

EIHS FRESHMAN COHORT 1

September 12, 2020

BIOLOGY / ENGINEERING / ENGLISH / WORLD GEOGRAPHY

WELCOME TO ENERGY!

EXPLORING THE DIGITAL LEARNING FRONTIER.

We have successfully begun the 2020 - 2021 school year and the **Class of 2024** has officially finished their first week of high school as freshman in Cohort 1!

Although we may have had a little confusion at the beginning of the week with the transition to online learning, we can proudly say that your students handled this transition well. They were attentive, engaged in instruction, participated in online activities, and asked important questions when they had them!

This week, we focused on familiarizing students with important technology tools that they will need such as Microsoft Teams, their student email, and Google Drive. Students also created a document with their personal schedule including links to all of their classes - which should be helpful as we start to nail down the 'normal' schedule starting on Monday!



BUILD CHALLENGES!

At Energy, we **love** to see our students have fun! This past week, you may have seen your student using foil to make a boat or searching the house for the heaviest books to place on-top of their paper table.

This week, students will take place in their second build challenge, and will need the following materials available at home:

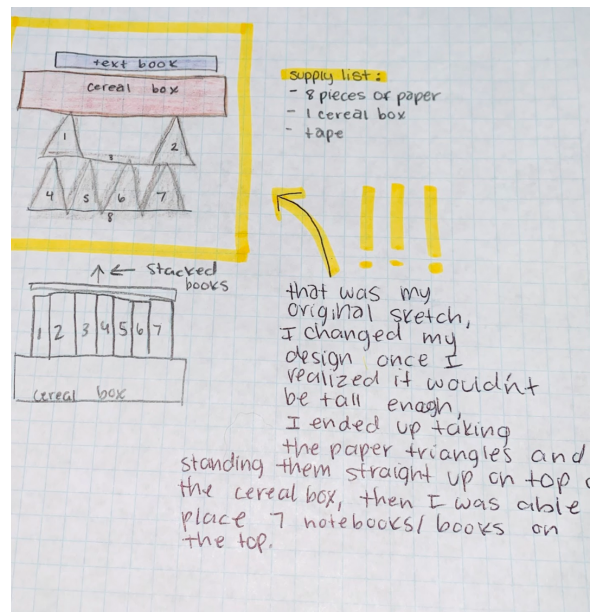
- Plastic bag (1 qt or larger)
- Flour (2 cups)
- Salt ($\frac{1}{2}$ cup)
- Canola oil (1tbsp)
- Water ($\frac{1}{2}$ - $\frac{3}{4}$ cup)

ASK YOUR STUDENT ABOUT

- How to send a professional email
- What Project Based Learning is!
- How many pennies they put in their boat

ANNOUNCEMENTS

- Parent/Guardian Survey**
 - Don't forget to take [this survey](#) so we have updated contact information.
- Technology Issues?**
 - If your student is having any kind of technology problem, please fill out the form at
 - tinyurl.com/EnergyTechService
- Open House!**
 - Our Digital Open House is **THIS THURSDAY (9/17) at 6 PM.**
 - The [link for Open House is here.](#)
- Homework Tracker**
 - All assignments are added to [this spreadsheet](#) for your students' Cohort Classes.
- Tutorials**
 - Tutorials are available on an "as need" basis from 7:20 - 8:00 AM, as well as Friday Office House from 1:30 - 3:00 PM.
 - If a students' grade drops below a 75%, we suggest that they reach out to the teacher to set up a tutorial time either during one of the times indicated above or suggest an alternative time (such as 3:00 - 3:30 PM).
 - Teachers are monitoring students' grade and may reach out to students to suggest tutorial options.
 - During asynchronous classes, teachers are always available during the entire 90 minutes to answer questions and provide additional assistance.



WAYS TO STAY INVOLVED

Do you want to talk to your teenager about school but you keep getting the same answer? Check out this article from **Edutopia**, which lists some suggestions on how to make your conversations more meaningful and impactful.

edut.to/2kunMbP

Mindfulness Moment

We're getting to the point in the year where it's starting to cool off in the evenings! Take your family on a silent listening walk, focusing on things you would normally ignore such as the leaves rustling, animals running or just your own breath. Nature is especially relaxing and taking a quiet walk can ease stress and anxiety. Memorial Park Conservancy just opened the beautiful Clay Family Eastern Glades - perfect for a picnic or walk.