



We are here for you!



Watch the
Video

A Message from your CHS Counseling Team

Yep. Covid-19 presents us with uncharted waters! You are not alone! We will get through this! And, with a little patience, compassion and humor, we can do this together. We are HERE to help and we are here to support you through this trying and extraordinary time. Click here to watch this message from your CHS Counseling Team! Be well and stay safe.
<https://www.youtube.com/watch?v=GmpUtRiQQJ4&feature=youtu.be>

SENIORS: WE'VE GOT YOUR BACK!

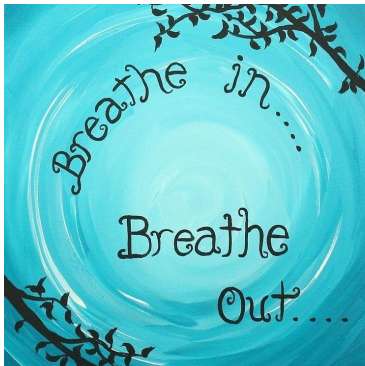
Seniors: Not how you envisioned the final semester of your K-12 career? Us either! Taking one day at a time is okay and a valuable skill we can all use in the future. Have questions or frustrations? We are here to help. You can video chat with us, call us, or email us with questions and we will do our best to support you and get you the information you need.

We currently do not have any changes to Graduation dates or the duration of distance learning. You'll be the first to know when we do. There are so many good things ahead for each one of you! We are so proud of you!

**SEE SPRING SENIOR CHECKLIST BELOW!!
JUNIOR SPRING CHECKLIST COMING SOON.**



Breathe.



Keeping it simple. Tips on Meditation:

Meditation is a game-changing practice that has the power to assuage anxiety, improve focus and awareness, and cultivate emotional regulation and empathy.

Find a comfortable seat, roll your



Top Ten Ways to Stay Positive:

1. Move your body (proven by research to improve mental and physical health)
2. Get outside (free and healthy)
3. Smile in celebration of all the good in your life
4. Limit negative media and

shoulders slowly, sit up, back straight, fold your hands on your desk in front of you, and put both feet flat on the floor. Now let's take a deep breath in through our nose, hold, 1, 2, 3, and exhale through our mouth. Again, deep inhale, hold, 1, 2, 3, exhale and, now, slowly close your eyes. Try and relax and clear your mind for a couple of minutes.

Guided meditation apps to try: Headspace, Calm, Aura, or Stop Breathe & Think.

- entertainment
- 5. Laugh more often!
- 6. Have a Gratitude List
- 7. Say something positive for every negative statement
- 8. Do something for someone else (and don't expect anything in return)
- 9. Eat well and focus on getting enough sleep
- 10. Create a positive way to start each day

Things to Do in the House

While staying safe and protecting others from Covid-19, it is very important for students to keep their minds active and to be doing something!!!!

Maintaining socialization through discussions, forums or virtual interaction is important too. Take advantage of a flexible schedule, mixing up extracurricular activities and learning time.



- Do a scavenger hunt at home, Complete a puzzle: The more pieces the better! Feeling extra saucy? Take on a Rubik's Cube. More of a word person? Crossword puzzle!
- Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
- Download Duolingo, or a similar app, and teach yourself a foreign language.
- Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head.
- Try out at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists.
- Take time to reflect: What have you accomplished so far this year? What goals are you setting for yourself for the rest of this year?
- Interview your grandparents (over the phone, of course) and save the audio. Can you create an audio story or book with that file? Research your family history and create a family tree.
- Learn a new style of dance via YouTube, from belly dancing to breaking.
- Play board games, Create your own bingo cards and have a bingo tournament
- Start scrapbooking
- Set up an obstacle course, in house or outside in yard.
- Draw on the windows. Use washable window markers to play tic-tac-toe or hangman. Or draw some sunshine.
- Paint without using your hands.
- Make decorations, curate a playlist, and throw a family dance party.

Do something you've never done before.
Centennial is a School UKnighted and
Everything Will Be Okay!!!!

Classes: Important Actions



Failed a Class? It Happens!

Students: If you have failed a class and need to make up the credit, please click here <http://bit.ly/2Ugejmm> and complete the Credit Recovery Form.



Need to Register for a Summer and/or Online Course?

Attention students who want to take Summer school and/or Fall/Spring online courses:

If you need help creating an account through Georgia Virtual Credit Recovery or have questions, contact Ms. Rigsbey at Rigsbey@fultonschools.org.

You will have until the end of the school year to make up a core class credit. Please know that foreign languages and electives are not offered through credit recovery.

Thank you!

- **If you would like to take courses for the FIRST TIME and/or take online classes during Fall 2020 and/or Spring 2021**
- Please complete/scan/email the online course request contract found on <http://www.mycentennialcounseling.com/academic/virtual/> AND register for the course(s). Your deadline to complete/scan/email the online course request contract AND register for the course(s) is May 1, 2020.
- **If you would like to re-take previously failed online courses:**

Please complete/scan/email the online course request contract found on <http://www.mycentennialcounseling.com/academic/virtual/> AND register for the course(s). Your deadline to take care of both tasks is currently the end of May. Courses are FREE if you are re-taking a previously failed course.

Senior Spring Checklist

Use this helpful checklist to finish out the school year and read your emails regularly!

ACT/SAT

- ☐ Look for emails. [SAT](#) May test cancelled. Refunds coming. [ACT](#) April test cancelled. April ACT registrants will receive email from ACT directly about registering for free test in June (or later) or getting a refund.
- ☐ Send scores to your colleges AND to Georgia Student Finance Commission (GSFC) for Hope or Zell Scholarships.
 - SAT: Select GSFC’s score recipient code of ‘0472’ for report to be sent directly to GSFC
 - ACT: Students will have to request an official score report from ACT or call 319.337.1270. Score report should be mailed to student’s home address and unopened report should then be sent to: *Georgia Student Finance Student Aid Services, 2082 East Exchange Place Tucker, Georgia 30084.*

AP Exams

- ☐ STUDY, STUDY, STUDY! Scores of 4, 5 and sometimes 3 can result in big cost savings by allowing you to gain credit for a course at your college. Look at your college’s specific AP score credit info.
- ☐ College Board has identified an **at-home test approach** due to Covid-19. Read the latest here: <https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>

College

- ☐ **Review financial aid offers carefully.** Costs should be part of your college decisions!
- ☐ **“Tour” your prospective choices.** Information is online, even virtual tours! Colleges are staffed remotely now to answer your questions. Follow your schools’ social media and admissions blogs.
- ☐ **Apply for scholarships.** The Centennial HS College and Career Center is constantly posting scholarship opportunities [on the website](#). Most scholarships are posted first on social media, FOLLOW US! (links below)
- ☐ **You already chose your college?** Pay your deposits – school and room. Find a roommate. Sign up for orientation. Read your email - the school will be sending you lots of information!

Undecided about plans after high school?

- ☐ Check out [Gwinnett Tech](#). They offer many programs to prepare you for good jobs in 2 years or less. And they have a campus across from Avalon!
- ☐ Some colleges still accepting applications: May 1 [Georgia Gwinnett College](#), June 1 [Georgia State, Kennesaw](#) and [West Georgia](#), July 1 [Augusta University](#), July 21 [GA Southwestern](#)
- ☐ Hope Grant – GA residents in a 2 year technical program (like Gwinnett Tech) can get roughly 76% of tuition paid with NO HIGH SCHOOL GPA REQUIREMENT. Once enrolled, must maintain 2.0 to keep grant. School fees not covered. Eg- semester (15 hours) at Gwinnett Tech costs \$778 with the Hope Grant. (Regular cost \$1918.)
- ☐ [Hope Career Grant](#) - HOPE Grant-qualified students who enroll in [select majors](#) get FREE TUITION!
- ☐ Apprenticeship opportunities - learning a skill while working! Opportunities posted on [our website](#).
- ☐ Military - [Roswell Army Recruiting office](#). Learn about other branches, too, [on our website](#)
- ☐ Update your resume – You need a resume to get a job. Create/update one whether you are looking for full time work, a summer job, or an internship. [Canva.com](#) is a great free resource with templates.

Summer

- ☐ Immunization forms – Colleges will require them. Gather info now and make immunization appointments.
- ☐ Send final transcripts to colleges

Follow the New Centennial HS Career Center!
Twitter: <https://twitter.com/CHSKnightsCCC>
Facebook: <https://www.facebook.com/CHSKnightsCollegeCareer>
Instagram: <https://www.instagram.com/chsknightsccc/>

Mindfulness Techniques



Centennial Counselor TIPS:

Take Care of Yourself - Physically & Emotionally

Reach Out For Support

We Are Here for You

Self-Care ideas

MORNING:	DAILY:
<ul style="list-style-type: none">• gratitude• visualization• coffee• journal• make up & hair• dress well	<ul style="list-style-type: none">• one task at a time (no multitasking)• be mindful of what you are doing/try to enjoy the moments• eat something healthy with each meal• drink lots of water• work out or stretch
NIGHTLY:	MOOD LIFTERS:
<ul style="list-style-type: none">• shower• skin care• comfy pj's• get to bed early• no screen time once in bed.• gratitude for the 3 things• visualize something you want	<ul style="list-style-type: none">• stretching• meditating : breathing in and out, while listening to a relaxing sound• work out• remember something you're grateful for

Chart generated from [this article](#).



Interactive Breathing:

Watch these videos on YouTube to learn how your breathing can make you feel better and perform better!

Watch the Videos



These Times are Trying: Don't Be Shy!

Financial Assistance and Resources

If you need financial assistance or help identifying specific resources, contact our school social worker, Erika Cohen at cohened@fultonschools.org. We recognize that many are facing unexpected situations and changes. Don't be a hero! Together, we can work it out.



Want to Help Others?



Ways to Get Help and Help Others in our Community

Our school Social Worker Erika Cohen cohened@fultonschools.org is available to assist and serve families during remote learning. Below you will find a list of services in our immediate community to support our families.

North Fulton Community Charities, 11270, Elkins Rd., Roswell, GA 30076

- Staff is working remotely and citizens who require services should call 770-640-0399.
- The food pantry services have been moved to a drive-thru option.
- Food pantry orders have been placed online.
- Existing NFCC Clients should fill out the Food Pantry Order Form
- New families to NFCC should use the Get Help Form for all services including food.
- Emergency financial assistance for housing or utilities has been moved online ONLY. Clients should also fill out an Appointment Request Form for any emergency financial assistance.

Hope Atlanta (Coordinated Intake

North Fulton Community Charities, 11270, Elkins Rd., Roswell, GA 30076

- El personal está trabajando a distancia y los ciudadanos que requieren servicios deben llamar al 770-640-0399.
- Los servicios de despensa de alimentos se han trasladado a una opción de drive-thru.
- Los pedidos de despensa de alimentos se realizan en línea.
- Los clientes existentes de NFCC deben llenar el Formulario de Pedido de Despensa de Alimentos
- Las nuevas familias en NFCC deben usar el Formulario de Ayuda para Obtener Ayuda para todos los servicios, incluidos los alimentos.
- La asistencia financiera de emergencia para vivienda o servicios públicos se ha trasladado en línea SOLAMENTE. Los clientes también

Homeless Outreach Activities)

Hope Atlanta is currently open and providing homeless outreach in North and South Fulton. Citizens who require services should contact Hope Atlanta at 404-817-7070 and info@hopeatlanta.org.

The **St. Andrew Food Pantry** is offering free food and delivery to those in need within 10 miles radius from the church. Free deliveries will be made on Saturdays and Wednesdays beginning Saturday, March 21. In adherence to the social distancing guidelines, the bags of food will be left on the doorstep.

Link to sign up to receive food: <https://www.standrewcatholic.org/food-delivery>

SAMAD Grill
8897 Roswell Road
Hours of pickup 11am-8pm

If you are in need of food to feed your family, you are welcome to take what you need. No questions asked and everything is Free.

United Way
<http://211.org/>

Education Companies Offering Free Subscriptions due to School Closings:

Amazing Educational Resources
<http://www.amazingeducationalresources.com/>

deben llenar un Formulario de Solicitud de Cita para cualquier.

Hope Atlanta (Actividades coordinadas de alcance para personas sin hogar)

Hope Atlanta está actualmente abierto y ofrece alcance para personas sin hogar en El norte y sur de Fulton. Los ciudadanos que requieran servicios deben comunicarse con Hope Atlanta al 404-817-7070 y info@hopeatlanta.org.

La despensa de alimentos de St. Andrew ofrece comida y entrega gratuitas a los necesitados en un radio de 10 millas de la iglesia. Las entregas gratuitas se realizarán los sábados y miércoles a partir del sábado 21 de marzo. En cumplimiento de las pautas de distanciamiento social, las bolsas de comida se dejarán en la puerta.

Enlace para registrarse para recibir alimentos: <https://www.standrewcatholic.org/food-delivery>

Parrilla SAMAD
8897 Roswell Road
Horario de recogida 11am-8pm

Si usted está en necesidad de alimentos para alimentar a su familia, usted es bienvenido a tomar lo que necesita. No hay preguntas y todo es gratis.

United Way
<http://211.org/>

Impresas Educativas que ofrecen suscripciones gratuitas debido a cierres escolares:

Increíbles recursos educativos
<http://www.amazingeducationalresources.com/>

Ways to Help Across Fulton County

Many in our community have asked how they can help our **students, staff and families**. Fulton County Schools has created this web page where resources are listed, such as food banks and distribution programs, online tutoring, and internet providers offering free or low-cost connectivity. This is a place to connect those in need with those who can help.

<https://www.fultonschools.org/communityresources>



How You Can Reach Us



We want to hear from you!
Centennial counselors would like to ensure continued access to counselors and resources during this time of social distancing. The **attached teleplan** outlines the most **frequently asked questions**, and the resources and persons available to address such questions and concerns. **Counselors are eager to assist with issues that present during this time.** Please be sure to reach out to your CHS counselor between the hours of 7:55A and 3:55P, Monday through Friday.

Mr. Will Jones Student Last Names: A – Cas, AVID caseload JonesW3@fultonschools.org
Ms. Nsikan Ekpo Student Last Names: Cat – Harp EkpoN@fultonschools.org
Mrs. Heidi Ruppe Student Last Names: Harq – Mep Ruppe@fultonschools.org
Ms. Melissa Freeman Student Last Names: Meq – Sal FreemanMA@fultonschools.org
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It's a Great Day to be a Knight!