BIG THANKS to:
Eckerd Counseling - donated 12 Thanksgiving dinners to our families
Basket Brigade - donated 25 Thanksgiving dinners to our families

STUDENT SHOUT OUTS - Thank you to all our eLearning Students who are checking in with their teachers on time and completing their assignments.

We are also proud of our students who are here at school learning.

Keep up the good work!

Employee of the Month:
Mr. Michael Mera, Custodian was chosen by faculty and staff.

Congratulations

PBIS EXPECTATIONS  N/C ALC is a PBIS (Positive Behavioral Intervention Support) School

• PRODUCTIVE • RESPONSIBLE • OWNERSHIP • SELF-CONTROL
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<tr>
<th>Communication Column</th>
<th>How to connect with your Teachers</th>
<th>Important Dates</th>
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| Parent/Family Engagement Plan (PFEP) has been approved. It can be reviewed from the Title 1 book in the front office and on our website. Hard copies and translation are available upon request. You can find information about your teachers by viewing our virtual video on our Facebook page: North/Central Alternative Learning Center. **Eckerd Connects with Teens** - Check it out on our Facebook page. **LET’s COMMUNICATE GRATITUDE ATTITUDE PROBLEM SOLVING and MORE** | Type teacher’s last name.first name@brevardschools.org  
Example: kennedy.julia@brevardschools.org  
Your teachers may be sending you messages through Focus, Google Classroom, and/or Odysseyware. You are responsible for checking for messages.  
Access learning through launchpad, Google Apps, Google Classroom. Also access Focus (your grades) through Launchpad  
If you have questions or concerns regarding ALC please contact Ms. Tagye, Assistant Principal at 321-633-3489. | **Winter Break Starts**  
Monday December 21st through Friday January 1st  
**Return to school**  
Monday January 4, 2021 |
Teacher's Corner  Reading with Mrs. Sharpsteen

I enjoy getting to know the students and their families!

What are we doing in class?

- **Parents:** All learners can benefit from establishing a Routine for doing their school work. Designate a specific time for your child to read a book at his or her level for at least 20 minutes every night. Ask your child to write or tell you what they just read. Think about the Who, What, When, Where and Why of their book.
- Create a Comfortable Reading Environment in your home or outside.
- **E-Learners and Face-to-Face** learners will use the Reading Plus Computerized program to increase their reading comprehension, word recognition, cite text evidence, to name a few.
- **E-Learners** I will be calling you during your scheduled period to see if you understand the assignments, or have questions.
- Reading Plus Site Code: **CALCENTER.** Some students need this information to access their program. Reading Plus also has a vocabulary section for learners to improve word knowledge.
- Every Thursday & Friday we will be conducting a “Writers Workshop” where we will read an article or two, and then write a five-paragraph essay.
- I look forward to working with your child this year. The best way to reach me is through school email: sharpsteen.shelly@brevardschools.org. Thank you.

**PARENT TIPS** from Ms. Pambello - **Stress Management Strategies**

Stress can be defined as an emotional and physical response to demanding situations. Negative effects of stress can be reduced with social support, emotional management skills and maintaining a healthy life balance. Here are a few examples of some top stressors for teens.

- School, whether it be academics or peer pressure
- Family, separation or divorce
- Chronic illness, Threat of Covid 19
- Unsafe living environment
- Negative feelings about oneself

In the I.S.S. Classroom, we negate the stressors by doing the following; first we listen respectfully, we acknowledge the concern and the feelings that are real to our student. We use an in-house network to identify and alleviate the stress factors to the best of our ability. Our environment is designed to be calm and centered, we introduce coping and grounding techniques. We keep our student’s goals and expectations attainable. We give support with effective, clear and simple feedback.

Here are some stress reducing strategies you may try at home with your teen:

- Listen with respect
- Acknowledge the issue
- Avoid excessive caffeine, alcohol and illegal drugs
- Get enough sleep
- Teach responsibility
- Create a positive relationship
Communicate clearly without being overly aggressive or too passive
Learn and practice coping and grounding skills
Practice meditation and Mindfulness
Seek community support from schools, home, church, neighbors, family

Remember being a role-model is important. Begin and end your day as calmly as possible. Simplify your home and work schedule and adjust time for your teen.