



Quarter 2 2023-2024 Newsletter

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A message from Ms. Wells:

Great Things Happening

- Extended Day opportunity for high school, credit recovery is available on scheduled Wednesday's 4:05 pm to 5:30 pm
- Two students will be returning to their home school, full time, for the second semester.
- Several students have completed required courses ahead of schedule by following AEP requirements.
- The Academy Staff received the Spirit and Pride Award from a student and her family.

Important Final Exam Information

- Teacher led courses will have a review day Monday, December 18th
- Teacher led courses will have finals Tuesday, December 19th
- Teacher led courses will have make-up day Wednesday, December 20th
- Edgenuity courses last day is Wednesday, December 20th

A message from Mrs. Bockenfeld:

Navigation Time

During homeroom Navigation Time, students have continued to build skills to be the best version of themselves. In November we focused on showing appreciation for ourselves and others, having gratitude for the people and things in our lives, and building our self-awareness in a variety of locations. Each classroom created a project to thank our Veterans, some of which you may have seen on our Facebook page: The Academy Students, Staff, and Families.

In December, we will continue to grow in the areas of being accountable for our actions and our impact on our futures. We will explore conflict resolution and strengthen our strategies for effective conflict resolution. We will utilize our tools and strategies learned during Navigation Time to finish the semester strong!

Assessments

Winter MAP testing will begin on Wednesday, January 10th and continue through January 17th, 2024. Please encourage students to attend and to do their best on MAP testing. MAP testing is administered three times each school year to 7th – 10th grade students as our local standardized growth assessment.

A message from SSFL's:

Student Support/Family Liaison Reminders

Student arrival time is **7:20-7:50am**. Students that arrive after 7:50 am count as tardy.

If your student is a walker or car rider, please help ensure they arrive at school on time.

Late arrivals drastically impact and throw off the learning environment.



SSFL Team by grade:

Mrs. Woodworth- 7th and 8th grade

Mr. Carroll- 9th and 10th grade

Mr. John- 11th-12th grade

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, you may have what is called [seasonal affective disorder \(SAD\)](#) and should consult with your healthcare provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide. Your provider may prescribe medications, light therapy, and psychotherapy to help treat SAD. There are also helplines you can call like [SAMHSA's](#) National Helpline: 1-800-662-HELP (1-800-662-4357) or the [National Suicide Prevention Hotline](#) at 1-800-273-TALK (1-800-273-8255) for assistance.

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
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