

# LWHS TIMES

## WELCOME TO THE LWHS TIMES STAFF EDITION!

weekly  
ANNOUNCEMENTS

### Upcoming Events:

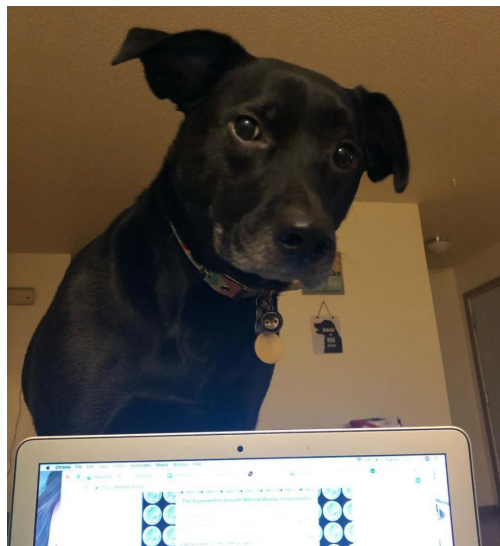
CASE NIEBOER  
APRIL 24

-On Tuesday the 28th, Little Wound will host a virtual open house! Come on in (using your phone or computer) and have your questions about your or your student's classes answered! Keep an eye on our website and Facebook page for the exact schedule.

-Interested in reading fun and exciting books? Mr Cruz is starting an online book club this week! The first book will be Ben Mikaelson's Touching Spirit Bear, a story about survival, judgement, and redemption. Email [atellezcruz@littlewound.us](mailto:atellezcruz@littlewound.us) if you're interested!

-Any Freshmen, Sophomore, or Junior that wants to be in the yearbook on your class page send Ms. Hinkle a selfie! Absolutely no snapchat filters. #nofilter Email to [hhinkle@littlewound.us](mailto:hhinkle@littlewound.us) by May 1st!

-Seniors, this is your year, put yourself on display! Send Ms. Hinkle your baby pictures and senior pictures for the yearbook! Parents, you can even add a brief message if you want to. Email to [hhinkle@littlewound.us](mailto:hhinkle@littlewound.us) by May 1st!



Rise Above: Ms. Hinkle's dog, Tinsel, rises above the computer to conquer distance learning.

### Tips and Tricks to Conquer Distance Learning

HEATHER HINKLE  
APRIL 25

Schools across the nation have made the decision to close for the remainder of the school year. Little Wound School has followed suit in order to protect students and their families.

Last week, Little Wound High School provided iPhones for its students. Giving every single individual the means to continue learning from a distance.

As schools are transitioning to online learning, students are having to adjust from being in the classroom to working at home. The transition process is not easy and it's going to take a team to do it.

Children, no matter what age, look to the adults in their lives for guidance on how to respond to the unexpected. It's important to keep a positive mindset to help our children prosper.

The burden of continuing education falls first on the teachers. Teachers must create an online curriculum that students can access. But in order to complete these activities, parental guidance is a necessary component.

Parents are now juggling work and home needs on top of supporting learning at home. While this is a stressful time, it is important not to panic.

Below is a list of tips and tricks to help students conquer the online classroom:

1. Turn off the news. The media is a scary place for teenagers. Sometimes what we see on the news/media is inaccurate and exaggerated information. Our students just need to know that it is going to be okay.

2. Check the FaceBook page and school website. Stay connected with LWHS by making it a habit to frequently check the FaceBook page and school website. Teachers are giving class updates on their pages and important information is being put out over FaceBook. Stay in the know.

3. Limit distractions. Teachers have struggled keeping students off their phones in the classroom setting, now parents are dealing with the same. Limit their use of their devices, other than what is needed to complete their work, until their schoolwork is done.

4. Make a schedule. Having a schedule and developing a routine is an important aspect of a young adult's life. It is recommended that their sleep schedule remain the same as if they still had to wake up to be on the bus. Having a clear vision of what is expected of your child will help them see that just because they are home does not mean they don't have work to do.

5. Do not let your children treat this as a vacation. This time at home might feel like a vacation for your learner, but it's important to remind them that their education still comes first. Obligations like class assignments, grades, and tests, are not going away just because classes have moved online.

By working together (parents, teachers, and students) as one, completing the 2019-2020 school year online will be challenging, but not impossible. Students take your education into your own hands. Let's conquer this pandemic together.

Source: Edmodo and Jennifer Fabiano from Ladders.

**PROTECT**

# Protect yourself and others!

*Advice from stopping the spread.*

**LINDSEE HARRIS**  
APRIL 17

**o CLEAN HANDS OFTEN**

Wash hands often with soap and water for at least 20 seconds especially after you have been in a public place. Avoid touching your eyes, nose, and mouth with unwashed hands.

**o AVOID CLOSE CONTACT**

Avoid close contact with people. Stay at home as much as possible, except to run essential errands or to seek medical attention. Put distance between yourself and other people. Remember that some people without symptoms may be able to spread the virus.

**o WEAR CLOTH FACE COVER**

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask meant for a healthcare worker. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

**o COVER COUGHS AND SNEEZES**

Remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds.

**o CLEAN AND DISINFECT**

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

**THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS**



**Wash your Hands: Above is a visual on how to properly wash your hands from VeryWell.**



**ABOVE: Nurse Summer rocking her face mask!**



*Once a Mustang, Always a Mustang!*

**FACE MASK**

# DIY Face Mask

**SUMMER WHIRLWIND HORSE**  
APRIL 17

As you all know, face masks are all but mandatory when going out into public. It is important to wear one to protect yourself and others.

“But what if I don’t have a face mask??”

Click on the picture below on how to quickly make your own:



[https://drive.google.com/open?id=1JEn9Mtk9Lf5B0jHSt1mhQlnsn6gdw\\_Un](https://drive.google.com/open?id=1JEn9Mtk9Lf5B0jHSt1mhQlnsn6gdw_Un)

# Backyard PE

Tired of staring at the computer? Want to convince Shonna or Rob that you’re keeping up with your physical exercise?

Follow along with this video below for some backyard PE!



<https://www.youtube.com/watch?v=KVkA0jFzvUw&feature=youtu.be>

#MOMHACKS

# Staying Present

NELLIE TWO ELK  
APRIL 16

Motherhood - regardless of outside forces - is a constant conflict between wanting "this" to pass quickly and wishing time would stand still. No matter what age your kids are at, it is forever a struggle to stay present. Two examples come to mind:

I) First baby laugh? You wish you could bottle it up and save that fluttery feeling in your chest.

II) Potty training? Fast forward, please.

Now, because of a global pandemic, we are forced to stay present 24 hours a day and seven days a week, and it is far from what we consider "normal."

Exhausted? Me, too. You are not alone. So, here are a few tips to stay present.

**1. Make a Quarantine Schedule**

a. Does not matter if you are a morning mom, afternoon mom, or evening mom. Make a schedule that fits YOU. You are the rock that holds the family together and they will be held together on your time.

Example – I am most active in the morning, so I use that energy to clean.

1. I have my two cups of coffee
2. Breakfast
3. Homework done
4. Free time outside until lunch while I clean
5. Lunch
6. Homework again
7. Outside play
8. Quiet time coloring, painting, beading, or drawing (\*\*This is my ME time. I love to bead.\*\*)
9. Dinner
10. Video games
11. Showers and bedtime (\*\*Possible "me" time while kids are sleeping\*\*)

**2. Stick to the schedule during the week**

**3. Take breaks from it during the weekend**

**4. Remember: YOU are more than a mom.**

Take the time to do something you love to do, too. Be present for the ones you love, but schedule a time for your hobby and be present for yourself.

I know, it sounds ridiculous or corny or possibly even hard to do at this point. But! – I promise, it helps keep you living moment to moment instead of watching the hours drag by.



Lava Lamp: What your lava lamp could look like!

#SCIENCE

# DIY Lava Lamp

## Science at home

ARI LATTANZI  
APRIL 25

Have you recently been finding yourself missing our lab days at school? Me too. If you want some bonus points in my class move our lab to your home and make this lava lamp! You can create it by using common household items. Follow these simple instructions like you would a recipe!

**You will need:**

1. Recycled water/soda bottle
2. Water
3. Vegetable Oil
4. Food Coloring
5. Alka Seltzer Antacid Tabs

**Directions:**

1. Fill a plastic bottle 1/3 full of water.
2. Add vegetable oil until there is 2-3 inches of space from the top.
3. Add several drops of food coloring. It will fall through the oil in balls but mix once it gets to the water section.
4. Add one tab of Alka Seltzer antacid, broken up into several small pieces.
5. It will start to bubble and create a lava lamp!
6. Close the bottle tightly and tape around the lid.
7. When the antacid tablet is no longer causing the lava lamp effect you can repeat the process. If you shake the jar violently and the oil, water, and food coloring appear to have made one big colored mess – don't throw it out. Give it a couple hours and you will see the oil & colored water separate again. Then go ahead and repeat the science experiment again.

**Thought provoking questions:**

1. Why do you think the water and oil do not mix?
2. What happens when you shake the lava lamp?