

SM SOUTH



Values

We care about ALL students.

Beliefs

We believe ALL students can and will learn.

Vision

All means ALL! Personalized Learning for ALL students.

Hard-Hat Hero

Staff member of the week

Jake Caldwell



Tweet of the Week!



Scott Hirons @SMSMrHirons · 1d

There's nothing like ZOOMing with this crew, especially @TonyBudetti



Follow Dr. Dain @SMSouthTDain

Jake Caldwell teaches math at SM South and was nominated by a colleague: "I wanted to give a special parent shout out to Jake Caldwell. He has been working with one student individually on Zoom for the last 40 minutes on reteaching him some math concepts. We appreciate it so much and wanted to pass that along. And Jake also shared an awesome resource with me This week for another family I'm working with. He's been great!!"

Email Dr. Dain to nominate a South staff member for the Hard Hat Hero Award

SHAWNEE MISSION SOUTH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 20 Continuous Learning	APR 21 Traditional Schedule	APR 22 Continuous Learning	APR 23 Continuous Learning	APR 24 Continuous Learning
APR 27 Continuous Learning	APR 28 Continuous Learning	APR 29 Continuous Learning	APR 30 Continuous Learning	MAY 1 Continuous Learning
MAY 4 NO SCHOOL Professional Learning	MAY 5 Traditional Schedule	MAY 6 Continuous Learning	MAY 7 Continuous Learning	MAY 8 Continuous Learning
WEEK 1 - AP EXAMS - MAY 11-15				
MAY 11 Continuous Learning *SENIORS LAST DAY	MAY 12 Continuous Learning	MAY 13 Continuous Learning	MAY 14 Continuous Learning	MAY 15 Continuous Learning
WEEK 2 - AP EXAMS MAY 18-22				
MAY 18 Continuous Learning	MAY 19 Continuous Learning	MAY 20 Continuous Learning	MAY 21 Continuous Learning	MAY 22 LAST DAY FOR STUDENTS!

Building Access update:

Kansas Department of Health has updated Quarantine guidelines: <https://kchap2.kdhe.state.ks.us/NewsRelease/PDFs/4-6-20%20travel.pdf> In addition, the KDHE has also indicated that personal interactions and building access will be systematically shut down moving forward. KDHE predicts the COVID-19 'peak' to hit our area next week. As of now, **building access will be absolutely prohibited for ALL students until further notice.** Access will be prohibited until KDHE relinquishes the hold, and staff have been given permission to re-enter.

South Parent Digital Learning Support

Environment	<ul style="list-style-type: none">• Create a quiet learning space with limited distractions.• Have supplies (pencils, pens, headphones, paper) available in the learning space.
Organization	<ul style="list-style-type: none">• Structure time that works with your home.• No more than 30 min per subject daily. (<i>No more than 3 hours a day total</i>)• Stay flexible.• Work in Brain Breaks every 15 minutes.• Have kids get exercise, movement and fresh air.• Create screen time breaks.• Provide choices for students in their work order
Technology	<ul style="list-style-type: none">• Google Classroom - communication• Google Drive Tips for At Home• Zoom or Webex - communication• Video Conferencing Tips• Digital Citizenship Review• Internet Access• Google Keyboard Shortcuts
Curriculum	<ul style="list-style-type: none">• Have your student read daily• Priority Standards• Online Annotation - Highlighter Add On Google Docs
Feedback and Support	<ul style="list-style-type: none">• Check in with teachers• Feedback Tips• Allow students privacy when they are online with class meetings
Resources	<ul style="list-style-type: none">• Reading Comprehension Support• Math Support: IXL, Kahn Academy• Grammarly



- **Senior Signing-** we still want your information as we are brainstorming ways to have this ceremony virtually. Please fill out the [Senior Signing Form](#) as soon as possible.
- **Senior Citizenship Award-** Please remind your son/daughter to vote via the link that was posted to skyward and their 2020 Google Classroom.
- There is an **optional check** in on the Counseling Webpage. We'd love to hear from your child and will follow up with a hello and support.
- **AP Testing** - Here is the [link](#) with information from The College Board in regards to AP Exams.

All students registered for the April ACT will receive an email from ACT informing them of the postponement and instructions for free rescheduling to a future test date. ACT is offering free test prep through Kaplan. Click [here](#) for more info.

- **JCCC College NOW and Quick Step students-** please contact your teachers for more info if you haven't already done so.
- Many colleges and universities are altering their **admissions processes, requirements and deadlines** due to the coronavirus. You can use this [searchable database](#) to find details on individual colleges. It is being updated frequently.
- **Stepping Stone Scholarship** for Juniors- Even though many summer programs are tentative, as of right now, you should still consider applying for this scholarship if you are interested. The Deadline has been extended to April 15. Your completed [application](#) should be emailed to your counselor.
- In response to the abrupt and disappointing end to the school year for this year's seniors, Kansas State Treasurer is launching the ["Surprise a Senior"](#) scholarship contest.
- Here is information on the [Pick Up and Go](#) free breakfast and lunches you can get each weekday.
- **Summer school and E-school** enrollments are currently on hold. Updates will be posted on the SMSD Summer Academy [website](#).
- [COVID-19 Parent Resources](#)- Please take a look at this site for community resources as well as activity ideas to help you and your family during this time.

**Please don't hesitate to reach out your SMS Counseling Support Staff
---we are always here to help!**

Why Social Distancing Can Be Hard For Teens (And What Parents Can Do To Make It A Little Easier) By Ann Douglas 3.27.20

Most of us have accepted the fact that social distancing is going to be our new normal for at least the foreseeable future. That doesn't mean that we're liking it (how's that for an understatement!), but we've demonstrated our willingness to make some short-term sacrifices for the long-term good. In other words, we've stepped up by deciding to do the socially responsible thing — for ourselves, for our families, and for our communities. But it's definitely not easy. If you're the parent of a teenager, you may have found the past few weeks exceptionally challenging. Not only has the public health advice about social distancing evolved significantly over time: there's also been a lot of misinformation circulating online about what social distancing actually involves. It's not about hosting a small get-together at your house or scheduling a lot of one-on-one get-togethers with friends. It's about limiting the amount of face-to-face contact with other human beings: the exact opposite of what humans (and teens in particular) are wired to do. Add to that the fact that your teenager is at a developmental stage where they're likely to reject rather than welcome a lot of parental advice and, well, you can see that the struggle is real. You're going to need strategies and patience—tons and tons of patience—to navigate these challenges with your teen. Here are a few tips on minimizing power struggles and maximizing your connection to one another.

Understand what teens crave most at this stage of their development: recognition for their growing autonomy. They'll tune you out entirely if they feel like you're talking down to them, telling them things they already know, or treating them like they're little kids. So when you're communicating with your teenager about the need for social distancing (which, by the way, public health authorities are now calling "physical distancing" in recognition of the fact that we don't want to limit all social contact, just face-to-face contact), talk with them, not at them. Ask them what they're hearing from friends and reading online and help them to make sense of all that information. Get them involved in solving the problem that is social distancing. Encourage them to come up with [creative solutions for staying connected to their friends](#) and [finding meaning in this moment](#); and then ask what you can to support them in those efforts, like loosening up the normal family limits on smartphone use, for example.

Try not to overreact to any annoying behaviours your teen might be exhibiting right now. When people are under stress, they don't always communicate their needs or manage their emotions in the most effective ways. (And, of course, this applies to parents as well as teens!) If your teen lashes out at you and says something nasty or rude, take a breath and give yourself a moment to choose how you want to respond. In other words, calm yourself—then calm your teen. When you feel like you're ready to continue the conversation, challenge yourself to look beyond the annoying behaviour and to consider what your teen is actually trying to tell you. Ask yourself "What is *really* going on here and what does my teen *actually* need from me right now?"

Help your teen to process all the emotions they are likely to be experiencing. One of the most powerful things we can do to support another person is to validate their emotions, which simply means telling that person that their feelings make sense. Think of how great it feels when someone in your life does this for you. Instead of rushing in to solve your problem or offering a lot of unsolicited advice, they simply say, "I understand why you feel that way. That makes so much sense to me." It feels so *good* to be seen, heard, and understood. **Don't be afraid to make some tough calls** when it comes to keeping your teen and the rest of the family and community safe. Your teen is counting on you to do this and will actually (grudgingly) acknowledge that you do have jurisdiction in this area. When I was researching my book *Happy Parents, Happy Kids*, I came across some fascinating research about this. Apparently, the very same teenager who tells you that you have absolutely no business offering them unsolicited advice about how to resolve a conflict with a friend or who will flip out completely if they think you've been snooping in their room will actually (grudgingly) listen to what you say if you're doing the kind of thing that a parent is expected to do—like looking out for their health and wellbeing. You can use that information to your advantage, both for social good (encouraging social distancing) and for relationship good (by continuing to build upon the bond between you and your teen).

Keep your big-picture parenting goals in mind. At some point, we're going to come out the other side of this emergency. And, when we do, we want our relationships with our kids to be as strong and healthy as possible. So as you're making parenting decisions during this extremely challenging time, try to keep your [big-picture parenting goals](#) in mind. Ask yourself what memories you want your teen to carry with them from this moment. Maybe you want them to remember that they were able to turn to you for support and encouragement at a time when they were feeling uncertain and afraid. Maybe you want them to remember the way you validated their emotions and acknowledged how hard this is—for them and for you. Maybe you want them to remember the way you helped them to hold on to a sense of hope and to look for opportunities to stay connected to and to make a difference for others. And maybe you want them to remember times of fun and laughter—random, unscripted moments that helped to buoy everyone's spirits. Reflecting on those kinds of hopes and dreams will make it easier for you to parent in a way that you can feel good about, both now and for many years to come. **Give yourself permission to be a gloriously imperfect parent.** You're going to make mistakes—and you can get your relationship with your teen back on track. Treat yourself with kindness and remember to extend that same spirit of kindness to your teen. [Self-compassion](#) and a willingness to do the hard work of [relationship repair](#) mean everything at a time like this. [Parenting is ultimately about empathy—recognizing that it's hard to be the parent and it's hard to be the kid](#). And right now, everything is so much harder than usual. But we can get through these tough times and so can our teens—and we can emerge stronger and more connected than ever before when we finally come out the other side.

College Advising Announcements

College Adviser - *Ms. Hymer*

**I am still available for virtual advising and support!
Email me at mclainhymer@smsd.org if you have any questions
regarding college and career planning.**

Virtual College Exploration Week for Juniors

Strive Scan is offering four full days of virtual presentations for juniors to explore college opportunities. Over 300 colleges and universities are participating, and students will be able to hear tips from experienced college admission officers. This opportunity is free for students.

Register at strivescan.com/virtual



College Planning Resources

Virtual Campus Tours

YouVisit - youvisit.com

CampusTours - campustours.com

Also check university websites for information about their virtual tours and online events.

College Exploration

Big Future - bigfuture.collegeboard.org

College Scorecard - collegescorecard.ed.gov

College Greenlight - collegegreenlight.com

College Confidential - collegeconfidential.com

Career/Major Exploration

Agile Work Profiler - agilities.org/awp

MyMajors - mymajors.com

CareerOneStop - careeronestop.org

O*NET Online - onetonline.org

SM SOUTH PTSA

Needs Volunteers!

We need your help for next year! If you would like to be involved in the South PTSA (big or small) please let us know.

We are filling positions for next year!

E-mail Jennifer Burns at jboresow@gmail.com or Christa Rupp at Christarupp1222@gmail.com



PTSA College Scholarship Application Class of 2020

Please complete the application (attached to this email) along with your resume listing items requested. The scholarship will be weighted by points. The top 2 will each receive a \$250.00 scholarship. The scholarship payment will be paid to the student. All applications must be submitted no later than **May 12, 2020**. Forms may be mailed to SMS PTSA, Jennifer Burns 3517 West 97th Place, Leawood, KS 66206. If you have any questions regarding the application, please contact Jennifer Burns jboresow@gmail.com or Christa Rupp christarupp1222@gmail.com.

Updates From the Health Office

COVID 19
CORONAVIRUS
DISEASE

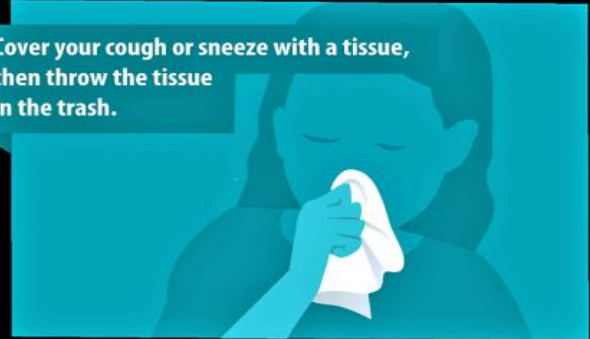
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information call the NYSDOH Hotline at: 1-888-364-3065

Order Your Senior Class Photo

The SMS 2020 Senior class picture has been posted on www.pecsports.info to our online order site. Students can go to the direct link below to view and order the class picture. The class picture has been created with a border and logo for the students to order.

The link will be open through the end of the school year:

[SHAWNEE MISSION SOUTH 2020 Senior Class Picture](#)



YOU MATTER



**A MUSIC FESTIVAL
PROMOTING SELF-WORTH AND
MENTAL HEALTH AWARENESS**

**ARE YOU A MUSICIAN?
ARE YOU IN HIGH SCHOOL OR COLLEGE?
SEND US AUDITION VIDEOS VIA EMAIL!
GO TO YOUTATTERFESTIVAL.ORG FOR
FULL RULES. DEADLINE IS MARCH 31.**

AUGUST 15

**ADMISSION IS FREE
BLUE VALLEY NORTHWEST
FOOTBALL STADIUM
135TH AND SWITZER**

**QUESTIONS? EMAIL
YOUTATTERFESTIVAL@GMAIL.COM**



@YOUTATTERFEST