

# COVENANT HOUSE ACADEMY PARENT NEWS

## PARENTS STILL MAKE THE DIFFERENCE!



CHAGR Title I School 2020-2021

### CHAGR is a Title I school

#### STUDENT SERVICES – NOV. 2020

What does it mean to be a Title 1 school? According to the U.S. Department of Education, a Title I school ensures a fair and equal education for all students. Every student in the American education system deserves a chance to receive a high-quality education. The general guideline of a Title I school is to ensure no student is left out because of his or her socioeconomic status. Covenant House Academy Grand Rapids is a school wide Title I building. This means that every student receives benefits such as: programs, resources, supplies, and materials to help students achieve SUCCESS! To learn more about CHAGR Title I benefits, please click the link below (Mich.gov,2020)  
*Note: Ctrl + Click to access links*  
[https://www.michigan.gov/mde/0,4615,7-140-5236\\_6048-69709--,00.html](https://www.michigan.gov/mde/0,4615,7-140-5236_6048-69709--,00.html)



They tried to bury us. They didn't know we were seeds – *Mexican Proverb*



Our Mission: Unconditional Love + Absolute Respect + Quality Education = SUCCESS!

### Discuss the dangers of disengaging from school!

#### STUDENT SERVICES – NOV. 2020

The COVID-19 pandemic is overwhelming the functioning and outcomes of education systems worldwide. This affects all students, though to different degrees depending on multiple factors including where they live, as well as their ages, family backgrounds, and degree of access to educational opportunities during the pandemic. The shutdown of schools, compounded by the associated public health and economic crises, poses major challenges to our students and families. However, there is more we need to understand and focus on if we want our children to be successful and overcome this season. It is a fact that many students are struggling to regain lost critical educational time. As a result, many students are disengaging from school. Studies show that students who “skip” school for any reason fall behind, feel discounted, and are more likely to consider dropping out (EPI, 2020).

Research also points out that the biggest risk for high school students especially during our current crisis is disengagement from school completely. We must insist that our students stay connected to their education. Studies on chronic absenteeism and on remote learning reinforces the urgency of providing appropriate support to our students, especially to those at risk of becoming disconnected and eventually dropping out. Parents, schools, and communities together must be intentional at making it a priority to talk to our children/students about the dangers of disengaging from their education. With that being said, please partner with your local community and school (CHAGR) to help our kids stay connected. For support and to find out ways to connect with Covenant House Academy, please contact the school at (616) 364-2000, or visit our web page at  
*Note: Ctrl + Click to access links*  
<https://www.covenanthouseacademy.org/grand-rapids-campus>

Grace and Peace,  
CHAGR Student Services Department

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MINDFULNESS

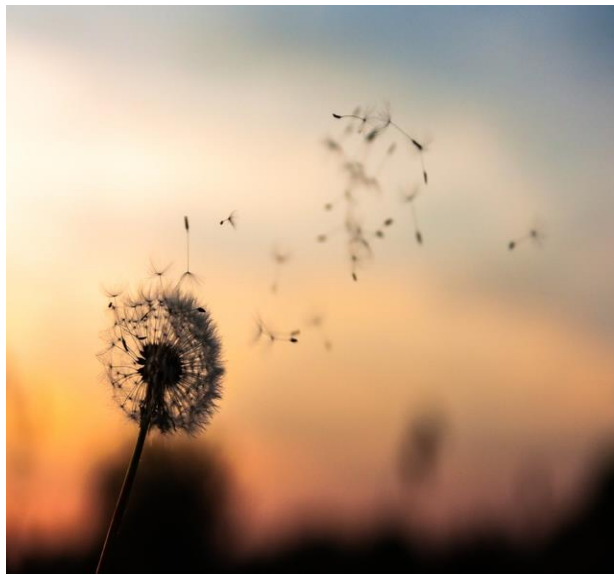
# Hello from the Covenant House Grand Rapids School Social Worker!

## *The importance of practicing self-care*

MS. CHICO, LLMSW - NOV. 2020

Hello my name is Becca Chico, and I am so happy to join the CHAGR family. As the School Social Worker, I am dedicated to ensuring that students have the support, services and resources they need to learn. My role is to provide direct support, diagnostic and consultative services in school to help meet the social emotional and mental health needs of students. I am at CHAGR Monday-Friday 7:30am-3:00pm. Currently, the best way to reach me is by email at [rchico@chayvs.org](mailto:rchico@chayvs.org). Please do not hesitate to contact me about anything at all and hopefully I can be of assistance to you and your family.

Note: Ctrl + Click to access links



**Mindfulness quote:** "Attitude is a little thing that makes a big difference". -Winston Churchill

Body Scan:

<https://www.youtube.com/watch?v=9mGNXsHg22w>

Feeling the Breath:

<https://www.youtube.com/watch?v=AdJ1O2cbJ8E&t=95s>

Below is a calendar from Action for Happiness titled "New Ways November" that includes daily actions to boost our well-being during the Covid-19 pandemic.

[https://www.actionforhappiness.org/media/929255/november\\_2020.jpg](https://www.actionforhappiness.org/media/929255/november_2020.jpg)

MINDFULNESS

CHICO - NOV. 2020

## *The importance of practicing self-care*

MS. CHICO NOVEMBER 2020

As we navigate life during this pandemic and beyond, it is important to practice self-care. We can practice self-care by taking time to stop throughout the day, check in with ourselves, and practice mindfulness. Mindfulness involves being fully present in the moment and observing your thoughts and feelings without distraction or judgment. Below are two links for guided meditations, which can help us to practice mindfulness and access inner peace and calmness.

**ACTION CALENDAR: NEW WAYS NOVEMBER 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times	<p><b>"You never know what you can do until you try" ~ C. S. Lewis</b></p>				

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm · Stay Wise · Be Kind

# On-going Parent-Teacher Conference

CHAGR – NOV. 2020

Dear Covenant House Academy families,

We want to meet with the parents/guardians and/or adult support of CHAGR students. Our goal is to better understand our students' needs, skills, and personality to help them reach success. Parent-teacher connection truly helps the teacher-student connection. Parents still make the difference! Additionally, our goal is to give parents important information about the whole student, gather information from parents, and create solutions together. We're looking forward to partnering with you to encourage and guide our students to success. Parents you can request a virtual conference Mon-Fri from 12pm to 7pm with CHAGR teaching staff. To request a Parent-teacher meeting please email [StudentServices@chayvs.org](mailto:StudentServices@chayvs.org) or call 616-364-2000 extension #2 (Student Services).

## VIRTUAL PARENT TEACHER CONFERENCES

There are three ways to participate in conferences:

**Conference by email:** Most CHAGR teachers have already started contacting parents about student progress in their classes. If you need a teacher's email address you can find them on the Academy webpage or call (616) 364-2000.

**Conference by phone:** If you would like a phone conference, please email the Student Services department ([StudentServices@chayvs.org](mailto:StudentServices@chayvs.org)) with your phone number to make arrangements for the best time to meet. If you do not have email, please call the Academy office (616-364-2000 ex #2) between 8am – 3pm on school days and we'll send the teacher a message to call you.

**Conference on Zoom:** If you would like to book a real-time meeting with a teacher on Zoom, please email the Student Services department at [StudentServices@chayvs.org](mailto:StudentServices@chayvs.org) to book a meeting with the teacher(s) of your choice. When using Zoom, you'll need to book the meeting at least 24 hours in advance. It may also help to download the Zoom app to your phone or computer. <https://zoom.us/download>

*Please include the following in your email.*

1. Parent/guardian name: First, Last
2. Student name: First, Last
3. Phone #:
4. Date/Time: Please request the date and time that works best for you.



