



Sturgis Charter Public School
An International Baccalaureate World School



Resources for 9th and 10th grade students

Dear Students,

The past few weeks have been stressful for all of us. We hope some of the resources we have put together will help you feel more in control of your academic future, less stressed about the world around you and let you know we are all thinking about you. We encourage you to reach out to your counselor or a trusted adult if you are feeling overwhelmed with life or just need to check in with someone you trust. We miss you and look forward to seeing everyone VERY soon! The best way to connect with your counselor is to send them an email or a “meet-up” request and they will get back to you as soon as they can. We want to hear from you, even if it’s just a hello email. Take care of yourselves!

All the best-- East and West Counselors

Quick Email Access to each Counselor

East:

Ms. Hempel: dhempel@sturgischarterschool.org
Ms. Cullinan: acullinan@sturgischarterschool.org
Mr. Bonivita: mbonavita@sturgischarterschool.org
Ms. McIntosh: kmcintosh@sturgischarterschool.org

West:

Ms. Murphy: hmurphy@sturgischarterschool.org
Ms. Ryley: gryley@sturgischarterschool.org
Mr. Sydow: msydow@sturgischarterschool.org
Ms. Wilson: hwilson@sturgischarterschool.org
Mrs. May: kmay@sturgischarterschool.org

Course Selection

You should have received information regarding course selections. If you have not, please reach out to your school counselor. The course request Google Form should be submitted ASAP. If you have any questions about classes, or what you should select for next year, your current teachers should be able to provide you with that information. For more information regarding courses at Sturgis, click the link below.

<https://www.sturgischarterschool.com/academics/>

Career Exploration and Introduction to the College Search

Continue with the career lessons we presented in the fall. Have your thoughts on your future changed? Are you unsure what you want to do after high school and college? Take a look at this fun and interactive career exploration resource.

- <https://roadtripnation.com/explore>
- <https://findyourgrind.com/assessments/lifestyle-assessment/>
- <https://bigfuture.collegeboard.org/college-search>
- <https://www.niche.com/colleges/search/best-colleges/>

Get the real facts regarding COVID-19

Social media has bombarded us with “fake” or misleading information about the COVID-19 pandemic. Get the real facts, and real data:

<https://teencentral.com/finding-a-way-through-covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://coronavirus.jhu.edu/map.html>

Social/ Emotional Health and Mindfulness

During times like these, we may forget to take care of our social and emotional health. What does that mean you might ask? This includes sleep, exercise, good hygiene and diet. Not being able to physically be with friends and family can also cause us to not feel good. If you can start setting a daily schedule, this might help you feel more in control.

There are many activities you can do to feel your best during this time including:

- Listening to music
- Reading
- Watching TV
- Get creative: paint, draw or journal
- Taking a walk (with your pet if you have one)
- Connecting with the people you must care about through Facetime, Zoom, Netflix party, etc.
- Taking a break from screen time
- Exercise- take a bike ride, go for a run, practice yoga, mediate or play a game with your family members

It's okay to feel worried about the future. When this happens, reach out to someone you trust. Your counselor is available to meet through google meeting. Chat with your parents, grandparents, guardians or older siblings or cousins. I'm sure they are feeling the same way too.

Below are some great sites that can help you feel better during this time:

- [Calm - The #1 App for Meditation and Sleep](#) (Sleep, meditation & relaxation)
- [Headspace: Meditation and Sleep Made Simple](#) (Meditation, stress & sleep)
- <https://www.doyogawithme.com> (Free movement/yoga resource)
- [Stop, Breathe & Think | Guided Meditations & Mindfulness](#) (Breathing & personalized meditation)
- https://stories.audible.com/start-listen?mi_cmp=21b6d7d8b2f846dc&mi_ecmp=486622220&mi_sc=t&mi_u=amzn1.account.AG35IRXHYMJYIHXB32ZN2LKV5AUQ (free Audible books)
- [Aura - #1 App for Emotional Health & Sleep](#) (Mindfulness & sleep)
- <https://www.randomactsofkindness.org/> (promotes & teaches kindness skills)
- [Thnx4 | Say Thnx Today!](#) (develop an attitude of gratitude)
- [Ten Percent Happier: Mindfulness Meditation Courses with Dan Harris and Joseph Goldstein](#) (guided meditation & practical teachings)
- [Fablefy - The Whole Child](#) (Youtube Channel Fablefy- Mindfulness Series, body scan, and other videos for kids, teens, and adults)
- [Apps to Help with Mental Health](#)
- [Progression Muscle Relaxation](#)
- [Guided Meditation](#)

Educational Resources:

Your teachers are your best educational resources. If you are feeling unsure with some of the work or feel like you're having a hard time with distant learning, reach out to them; send them an email with concerns or questions. Remember this is new to all of us. A virtual study group with friends is another great way to learn and connect with others. If you are looking for additional research in your studies, touch base with your teachers to see if they can provide you with some additional resources that you may allow you to gain a deeper understanding of the work you are completing in each class.