



INNOVATION HS

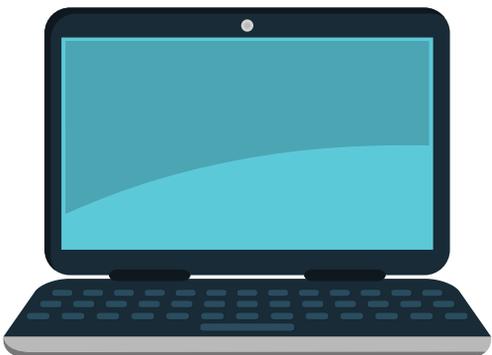
A Newsletter to keep you updated during COVID-19 quarantine

A MESSAGE FROM THE PRINCIPAL

Our world has changed. The Coronavirus pandemic is changing the daily lives of all of us. One thing you can continue to count on is Innovation is here for you! Our commitment to provide students with the best education and families with needed support and services has not changed, though we will not physically be in 410E 100th Street, our community and all of its supports will thrive on Innovation Online. To be successful in these changing times, we need your help. Stay connected with us through phone, e-mail, PowerSchool, our website, and our IG and Facebook. Let us know what you need and remain up-to-date with the information and request we share with you. Stay on top of your students. Make sure they engage with their teachers through their classes' online learning plan. The only way we will seize this moment and get through it is together!

DISTANCE LEARNING

Until further notice, Innovation is moving all classes and supports to online learning. Online classes will begin Thursday, March 19th @ 8:30am. Your schedules are being created today and will be emailed by tomorrow afternoon. Teachers will then reach out with directions and expectations for their classes via email, google classroom or phone call.



NEED A COMPUTER?

If you need assistance with laptops and/wifi access please contact: digitalresources@innovationhighschool.org or call the Main Office at 212 722 5871 to order the necessary equipment. When emailing, please include the name of the student and what services you need (i.e. computer, wifi, etc). You will be able to pick up laptops on Wednesday, March 18th and Thursday, March 19th, between 11 am-2 pm.

A MESSAGE FROM COUNSELING

As you know, we are moving to a remote learning based model, given the recent school closures due to COVID-19. We put together this resource for you as a support and guide to help you and your families during this time. We are sending you all the love and support we can, and while we know it won't be easy for you, we are here for you. Please reach out via email as needed! You can expect responses between 8:00am-4pm, Monday-Friday.

Hang in there, and remember we are here for you!

Here are our emails!

GRADE 9 - TYREE.JACKSON@INNOVATIONHIGHSCHOOL.ORG

GRADE 10 - DIANA.HUNT@INNOVATIONHIGHSCHOOL.ORG

GRADE 11 - KEYANNA.HAYES@INNOVATIONHIGHSCHOOL.ORG

GRADE 12 - STEVEN.FRAIETTA@INNOVATIONHIGHSCHOOL.ORG

TIPS & EXPECTATIONS

Expectations for students:

Just because we are not in school physically does not mean this is a vacation from school.

- Check your school emails DAILY for updates
- Reach out to your teachers with any questions, etc about your assigned work
- Complete all work assigned - without this completed work, we will not be able to count seat time/earn credits.

This will impact your path to graduation if you do not complete the work!

What support can I expect since I am not in school?

At this time, the school counseling team cannot hold formal counseling sessions, due to a lack of a HIPAA compliant platform (in other words, a safe and confidential platform for you). However, here is the plan in case you need support for NON-EMERGENCIES:

- Reach out via email to your counselors
- Please be patient and don't expect a response immediately - We will email you back during the work day, I promise!

What if I am feeling really down, in crisis, or in an emergency?

We recognize that this time may bring up really strong feelings, especially as we navigate not having regular sessions to talk through everything that has been going on. Please use the following resources for more severe or intense feelings:

1. Crisis Text Line: Text HOME to 741-741 to be connected to a counselor
2. NYC Well: Call 1-888-692-9355, text "WELL" to 65173.
3. National Suicide Prevention Lifeline: Call 1-800-273-8255 to chat with a counselor.
4. 911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911

Tips for Remote Learning:

(courtesy of A. Samel)

While we must all stay home for the next few weeks, modern technology allows us to continue our learning during this time, so that we can earn credit and stay on track! These tips can help you make the most of your time while learning from home.

1. Keep a consistent sleep schedule. Going to sleep and waking up at the same time each day helps you get enough high-quality sleep. Get 7-9 hours per night to enhance your physical health, immunity, and mental health.
2. Keep a consistent work and break schedule. This keeps you focused and stops your work from intruding on free time. Make sure others in your household know this schedule so they can avoid distracting you while you work. Some schedule options:
 - Work through your assignments in the same order in which you have your classes, starting at 9:30 and taking a break for lunch at 1:30. If you need, take a 10 to 15 minute break in between assignments.
 - If you babysit siblings while your parent(s)/guardian(s) are at work, use the time once your guardian is home to get your work done.
3. Work from the same place each day. Keep a workspace that is free of clutter to help you avoid distractions and stop your work from bleeding into your free time.
4. Get dressed! Getting dressed signals that you're starting your work day. Get dressed when you're working, then change into comfortable clothes when you're done!
5. Find an accountability buddy. Check in with a friend at the beginning and end of each day. Hold each other accountable to finishing your assignments, help each other out when the work is difficult, and check in on how you're feeling each day.
6. (Virtually) talk to your friends. School is social, and social time is important for mental health. Keep in touch with friends through FaceTime or Google Hangouts so that you can still have some of the social time you would normally get at school.

OTHER RESOURCES

SPECTRUM is offering FREE internet to students who do not have access.

CALL 1-844-488-8398 to access this resource.

OPTIMUM is also offering FREE internet to new customers for 60 days.

CALL 1-866-200-9522 to access this offer.

SCHOOL FOOD:

School Food will provide grab and go meals beginning Monday, March 16th from 7:30am-1:30pm at all NYC school sites.

Families and students may go to the closest site regardless of which school they are currently attending to pick up one day's worth of meals.

This link is the DOE School Finder search feature: <https://www.nycenet.edu/schoolsearch>

See the following guides for food pantries and free meals in NYC:

Hunger Free America's Guide to the Bronx // Spanish Version

Street Smarts Guide to Free Meals in Manhattan

Hunger Free America's Guide to Manhattan // Spanish Version

CONTACT US:



info@innovationhighschool.org // www.innovationhighschool.org



[innovation_hs_](https://www.instagram.com/innovation_hs_)

STAY HEALTHY

Things are changing very quickly and more information is going out everyday. For now, the best thing you can do is keep washing your hands, stay home if you are feeling sick, protect the most vulnerable around you and reduce overcrowding by staying home.



PROTECT YOURSELF AND OTHERS



STAY HOME IF SICK



PROTECT THE MOST VULNERABLE



REDUCE OVERCROWDING