

Student Support Newsletter

January 2021

Hello,

It is with great anticipation that we welcome 2021 with hopes that things will get back to some normalcy.

During the month of January, the guidance team will be meeting with all 10th grade students via zoom. Make sure that you book your appointment using [youcanbookme](#) with your guidance counselor in the link below

<https://www.lowell.k12.ma.us/cms/lib/MA01907636/Centricity/Domain/1038/Guidance%20Counselor%20Contact%20Info.pdf>

Important Dates

Early Release Day - January 13th

MLK Day - January 18th

Semester 2 Begins - February 2

Semester 1 Report Card - February 10th

After-school Virtual Tutoring

Do you need help with your school work? We are able to offer after-school virtual tutoring to students. The tutoring runs from 3pm to 5pm Monday through Thursday.

https://docs.google.com/spreadsheets/d/1ryrobwBR3_J0K3G7Ji3FNPFJB0JWOEtPpyzsRpkom9E/edit?usp=sharing

LHS Honors Night Scholarship

Seniors who have a 2.5+ GPA, attended LHS during junior year and plan to pursue their education after high school, are eligible to apply to the LHS Honors Night Scholarship Program. Students are invited to attend a **Zoom Honors Night Scholarship info session on Friday, Jan. 15, 1:40pm.**

Please use the Zoom Meeting ID: 847 1703 4983, Passcode 147712.

The online application will open after this meeting and the deadline to apply is Friday, Feb. 5, 4:00pm. Questions? Scholarship Donations? Selection Committee interest?

Contact Karyn Cassidy, kcassidy@lowell.k12.ma.us

<https://www.lowell.k12.ma.us/cms/lib/MA01907636/Centricity/domain/8/2020%20-%202021/Honors%20Night%20Scholarship%20Announcement%20Flyer%202021.pdf>

FAFSA

ATTENTION SENIORS!!!! FAFSA Day MA Event - with MEFA at 2pm on January 10, 2021

The FAFSA (Free Application for Federal Student Aid) is required for all financial assistance supporting education and training programs after graduation. Financial aid experts will go through a short presentation followed by a live Q/A session to get FREE help applying for financial aid.

FAFSA Day Event Workshop with MEFA - <https://www.mefa.org/events/fafsa-day-ma-event4>

Looking for a job!

The MassHire is assisting students (who are 16 and old) by offering **one-on-one job search and career readiness assistance to students every Wednesday between 9am-3:30pm.** To sign up for an appointment with a youth employment counselor, go to: <https://beatrizs-jobs.youcanbook.me>

Workshops on How to Fill Out a Job Application, Best Practices for Interviews and writing Resumes, will be held Thursdays at 10:00am, go to <https://www.lowell.k12.ma.us/site/default.aspx?PageID=2978>

Spanish and Portuguese translators:

Mi nombre es Darmery Montoya. Hablo Español y trabajo en la oficina de Student Support Services (Servicios de apoyo al estudiante) mi correo electrónico es: dmontoya@lowell.k12.ma.us y mi número de teléfono es 978-937-8911. Si tienen preguntas o necesitan algún servicio pueden comunicarse conmigo.

Oi pessoal, Meu nome e Maria Morrissette, meu telefone de contacto e: 978-551-4780. Meu email da escola e: mmorrissette@lowell.k12.ma.us

Social Work Corner

January is Mental Wellness Month: a SELF HELP quick tip

Get outside and get some fresh air every day, even if it is only for a short time. If it's too cold to go for a walk, come back inside and **get your endorphins flowing** by trying out an exercise video online. Even 10-20 minutes a day can help ease stress and help you sleep better! **To learn more, check here:** [January is National Mental Wellness Month](#) The pandemic has increased the stress that our teens face with the transition into virtual learning and brought to surface new issues that our teens have struggled with. **Students, parents, teachers and staff, each play a role in helping our teens manage stressors.** Doing so increases their ability to adapt and is a **self-management skill** that supports success and happiness in life.

If our school teen is resisting, avoiding or shutting down, they may be experiencing **SCREEN ANXIETY**. **What to do:** Remain confident in our teens ability to adapt with support; Unless a student has specific conditions that affect their ability to adapt naturally they will adapt, it is how children in particular are designed. Connecting with our teachers and other school staff and collaborating together about this new situation is important. **Consider the following steps:**

Tee up this conversation in a calm, comfortable way :cooking dinner or a 1:1 breakout room. Show curiosity, focus on listening and try not to make the teen feel judged.

Let them know that it's a totally new situation for everyone and that **it's OK to mess up**. Learning comes from mistakes!Ask: **what about the experience feels most 'scary' or uncomfortable**. Students might be worried about how they appear on camera or what their background looks like and what their peers are thinking;It can be harder to feel a connection to the teacher and to the other students in the room. Our nonverbal communication, such as supportive nods and smiles of encouragement from other kids and the teacher, can be lost or hard to see in video

Validate their feelings. let them know **'It is quite natural to feel self-conscious** about being on camera, your classmates probably are as well'. **Remind them they're not alone**,Everyone is going through this new learning curve together — parents, students and teachers.”

Teachers can play the [Selective Attention Test](#),(about a minute) an exercise that reminds us what our brains do and don't observe in a given moment. Reassure students that while they may be more aware of their own actions, the other students are not.**Encourage students to log on early or stay on after class** ends to form a more direct connection.

Teachers and students can work out a secret sign with the teacher/adjust the camera to show their face halfway. **Parents can help their children Practice, Roleplay and ease into it with small goals**, have them spend some time Facetimeing with a friend just to get used to the concept of 'video talking' during a more relaxed time . Friends and family can help kids acclimate to being on-camera, hitting different buttons like “mute,”raising hand, and entering breakout rooms, **or encourage their child** to step outside their comfort zones by **setting a personal goal of speaking up at least once every class**

Offer positive feedback, about the progress and attempts they're making along the way. Say 'I know it is hard, but I also know you can do hard things'. **Process matters!** try saying, 'Many people feel shy to see themselves on camera. I'm proud of you for continuing to turn on your camera in spite of the discomfort. Let's talk about how we can make this more comfortable for you.'

OUR SOCIAL WORK STAFF IS HERE FOR SUPPORT:

Freshman Academy Social Worker: Ms. Gina Martel gmartel@lowell.k12.ma.us (978) 761-3325 Google Classroom Code: tkp 7lk

B House Social Worker: Ms. Maureen Schwartz mschwartz@lowell.k12.ma.us (978) 937-8932 Google classroom code: n2ch5e

C House Social Worker: Carla Correa ccorrea@lowell.k12.ma.us (978) 822-6322

Google Classroom Code: pbwizf <https://meet.google.com/lookup/aztr25gsas>

Lunch Bunch group every Tuesday 11:30am

<https://us04web.zoom.us/j/8754743525?pwd=Mk5GTVYzeUREMUhK3BzSVl0ZmdNUT09>

Live Check ins for C house parents or students

<https://us04web.zoom.us/j/8754743525?pwd=Mk5GTVYzeUREMUhK3BzSVl0ZmdNUT09>

D House Social Worker: Ms. Amanda Hosmer ahosmer@lowell.k12.ma.us

(978) 233-1401_Google Classroom Code:w43buso

E House Social Worker: Ms. Daniela Ricciard dricciardi@lowell.k12.ma.us

(781) 789-0281_Google Classroom Code: bafjof2

All Houses, Special Education Department: Ms. Allison Bernstein ABernstein@lowell.k12.ma.us 978-822-6362

All Houses, Special Education Department: Ms. Debra Quattrocchi dquattrocchi@lowell.k12.ma.us 603-759-6011

Guidance Counselors Contact Link:

<https://www.lowell.k12.ma.us/cms/lib/MA01907636/Centricity/Domain/1038/Guidance%20Counselor%20Contact%20Info.pdf>