

April 9 - UPDATE for Ms. LaBerge's Pr. 1, 2, 3, & 5 PDCP Students

😊 Hello and Happy Thursday! 😊

I hope each of you and your families are doing well! This has been an extremely busy week for our FHS community....Admin meetings, SPR meetings, Dept. meetings, planning, PD sessions (about TEAMS), contacting homeroom students, getting updated contact info, helping (homeroom) students with technology-related questions, placing help desk requests, then following up with parents/guardians and teacher teams. **Phew!** To say it has been a busy time would be an understatement! Given that this is a long weekend, **and especially for those students/families that celebrate the Easter season**, this is a very significant time for those families to celebrate their faith and spirituality. With all the changes that have occurred, (and changing information that has been disseminated), this weekend will be a wonderful time for everyone to slow down a bit, relax, re-group, and connect with their families, with their own spiritual higher power, and/or with nature.

Since Easter Monday, April 13, is a holiday, I'll start on Tuesday, April 14 to post/share more structured PDCP learning materials. I am participating in a webinar at 2:00 today (related to some potential online PDCP resources) so I will activate the TEAMS for my four PDCP classes **later this evening**. Please watch for this and join the team, if you can, preferably before/by Tuesday, April 14. If you cannot join the team or are having trouble connecting to the FHS e-mail system, don't worry. Try to place a Help Desk Request and then be patient! 😊

We have been asked by our Admin team to ask students and parents to be patient. There have been a number of overwhelming requests for student passwords and resets at the district level (1000's).

In the meantime, and if you can, please read the following questions and send your responses to me in an e-mail (*preferably from your FHS account*) but if you cannot access it yet, please send your response to me from your personal e-mail account.

Be sure to set up the SUBJECT line of your e-mail to me as follows:

SUBJECT: Firstname Lastname

In the body of your e-mail please include the **title** then number and answer the following questions:

Checking In by (firstname lastname) – PDCP – Pr. #

- 1) How are you? How is your family? How have you been spending your time?
- 2) What have you found different/surprising/fun/stressful/other about this time since schools were closed?
- 3) PDCP is considered to be an ESSENTIAL COURSE. While HEALTH AND SAFETY ARE OUR PRIORITIES FOR ALL OF OUR STUDENTS and as it is optional to participate in the various learning activities that will be offered, I'd like to get a sense from you as to how easy or difficult it will be for you to do so. In other words, is there anything going on at home....in your life....that would prohibit or interfere with your ability to work on PDCP related learning opportunities for a maximum of 30 minutes per day?

[NOTE: Just to let you know, we are still making arrangements for "guest presentations" via webinars/online meetings etc. I'll let you know when dates have been confirmed.]

- 4) Think back over our discussions of the three Habits we have covered so far and try to think of one (personal) example of where you have demonstrated this habit lately and one (societal example)....in the news....observations of family members or friends....) where you have observed this habit being practiced recently. List your responses as follows:

Habit 1 – Be Proactive

Personal Example –

Societal Example –

Habit 2 – Begin With The End In Mind

Personal Example –

Societal Example –

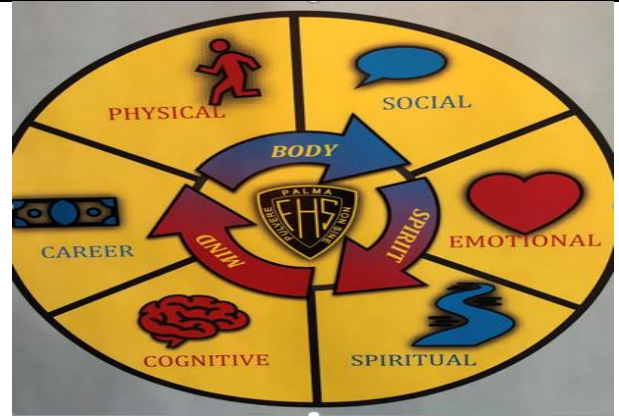
Habit 3 – Put First things First

Personal Example –

Societal Example –

- 5) Refer to the picture of the FHS Guidance Dept. Wellness Wheel (→) then think of **one** thing you can do in each category....to practice AND PROMOTE “WELLNESS” in your body, mind and spirit.

Physical –
Social –
Emotional –
Spiritual –
Cognitive
Career –
Physical



- 6) For #6, please let me know any questions you have about PDCP and/or anything you would like to share with me.

I will be reaching out to Period 1 and Period 2 students on Tuesday, April 14. Please share this message with “our” PDCP classmates, let them know I have posted this letter on my Teacher Page, and ask them to try (before Tuesday) to join the appropriate PDCP Team if they are able to do so.

Take care, have a wonderful long “Hoppy” Easter and I look forward to re-connecting with you.

Sincerely,

Ms. LaBerge 😊

HOW TO ACCESS MICROSOFT “TEAMS”

To access this program, you can either download the app onto your smartphone or visit

<http://teams.microsoft.com/>

Please login with the following information:

Username: FirLas12345@nbss.nbed.nb.ca (i.e. your FHS username)

Password: Your FHS password