

Port St Lucie High
School Counseling Team

Your counselors are available via email!!

Email them to make an appointment.

Virtual Office Hours: 8am-2pm

If you have extenuating circumstances, email your counselor and we will do our best to accommodate your schedule.

We are connected. We are here. Only an email away.

Seniors A-J: Mr. Galloway

michael.galloway@stlucieschools.org

Seniors K-Z: Ms. Brooks

monica.brooks@stlucieschools.org

Juniors: Mrs. Brown

kelly.brown@stlucieschools.org

Sophomores: Ms. Mazzocco

angela.mazzocco@stlucieschools.org

Freshmen: Ms. Adams

cassandra.adams@stlucieschools.org

Graduation Coach: Mrs. Sheffield

dana.sheffield@stlucieschools.org

Social Worker: Mr. Gabriel

samuel.gabriel@stlucieschools.org

Make sure to stay informed of all the latest news and announcements:

- Check School Email Daily
- Port St Lucie High School Facebook
- Port St Lucie High School Website



Quarter 4 Distance Learning

- Teachers will be contacting students and parents this week via email, Teams, Canvas, and/or Skyward on how to move forward with quarter 4 assignments.
- Students should be accessing classes at least every other day for attendance purposes and submitting assignments for their grade.
- Please encourage your students to reach out to their teachers or counselors if they are having issues with anything.

Tips for Distance Learning

Create a daily schedule. Try to stick to your normal routine as much as possible. Set a designated wake up time and decide on times for each class. Think about your typical school schedule and try to structure your day similarly.

Create a workspace that is not your bed! It can be a desk, a table, or a space in your home that's dedicated to your schoolwork and is as distraction-free as possible. Make it comfortable because you will be spending a lot of time there. Add a plant or two. Put some photos or a cool drawing up. Make it a place you love.

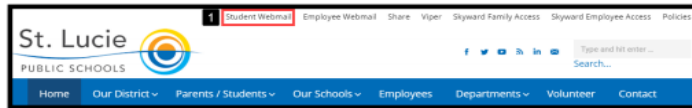
Get up and move in between classes. It is even better if you can walk outside for a minute just for some fresh air. Do some jumping jacks or have a mini dance party--something to get your blood flowing. This will help to give you a burst of energy, wake up your body and brain, and get you ready to settle in for your next class.

Get dressed every day. I know, I know--hanging out in your pjs all day sounds awesome but putting on some regular clothes helps us shift into a work mindset and be more productive.

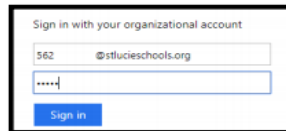
How to Prepare for Remote Learning

Students. We want to make sure you have everything you need to begin online learning. Included below are instructions to download Microsoft Office if you have not already done so and instructions to access the on-line platform that everyone will need to use. If you do not recall how to access your student email or you are new to student email, please follow the steps below:

Step 1: Log in to your student email.



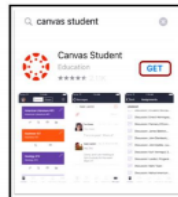
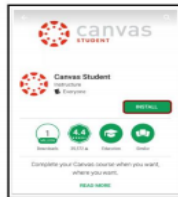
- Go to the St. Lucie Public Schools website. www.stlucie.k12.fl.us
- Click on Student webmail at the top of the page.
- User name is students' 56#@stlucieschools.org and lunch number is their password.



Step 2: Download Microsoft Office from your student email by clicking on **Install Office**.

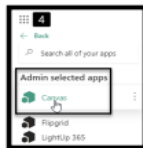


Step 3: Download Canvas App on your phone or tablet.



- Using your App Store on your Android or Apple device, search for Canvas Student.
- Install/Get the App.
- Enter "Stlucie" in the *Find your School/District* field. When the full name appears in the search list, tap the name.
- Students will need to enter their 56#@stlucieschools.org and the lunch number for their password when prompted.

Step 4: Login to Canvas through your email on your computer and take the Venture with Canvas course for students in grades 4-12 to learn more about Canvas and how to complete assignments and interact within Canvas.



- Within your email, click on the App Selector (also known as the Waffle).
- Click on All apps →
- Under Admin selected apps, you will see Canvas.
- **Venture with Canvas** is an optional resource to help provide students/parents with some information on how Canvas works. Please note this course is meant as a guide.





FREE WIFI FOR FAMILIES

Comcast has taken steps to implement the following new policies for the next 60 days:

- **Xfinity WiFi Free For Everyone:** Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. **For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi** Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser.
- **Internet Essentials Free to New Customers:** New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program’s Internet service has been increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward. Learn more at **www.internetessentials.com**

Dual Enrollment

- Please check your River Mail and Black Board. Make sure you are staying in contact with your professors and staying on top of your courses.
- Your hybrid classes and face-to-face classes resume March 30th.
- Original online classes resumed March 23rd.
- If you have trouble switching to online, call the IRSC help line at 772-462-4772.

Dual Enrollment

- Students earning an W or F will not be allowed to continue in dual enrollment until they have repeated the class in summer or at their own expense next fall.
- For future dual students that would like to start this Summer or Fall, check your emails. We will update you as we receive information from IRSC.

Free Meals for Children (Breakfast and Lunch)

"Grab and Go" Meals Available Mon-Fri, 11am-1pm

North County

C.A. Moore Elementary (new site)
Dan McCarty Middle School
Forest Grove Middle School
Francis K. Sweet Elementary
Lakewood Park Elementary
Weatherbee Elementary
Westwood Academy
White City Elementary

East County

Morningside Elementary
Northport KB
Port St. Lucie High School
Rivers Edge Elementary

West County

Bayshore Elementary
Manatee KS
Oak Hammock KB
West Gate KB
Windmill Point Elementary



Career and College Readiness!

(For all grade levels)

- Log into Naviance and search for careers or colleges
- Start or continue your scholarship search!
- Create an account on <https://www.floridastudentfinancialaidsg.org/>. It's an online scholarship tool JUST for Florida State students!
- Utilize Naviance to research career potential salaries and match majors with colleges.

Take a virtual college tour!

(For all grade levels)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?

How to Reset Naviance password

(For all grade levels)

- **New password requirements are a 10 digit passcode with uppercase letters, lowercase letters, a number and symbol.**
- Students will use their first and last initials, lunch number, hashtag #, and four digit grad year.
- Example: John Smith graduates in 2021 and his lunch number is 12345.
- His password will be: **Js12345#2021**

How to Reset Naviance password

(For all grade levels)

- **Step 1:** Open up SLC Schools home page, scroll all the way to the bottom and click **student webmail** to open up their SLC outlook account.
- **Log in is their 56#@stlucieschools.org**
- **Password is their lunch number**
- **Step 2:** Open another tab to get into Naviance: **student.naviance.com/FPC**
- **Step 3:** Student logs in with 56# but then clicks **“Forgot your password?”**
- **Step 4:** New page prompts student to enter email address. **They MUST use their 56#@stlucieschools.org email.** Click reset password.
- **Step 5:** Open the tab to go to email to get temporary password. Student needs to copy the password. Go back to Naviance tab. Type in 56# again for username and paste temporary password into password box. Hit Login.
- *****If it gives a RED error message, have student open Microsoft EDGE and open Naviance in that browser. Go through steps 3-5 in Microsoft Edge platform. It sometimes will work that way.**
- **Step 6:** New page prompts student to **enter new password** and **confirm new password.** Students enter new password format as directed.

NCAA/NAIA

(For all grade levels)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- NAIA
 - <https://www.naia.org/student-athletes/future-student-athletes/index>
- NCAA
 - <https://web3.ncaa.org/ecwr3/>

IF YOU NEED IMMEDIATE ASSISTANCE:

EMERGENCY

Call 911

Mental Health Assistance

Call 211

Crisis and Support

YouthLine: Call (877.968.8491) Text: teen2teen to (839863)

Crisis, Support, LGBTQ

The Trevor Project: Call (866-488-7386) Text: START to (678678)

Drugs and Alcohol Education, Treatment and Referral

National Drug Helpline: Call (844-289-0879)

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Practice for the SAT

Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques

We know you have questions - we do, too!

We will let you know as soon as we learn anything about prom, graduation, school events, athletics, etc.

Just keep checking your email!



DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!