



Happy May! We are almost there; the end of the school year is in our sights. As on-line learning continues, we are adapting to new routines to virtually learn at school, work at home, visit with family and friends, attend Mass, and go shopping. We now enjoy little things which we took for granted— eating fresh veggies, “seeing” a friend, or leaving the house. We have started to ask what is really important in life. This pandemic has made us stop and think about many things. The articles below will expand on those questions, thoughts and feelings. But life has moved on, and we slowly are planning for college admission, SATs/ACTs, and scholarships. Check out the info on p.3. Also many of our seniors have chosen a college or the next step in their journey. We will celebrate those decisions in coming week. Stay tuned!

Six Daily Questions to Ask Yourself in Quarantine

As the COVID-19 pandemic spreads, and efforts to “flatten the curve” through physical distancing intensify, many of us find ourselves quarantined at home. The physical isolation and sudden departure from familiar routines can be jarring and disorienting. Settling in for the possibility of an extended shelter-in-place order, I wrote these six “Daily Quarantine Questions” to help me structure my days—and check in with myself, to make sure I’m doing OK.

1. **What am I grateful for today?** Take two minutes every day to make a list. Add to it throughout the day.
2. **Who am I checking in on, or connecting with, today?** It’s not *social distance* we need, but rather *social solidarity* while we maintain *physical distance*. Pick three people each day to check in on.
3. **What expectations of “normal” am I letting go of today?** It’s OK if you don’t get to inbox zero by the end of the workday. It’s OK if the kids don’t learn anything today, but are still loved and alive by bedtime. Figure out what is actually important to you in this moment and focus on that. Science fiction novelist Octavia Butler, who wrote about resilience and adaptation in dystopian times, tells us, “The only lasting truth is Change.” The faster we let go of expectations of “normal,” the faster we adapt.
4. **How am I getting outside today?** Nature, fresh air, and sunshine are good for our nervous systems. Simply leaving the house is helpful. Can you sit in the sun for 10 minutes? Step outside briefly to see the moon as it rises? Even if you cannot physically get outside, can you open a window for fresh air? Or bring flowers inside?
5. **How am I moving my body today?** Crisis heightens fear and anxiety. The more we can shift out of our heads and into our bodies, the more grounded we’ll feel. Take a 10-minute walk around the block. Run the stairs in your building. Do five push-ups. If you have limited mobility or fitness, can you roll your ankles in a circle while seated? Massage the tension out of your jaw? Put a hand on your heart to feel its beat?
6. **What beauty am I creating, cultivating, or inviting in today?** Beauty is a powerful antidote to despair. Recognizing the beauty in the world and bringing it into our lives is an affirmation of the life that still exists and is worth fighting for. Becoming creators, not just consumers, of culture gives us agency and power.

I hope these questions serve you well in the times ahead. I wrote these for myself based on what I know best serve me when I feel panicked, disconnected, or cooped up. The idea is to ask the questions, but not stress the answers. Life under (and—let’s be real—even before) COVID-19 is stressful enough without adding to the to-do list. What you need might be different. What questions would you add to the list?

In This Issue

- “6 Questions” article
- “Being ‘Good Enough’ Right now is OK” article
- Testing Information
- College Admissions & Financial Aid Planning

Parents - Being "Good Enough" Right Now is OK

By Lynne Siqueland, PhD (adapted)

Parents can't be constant companions, teachers or saints at this time. You can be enough.

- *Do what you can - be calm as much as you can - and apologize when you can't.*
- *Kids will remember this as a boring time but kids love time with their parents. They will remember the extra time spent with parents - even your teens.*

There are just a few things that you probably can do that will help both you and your kids feel better and cope better. Many parents I am sure are overwhelmed with the number of ideas and suggestions out there. Here are just a few suggestions.

Keep Familiar Routines: Everyone is saying this when nothing is routine.

Even if you let everyone sleep in an extra hour, do breakfast and morning routine as usual.

Post and review the day's schedule each day. Some work time in morning when fresh - then some exercise, regular meals, and some movie/screen and activity time. Schedule screen start and end times.

Keep usual bedtimes – parents need the time for themselves at the end of the night and kids need their usual sleep.

Call or video-chat with grandparents, uncles, aunts, neighbors, etc. or other important people in your family's lives – it will be helpful for all parties.

Parent Self-Care: That metaphor of taking care of yourself first is even more important now than ever.

If you are a 2-parent household check with each other on important needs for day both work and time to exercise and be alone.

If you are a single parent, try to create time for you to be alone and debrief. It is ok unless your children are really young. This is a necessary time to preserve privacy for everyone and it's ok to insist that it happen.

Put a quiet zone sign on your door. Go to the bathroom if you have to. Use the kid movie time to lie down, be alone, or call a friend.

Kids really like to help. Teach them now even if it takes time. Older kids could learn how to prepare meals and do laundry - together with you or alone. Kids of all ages like to help - make a mess it does not matter. Really - ask your teens and kids to help out the family during this time.

Other Suggestions:

Exercise: Walk outside, Get out the Wii, or just dance with a YouTube video.

Do Academic things: Know your child's school schedule, let it be your guide.

Pray and Meditate on God's Word: Do it together as a family. Try a 3 minute retreat at Loyola Press.

Read, Listen and Write: Read a book together, download an audio book from the library, listen to a podcast, as a family create a gratitude journal and identify small things to be grateful for every day.

Standardized Testing

Projected SAT Test Dates

August 29, 2020
September 26, 2020
October 3, 2020
November 7, 2020
December 5, 2020

All SAT testing has been canceled until August. ACCHS is a test center for all SAT Test Dates.

Registration is completed online at:
www.collegeboard.org

ACT Test Dates	Registration Deadlines	Late Registration Deadlines
June 13	May 8	May 22
July 18	June 19	June 26

ACCHS will be cancelling our administration of the ACT test in June. The June & July dates may be available at other locations.

Registration is completed online at: www.act.org

PHEAA FAFSA Completion Event

To help students who are preparing to move onto higher education, and who are interested in applying for financial assistance, PHEAA is offering FAFSA completion support. Due to the COVID-19 pandemic many students and their families are tweaking their higher education plans, making changes, and maybe reviewing other options available to meet educational expenses. To assist students who are interested in applying for financial aid and to address any concerns they may have in completing the FAFSA, PHEAA is offering FAFSA completion assistance every Wednesday in the month of May from 9:00 AM to 4:00 PM. Students can contact their local Access Partner to schedule a FAFSA session or to address their financial aid concerns.

Michael Burke 215-205-5451 (Carbon, Lehigh, Northampton, Monroe Counties)

Fran McKeown 215-801-7097 (Bucks)

Sonya Mann-McFarlane 717-884-2200 (Berks)

Transcript Requests

Transcript requests are processed within 2 days of receipt. Be aware of college application deadlines. Our Office recommends requests for documents to be sent to colleges be done 15 days prior to the deadline. This allows enough time for the documents to be sent, received and processed by the due date. For example, request documents be sent by December 15th for a January 1st deadline. Last minute requests cannot be guaranteed for delivery by the due date. Transcripts are \$3 per college.



Please continue to check Naviance and the School Counseling Office website for updated information about available scholarships.

This month's featured scholarship search website :

UNIGO

VIRTUAL SPRING COLLEGE VISITS AND TOURS

Naviance

Naviance has expanded the visibility of virtual college events and added virtual college tours, as well as more comprehensive information, to college profiles. These are both crucial ways for students to continue to engage with colleges during their research, and we hope you find it helpful with recent shifts during this unpredictable time. On Naviance you can locate virtual events and access links to virtual tours. You are able to register for virtual events directly through Naviance without having to go to the school's website. To access the list of events find the banner on the home page that says "Find Virtual College Events" and click on it or use the drop down menu and go to Colleges=>Find Your Fit=>College Events.

Virtual College Rep Visits

ACCHS, in conjunction with Berks Catholic, will be holding some virtual College rep visits. The list of schools will be available in the weekly ACCHS Viking news email. To register for any of these events email Mr. Garza at mgarza@acchs.info.

College Question & Answer Session

For Sophomores, Juniors and Seniors

Friday, May 8th at 2:00PM

Friday, May 15th at 2:00PM

Registration will be via a Google Form sent to your student's ACCHS email.