

# THE LION'S POST

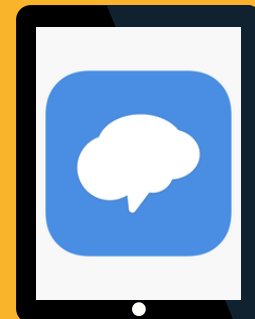
HIGH ROAD ACADEMY | FALL 2022



Back to   
SCHOOL

## SIGN UP FOR REMIND APP!

Text @hrapgc to 81010 to stay connected to High Road Academy of Prince George's County by receiving updates regarding school events, delays, and closings.



## NEWS AROUND THE SCHOOL

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### A Message From the Administration

Welcome back! We are excited for the start of the 2022-2023 school year, and we are looking forward to working with you over the course of the year. Our goal is to have a productive partnership with you to ensure that your son/daughter can achieve maximum results. We recognize that to be successful in academia, children need support from both home and school. This year more than ever, the school and home partnership will be even more important regarding the success of our students. We know a strong partnership with you will make a great difference in your child's learning experience.

As partners, we share the responsibility for our children's success and want you to know that we will do our very best to carry out our responsibilities. We ask that you guide and support your child's learning by ensuring that he/she:

1. Attend's school daily and arrives on time, ready for the day's learning experience.
2. Completes all assignments given by teachers.
3. Reads daily to develop a love and passion for reading, and to improve literacy skills.
4. Share's school experiences with you so that you are aware of his/her school life.
5. Informs you if he/she needs additional support in any area of subject.

On behalf of the staff at High Road Academy of Prince George's County we are excited to assist in the growth and matriculation of your student, and we anticipate a highly successful year!!!

Erica Harris-Jordan - Program Director  
Kimberly Cherry - Education Director

# CASE

During the 2022-23 school year High Road Academy will continue to implement CASE as our positive behavior intervention system. CASE is an effective method to use as an intervention that will lead our student's success both within and outside of the classroom. The foundation of High Road Schools CASE approach is our "keys to CASE", principles that drive out interactions with students.

- Being supportive and helpful
- Being proactive and preventative
- Focusing on what's going well
- Building strong relationships and rapport.

If you have any questions about CASE, please feel free to contact your son/daughter's social worker, classroom teachers or school administration.

## SOCIAL WORK CORNER

**MINDFULNESS** IS THE PSYCHOLOGICAL PROCESS OF BRINGING ONE'S ATTENTION TO EXPERIENCES OCCURRING IN THE PRESENT MOMENT, WHICH ONE CAN DEVELOP THROUGH THE PRACTICE OF MEDITATION AND THROUGH OTHER TRAINING.

MEDITATION PROVIDES A PEACE OF MIND. IT IMPROVES CONCENTRATION AND HELPS IN THE CONFRONTATION OF STRESS. WITH MEDITATION, PEOPLE GET THE POWER TO TACKLE ANY INVITED OR UNEXPECTED TROUBLES. THEY ARE ABLE TO DEAL WITH THE STRESSFUL SITUATION CALMLY AND PEACEFULLY. RESEARCH HAS SHOWN THAT MEDITATION INCREASES FOCUS, CONFIDENCE, BRAIN INTEGRITY & EFFICIENCY. REDUCES FEELINGS OF ANXIETY, DEPRESSION, AND OTHER DESTRUCTIVE BEHAVIORS.

### HOW TO MEDITATE - BEGINNERS

1. SIT OR LIE COMFORTABLY.
2. CLOSE YOUR EYES
3. MAKE NO EFFORT TO CONTROL THE BREATH; SIMPLY BREATHE NATURALLY.
4. FOCUS YOUR ATTENTION ON THE BREATH AND ON HOW THE BODY MOVES WITH EACH INHALATION AND EXHALATION. NOTICE THE MOVEMENT OF YOUR BODY AS YOU BREATHE. IF YOUR MIND WANDERS, RETURN YOUR FOCUS BACK TO YOUR BREATH. MAINTAIN THIS MEDITATION PRACTICE FOR 2-3 MINUTES TO START, THEN TRY IT FOR LONGER PERIODS. YOU CAN ALSO PLAY INSTRUMENTAL MUSIC SOFTLY IN THE BACKGROUND TO HELP YOU RELAX.

## FAMILY FUN Homemade Pop Tarts

Total Prep/Cook Time:  
15 Minutes



HAVE A LITTLE FUN PREPARING THE OUTLINED DISH WITH YOUR HIGH ROAD ACADEMY STUDENT, TAKE PICTURES AS YOU ARE PREPARING THE DISH AND HAVE YOUR SON/DAUGHTER SUBMIT WITH A FOOD REVIEW FOR A CHANCE TO WIN SOME COOL PRIZES! SEND PICTURES AND REVIEW TO [JADE.WASHINGTON@SEISCHOOLS.COM](mailto:JADE.WASHINGTON@SEISCHOOLS.COM)

### INGREDIENTS

- BOX PILSBURY REFRIGERATED PIE CRUST, SOFTENED AS DIRECTED ON BOX
- 1 SMALL JAR STRAWBERRY PRESERVES (OR YOUR FAVORITE FRUIT PRESERVATIVE)
- 1 CONTAINER OF VANILLA FROSTING (OR YOUR FAVORITE FROSTING)
- SPRINKLES

### DIRECTIONS

- 1 - PREHEAT OVEN TO 425 DEGREES.
- 2 - LINE A COOKIE SHEET WITH PARCHMENT PAPER.
- 3 - UNROLL THE PIE CRUST AND SQUARE THE EDGES. CUT EACH CRUST INTO FOUR OR SIX RECTANGLES.
- 4 - PLACE 1 TEASPOON OF JAM IN THE CENTER OF THE RECTANGLE AND TOP WITH A SECOND CRUST. .
- 5 - CRIMP THE EDGES TO SEAL - USE A FORK TO DO THIS.
- 6 - BAKE FOR 10 MINUTES, OR UNTIL THEY ARE SLIGHTLY BROWNED.
- 7 - AFTER THEY ARE COOLED, FROST THE TOP AND ADD SPRINKLES.

# HEALTH & SAFETY PROTOCOLS

EFFECTIVE AUGUST 15, 2022, IN LIGHT OF THE HIGHLY CONTAGIOUS COVID-19 BA.5 VARIANT, PRINCE GEORGE'S COUNTY PUBLIC SCHOOLS (PGCPS) WILL RETURN TO A MANDATORY MASK POLICY IN ALL SCHOOLS AND FACILITIES UNTIL FURTHER NOTICE. THIS DECISION WAS RECOMMENDED BY THE PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT.

HIGH ROAD ACADEMY WILL CONTINUE TO FOLLOW THE HEALTH AND SAFETY PROTOCOLS PERTAINING TO COVID-19 AS PRESCRIBED BY MARYLAND HEALTH DEPT, MSDE, AND PGCPS. IN ADDITION TO WEARING AN APPROPRIATE MASK, STUDENTS AND VISITORS WILL CONTINUE TO HAVE THEIR TEMPERATURE TAKEN AND BE REQUIRED TO SANITIZE THEIR HANDS WHEN ENTERING THE BUILDING.

WE WILL ALSO CONTINUE TO FOLLOW THE GUIDANCE FROM PGCPS CONCERNING THE PROCESS FOR STUDENTS/STAFF THAT TEST POSITIVE FOR COVID, QUARANTINE, SELF-ISOLATION, AND CLOSE CONTACTS. THE GOAL IS TO MINIMIZE DISRUPTION TO LEARNING AND WORK ENVIRONMENTS WHILE QUICKLY QUARANTINING THOSE WHO PRESENT WITH THE FOLLOWING COVID-19 SYMPTOMS WHILE AT SCHOOL/WORK:

- FEVER (100.4 DEGREES OR HIGHER)
- SORE THROAT
- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- DIARRHEA OR VOMITING
- SEVERE HEADACHE
- LOSS OF TASTE OR SMELL

## Dates to Remember

**Monday, August 29th - First Day of School**

**Monday, September 5th - School Closed - Labor Day**

**Friday, September 25th - School Closed for Students - Professional Development**

**Wednesday, October 5th - School Closed - Yom Kippur**

**Thursday, October 13th - Back 2 School Night**

**Friday, October 14th - Hispanic Heritage Museum**

**Friday, October 21st - School Closed for Students - Professional Development**

**Tuesday, October 25th - Senior Parent Meeting**

**Friday, October 28th - School Picture Day - All Students except Seniors**

**Monday, October 31st - Friday, November 4th - Spirit Week**

**Tuesday, November 8th - School Closed for Students - Election Day**

**Professional Activities - Parent Teacher Conferences**

**Friday, November 11th - Senior Picture Day "Cap & Gown"**

**Wednesday November 23rd - Friday, November 25th - School Closed - Fall Break**