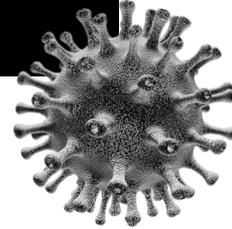


The Crossroads Connection



School in the Days of Covid

All of our lives have changed.

It feels like years since we were all together on March 13. Since then, all our lives have been turned upside down. From the 6 week quarantine to the requirement of wearing a mask and staying 6 ft apart, nothing is the same as it used to be.

BUT WAIT! There is at least one thing that hasn't changed! You still have a ton of caring teachers and staff that want you to succeed.

Your teachers are working harder than ever to ensure you have all you need to complete your work on Canvas. They've spent hours trying to make sure you have slide shows and reading material at your fingertips so that you can access your lessons day or night. They have to teach to black squares with names. Rather than getting to see your beautiful, sometimes sleepy, faces.

Your lives have changed as well. Your social lives have probably come to a halt, or at least slowed to a snails pace. Many of you have taken on new responsibilities at home or

had to go to work yourselves. You may not be attending class during the day, but watching the recording during the late evening hours. You're having to email teachers to ask questions.

We are all trying our best to make the most of it.

Our fearless leader, Bridgette, is in zoom meetings most days, trying to get us more grants, fighting for your rights, and encouraging teachers and students to do the best they can.

The Voices of Youth gang is working on ways to inspire students while we all navigate these crazy times.

The paras and office staff are working with small groups in the school a couple of days a week.

Are we making a difference?

Success is in the eyes of the beholder.

Do you feel supported by your staff? Are you striving to stay connected? Are we working hard enough to make the best of this situation? What can Crossroads do to make it better? What can you do to

make it better?

Everyone's answers will be different.

Just remember this: we are entering the 2nd quarter of "Covid School" and you have the chance to make a fresh start

Do a little bit of schoolwork every day to keep from falling behind in class. Stay connected to your teachers or paras, even if it's just for someone to talk to. Schedule a zoom session or talk during office hours. Ask questions, stay involved. Connectivity is a form of self care.

Speaking of self care, be sure to eat something healthy every day and try to go get some fresh air. Repeatedly staying cooped up in your room will not bring forth positivity.

Most of all, know your Crossroads staff loves and misses you.



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Important Dates to Remember

- CONFERENCES: November 23—25
- Honor Society Induction: November 24 6pm Tracy Orr's Zoom
- Thanksgiving Break November 26-27
- Virtual Coffee With the Principal Dec 3 6pm
- Winter Break: December 21—January 1
- MLK Birthday, No School : January 18

Parent Survey Available Next Week

The Crossroads staff wants to hear from you! A parent survey is being created to find out what our families need during this crisis, and what the school can do to help.

We will use the information we acquire to make changes that will, hopefully, alleviate the issues. But we can't be helpful unless we know what's wrong. Please watch for an email with

the survey. We will also be providing the survey to parents to complete during conferences at the end of this month.

Covid Friendly Community Service Ideas

As of this newsletter, the district has not changed the community service requirement for graduation in 2021. You will still need to do a total of 40 hours of community service in order to graduate.

However, we are able to find new, creative ways of completing the requirement. In the past, we could not accept service done for family members. Now, in the days of Covid, serving our most vulnerable population is highly recommended.

Help keep your parents and grandparents safe by taking on some of the duties they normally do. Keep them from having to leave the house and go into public places. Help your neighbors or older members of your community.

The following chart gives ideas for community service and how to turn it in. Community service forms can be found on Canvas or on the district website.

Contact Lori at lhanson@gfalls.wednet.edu with questions.

Service Idea	Who can sign off	How to turn it in
Wash your neighbors car, clean their yard or babysit their children	Adult neighbor	Comm. Service Sheet
Volunteer at the local food bank	Food Bank Supervisor	Comm. Service Sheet
Write a one page letter to a nursing home resident (3 letters = 1 hour)	Lori Hanson	Copy or take a picture of the letter for Lori
Grocery or holiday shopping for someone who is medically compromised	Adult neighbor	Comm. Service sheet
Help a neighbor with IT issues: zoom, canvas, Facebook Live, Skype, etc.	Adult Neighbor	Comm. Service sheet
Tutor a neighbor or family member's child who is having trouble distance learning	Adult neighbor or family member	Comm. Service sheet
Pick up garbage in your neighborhood, at the river or in a park.	Lori Hanson	Send a picture to Lori Include total hours
Make a sign showing appreciation for hospital workers, delivery drivers, etc. and place appropriately	Lori Hanson	Send a picture to Lori Include total hours

Fall Conferences Next Week, No Zooms, Asynchronous Learning Only

This year we have added a few new terms to our vocabulary, the most interesting being **“synchronous”** and **“asynchronous”**.

When discussing remote learning, synchronous would mean that the teacher is actively teaching via zoom or some other platform. Asynchronous would mean that there are lessons provided, but the teacher is not presenting the information, the stu-

dent must access it and complete it independently. Typically, night school at Crossroads is asynchronous.

Next week is conference week. Teachers are preparing lessons on Canvas for students to access while they are meeting with parents for conferences. You are still required to complete the assigned work with out teacher involvement, asynchronously.

Don't forget to sign up for a conference spot with you C&C teacher. If a parent is not available, invite a close, trusted adult to attend your conference. C&C teachers are awarding participation points for attending conferences. Your Quarter 1 grades, credit sheets and transcripts will be available for discussion. Seniors, it is especially important you attend to discuss your ability to graduate in June.

Are you involved? Here are some ways to do so...

Weekly Assembly Every Monday at 8:45 you are invited to join all the staff and a bunch of students at the weekly assembly. There are awards, announcements and guest speakers. Just jump onto Ms. Orr's zoom to be a part of the fun! 405 716 4006

Voices of Youth: VOY is meeting weekly on Tuesdays at 2:30 on zoom and in a socially distanced classroom (if you can make it to school) They are currently working on ways to keep students engaged while we are distance learning, and inspiring kids to stay positive during these difficult times. If you'd like to be a part of Voices, contact Bridgette.

Open Doors Overhaul: The staff and students of OD and CR are repurposing old and unused items into art. A syrup bottle into a painted vase, for example. Repurposed items will be sold at Soul Sisters Trove in town. If you want to participate, have ideas or have an item you think could be repurposed, contact the Open Doors staff.

Food Drive Competition: Every year we have a food drive competition between check and connect classes and this year is no different. To donate food to your C&C Box, you can collect non perishable food items on your own or volunteer to stand outside the local stores and request food from shoppers. The winning C&C class will

receive McDonalds or Subway gift cards mailed to each student.

Giving Tree: Crossroads will once again be participating in the giving tree program this year. If you would like to donate to a family in need, contact Cheryl for a family gift tag.

Finally, if you are in need of food, warm clothing or gifts this holiday season please contact the school through your C&C, your case worker or call the office. We have many ways to help families in need.



A Message from the Principal

It's hard to believe that we are already into the month of November! It has been great to see a handful of students coming into the building for in-person instruction. As we start second quarter, we can't stress enough the importance of student engagement in both synchronous and asynchronous learning. Course content is progressing and it is imperative for students to keep up with their school work and continue to earn credits toward graduation. Parents, please be sure to check your child's progress on Skyward.

I would like to commend our staff for going above and beyond the call duty to ensure that we are meeting the academic and social emotional needs of our students. Staff continue to work on authentically getting to know and building strong relationships with our students and families. I also want to thank our families for their unwavering support and understanding. We continue to follow all COVID-19 protocol established in our Return to School Plan. To date, we have no known on-campus exposures resulting in a positive test, nor have we had any campus outbreaks. We are grateful that our students continue to adhere to the strict safety protocols that have been put into place. I'm sure many of you are aware but I wanted to call your attention to the mental health crisis that is continuing to grow amongst the young people in our nation. Survey results indicate an increase in both substance use and mental health issues including suicidal ideation, anxiety and depression. Suicide is the second leading cause of death for youth ages 10-24 in

Washington and the United States. Two youth are lost to suicide each week in Washington State. Due to complex cultural factors, rates of youth depression, anxiety, suicidal thoughts and attempts are at an all-time high. The Granite Falls School District began working with the University of Washington's Forefront in the Schools (FIS) program. The program is an initiative of Forefront Suicide Prevention at the University of Washington and is designed to guide schools through a collaborative, comprehensive process of policy development and curriculum improvement with customized support to build upon existing student mental health and suicide prevention efforts. We have added a Parent and Family Resource Guide provided by Forefront, the link is posted at the bottom of this article.

The Centers for Disease Control has also developed a COVID-19 Parental Resource Kit to help ensure Children and Young People's Social, Emotional, and Mental Well-being and assist families in recognizing the social, emotional, and mental health challenges and assist in ensuring their well-being. The link to the kit can be found the bottom of this article.

Our Voices of Youth, ASB and Leadership students are creating action plans that would assist in educating families and community members on these issues. Ideas including creating podcasts with student voice, creating a coloring contest that has pictures of things that have helped people through the pandemic, expanding our social media sites, and a virtual town hall meeting where parents would be able

to submit questions ahead of time to a panel of school leaders, mental health and substance abuse professionals, students, and family members who would be able to share their perspectives on issues.

We have scheduled a "VIRTUAL CROSSROADS COFFEE WITH THE PRINCIPAL" for December 3 AT 6:00, we will send out formal invitations but I know people are being inundated with information so I'm going to put my personal zoom room number: 3911618742. The topics will include reviewing results of the surveys that will be going out during conference week, feedback on creating a Parent Advisory Council this year to help advise our programs and share ideas

and insight from the parent perspective related to services for our students, and innovating ways to assist our students through this crisis. I would love to plan with a diverse group of parents as a way to build advocacy and ensure equity and participation across our school community. In closing, I want to thank you for your continued support and wish you and your family good health and a wonderful holiday season. I encourage you to please continue to refer to our district website, our school website, and our Facebook page for additional information. I'm confident that one day we will be together again and when that happens it will be with a greater sense of belonging and a renewed perspective on all of the values that make Crossroads High School such a special place.

Downloadable Forefront Family Resource Guide:

<https://inthe forefront.org/parent-and-family-guide>

COVID-19 Parental Resource Kit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit>

2020-21 CR and OD Planners Available



Thanks to our wonderful and tech savvy school counselor, Jen Jennings, we have beautiful planners for the 20-21 school year.

These fabulous planners include calendars and important dates, emergency numbers for students, inspirational quotes along with all the planning pages you will need to make goals and keep track of your assignments. There are troubleshooting guides for canvas, skyward and your chrome books. There's a page that explains how to Zoom, and a list of all our zoom numbers.

There are pages dedicated to coping skills, overcoming obstacles and the purpose of emotions. There are coloring and doodling pages built in, and you can even track your moods!

Originally, only 50 planners were printed, however, we can order more as needed.

Feel free to call the office to have one set aside for pick up at your convenience. Deliveries may be available on a case by case basis and only as our team is able.

A Mental Health Message from Kevin Hines

Crossroads High School

205 N Alder Ave
Granite Falls WA 98252

Phone: 360-283-4407

Fax: 360-283-4307

Contact Email:



Follow the
Crossroads
Facebook Page!

****ANNOUNCEMENT****

ELECTIVE CREDIT IDEAS ARE IN THE WORKS

The teaching and office staff are coming up with creative ideas for you to get elective credit.

Some of the ideas involve coming into school and doing crafts and research here.

Other ideas can be done at home by accessing Canvas and doing research on your own.

STAY TUNED !

We are hoping to have the first elective credits solidified and ready to introduce at the November 30th Monday Assembly

People often speak of pulling yourself up by your boot straps, getting over the grief of a terrible loss, be it the loss of your inner-self or the loss of a loved one. Yet, those same individuals who tell you to "get over it" balk at the fact that awful emotional pain can be as strong and intimidating as physical pain. If they ever experience such pain, they would understand that it is a kind of pain which can literally bring you to your knees. That very outcome has happened to me more times than I can count on both hands, in part due to my bipolar disorder--and yet, I'm still standing. Years ago my dad and I had a monstrous verbal fight which turned physical. I was in a manic state when my father wrapped the pea-coat I was wearing around my neck and tossed me around like a rag doll. It was like something you'd see during a hockey game which is entirely fitting since my dad played semi-pro hockey for nearly 20 years. So, he knew how to handle a jersey--or, in this case a pea coat--rendering my fighting arms useless. My dad was only trying to gain my full attention. He was trying desperately to break my manic state caused by the bipolar disorder. After the tossing ceased, I collapsed to my knees in copious amounts of physical pain caused by emotional trauma. This was unlike any pain I had ever endured. The pain in my stomach and ribs was incomprehensible and cruel. It was a type of pain I would never wish upon my worst enemy. No jujitsu wrestling throw, football tackle, or fight in the schoolyard that I had ever experienced could even compare or surmount to this torment I felt. Make no mistake about it, it was all due to my emotional state. My brain took over my body. This demonstrates how powerful the human mind really is. Sometimes I still get "stuck in my head" which means I cycle through anger and rage. I still fall into depressive pits of self-hate

sometimes. When I am in these depressive lows, I cry myself to sleep, hoping to achieve some sort of emotional stasis. When I was in my seventh psychiatric hospital stay, I was sedated and heavily suicidal and yet, I was cracked, but not broken. My family and friends, even my acquaintances, tried to awaken me from my depression, but as we in the mental health field know, that is not how it works. Those suffering from any mental illness or brain disease need to understand that it is a treatment work-ethic and the ability to become active in our wellbeing that will ultimately save us from this kind of daily self-destruction. It takes all of these things and so much more to allow us to live mentally well-most days. We certainly need a great deal of help and support, but we can do it. Mental wellness most days is possible. I know, because I have discovered mental wellness despite my condition. The difference between someone like me and someone who ends up dying by suicide, is that I know how to ask for help, and I know that no matter what life throws at me, no matter how many times I become suicidal (I still do), no matter my mental pain, I will always ask for help. That also means if I become a danger to myself, I send myself off to the "hotel". ("Hotel" is what I have come to call psychiatric units I have frequented due to bipolar disorder and suicidal ideation). I know how to heal from my internal and mental wounds. I know I must do cardiovascular exercise at least half an hour a day which will feed my brain the endorphins it needs in order to stay "above water!" I also know that I must keep a strict sleeping pattern, take my meds religiously. I also have to educate myself as to my brain disease and its newest findings as well as refrain from all recreational drugs and alcohol. I must create and keep an impenetrable support network of people who care for me, love me and need me alive. With my life situation, it is

imperative that I have help. We all need it sometimes, some just more often than others. Your network can be vast or minimal, but it is crucial that you have one filled with people who have your best interest in their hearts. I have to do these things and much, much more to stay within the realm of mental stability. After all, I am not depression, I am not bipolar. I may have those two conditions and have to deal with them every single day, but I deserve to live well. I deserve to live, period. Forget about this brain illness consuming my future, that goes without saying. I must become actively proactive in my wellness once more, if I am to return to my wife, family, and friends with my head held high, chin up, filled with confidence. My father often repeated one of his favorite phrases, one which I will never forget... "Kevin, you are in two feet of water and you are drowning... STAND UP!" All I-- and you-- need to do now is stand!

Kevin has reached international audiences with his story of an unlikely survival and will to live. When Kevin was 19-years old, two years after he was diagnosed with bipolar disorder, he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of thirty-three to survive the fall and he is also the only survivor who is actively spreading the message of living mentally healthy around the country and the globe.

Since, Kevin has become an award-winning international speaker, author, and mental health advocate.. In 2012, he was awarded a Lifetime Achievement Award for his outstanding work as a suicide prevention advocate and speaker. He has also been recognized by SAMSHA as a Voice

Thank you to Donna Noble for providing the article for the newsletter.