

Welcome Lions!





Anything but a backpack!!



Period 1



Student Check In Activity



A cluster of small triangles in the top right corner, arranged in a grid-like pattern. The triangles are in three shades of gray (light, medium, and dark) and are all pointing to the left.

Who am I?

A cluster of small triangles in the bottom left corner, arranged in a grid-like pattern. The triangles are in three shades of gray (light, medium, and dark) and are all pointing upwards.

Interests & Hobbies

- **Examples:**
 - **Interests**
 - **Hobbies**
 - **Places you've traveled**



Educational History

- What School/Schools have you attended?
 - High School
 - College
 - Beyond
- Insert a picture of your school's logo



If You Knew Me You Would Know...

- **Examples:**
 - I'm adopted
 - I enjoy skydiving
 - I've been in education for 30 years
 - I love watching the Red Sox play!



Family and Pets

- **Examples:**
 - I adore my girlfriend
 - I have 4 adult kiddos.
 - I have 2 dumb but adorable pitbulls.
 - My life's inspiration was my father.



Why am I a teacher?

- **Examples:**

- **Love for students**
- **Love for education/teaching**
- **Make a difference in the world**
- **Vacation**
- **Money**
- **Benefits**

Motivation



How do you become and stay motivated?

1. Set Goals!
 - a. Choose goals that interest you and you have to work to achieve them.
2. Make your goals public!
 - a. Tell someone, write them down, put them on your wall at home
 - b. Don't do it alone, have someone keep you accountable
3. Plot your progress to those goals
 - a. Track if you are moving towards your goals and if not why not?
4. Reward yourself along the way, each step of the way

How do you become and stay motivated?



Write Down your goals on a piece of paper or the notes on your phone

These can be goals for this year or 10 years or a lifetime

Write down who will hold you accountable and support you. Talk to this person before the week is over.

If someone wants to share with the class the teacher will call on you



DREAM BIG!

Period 2

5 Star Student App



Student Check In Activity



What is your favorite candy and why?

You have one minute to discuss with your neighbor.



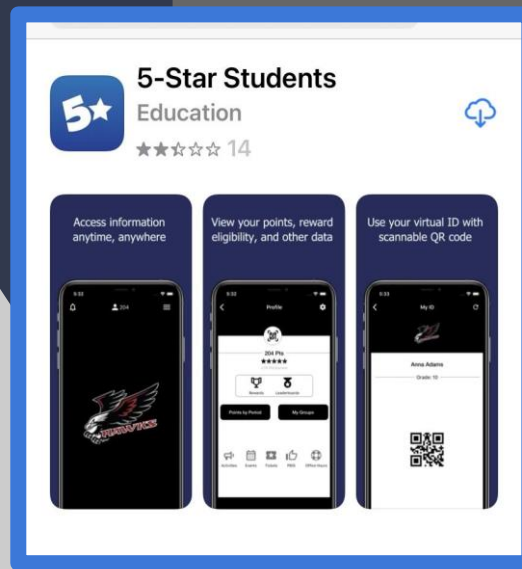
Begin with
slides 6-10

5-Star Students

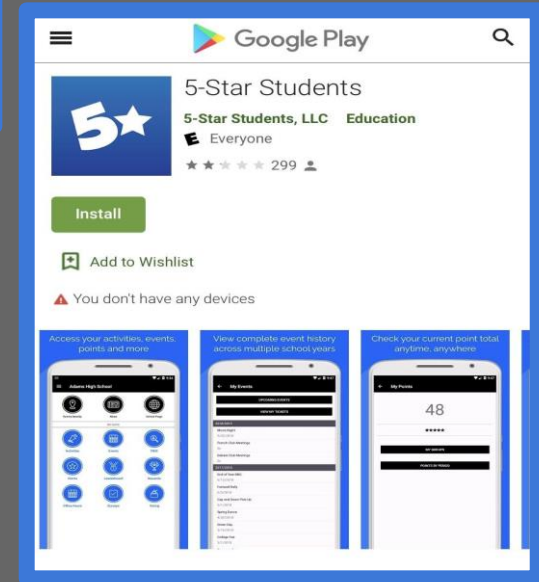
Earn points for yourself and you class!

Redeem those point for rewards!

Download the App:



Download the App:



Now, Activate your Account:

Select Country

United States

Canada

Select State

Alabama

Alaska

Arizona

Arkansas

California

Colorado

Connecticut

Delaware

District Of Columbia

Florida

Select School

Q Ker



Kerman High School

Kerman, CA

Walker Junior High School

La Palma, CA

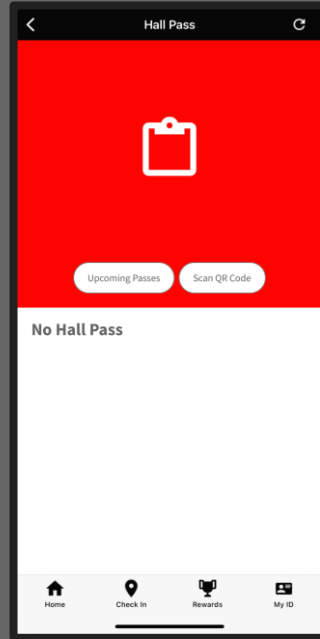
Login to your Account:

**Register**

Register



Bathroom Pass:

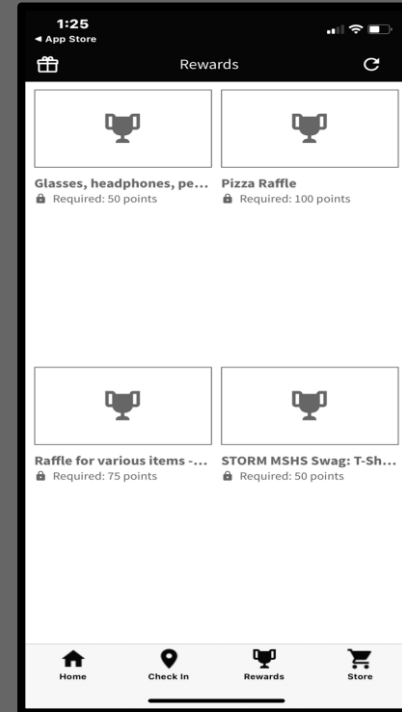


- You'll be using 5-Star to get a bathroom pass!
- You can scan the QR Code or check out through a Chromebook

What can I win?

Points & Prizes:

- KHS Swag: T-Shirts
- Blue Screen Glasses, Headphones, Pens, Notepads, and more!
- Raffle for various items. Students choice
- Pizza Raffle

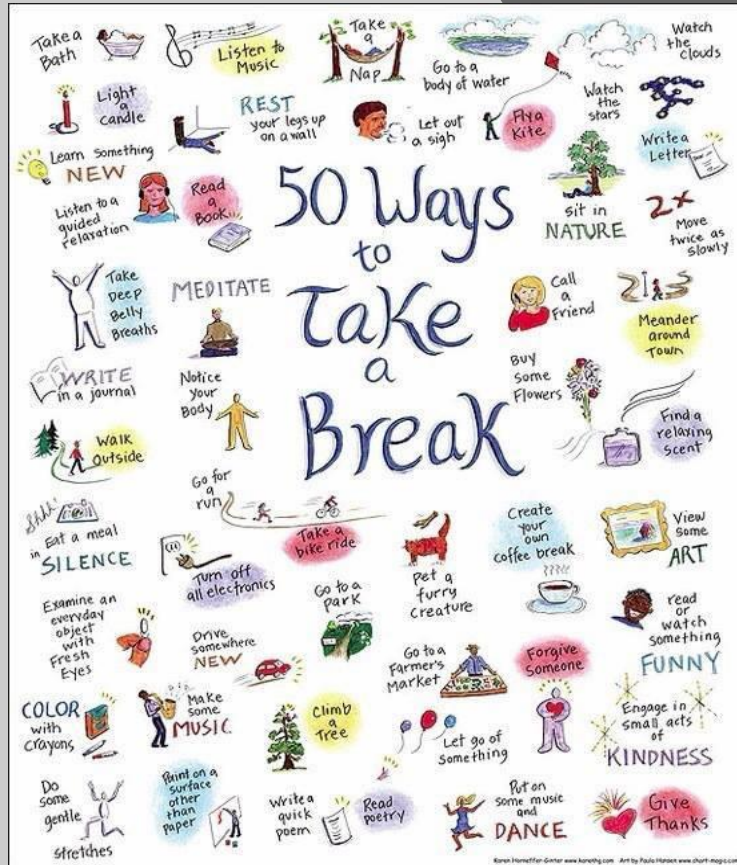


Period 3

Organization



Student Check In Activity



How do you like to take a break?

Pick one option and share your response with a partner! How does it make you feel when you can slow down and relax?



Begin with
slides 6-10

Organizing your work and organizing your time makes all the difference in your success!

5 Easy steps to organize yourself and your time

1. Do assignments as soon as possible.
1. Keep track of what you have to do in each class with a To-do list.
1. Keep a calendar of due dates
1. Set aside time each day to complete things.
1. If you are given the gift of extra time don't waste it.



Do assignments as soon as possible, in class when your teachers give you time.

What do you get out of turning things in right away?

- Fewer things to manage makes it easier for you
- Your grades will be less likely to drop
- In some classes it can mean no homework
- It can also mean more free time for yourself later
- Less Stress



Q & A

What if my assignment isn't done?

- If you are not done with everything else, at least attempt and turn in because we can give you feedback on what to do to earn your points.

What if I don't know how to do the assignment?

- I know it is easy for us to say, "ASK FOR HELP" and that might be risky (it is embarrassing, I'm shy, I feel intimidated etc.). There are lots of reasons that make asking for help difficult, however, teachers cannot read minds, but they can read work you turn. No work turned in means we have no clue if you need help unless you tell us. So...Turn In or Tell us!

Not a question, but a tip:

- be as specific as you can when asking for help. Saying, "I need help" could mean A LOT of things. Saying "I need help with writing my introduction" or "I need help with question 3 on chapter 5" helps us help you better. I know that we don't know what we don't know, being specific about the assignment helps us all.



If you can't get it done in class you will need to keep track of it with a To-do list.

Here are some tips:

- Keep it easy to find (big notebook, not tiny post it notes)
- Update it after every class period
- Make a list for each class
- Make the list in order of when things are due
- Try to complete one thing on the list for each class every day



Paper or Digital List?

Paper:

- Don't have to charge it
- Easy to update on the go
- Physically writing things down can help you remember
- Crossing things out with a pen can reduce stress for some people

Digital:

- Can't lose it
- Can have links to digital assignments to help you find them
- Easy to update
- Can be viewed on a phone

From the home screen in Google Classroom you can access a digital To-Do list by clicking the link in the upper left and corner.

1st Period ELA 1 20/21

You can click on Assigned to see what you need to complete

Assigned

Missing

Done

All classes

No due date

13



October Presentation

English Department

Posted Thursday, Oct 10, 2019

You can click on Missing to find things you might have forgotten to turn in.

Assigned

Missing

All classes

You can also sort it by class, so if you happen to have a bad grade in math, you could set it to show only what you need to do in math.

English Department

PSAT / SAT Staff Training

Calendar Due Dates

- As soon as you get an assignment, write down the due date in your calendar.
- You might try using different colors of pens to represent your different classes (for instance, black could represent History and purple might be for English).
- Cross off due dates on your calendar when you are done with them!
- Where to find a calendar: on your cell phone, use a paper calendar, print one from your printer at home or at school, create your own calendar with paper and pen, or find a local business that has extra calendars.

Period 4



Student Check In Activity

Thinking back on your break, what was the best day you had?

Why do you say/think that?

EX: Was it Monday when you remembered you didn't have school, or was it Thursday because you got to finally relax?

Share your day with a partner and why?



Begin with
slides 6-10

Self-care is when you take an active role in protecting your well-being and happiness, in particular during periods of stress.

Here are some things you can do to help you destress and take care of yourself (mind, body and soul)

- Go for a walk -Draw -Journal
- Exercise -Listen to music
- Call or text a friend -Try something
- Watch your favorite tv show



A Few Questions.

Now that you have a small understanding of self-care, and what you can do to help care for yourself during school, answer the following questions:

- How am I doing today?
- What can I do to pick up your mood just a little?
- What can I (your teacher) do to help make your day better?



Last Portion to Help Care for Yourself

Take out your phone, and look at your lock screen. Does that picture on your home screen make you happy?

If you said no, or it no longer makes you happy, change it to something that does make you happy.



Places to get help at Kerman High School

1. Your counselor will be available by email or appointment. In an emergency you can go to the front office and ask to meet with one.
 - a. Mrs. Castellanos grades 9 & 11 (A-L)
 - b. Ms. Jimenez grades 9 & 11 (M-Z)
 - c. Ms. Paredes grades 10 & 12 (A-L)
 - d. Mr. Arambula grades 10 & 12 (M-Z)
2. We also have psychologists available to help. Contact the front office or stop by the Lions Lounge.
 - a. Mrs. Belding M-F
 - b. Mr. Wascher W-F

1. The National Suicide Hotline number is a way to connect to help, call 988 or text 988
2. Your teachers and administrators are also available to help you in your time of need

Never hesitate to reach out to someone if you need help, we are all here to help!



Period 5

Writing an email



The background features a light gray area on the left and a dark gray area on the right, separated by a diagonal line. In the top right corner, there is a grid of small triangles pointing left, with some in white and some in gray. In the bottom left corner, there is a grid of small triangles pointing up, also with some in white and some in gray.

Begin with
slides 6-10

The “To” and the “Subject” Boxes

The “To”

In the “To” box you will type in the person’s email address. If you have already emailed them before, it will most likely be in the list and you can click the name.

The “Subject”

In the “Subject” box you will write the reason you are emailing.

THIS IS NOT WHERE YOU TYPE THE ENTIRE EMAIL

- Keep it short and this will help the reader determine if they need to read it quickly or if it is urgent and/or needs attention quickly.
- If the email is urgent and needs attention quickly you could write: Urgent or Please read.
- However, not every email is urgent so please use this sparingly
- Also, putting your class period here is useful/helpful.



The Greeting

Always greet your teacher formally:
Hello Mrs. Smith

NOT.....

Hey or What up girl!



Get to the point!



Get straight to the point, stating what you need from your teacher while remaining polite and respectful. So.. don't write a novel and be nice!

Remember, it takes time to respond to an email. If you email your teacher after school hours, you may get a response until later the next day.



Keep It Formal

- Avoid using slang or text language when writing an email (**NO**..LOL, OMG, ETC.)
- Use correct punctuation and spelling. It is very important that you read your email **BEFORE** hitting the send button.
- Run-on sentences, lower case 'i', and misspelled words should be corrected before sending.


Closing & Signature



End your email with an appropriate closing such as Thank you, Kind regards, or Sincerely.

Include your FULL NAME and CLASS PERIOD

Remember: Teachers have several students and some with the same name. This will help your teacher respond to your needs in a timely manner.





Practice: Read the email first. Then discuss as a small group how to make the email fit the guidelines that were discussed today.

To: Janesmith@school.district

Subject: Miss smith i need help with the question on the assignment the other day about the nouns and verbs that dont belong cuz I dont get it

Hey Miss...I dont know how to do 5 and 8 can you let me know right now cuz im working on it now and i already asked you to help me like 20 minutes ago LOL and you did not respond and it's due in the morning. So yeah...still waiting for help and its already like 10:30 at night and im not tryin to be marked late.

Jack



Try it this way....



To: Janesmith@school.district

Subject: Please read- Help with today's assignment 3rd Period

Hello Miss Smith,
I need help with 5 and 8 from the assignment today. I don't know which word to replace with a noun or verb. I know I'm emailing you after work hours, but I will check my email in case you respond tonight. If not, I will check again in the morning. I appreciate your help.

Thank you,
Jack Jones
Period 3



REVIEW

Avoid using ALL CAPS, slang, and "texting language."

HELLO MRS. LEE!!!!!!!

I just cant get it 2gether 2 get all my
stuf dun this week. :-[



You won't be taken
seriously.

THE FIRST CLASS
BwTeeN

Period 6

Setting Goals





Begin with
slides 6-10

Class Question #1

- What is your biggest fear or apprehension of attending KHS this year?



Class Question #2

- What are you looking forward to the most this school year at KHS?



Setting and achieving goals



Period 7



The background features a light gray area on the left and a dark gray area on the right, separated by a diagonal line. In the top right corner, there is a grid of small triangles pointing left, with some in white and some in gray. In the bottom left corner, there is a grid of small triangles pointing up, also with some in white and some in gray.

Begin with
slides 6-10

P.

Perseverance

R.

Respect

I.

Inspire

D.

Determined

E.

Excellence



PRIDE

- It means having a feeling of being good and worthy, self-respect and satisfaction with your achievements.
- Ways to build Self-Pride:
 1. Practice being appreciative
 2. Be Kind to Others
 3. Push yourself out of your comfort zone
- What is something you have worked hard for and express PRIDE in?
- Can you think of a time you experienced a setback or difficulty you've had to overcome?

Class Question

How will you show **PRIDE** in what you do this year at KHS? Write an educational goal on your phone notes, somewhere you can refer to.



Ideas to build on

1. **Provide a school climate that is safe, inviting and engaging**
2. **School is a place for students to be connected**
3. **Clubs, athletics, service organizations, band and choir all have ingrained community, their members belong**
4. **If you build community then you will need less conflict resolution**
5. **You look like kids, but have the life problems of adults**
6. **Call people in, don't call people out**



This years
theme:

Renewed

Recharged

Reinvigorated

Ready



A rectangular image showing a sunset over a desert landscape. The sun is low on the horizon, creating a bright glow and long shadows. The sky is a mix of orange, yellow, and blue. In the foreground, there are silhouettes of people standing on a rocky outcrop, looking out over the valley. The quote is overlaid on the image in white text.

**The best and most beautiful things in
the world cannot be seen or even
touched - they must be felt with the
heart.**

Helen Keller