

PEET JUNIOR HIGH TIGER NEWS



BUILDING RELATIONSHIPS.
MAXIMIZING LEARNING.



<http://www.cfschools.org/schools/peet>

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January 2021

A/B DAY ROTATION - PLEASE NOTE:

January 14 and January 19 - A Days (back to back)

**If there is a snow day, we will make up the day we missed the following day. *Example:* If there is a snow day on Monday January 11, a scheduled B day, when we return to school on Tuesday, January 12, that will be a B day.

ECHOES: Echoes is an academic support program offered at Peet Mondays - Thursdays from 3:00 - 4:30. The purpose is to help students (both online and in person) with their learning, finish / retake tests and get the help they need completing their work.

Students may attend Echoes as necessary. Some students will come every night it is offered, while some students may elect to only attend one or more days per week. Some students will stay until their ride arrives, while others will stay until 4:30. The program is designed to meet the needs of individual students and families.

Transportation home is available each day at 4:30. There is no cost to ride the bus.

Please contact Josh Green (josh.green@cfschools.org) with any questions or concerns.

PARENT SCHOOLGY ACCOUNT: Do you have a Parent Schoology Account set-up? If not, please consider following the below steps to create an account so you can keep up-to-date on what work students are completing in classes. This is a very helpful tool not only when students are in-person learning, but also if CFCS D were to go back to virtual learning for a short period of time.

1. Go to [schoology.com](https://www.schoology.com)
2. Click on "Sign Up" in the upper right-hand corner.
3. Choose "Parent"
4. Enter the access code provided by your child's teacher - **email leah.cahill@cfschools.org for access code**
5. Click "Continue".
6. Enter your name, email address, and create a password to access the Schoology Parent Portal. (If you do not want to receive Schoology update alerts, uncheck the box that says "Receive periodic Schoology updates".)
7. Be sure to save your password!
8. You should now be able to view the Parent Portal.
9. It is highly suggested that you take the tour. Click "Next" on the popup box that appears once you get into the portal.

END OF QUARTER 2/SEMESTER 1: The End of Quarter 2/Semester 1 will be on Thursday, January 14th. Up-to-date grades will be viewable on Tuesday, January 19th at 8:00am. Grades will be emailed out on Tuesday, January 19th.

- Login to PowerSchool to view student grades: <https://powerschool.cfschools.org/public/>
- **Academic concerns** should first be directed to the classroom teacher. All teacher contact information is located at: <http://www.cfschools.org/staff/#peet>

COUNSELING SOUND-BYTE: With all of the big changes that happened in the world in 2020 (distance learning, masks, social distancing), our students may feel like they completely lost control of their lives. It's important to remember that big changes and even new experiences might feel confusing, scary and altogether unsettling. That's why it's important that we, at home and at school, do our best to create structure and stability and remind our kids about all the things that they still have control and power over. **Some examples include:** how they spend their free time, getting enough sleep, talking about their feelings, asking for help, celebrating small wins, having a positive attitude, learning from feedback, how much effort they put into things, trying again, taking a break when needed, finding the good in any situation and so on! It's also a good reminder for students to learn to let go and enjoy themselves, even if things didn't go the way they wanted.

5 Ways to Help Children Focus on What They Can Control

1. Teach Accountability



Children who feel powerless often focus on things they can't change. **Create a "Culture of Accountability."**

Each family member is responsible for:

- ✓ Their own actions and behaviors.
- ✓ Following the rules and expectations set by the grown-ups.
- ✓ How they respond to stressful or upsetting situations.

2. Create a Circle of Control

Big life Journal

Control is a tricky concept to explain to a child. But a **visual depiction** of what they do and do not have power over makes it much less daunting.



3. Practice Mindfulness

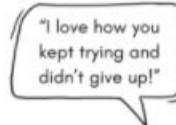
Mindfulness is the practice of **accepting what is** – without automatically trying to change it.

Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond to it**. We can still choose our attitude.



4. Praise Effectively

One of the simplest ways to help your child gain more confidence is by offering effective praise. Studies show that praise **must be both specific and sincere** in order to positively impact self-esteem.



5. Understand the Power of Choice

Allowing your child to make important decisions about their lives is **crucial for their mental and physical health** – it even impacts key brain development. Provide them with options within established routines.



MONDAY (90 minute) LATE START SCHEDULE & WEATHER RELATED DELAY SCHEDULE:

If there is a weather related delay, buses will be run 90 minutes later than a Tuesday – Friday Schedule. Not a Monday 90 min late start bus schedule.

WINTER 2 ATHLETICS: Winter 2 athletic practices will start Tuesday, January 5 and in preparation for games, please review the following document on metro gym capacity and social distancing guidelines for each competition location. Please make note that students will not be allowed to competitions at each place unless they are a sibling to a competitor. [Metro Gym Capacity / Social Distancing 2020-2021](#)

SPORTS PHYSICAL: http://www.cfschools.org/students/athletics_forms

All students who will be participating in athletics and cheerleading must have a physical examination BEFORE they may practice. Sports physicals signed on or after July 1, 2019 are valid through December 2020. Sports physicals may be dropped off to the Peet office.

CONDUCT OF CODE FORM: *New this year – [Online Form!](#)*

If your student believes they will be participating in athletics or cheerleading at Peet Junior High for the 2020-21 school year, a Code of Conduct/Concussion Heads Up Form will need to be turned-in. We have made this process much easier by creating an online form for the parent and student to fill-out together. Parents and Athletes must fill-out this [Code of Conduct / Concussion Heads Up Form](#) together before the student begins practicing. A new code of conduct must be turned in at the beginning of each year, there is no grace period for these forms like the sports physical. **If families prefer, a hard copy of the Code of Conduct can also be signed and turned into the office.

If you have already turned in a new sports physical or completed the code of conduct for a Fall or Winter 1 activities, there is no need to turn in another. If you have questions about junior high athletics, please email the coach. Coach contact information can be found on the Peet Website at: <https://www.cfschools.org/schools/peet/athletics>

FOR YOUR CALENDAR:

Professional Development – No School	January 4
School Reconvenes	January 5
End of Semester 1	January 14
No School – Teacher Workday	January 15
No School – MLK Jr Day	January 18
Professional Development – No School	February 19
End of Trimester 2	March 1
Parent-Teacher Conferences – 4:00-7:30pm	March 8
Parent-Teacher Conferences – 4:00-7:30pm	March 11
No School – Conference Compensation Day	March 12
No School – Spring Break	March 15-19
Spring Mid-Term	March 26
No School – Memorial Day	May 31
End of Semester 2/Trimester 3	June 1

SCHOOL DAY SCHEDULE:

TUESDAY – FRIDAY DAILY SCHOOL DAY SCHEDULE:

7:35 am Students may enter the bldg and report to PD 1
 8:00 – 8:43 Period 1
 8:48 – 9:31 Period 2
 9:36 – 10:20 Period 3 / Announcements
 10:25 – 10:45 Tiger Time
 10:45 – 12:33 Period 4 / includes lunch
 A Lunch - 10:45 – 11:15
 B Lunch - 11:11 – 11:41
 C Lunch - 11:37 – 12:07
 D Lunch - 12:03 – 12:33
 12:38 – 1:21 Period 5
 1:26 – 2:09 Period 6
 2:14 – 3:00 Period 7 / Announcements / Staggered Dismissal

MONDAY (90 minute) LATE START SCHEDULE & WEATHER

RELATED DELAY SCHEDULE:

7:30 – 9:00am Staff Report for PLC Work
 9:05 am Students may enter the bldg and report to PD 1
 9:30 – 9:59 Period 1
 10:04 – 10:33 Period 2
 10:38 – 11:07 Period 3 / Announcements
 11:12 – 11:27 Tiger Time
 11:27 – 1:18 Period 4 / includes lunch
 A Lunch - 11:27 – 11:57
 B Lunch - 11:54 – 12:24
 C Lunch - 12:21 – 12:51
 D Lunch - 12:48 – 1:18
 1:23 – 1:52 Period 5
 1:57 – 2:26 Period 6
 2:31 – 3:00 Period 7 / Annou / Staggered Dismissal

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