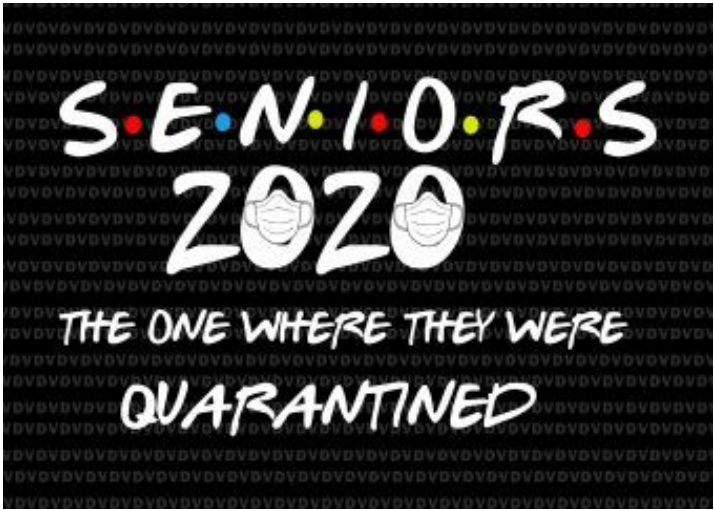


# LWHS TIMES

## WELCOME TO THE LWHS TIMES STAFF EDITION!



ABOVE: Principal Sharei Ricketts



FRIENDS: Seniors Class of 2020!

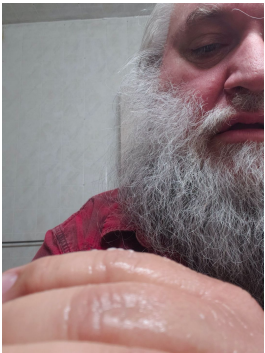
## Stop the Spread!

HEATHER HINKLE  
APRIL 16

Stop the spread of COVID-19 and do the 5!

1. Wash hands often.
2. Cough into elbow.
3. Don't touch your face.
4. Stay more than 3 ft. apart.
5. Stay home if you feel sick.

Source: Word Burn Press



**WASH YOUR HANDS: Mr. Daniel Snethan is germ free!**

*What is a math teacher's favorite season? – SUMmer.*

### Announcements:

Tune on Wednesday, April 22nd for a Virtual Open House with the High School Staff. Keep checking the Facebook page for information!

## Attention All Seniors!!

XIMENA PRUDENCIO  
APRIL 16

Seniors, please email or text your baby pictures and your senior pictures to Ms. Heather Hinkle at [hhinkle@littlewound.us](mailto:hhinkle@littlewound.us). Why?....We want to see your sweetness and beauty, THEN & NOW! We want to see you in the yearbook!

We still have May 8th as the last day for you to turn in any assignments. If you have not been in touch with your teachers, please reach out to them. You can find their contact information on the LWS website. (Go to Schools > High Schools > Meet Our Staff > click on your teacher's name.) All students are encouraged to use Google Classrooms as the main point of contact for coursework. Teachers are happy to be in touch with you and support you with coursework. Please make yourselves available, better yet, reach out to them! If you are on Odysseyware, Glorianna is available to help you with coursework. Text or call 605-454-2567, or email [glorianna@littlewound.us](mailto:glorianna@littlewound.us). If you need to speak to the HS counselors about scholarships or furthering your education through college or learning a trade/skill, you can reach them at these places:

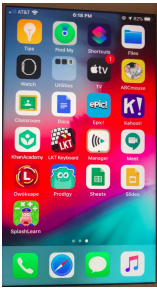
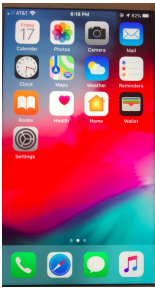
Rocelle Iron Crow: [roncrow@littlewound.us](mailto:roncrow@littlewound.us) and 605407-8897

Melissa Pourier: [mpourier@littlewound.us](mailto:mpourier@littlewound.us) and 605407-2878

### \*\*\*ALL STUDENT UPDATE\*\*\*

iPhone Distribution:  
Phones are used specifically for your classroom work. If you try to reset the phone, it will shut off. Seniors, those of you that did not get your phone today, call Principal Ricketts so we get a working number and location of where you are. Those seniors, the iPhones will be distributed on Monday with Junior iPhones  
Monday April 20, 2020 - Juniors iPhones will be distributed , your parent or guardian must be present and sign  
phone agreement or phones will not be given.  
Tuesday- Sophmore  
Wednesday- Freshmen

When you open your iPhone and turn it on for the first time, you will be asked to create a passcode. You screen will look like this:



All the apps you need to complete your schoolwork are already uploaded! Simply use your Little Wound Email to sign in!

ONLINE

Google Classroom Support  
Answers to your FAQs

CASE NIEBOR  
APRIL 16

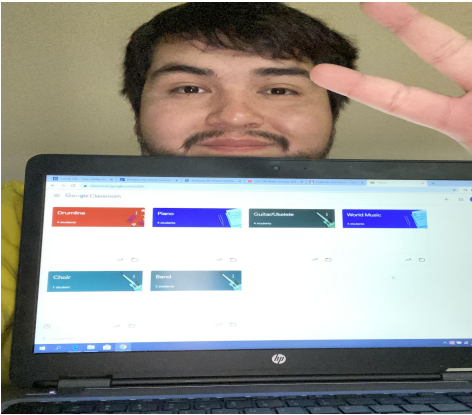
So, you’re trying to use Google Classroom?  
Here’s what you need to know:

Logging in:  
Your teachers have invited you to their classes already. Simply log in to your Little Wound Gmail accounts and look for the invites. You can also log in at classroom.google.com with your Little Wound Gmail account to see all your classes. To access a class, click on the card for that class on your screen.

Using Google Classroom:  
When you log in, you’ll see the “Stream” page. This is where your teacher will post updates, office hour times, and where you can ask questions. You’ll also be able to see when your teacher posts a new assignment and any upcoming assignments. At the top of your screen, you’ll see a link to the “Classwork” page. This is where you’ll be able to access the assignments for your class. When you click into the page, your assignments will be organized by topic and you’ll be able to either do them online or upload answers. The last tab is “Grades”. When your teacher grades an assignment in google classroom, your grade will show up here.

The Calendar and To-Do menus:  
If you want an overall view of your assignments, click on the three bars in the upper left-hand corner. Here you’ll be able to move between classes. You’ll also see a “Calendar” and “To-Do” options. The Calendar shows you when assignments are due day-by-day. The To-Do menu shows you the next group of assignments you owe and links you directly to them.

For any further questions, ask your teachers!



TOP: Mr. Caponetto using Google Classroom!



ABOVE: Ms. Nellie Two Elk with her sons

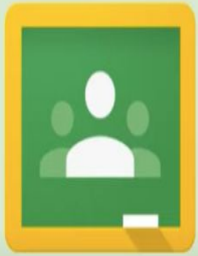


ABOVE: Principal Sharei Ricketts showing safe cooking practices!

*What is the longest word in the dictionary? – Smiles, because there is a mile between each “s”*

*What is a snake’s favorite subject? – Hiss-tory.*

Student guide  
to Google  
Classroom



Click the link below for a video tutorial of Google Classroom!

<https://www.youtube.com/watch?v=qSxNLaWm74g>

*What would you get if you crossed a dog and a calculator? – A friend you can count on.*

UPDATES

Counselor’s Corner

ROCHELLE IRON CROW AND MELLISSA POURIER  
APRIL 16

ACT is rescheduled to June 13, 2020  
Students that are interested in Oglala Lakota College for Fall Semester need to contact Emily Kaye at 605-455-6148 or ekaye@olc.edu for the Accuplacer

- Anxiety Tips:
- Practice deep breaths
  - Take a break & go outside to get some fresh air
  - Try walking & talking
  - Think positive & keep a journal/write down your feelings
  - Eat healthy & stay well

TIPS

#MomHacks

NELLIE TWO ELK  
APRIL 16

Staying Sane #momhack  
We, as parents, have been teaching our kids things since birth. They know how to walk and talk because we were there.

- Mama, these days you may feel ...
- Grateful for your job and overwhelmed by it.
  - Grateful for your home and trapped inside.
  - Grateful for your family time and exhausted by it.
  - Grateful for your health and worried about it.
- And that is okay.

- Here are a few tips on managing anxiety in your home:
- 1) Set boundaries with the news and social media
  - 2) Let those you talk to know you’ve had enough pandemic talk
  - 3) Label anxious thoughts (ex. “this is just a thought, not a fact”)
  - 4) Hold on to at least one thing that feels “normal”
  - 5) Offer your children reassurance and a space to verbalize their own concerns



FACTS

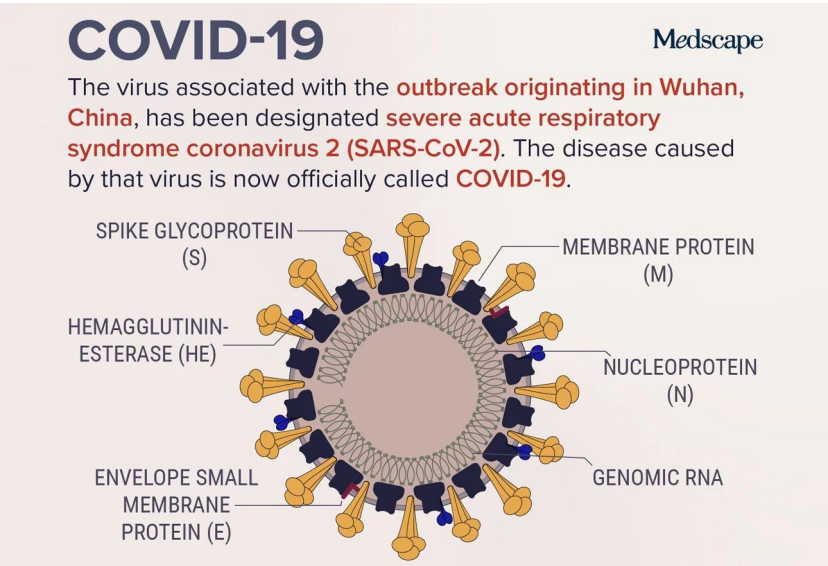
Science Says...

ARIEL LATTANZI  
APRIL 16

What is coronavirus?  
Coronavirus actually refers to an entire family of viruses -- just like there are different families and species of plants and animals, viruses are classified by several characteristics. The common cold is often caused by a rhinovirus in the Picornaviridae family. The flu, aka influenza, is caused by a virus in the Orthomyxoviridae family. In science, it helps to be specific. House cats and tigers are both in the Felidae family, but I only want one of them in my house! #notatigerking

None of us want coronavirus in our homes, but four types of human coronaviruses already cause 10 to 30 percent of upper respiratory tract infections in adults. The big difference between the four common kinds of coronavirus and what we face today is how long these viruses have infected humans. As a society, we have built up some immunity to the four common coronavirus strains. However, COVID-19 is a totally new threat to humans. COVID-19 refers to coronavirus disease 2019 - a specific strain of coronavirus that was first detected in 2019. Despite the number 19, this outbreak is the first time this specific virus has been detected in humans.

In 2003, there was an outbreak of a respiratory illness that was called SARS, which stands for Severe Acute Respiratory Syndrome. The SARS outbreak was caused by the virus SARS-CoV. The current outbreak is caused by SARS-CoV-2 (aka COVID-19). The two versions of SARS-CoV are technically in the same virus species, but the viruses are distinctly different, and have different symptoms, severity, transmission rates and mortality rates. The 2003 SARS disease was much more severe and deadlier, but was contained quickly.



MEDSCAPE: A visual explanation of COVID-19

HEALTH

Nurses Corner

LINDSEE HARRIS AND SUMMER WHIRLWIND HORSE  
APRIL 16

If seniors need copies of their immunization records for college or anything else the phone number to obtain these from Kyle IHS is 605-455-8210. This is the direct line for medical records. Follow the link below for extra support during COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/#.Xpiv2ctKWcs.mailto>

How do you make one vanish? – Add a ‘g’ to the beginning and it’s gone.

STRATEGIES

Support for your teen during COVID-19

HEATHER HINKLE  
APRIL 17

Struggling to keep your teen motivated? Tired of constantly reminding them to do their work? We understand. As we transition to distance learning, we all have to be flexible and learn new strategies in order to succeed. Students everywhere are impacted daily by this pandemic. We did not have track, prom, and graduation is still up in the air as to when it will take place. This is not the year our students expected or deserved. In order to help smooth this transition and give our teens some normalcy, here are some support strategies you can do while your teen is working.

The Six C’s:  
1) Chunk. Try to chunk the work into smaller, more manageable pieces. All of the work at once can be overwhelming!  
2) Check-In. Every 20-30 minutes, simply check in on their progress.  
3) Connect. Make sure they have time to connect with their friends online.  
4) Clocks. Use clocks, timers, and alarms to improve time management skills.  
5) Cardio. Give your teen breaks to go outside or an activity inside. Just get them moving!  
6) Construct. Work together to make a schedule. 7) Create a routine. Having structure will make this transition easier. With these strategies, your teen can rise above COVID-19. Source: [A Quarantine Well Spent: How to Foster Teen Independence During This Time at Home](#)



PICTURED: Ms. Heather Hinkle and her dog using the 5th C: Cardio by going for a walk!

How do you get straight A’s? – With a ruler.

STUDENT

Student Spotlight: A display of student work

ASA STEELE AND ANONYMOUS  
MARCH 18

Dear Nikes on my feet,

From the first moment I laid my hands on you, I was linked. It was like we had this connection. You gave me solid ground to stand on. The first time we touched the court together, the “swoosh” told me to “just do it.”

I was in love with the feeling you gave me. It was a sensation I never recognized. You helped me through the bad and the good. Whenever I was down and out you aided me to get back up on my own 2 feet.

I was 10 when I got my first pair, the hyper rev in atomic purple and orange. But to me you were gold and purple. I fell deeply in love with the traction you gave me on the game called “life.”

The relationship you gave me with you and many others. It was an endless cycle of joy, whether it was on the court or with others off. Kobe once said, “Sports are such a great teacher. I think of everything they’ve taught me: camaraderie, humility, how to resolve differences.”

It never really mattered the color I put my blood and sweat on you. You always supported me even when my body didn’t. I never gave up, but my sole did, soon we had to be split. But I promised it wouldn’t be the end.

My mind was used to the grind, the early days I spent running inside the gym with you under me supporting each and every step I took. You promised me the world, so we ventured together, from the concrete jungle to the hardwood. I don’t just want you on my feet, but also to spread joy to many others. Always remember that you told not just me to do it but others.

Sincerely yours,

Asa Lewis Steele

Dear Running,

Once that rain drop hit the side of my face,  
the gun shot off...  
\*POW\*!!  
I took off into the course.

I have never felt so complete with myself than I did that day.

You have helped me build a strong mindset.  
To the point where you became my get away from the world.

People look down on you,  
but that’s okay because I see you for you.

We had our ups and downs.  
The random night cramps, shin splints or even when I was so sore...  
I couldn’t get out of my bed.

The 500 Mile Sacred Hoop Run is where I get to spend the whole week outside.  
The connections I make with people,  
are something that I highly value.

Something was given to me that most people struggle to find.  
Self love and having peace within myself.

I hope that you can give more of this positivity to others.  
Because this helped me a lot throughout my high school years.

Yours Truly,

Anonymous

“In order to create an engaging learning experience, the role of instructor is optional, but the role of learner is essential.” - Bernard Bull



"You don't have to worry about my future any more  
— I just downloaded an entire college education."