

Focus Eagles News

STAY FOCUSED!

Focus on academics and life beyond COVID-19

It's easy to feel isolated while complying with Ohio's "stay home" directive, but doing so protects our oldest and sickest citizens — perhaps your own loved ones — and will ease the burden for hospitals and medical staff when the outbreak peaks in our state sometime around **May 1**. As you may have heard, **Ohio's governor has extended school closures through that date.**

Be proud of yourself for following the social distancing guidelines — it may be a bit boring, but it's helping to slow the spread of the virus which will truly help save lives.

Knowing that life will, at some point, return to some form of "normal," it's important that students remain focused on academics. Keep a regular schedule — study at the same time each day, and take regular breaks that include staying physically active and connecting with friends by phone. Remember: your school and teachers are just a few clicks away.

- ◆ Go to www.focuslearn.org
- ◆ Click on your individual school tab at the top of the web page.
- ◆ Click on "Staff" to access your teachers' email addresses. Send your teacher an email if you need any assistance. Your teachers will also be able to email you a copy of your syllabus if needed, and to share the course binder.
- ◆ Intervention teachers will be available through email to help as needed.
- ◆ To access online textbook information, click on "Calamity Day Classes." This will provide you with access to the website, user name and password information.

Work through your course syllabi to stay on track for course completion.

FOCUS LEARNING ACADEMY SOUTHEAST

4480 Refugee Rd.
Columbus, Ohio 43222
614-269-0150

FOCUS NORTH HIGH SCHOOL

4807 Evanswood Dr.
Columbus, Ohio 43229
614-310-0430

FOCUS LEARNING ACADEMY SOUTHWEST

190 Southwood Ave.
Columbus, Ohio 43207
614-545-2000



OUR PURPOSE

Focus Schools provide safe, caring learning environments with self-paced, flexible, four-day weekly class schedules. These unique schools provide opportunities for students from all walks of life to earn their high school diplomas and industry recognized credentials, opening the door to fulfilling careers, college and post-secondary education opportunities.

OUR MOTTO

"Your choice ..."

SELF CARE IS IMPORTANT IN DIFFICULT TIMES!

Focus psychologist offers tips for good mental health

Everyone in the Focus family — students, parents, teachers, administrators and other staff — could use a few helpful tips on how to stay positive during this difficult time. Here are thoughts and suggestions for achieving and maintaining good mental health from Dr. James Harris.

- ◆ Understand that you may be feeling tired even if you aren't more physically active — that's natural, as the brain uses the most energy of any organ in the body and our brains are working in overdrive. It's especially important to get as much rest as possible.
- ◆ Maintain some degree of order to your day — do chores, try to have fun, exercise and get outside, if possible.
- ◆ Listening to music is great — and even better if you can sing along or dance.
- ◆ Be patient with yourself as you are experiencing many emotions on a scale not experienced before.
- ◆ Share your feelings with others. It will help you and the person you share with!
- ◆ Remember other tough times you've had in your life and how you got through them — you can weather this storm, too!
- ◆ Read *Anne Frank: The Diary of a Young Girl* — it will put the current situation into perspective.
- ◆ Make a gratitude list — who and what do you appreciate most in your life?
- ◆ Attend to your spiritual self — pray, meditate or read something up-lifting.
- ◆ Take a break from the news and social media. Call a friend or offer help to others instead.
- ◆ Stay grounded. Food actually grounds you in your body, which is why you may find yourself eating more.

REMIND YOURSELF: FOCUS CARES!

We may not be with you, but we're here to help

Focus staff truly care and are available to support you throughout this difficult time. Reach out to your classroom teachers if you need academic support. Contact your “homeroom” teacher if you have general questions or concerns. Each school's Student and Family Advocate (SFA) is also available — email is the best way to reach them. If you're facing particularly difficult challenges, your school leader and Focus' psychologist are also there to help.

East: Call 614-269-0150 — messages are checked daily, or call Mr. Paulauskas directly at 330-614-1340; SFA: lorraine.jordan@focuslearn.org

West: Call 614-545-2000, X2301 — calls will be returned within 24 hours; SFA: caitlin.jones@focuslearn.org

North: Call or text 614-450-0893; SFA: kelsey.compton@focuslearn.org

You can also call Dr. James Harris between the hours of 10 a.m.-5 p.m. at 614-288-7595

You never know how strong you are until being strong is the only choice you have. — Bob Marley