



# HIGH SCHOOL ACTIVITY RESOURCE GUIDE TO KEEPING YOUR MIND FIT

**BE CURIOUS. BE EXCITED. BE ENGAGED.**

## **INTRODUCTION**

Welcome! This resource guide is designed to encourage students to get into a daily and weekly routine that supports academic development and creativity, as well as their physical and mental health. With this guide and developed routines, students can continue to learn about their world, exercise their minds, and drive their own learning during this time.

## **WHAT IS THIS GUIDE?**

This guide is not school, nor is it a replacement for school. We are hoping to give students ways to expand their curiosities, knowledge, and experience in two ways: **activities** and **conversation and consultation hours**.

At this time, the work in this Resource Guide is not graded. **In the first week of May, we will begin Quarter 4, and students will begin to receive mandatory work that will be graded.** Additional information will be distributed via email about Quarter 4 work and making up missed Quarter 3 assignments.

## **HOW MIGHT THIS GUIDE RELATE TO THE REST OF MY TIME?**

We hope these offerings will help students to structure their time and give them something constructive to work on while schools are closed. We hope these activities will be part of their new daily routine, along with keeping a regular sleep schedule, exercising, reading, doing chores, and going outside. Maintaining daily routines with a mix of activities (including those you need to do and those you love to do) is known to help mood during stressful times and times of isolation.

## **WHAT ELSE SHOULD I KNOW?**

As of April 9, Pennsylvania schools are officially moving to digital learning for the rest of the 2019-20 school year. Please stay tuned for further announcements about this resource guide, which will be updated on a continuing basis. It is available on your school website. On behalf of all of us at Freire Schools, we wish you and your family good health and well-being now and always.

## **WHAT IF I HAVE QUESTIONS?**

Please do not hesitate to reach out to your Head of School or any school staff member if you have any questions.

## WHAT SHOULD I DO IF I HAVE TROUBLE ACCESSING THESE RESOURCES?

Please contact your Head of School, preferably by email, if you need any assistance whatsoever accessing these optional activities. Contact Chris Moore at [chris.moore@freirecharterschool.org](mailto:chris.moore@freirecharterschool.org).

## THE ACTIVITIES

Below you will find resources for your family to utilize that are connected to the topics and themes students have been learning throughout the school year. The materials on the grade specific pages below include:

- Guides and materials for learning activities
- Recommended educational websites
- Links to a variety of books, magazines, and websites on a wide range of topics that appeal to children at all ages

Each week will present a series of tasks that students can complete. We ask that students work on the following content areas on coordinating days of the week:

- Monday – ELA
- Tuesday – Math
- Wednesday – History
- Thursday – Science
- Friday – Spanish/Health

Click on the links in the content headers in the table below to access resources in each area:

| <a href="#">ELA</a> | <a href="#">MATH</a>      | <a href="#">SOCIAL STUDIES/<br/>HISTORY</a> | <a href="#">SCIENCE</a>   | <a href="#">ADDITIONAL<br/>AREAS</a> |
|---------------------|---------------------------|---|---------------------------|--------------------------------------|
| English 1           | Algebra 1                 | World History                               | Biology/ Physical Science | Physical Education                   |
| English 2           | Geometry                  | US History                                  | Chemistry                 | Spanish                              |
| English 3           | Algebra 2                 | Civics                                      | Environmental Science     | Health                               |
| English 4           | Pre-Calculus/<br>Calculus | Peace and Social Change                     | Physics                   | Art                                  |

## CONVERSATION & CONSULTATION HOURS

You and your child will be able to get in touch with their teachers through Conversation and Consultation hours following the schedule below:

- Monday – English Staff Consultation & Conversation Hours 1-3 pm
- Tuesday – Math Staff Consultation & Conversation Hours 1-3 pm
- Wednesday – History Staff Consultation & Conversation Hours 1-3 pm
- Thursday – Science Staff Consultation & Conversation Hours 1-3 pm
- Friday – Spanish and/or Health Staff Consultation & Conversation Hours 1-3 pm

Please feel free to contact school staff at any time in addition to these hours.

## SHARE

We want to know how students are faring and invite them to complete a daily journal entry here:

<https://tinyurl.com/freirereflection>

## STUDENT SERVICES

Families of special education students should expect an individual email from the school.

## EMOTIONAL SUPPORTS

Freire Schools believe that student success requires providing support for their needs inside and outside the classroom. As such, a central part of our model is providing emotional supports to students in the form of individual and family therapy at no cost to our families.

COVID-19 – and the associated social-distancing and change in daily schedules – can be a scary time for all of us. Providing continuity for our Emotional Support program will help students better manage the disruption caused by this present crisis.

While we are not in school, Emotional Supports is providing therapy services to students during the COVID-19 school closure using the video-conferencing platform Doxy.me. **If you are interested in receiving therapy, please complete the Informed Consent Form online at:** <https://hipaa.jotform.com/200827036603145>

This consent **must** be given electronically **before** we can begin our video therapy. Once we have received Informed Consent, a member of the Freire Schools counseling team can reach out to schedule therapy sessions.

If you need emergency assistance, please do not rely on Freire Schools because we cannot guarantee availability to provide immediate help. A list of hotlines and services are provided below:

### MENTAL HEALTH CRISIS:

- National Suicide Hotline: 1-800-273-8255
- National Crisis Text Line: Text "HOME" to 741741
- Trevor Project Hotline and website (crisis support for LGBTQ youth): 1-866-488-7386  
<https://www.thetrevorproject.org/> (online counseling available at website)
- Philadelphia Suicide Crisis and Prevention Hotline: 215-686-4420

### DOMESTIC VIOLENCE:

- Women Against Abuse Domestic Violence Hotline: 1-866-723-3014

### SEXUAL HARM:

- WOAR 24-hour hotline: 215-985-3333

### HOUSING EMERGENCY:

- Emergency housing (17 years old and younger): 1-800-371-SAFE (Youth Emergency Services)
- Emergency housing (18+): 215-951-5411 (Covenant House)

For questions regarding mental health services, please contact Jeremy Ross, LPC at [jeremy.ross@freirecharterschool.org](mailto:jeremy.ross@freirecharterschool.org).