

Archbishop Jordan Catholic High School

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Scot's Week at a Glance - May 25 - 29

WHAT CAN I DO TO PREP MY KID FOR THE FINAL PUSH?

A note from Student Services (adapted from Common Sense Media)



Over the past few weeks, parents and guardians have had to wear MANY hats: teacher, librarian, counsellor, online meeting scheduler – you name it! Now we are realizing that getting our kids across the finish line of a disorienting spring semester requires one more role to change: CHEERLEADER! So – where does that leave you? What can you do?

CHECK IN

We're in the Upside Down now, and students - uncertain about their education, isolated, and grappling with new routines - may be motivated by different things than before. Your Type A kid may no longer work for gold stars, and your slowpoke may speed through work just to get it over with. See how they're holding up, ask how they feel, determine what they want to accomplish, and figure out what you can do to support them.

LEAD BY EXAMPLE

While we're all excited to be done with this "triage" education, keep your attitude positive and your approach consistent. If you sense your kid is flagging, find their currency - from movies, books, or real life - whose grit may inspire your student.

BUILD THEIR WORK ETHIC

Yes, it's down to the last few assignments. But remember that learning is a lifelong goal. When discussing the end of the year, focus on the skills kids are building, the value of seeing things through, and the feeling of accomplishment. Most kids can push themselves when it's something they love, like creating a successful game or mastering dance choreography. Ask them to call on the same skills that drive them in other areas.

PRAISE EFFORT

Maybe they got a problem wrong but asked the right questions. Maybe they breezed through the day's reading assignment when yesterday's was tough. Now, more than ever, taking notice of and commenting positively on how your kid is growing and progressing can really give them forward momentum.

WHAT ARE SOME SUREFIRE TECHNIQUES I CAN DO TO IMMEDIATELY MOTIVATE MY KID?

THE BASICS:

PROVIDE STRUCTURE AND ROUTINE

Sticking to a schedule provides the stability kids need to keep their eyes on the prize. Plus, it minimizes their instincts to go rogue. When expectations are set, it's more likely they'll be met.

ESTABLISH ACCOUNTABILITY

Maybe you can't motivate your kid, but their best friend can. Have them schedule daily check-ins over text or social media with a friend. Accountability helps kids realize they're not alone and gives them a tangible reason to work hard.

ABJ POETRY NIGHT



*Pour yourself a cup
of tea or coffee, get cozy,
and prepare to share
a love of poetry
through reading or listening
in a safe space*

MONDAY, MAY 25 • 7-8 PM • GOOGLE MEET
TO JOIN: ENTER CODE ABJPOETRY

INCENTIVIZE

Your student may be motivated by rewards, but you want to make it feel as though they've earned it (or you'll end up in a vicious cycle). If they finish one packet, they get something that plays to their currency; two packets, 45 minutes; etc. (Certain things may not be your usual motivational GO-TO, but COVID, desperate times, right?)

MAKE IT SPECIAL:

MARK THE OCCASSION

Give kids something to look forward to.

LET THEM SEE PROGRESS

Use a calendar or other visual aid to mark time so they can see how much they've accomplished and how much more there is to go.

DO A RELAXED ACTIVITY

Build upon and extend what they're learning with a natural connection. Baking is all math, right?

MIX IT UP:

BE WILLING TO EXPERIMENT

If a kid is struggling with reading a book, turn it into a read-aloud or get an audiobook. If math is "too boring," do the problems on a whiteboard or outside using sidewalk chalk. A change of scenery can do wonders for a kid's motivation.

BREAK UP THE DAY

If you have some control over when they do the work, break things up a little. Let them have a slower-paced morning and do their work after lunch. Make an agreement in advance: "If you take the morning off, you still have to get your schoolwork done before you can play online with your friends later today."

CHANGE THE TIMING

There's nothing magical about the hours of 8 a.m. to 3 p.m. That's just when we're all used to school happening. Of course, if your kids are scheduled in specific Google Meets/assessments, you have to accommodate those schedules. But for things like working through a packet of assignments from a teacher, there's no harm in experimenting with different times of day. Sometimes the change is all it takes.

WHAT IF I JUST CAN'T MOTIVATE MY KID?

APPEAL TO A FAVOURITE TEACHER

A word of encouragement, such as a recorded video message, a text, or an email, from a beloved teacher can be just the thing. Your kid wouldn't want to let the teacher down.

RULE OUT OTHER ISSUES

Sometimes what looks like a lack of motivation is actually a kid covering up for a problem. Probe for underlying issues and address them. If they just need a mental health break, or you feel like your student needs more support or someone to talk to, connect with us in Student Services (contact information is listed below). We can absolutely lean in to what might be happening in your student's world that is getting in their way.

ADJUST EXPECTATIONS

If we've learned anything during this crisis it's to expect the unexpected. Your kid may not end the year where they, or you, were hoping to. Insist on the bare minimum (completion of all assignments), and set up natural consequences for noncompliance (maybe they miss an end-of-year celebration). Empathize with your kid's feelings and move on. Allow yourself a moment to gather your strength and recharge. Celebrate the little victories, and remember, this too shall pass.

Stay Connected with ABJ

ABJ TV on Youtube:

[youtube.com/abjtvhighschool](https://www.youtube.com/abjtvhighschool)

ABJ on Facebook

<https://www.facebook.com/ABJordanScots>

Awards Information for Students:

- Attention Grade 12's - ABJ AWARDS and Scholarship time! We are so fortunate at ABJ to have several in-house award opportunities and generous community sponsors that come together to help to support you on your individual Post-Secondary journey! Thousands of dollars are up for grabs! Application will be through an online form attached below. Criteria for all the awards are listed included in the award descriptions. There are certain awards that require essays that you will be able to attach directly to the Form. Others just require you to check a box to request consideration for the award. If you have any questions, please don't hesitate to reach out to Mrs. Glass at sarag@eics.ab.ca or Mrs. Thomson at heathert@eics.ab.ca for additional assistance. I would encourage you all to look through the awards, as they represent a variety of faculties; academics, community involvement, faith life, CTS and Fine Arts achievements to name only a few!

DEADLINE TO SUBMIT IS MAY 25, 2020.

The link to the form can be found here: [2019-2020 ABJ Awards Application](#)

- Are you a Grade 12 student beginning post-secondary in the fall? If so, would you like to be considered to be ABJ's nominee for the Alberta Centennial Award? The Premier's Citizenship Award is one of 3 Alberta Citizenship Awards that recognize students who have contributed to their communities through public service and voluntary endeavour. The Government of Alberta annually presents one award to a student enrolled in each high school in Alberta. Each recipient receives a letter of commendation from the Premier. More specific information about the Award can be found here: <https://www.alberta.ca/premiers-citizenship-award.aspx> If you would like to be considered for this award, please contact Mrs. Thomson at heathert@eics.ab.ca listing reasons why you would be a wonderful choice to represent Archbishop Jordan with this prestigious award. Deadline for consideration is Monday May 18th, 2020. The Awards Committee will review the nominees and make the selection. The successful candidate will be contacted thereafter with next steps in the nomination process.

Parents and Students Info:

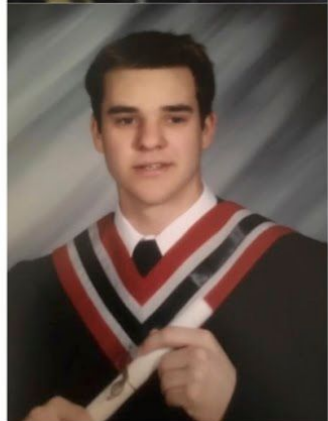
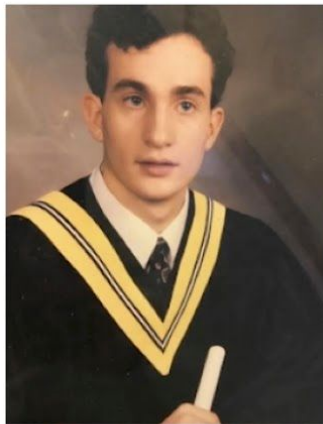
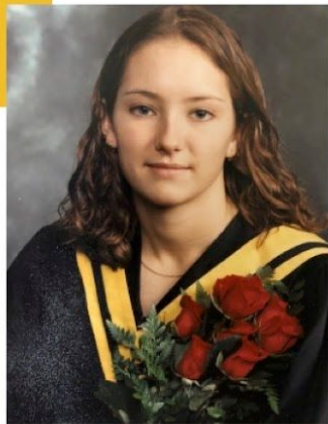
- Final Exams Information:
 - Final exams that cover the entire course that would be typically written in our gymnasiums at the end of June are cancelled, as are all Provincial Achievement Exams and Diploma Exams.

- Each teacher will share with their students information about end of term assessments that are expected to be completed online.
 - Last day of classes/learning activities will be **June 19th**. This will provide ABJ staff with the opportunity to finish grading, report cards, and for the school to collect all student textbooks or other school materials.
 - See EICS information about programming online here - <https://www.eics.ab.ca/coronavirus-information-in-eics/continuity-of-programming-at-eics>
 - Please see ABJ's Weekly Wellness, [Student Services Newsletter Volume 10](#) posted below or you can click the link.
 - Please join Michelle Horon, the Family Wellness Worker, for an hour long presentation on Wellness during this challenging time. These are repeat sessions:
 - Sunday May 24th at 7:00PM - <https://meet.google.com/ghc-kibg-pac>
 - Tuesday May 26th 7:00PM - <https://meet.google.com/yrk-bwnr-cno>
- This short presentation will explore and discuss the following areas:
- Map to Emotions
 - Map to Our Physical Well-being
 - Map to Relationships
 - Map to Coping and Patterns
- Please feel free to attend one of the sessions, (as both of the sessions are the same, just offered at different times). For more information please contact Michelle Horon at michelle.horon@eics.ab.ca
- If any students or parents are seeking information from ABJ, please do not hesitate to email Mr. Dumont @ josephd@eics.ab.ca
 - [EICS Resources for Parents](#)
 - E Campus News - Students are expected to complete their distance learning courses. ADLC deadline for all course materials including exams is June 15. SILC deadline for course material is June 12; students need to confirm exam details with their SILC teacher. Questions? Email Mrs McGhan - karrym@eics.ab.ca
 - Grad Message from Bishop David - <https://www.instagram.com/tv/CAdTZ2RARDZ/?igshid=13h1spd481b4z>



The Class of...???

This would have been Grad weekend... SO, to celebrate that, I have asked the staff at ABJ to unearth some photos of us all in HIGH SCHOOL! Can you tell who is who??? Check out these throwbacks!



Grad Class of 2020

Oprah Winfrey

I know you may not feel like it, but you are, indeed, the chosen class for such a time as this, the class of 2020. You're also a united class, the pandemic class, that has the entire world striving to graduate with you. Even though there may not be pomp because of our circumstances, never has a graduating class been called to step into the future with more purpose, vision, passion, and energy and hope. I wish I could tell you I know the path forward, I don't. There is so much uncertainty. In truth, there always has been. What I do know is that the same guts and imagination that got you to this moment, all those things are the very things that are going to sustain you through whatever is coming. It's vital that you learn, and we all learn, to be at peace with the discomfort of stepping into the unknown. It's really OK to not have all the answers. The answers will come for sure if you can accept not knowing long enough to get still and stay still long enough for new thoughts to take root in your more quiet, deeper, truer self. The noise of the world drowns out the sound of you. You need to get still to listen.



Resources

Additionally, we are always here for you to connect:

Counsellors:

Sara Glass
sarag@eics.ab.ca

Courtney St.Amand
courtney.stamand@eics.ab.ca

Family Wellness Worker:

Michelle Horon
michelle.horon@eics.ab.ca

If you would like to schedule a Google Meet with one of us to come together to connect virtually face to face, please send an email and we can make arrangements to best support you!

Needs more support?

TEXT4HOPE

No charge support for anxiety, stress, and depression in the midst of COVID19 crisis. Text COVID19HOPE to 393939 to subscribe.

