



MOVING FORWARD IN 2021

Dear SAIL Families,

We have had a smooth start into the second semester, and I am cautiously optimistic in what 2021 will bring. Kicking off this semester started with events planned around Literacy Week, including guest speaker Mary Wharton. A 1980's graduate of SAIL, Mary Wharton, directed the recently viewed documentary, Jimmy Carter: Rock and Roll President. Mary shared her story of how SAIL sparked her interests in movie making and storytelling which lead to a career in the film industry. We have many other planned activities and guest speakers bringing literacy to life.

This time of year is also when we start to look for new families to join the SAIL community! We are currently recruiting students for the 2021 – 2022 school year, and we could really use your help. As a current SAIL family member, we need your help in sharing the great experiences you and your student have had. Please, take the time and share your story of "Why Choose SAIL" to friends within your social network. We need to let others know of Leon County School's best kept secret – SAIL High School!

Thank you for your continued support of SAIL High School, and entrusting our teachers and staff in educating and preparing your students for their future. I am amazed each time I walk into a classroom at the teaching and discussions I see happening. Whether learning on campus or from home each of our teachers are making great strides in keeping students engaged.

Please remember that reaching out for help is very important. My staff and I are here to support you in any way necessary for academic success.

Respectfully,
Matt Roberson
Principal, SAIL High School
#learn #create #experience @ SAIL High School



Students are doing so well with wearing Masks and Social Distancing. Earlier this year, we photo shopped Einstein as part of our "Wear a Mask" campaign. Teacher Jeff Distefano did such a great job with the photo shopping, we received calls and emails about why we painted on Einstein! It was a great giggle moment during this difficult time!

BE KIND DRIVE



MASK REQUIREMENT

Masks will be required for the 2020-2021 School Year. Please see the handout in your packet titled COVID-19 Face Covering Policy. Please read it thoroughly.

HEALTH CHECKS

Daily health checks will be completed when students arrive on campus and/or in their first period class. Health checks consist of temperature checks. Any student with a temperature of 100 or higher will be sent home.

SOCIAL DISTANCING

Students will be required to practice social distancing while on campus. Students may not touch or hang on each other, and must stay six feet apart when possible.

Important information is sent out via email all the time! Please join our listserv to receive these emails! Go to Leonschools.net/SAIL and click on the listserv icon!



Susanna's Tips & Treasures...

Tech Neck?



Looking down at your phone, tablet, or laptop can cause ongoing neck pain. When you hold this tilted, head-forward posture for long periods of time, you may develop a repetitive stress injury or muscle strain.

3 Tips to help your aching neck and shoulders:

1. **Raise your screen higher-** Reduce the angle of your neck
2. **Take frequent breaks-** Get some water, move your body
3. **Try some Yoga-** One of my favorite ways to distress and feel good...Yoga with Adriene/Reunite with your breath
<https://www.youtube.com/watch?v=Oy4wvF9Z24A>

I love you...Go make good choices!

Susanna

REACH OUT FOR HELP

by Jessica Chapman

We want to stress the importance of continuing to reach out for support during this crazy time in education. We are moving forward and we are here to help your student succeed.

We have many opportunities for additional help, including tutoring on both Wednesdays and Thursdays. The contact for Wednesday tutoring is Rebecca Turk, and the contact for Thursday tutoring is Blayne White. I have included their emails below:
Blayne: whiteb@leonschools.net
Rebecca: turkr@leonschools.net

Please reach out and let us know what you need, we are here to support you and provide the individualized approach to learning that we are known for. We are not going to allow a pandemic to stand in our way! We are here! If you feel that you need support and you haven't already let us know, please complete the quick survey located here, and someone will reach out to you! --> <https://rb.gy/6zp5tc>

We are here to help- let us!

Sincerely,
Jessica Chapman, Assistant Principal

Postcards were mailed out to all of our Seniors so we can create a "together" board with everyone's hopes and dreams...

SO!

Class of 2021, Please make sure to check your mail for a treat from your SAIL Family! :)



January 2021

SCHOOL COUNSELING CORNER

by Justin Gonner

Hello! We have been working on introducing new ways to get information to students and their families! Please see updates below:

School counseling page:

A frequently updated resource for information related to academic, social & emotional, and college and career development. Check often as resources are being added all the time!

Scholarship Spreadsheet:

A frequently updated scholarship database available under the "Financial Aid/Scholarships" tab on the school counseling page of the SAIL website.

Grade-Level Specific Tiles in Canvas:

A hub for information specific to each grade level including upcoming events, tips for success, and so much more!



"Don't be shy about asking for help. It doesn't mean you're weak, it only means you're wise."