



# Deerfield High School Weekly Update

October 5, 2020. Issue 7.

## Principal's Message

Dear DHS students, families, and staff,

Now that we are entering the eighth week of remote learning, I think we can say that we have all learned a lot about how to navigate our virtual spaces. We know that we will continue to learn new ways to improve as we go on, as we do in our in-person classrooms as well. At this time, however, we do have some classroom and technology updates to share.

### Technology Support

Our technology team is working extra hard to meet the significantly increased needs of our students and families. To help our students help themselves in areas where they can easily do so, please remember the following:

- Email is the primary form of communication from the Technology Department. Students should be checking and reading their school emails on a daily basis.
- The [Student Technology Resources](#) (STR) page has links on how-tos and troubleshooting. This is the default student homepage and launches on each student Chromebook every time they turn them on.
- Zoom, in addition to other video conferencing platforms, is a resource-intensive application. It can be taxing to systems, especially Chromebooks. Here is a [list of troubleshooting items](#) that is available on the STR page that may help improve performance.
- If students are having issues with technology they should email [helpdesk@dist113.org](mailto:helpdesk@dist113.org) after troubleshooting using the STR page.

### Remote Learning, Dress Codes, and Virtual Backgrounds

Students wearing a T-shirt or hat to class—in-person or online—are allowed to display messages on their clothes, but those articles of clothing must be consistent with our [dress code](#) and cannot disrupt the classroom environment. Remember, even though students do have a right to free speech, schools have a responsibility to ensure that all students feel safe in their schools. Please refer to our [Student Handbook](#) for more information.

A few comments about virtual backgrounds and their use.

- We want students to be on camera as much as possible during synchronous lessons—it helps with engagement and classroom community building. That is the expectation described in our Reopening Schools plan.
- For some students, a virtual background—a digital picture that obscures the room or location from which they are participating—might be helpful in the learning process.
- In online classrooms, virtual backgrounds are the equivalent of classroom walls.
- Zoom provides the ability to install a virtual background, and we are told that Google Meet will have a similar functionality in the future. However, virtual backgrounds in Zoom do not work on Chromebooks, which is how most of our students access their digital learning resources.
- This school year, some students may have changed their Zoom virtual background. If a student has changed their virtual background and a teacher/staff member determines that it is disruptive, the student will be asked to remove it. To eliminate distractions, students no longer have the ability to upload their own digital backgrounds. With that said, students may still choose default backgrounds.
- We are hopeful to develop additional virtual backgrounds for students to use at some point in the future.

### Remote Learning and Physical Backgrounds

When learning remotely, we often will see glimpses of homes and home life that we do not expect. Students and families may display art or signs in locations that they also videoconference. The same rationale for virtual backgrounds described above applies to physical backgrounds: they are part of the classroom. As a district, we won't ask students to remove a sign from their bedroom, but we may require them to point their camera somewhere else or work somewhere else. A student should ask themselves "what message is my virtual background sending?" If they have a question about the appropriateness of their virtual background, or another student's background, they should contact their Dean by email.

As always, thank you for partnering with us to ensure the best educational experience for all of our students.

All my best,  
Kathryn Anderson  
Principal

## Election Day Opportunity for Students



### Notice of Opportunity for Student Election Judges in Lake County

[Public Act 101-0642](#) mandates that Election Day, November 3, 2020, be a school holiday and requires schools to post online and notify students of the opportunity to serve as an election judge as well as the qualifications for serving.

For November 2020 only, students must be 16 years old by November 3 to work as election judges if currently enrolled in school, provide written permission from a parent or guardian and complete Basic Training.

Those interested can learn more and apply to serve as a student election judge in Lake County online [here](#).

## Counseling Corner



### Course Drop Deadline

As a reminder, Friday, October 9th is the deadline to drop a course without penalty. Students should contact their Counselor prior to this date if they wish to request a course drop.

## Mental Health Apps

Feeling down or stressed out over school work, family issues, or friend problems? Not sure how to cope? You came to the right place! Check out these free apps to help you relax, destress, and maintain your mental health.



### Free Meditation Apps

- Calm
- Stop, Breathe and Think
- Headspace

### Free Relaxation Apps

- Happify
- Breathe2Relax
- Recolor

### Free Anxiety Apps

- MindShift
- Brain.fm
- Pacifica
- SuperBetter

### Free Sleep Apps

- Slumber
- Sleep Cycle
- Pzizz

### Free Depression Apps

- MoodMission
- Catch It

### Free Mood Tracking Apps

- Daylio
- Mood Tracker
- MoodPanda

\*Ms. Axelrod, 2020

## Teacher and Staff Feature

### Seal of Biliteracy

Good news from the World Languages Department! For the 2019-2020 school year, our students earned 70 State Seals of Biliteracy and 80 State Commendations toward Biliteracy. The State Seal of Biliteracy is a recognition given by a district/school to graduating high school students who have demonstrated a high level of proficiency in English and in reading, writing, listening and speaking in another language. Congratulations to our students and our World Languages teachers!



Deerfield High School 2020-21

