

NPA: IN THE LOOP

NORTHLAND PREPARATORY ACADEMY NEWSLETTER



PERMISSION TO FEEL: DISTANCE LEARNING

by Erin Gilmore

Anger, loneliness, isolation, frustration, sadness, confusion, and lack of motivation, are a few of the feelings you might be experiencing during this time. And sometimes, maybe multiple feelings in a day or a given moment. This is a normal, human, response to a "Not Normal" situation. Distance learning is challenging and emotionally draining. While I recognize that there will be a certain amount of outliers who are not struggling, many people are struggling during this time. I want you to know: you are NOT ALONE, and you have permission to feel all of the feelings that arise during this time. Now, recognizing that you don't need my permission to feel all the feelings, I will say it again: what you are feeling is normal, and it is important that your feelings are validated, most especially by you. It is important that you do not internalize them or misdirect them but allow them to wash over you. Maybe you need to find someone to talk through them, or maybe you need to run, box, draw, journal them out. No matter how you choose to do it, they need to be felt so that you can move on.

If you need to talk to a counselor, you are welcome to reach out for a consultation with me to make a plan on how to best manage your mental health. You can email me at egilmore@northlandprep.org.

GET IN THE KNOW:

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PARENT/GUARDIAN GUIDE
TO HOME LEARNING

A brief guide to how to best support your child while learning at home.



Photo Credit: Lukas Pico



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CEC NEWS & UPDATES

by *Stephanie Kohnen*

Parent-Volunteers at NPA

The Community Enrichment Committee (CEC) is our school's parent-volunteer organization. Although the pandemic has altered our activities, we haven't stopped trying to make sure faculty and staff feel appreciated. To join the CEC, just sign up for our email updates. Email Stephanie Kohnen at npaccec@northlandprep.org to be added to our list.

Teacher Appreciation Drawings

Since September, more than a dozen faculty and staff members have received \$20 giftcards to a local restaurant. The gifts are part of weekly appreciation drawings sponsored by the CEC. The drawings, which take place during weekly all-school staff meetings, will continue throughout the year. The drawing has been funded by NPA parents and an \$800 donation from Midstate Energy. Thank you for all your support!

New Online Store for NPA Spirit Wear

Students and families can order NPA t-shirts, sweatshirts and other items at a new online store. (Items must be picked up at the NPA campus.) As always, funds raised through sales of NPA Spirit Wear go right back into supporting our school! Visit the store at <https://www.npaspiritwearstore.com/>

Interested in online marketing? The new online store needs a volunteer to help spread the word about this new shop. If you enjoy online marketing/social media, this could be a great way to offer your support to NPA. Contact NPA parent Nihal Sarikaya to learn more at npa@npaspiritwearstore.com.

QUANTUM COMPUTER CLUB

Starting this year, NPA has a new quantum computing club. The club is part of a new international computing class called "Qubit by Qubit," which is sponsored by IBM and MIT. This unique online class meets weekly until May. So far, 7,500 students in more than 100 countries are participating. "Qubit by Qubit" will include lectures and small group labs lead by MIT and Oxford University researchers.

NPA teacher Leo Hartsock discovered the opportunity and invited students in his AP Computer Science Principles class to join. Three students accepted the challenge of participating in the year-long program: Leo Brown, Wiley Frank and Clara Kohnen.



Photo Credit: Lukas Pico

In Counseling News:

We want to share our new "[Virtual Calming Room](#)"

Ms. Wiggins is offering weekly "peer to peer online get-togethers." There is one for all middle school students and one for all high school students to have the opportunity for social support, a safe space to talk about the struggles of being in a pandemic, and a space to share what has been successful for them recently.

Middle School, Tuesdays from 3:00pm-3:45pm: [Click here for Meeting link](#)

High School, Wednesdays from 3:00pm-3:45pm: [Click Here for Meeting link](#)

"Coffee with Counselors" (BYOC) is happening every Thursday at 8 am. This is a space for Seniors to ask questions about College Applications, Scholarships, Graduation, and any other big questions that are on their mind. Check the Class of 2021 google classroom for the zoom link.

BRAIN BREAKS: WHAT YOU NEED TO KNOW

by Amanda Morin

Homework struggles are something most parents and kids can relate to. But many kids with learning and thinking differences have these struggles every day. Their issues can make homework extra frustrating and harder to get through.

Brain breaks during homework or lengthy chores can help relieve that frustration. They can also help kids learn to self-regulate and self-monitor when they're getting fed up or losing track of what they're doing.

That's especially helpful for kids with executive functioning issues. But it's good for all kids to know how to refresh and refocus when homework gets tough.

Learn more about brain break activities and what might work for your child. ([Read Full article](#)).

"Connection is the energy that is created between people when they feel seen, heard, and valued - when they can give and receive without judgement."

-Brene Brown