, like using drugs or alcohol.
- Has lots of stomachaches or headaches.
- Avoids school or stops doing as well as they used to in school.
- Trying to harm or end one's life or making plans to do so.



## How to Help

1. **CONNECT**
2. **LISTEN**
3. **ACCEPT**
4. **BUILD TRUST**
5. **TALK**





## How to Help



**6. EMPOWER**

**7. CULTIVATE A  
HEALTHY HOME  
ENVIRONMENT.**

**8. EMBRACE  
INTRINSIC VALUE**

**9. SEEK HELP**



## Seeking Help

o **Start with your family physician / pediatrician**

o **Life-Threatening Emergencies: dial 9-1-1**

o **Colorado CRISIS SERVICES:**

Call 1-844-493-8255, or text "TALK" to 38255

o **Crisis Stabilization Unit:**

Immediate walk-in help at no charge:

Diversus Health Lighthouse Walk-In Crisis Center

115 S. Parkside Dr, Colorado Springs, CO 80910, 719-635-7000



## Teen Suicide Prevention



## REFERENCES

**Teen Mental Health and Covid – A letter to Parents**

<https://med.uth.edu/psychiatry/2020/09/04/teen-mental-health-and-covid-a-letter-for-parents/>

**El Paso County Letter to Parents about Youth Suicide Prevention**

<https://www.elpasocountyhealth.org/sites/default/files/2021-06/PMHI-579772-2021-02-Youth%20Suicide%20Prevention%20Flyer-FIN.pdf>

**Teen Suicide Prevention Video**

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-suicide/art-20044308>

**Mental Health and your child or teen: What to look for.**

<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/mental-health-and-your-child-or-teen-what-to-watch-for-and-how-to-help/>

July 2021

**Thank you**

July 2021





## COLORADO SPIRIT

DIVERSUS HEALTH COVID-19  
RESPONSE TEAM

### OUR SERVICES

-  Brief educational or supportive contact
-  Remote individual crisis counseling
-  Group crisis counseling
-  Public education
-  Assessment, referral, and resource linkage

### ABOUT US

*Diversus Health is a designated mental health provider of the Colorado Crisis Program (CCP) COVID-19 Disaster Response.*

Our outreach counselors provide brief strengths-based support, stress and resilience education, and facilitate connections to mental health and other community resources throughout El Paso, Teller, Park, Elbert, Cheyenne, Lincoln, and Kit Carson counties. Our COVID-19 Crisis Response Services are designated to support Coloradans affected by COVID-19. Our Diversus Health service continuum provides a great resource should higher level needs be identified by field-based outreach workers.

WE ARE HERE  
TO HELP

COVID-19 crisis support services are provided at no cost. Visit us online at [diversushealth.org/covid-response-program](https://diversushealth.org/covid-response-program), email [CovidResponse@diversushealth.org](mailto:CovidResponse@diversushealth.org) or call (719) 299-2996 to get started today.

FOR  
IMMEDIATE  
HELP

24 hours, 7 days a week:

- Call 844-493-TALK (8255)
- Text TALK to 38255
- Walk-in to 115 S. Parkside Dr. Colorado Springs, CO 80910



[diversushealth.org/covid-response-program](https://diversushealth.org/covid-response-program)  
(719) 299-2996

# PROTECTING YOUTH FROM SUICIDE

WRITTEN BY LOCAL PARENTS FOR ALL PARENTS

Being a teenager is hard. Teens face greater social, emotional, and achievement pressures, which increases the risk for substance abuse, depression, anxiety, and suicide. There is not a single profile for youth at risk for suicide. It could be any child. It could be your child. Being a parent is hard. We do the best we can with what we have and what we know. As parents, we play a key role in protecting our youth.

1



## CONNECT

- o Teens want and need more time with parents, even if they do not act like it.
- o Join them in their interests (hiking, eating out, coffee, etc.).
- o Teens want connection with other trusted adults too. Be that for the kids around you.

2



## LISTEN

- o Talk less, listen more.
- o Be ready to listen when they want to talk.
- o Be present, put phones/electronics away.
- o Listen without judgment.

3



## ACCEPT

- o Let them be their own person. Respect your teen's values.
- o Love them for who they are and let them know they are loved.
- o Accept that mistakes happen, use them as opportunities for growth.
- o Be vulnerable and transparent with your own experiences and failures.
- o Model how to respond appropriately when things don't go well.

4



## BUILD TRUST

- o Be a safe place for them to share the realities of their world.
- o Validate where they are coming from and take their concerns seriously.
- o Set and respect mutual expectations and limits. It's good to have boundaries, including around electronics.
- o If your teen is struggling, don't take away the things that connect them with others.
- o Be consistent and stay true to your word.

5



## TALK

- o Talk to your teen about sex, drugs, screen time, harmful behaviors, and suicide.
- o Talking about it will not make them more likely to do these things.
- o Open the door to these conversations because they are likely being discussed around them.
- o Use open-ended questions to draw your child into conversation (What was the best/hardest part of your day?).

6



## EMPOWER

- o Let them solve their own problems, teach them decision-making skills.
- o Serve as consultant (ask "What are your options?"), and avoid telling them what to do.
- o Foster their resilience—remind them that they can and will come back from disappointments, losses, and failures.

# PROTECTING YOUTH FROM SUICIDE

WRITTEN BY LOCAL PARENTS FOR ALL PARENTS

7



## CULTIVATE A HEALTHY HOME ENVIRONMENT

- o Recognize that family relationships are challenging.
- o Nurture family rituals and traditions (e.g., family dinners, holidays, game night).
- o Prioritize and protect family time. Have fun together!
- o Make the home a safe haven from the rest of the world.
- o Define and model what your family will stand for – love, laughter, faith/spirituality, honesty, respect, etc.
- o Secure any chemicals, medications and firearms from youth.

8



## EMBRACE INTRINSIC VALUE

- o Recognize that our teens have value that has nothing to do with their accomplishments.
- o Value effort and character over achievement.
- o Encourage service to others; it brings purpose, joy, pride, and self-worth.
- o Every person's life has value. Choosing life is the norm.

9



## SEEK HELP

- o Understand that some level of sadness, anxiousness and/or confusion is normal. Recognize when it goes on too long or gets worse, and ask other people in your teen's world what they're seeing or hearing.
- o **WARNING SIGNS** may include loss of interest in usual activities, withdrawal from social contact, thoughts of dying or suicide, changes in eating or sleeping patterns, drastic mood swings or personality changes, declining performance in school, and/or giving away personal items.
  - o Ask your teen directly about thoughts of suicide if they exhibit these signs.
  - o SEEK HELP if you have concerns about your child's safety or well-being.
- o Non-Crisis mental health resources:
  - o If an individual is not in immediate danger and does not require crisis services, resources may be found at:  
[https://www.elpasocountyhealth.org/sites/default/files/MentalHealthResources\\_2019.pdf](https://www.elpasocountyhealth.org/sites/default/files/MentalHealthResources_2019.pdf)
  - o General information about teen suicide prevention can be found at:  
[www.elpasocountyhealth.org/services/teen-suicide-prevention](http://www.elpasocountyhealth.org/services/teen-suicide-prevention)
  - o For safety concerns about your child or someone else, make an anonymous report to **SAFE-2-TELL (1-877-542-7233)**.

o **Life-Threatening Emergencies: dial 9-1-1**

### o CRISIS SERVICES:

o **Colorado Crisis Services Hotline** – Trained professional will assess risk and determine need for mobile response. Call **1-844-493-8255**, or text **"TALK" to 38255**

o **Crisis Stabilization Unit** – Immediate walk-in help at no charge:

o **Diversus Health Lighthouse Walk-In Crisis Center** - 115 S. Parkside Dr, Colorado Springs, CO 80910, **719-635-7000**

For the latest version: [www.elpasocountyhealth.org/services/teen-suicide-prevention](http://www.elpasocountyhealth.org/services/teen-suicide-prevention) 20 April

2021

WRITTEN BY LOCAL PARENTS  
FOR ALL PARENTS

TO HELP MINIMIZE  
YOUR CHILD'S RISK

