

# Wheatley's "Lit"



Upcoming Events

## October 1

FAFSA Application Opens

TASFA Application Opens

## October 27

### School Day

SAT(12<sup>th</sup> grade) @Wheatley

College Senior Night 6 p.m.

### Via Teams

## October 29

PSAT (11<sup>th</sup> Grade)@Wheatley

## Phillis Wheatley High School

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Dr. Denise Chevalier- 12<sup>th</sup> Grade/9<sup>th</sup> Grade A-F

Shawanna Jasper- 10<sup>th</sup> Grade/ 9<sup>th</sup> Grade G-M

Tanita Wright – 11<sup>th</sup> Grade/ 9<sup>th</sup> Grade N-Z

### The Counseling Team

**The Counseling Department is excited to welcome you to the 2020 - 2021 school year. We are eager to support our students and families who have selected the virtual learning option for the first quarter of the 2020 school year.**

For the freshmen transitioning from middle school, we look forward to meeting you and helping you make that important transition to high School. We will see you around the building.

### Character Ed. Trait of the Month- "Flexibility"

**Flexibility** is a personality **trait** that describes the extent to which a person can cope with changes in circumstances and think about problems and tasks in novel, creative ways. This **trait** is used when stressors or unexpected events occur, requiring a person to change their stance, outlook, or commitment.

#### Flexibility Tips in Virtual Learning:

- **Be positive**

Crisis/Suicide Hotline 1-800-273-8255

### Bully Awareness Month

**October 19-23,2020**

**Monday- October 19<sup>th</sup>**-Wearing your mask helps keep everyone safe-  
**WEAR YOUR MASK**

**Tuesday- October 20<sup>th</sup>** -Start a movement by practicing random acts of kindness. -**KINDNESS**

**Wednesday-October 21<sup>st</sup>**-Wear orange to prevent and promote kindness, acceptance and inclusion in our school. -**UNITY DAY**

**Thursday -October 22<sup>nd</sup>** -Send a positive message or words of encouragement to others. -**POSITIVITY**

**Friday -October 23<sup>rd</sup>** - Connect with others by having a conversation over the phone (Limit social media use) -  
**STOP CYBERBULLYING**

- **Get organized-and stay organized**
- **Establish a flexible routine**
- **Make the most of your resources**
- **Start and stay on track**
- **Learn to deal with technology setbacks**

*“If you want children to keep their feet on the ground, put some responsibility on their shoulders.”*

## October in Anti-Bullying Month

### Bullying is...

In 2014, the Centers for Disease Control and Department of Education released the first federal [definition of bullying](#). The definition includes three core elements:

- unwanted aggressive behavior
- observed or perceived power imbalance
- repetition or high likelihood of repetition of bullying behaviors

This definition helps determine whether an incident is bullying or [other type of aggressive behavior](#), such as one-time physical fights, online arguments, or incidents between adults.

Some bullying actions can fall into [criminal categories](#), such as harassment, hazing, or assault.

### Bullying is not...

-Any of the following aggressive behaviors are **not** bullying if the actions occur once (no pattern) or done with no intention:

-Accidentally bumping into someone, making others play a certain way (natural behavior—everyone likes things done their way), any pushing, shoving, tripping, etc. which occurs ONCE, saying you don’t like someone, a single act of telling a joke about someone, arguments, not playing with someone, choosing different people or groups to play sometimes

-Any other developmentally appropriate conflict between students.

### What Parents Can Do

If you know or suspect your child is being bullied, but his school hasn’t communicated with you about the situation, you should contact your child’s teacher(s) right away. Keep in mind that your primary goal should be to get the school’s cooperation to get the bullying to stop. **Knowing your own child is being victimized can evoke strong feelings, but you’ll get much more cooperation from school personnel if you can stick to the facts without becoming overly emotional.** While you may want assurance that everyone



## Red Ribbon Week- October 26-30

Monday- “Don’t Let Drugs Sneak up on you”- Wear Sneakers

Tuesday- “My Team is Drug Free” Wear Team Attire

Wednesday- “Black out Drugs” Wear Black

Thursday- “Too Bright for Drugs” Wear Neon

Friday- “Pair Up Against Drugs” Twin Day



involved is punished severely, try to focus on putting an end to the bullying!

### **The victim: signs and symptoms**

A child who is a victim of bullying may display one or more of the following behaviors at home\*:

- Comes home from school with clothing that's torn or in disarray, or with damaged books.
- Has bruises, cuts, and scratches, but can't give a logical explanation for how he got them.
- Appears afraid or reluctant to go to school in the morning, complaining repeatedly of headaches or stomach pains.
- Chooses an "illogical" route for going to and from school.
- Has bad dreams or cries in his sleep.
- Loses interest in school work, and his grades suffer. If your child normally struggles in school because of a learning disability and is teased about having LD, school may become unbearable for him.
- Appears sad or depressed, or shows unexpected mood shifts, irritability, and sudden outbursts of temper.
- Requests money from you to meet the bully's demands and might even resort to stealing money from you or other family members.
- Seems socially isolated, with few — if any — real friends; is rarely invited to parties or to the homes of other kids. His fear of rejection may lead him to shun others.

### **The bully: signs and symptoms**

A youngster who is bullying other kids may display one or more of the following behaviors at home\*:

- Has a strong need to dominate and subdue others; asserts himself with power and threats to get his own way.
- Intimidates his siblings or kids in the neighborhood.
- Brags about his actual or imagined superiority over other kids.
- Is hot-tempered, easily angered, impulsive, and has low frustration tolerance. Has difficulty conforming to rules and tolerating adversities and delays. If he has the impulsive/hyperactive type of ADHD, that could explain some of these behaviors; if so, it's important to work with his doctor and teachers to address and manage such behaviors.
- Cheating
- Oppositional, defiant, and aggressive behavior toward adults, including teachers and parents.
- Antisocial or criminal behavior (such as stealing or vandalism), often at a relatively early age. He may hang out with the "wrong crowd."



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## Tips for Virtual High School Success

Success in high school isn't easy to quantify. Is it earning a 4.0 GPA? Getting elected class president? Simply being happy and generally successful? Success might look different for every student, but the tools for achieving it are generally the same. Below are a few tips to help you achieve that level of success:

**1. Schedule your time.** The comfort of "attending" school from home can be distracting if you're not disciplined about scheduling your time. Make sure you develop a calendar that details how your day will be structured. In addition to your class time, schedule time for studying and homework.

**2. Shower and get dressed.** It may seem like a simple thing but getting prepared for class — including getting out of your pajamas and eating breakfast, can help put you in the right mindset for being attentive for your online and studies.

**3. Get and stay organized.** Thanks to technology, many apps are available to help you easily keep track of your assignments. Take advantage of them. Use them to set reminders of upcoming tests, homework deadlines and other activities.

**4. Do some extracurricular activities.** Round out your studies with extracurricular activities or internships. Enroll in a community class in martial arts, dance or yoga. If you live near a college, find out if there are any courses high school students can take — whether for credit or not. You're still learning. Also, take the initiative to ask local companies for the opportunity to job shadow or work as part of an internship.

**5. Be an active participant in your learning.** Don't hesitate to explore, explore, explore! How about visiting a nearby art museum to supplement your studies on art history? You can also take a road trip to an observatory to learn about astronomy. There likely are numerous options to your education within a short distance from your home. Take advantage of them.

**6. Try something new.** Never thought about studying German, Chinese or American Sign Language? Get out of your comfort zone to try something unfamiliar. It will help you stretch.

**7. Ask questions.** It's up to you to make sure you're getting the answers you need. Just as you would in a school made of bricks and mortar, talk to your instructor if you don't understand something. You'll have a way to

### Self-Care Tips

Exercise

Join a club or sports team

Set boundaries

Regular sleep

Sing/Dance/Draw

“raise your hand” in your virtual classrooms. You also will have opportunities to email or call your instructor. Take the initiative to simply ask for help.

**8. Study in groups.** Invite several of your classmates to a study group for your more challenging courses. Whether you meet virtually or in person, you can set up a regular time to assist each other.

## Self-Care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it’s a simple concept in theory, it’s something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It’s also key to a good relationship with oneself and others.

