From Mrs. Beckman:

Hello All!

Can you believe it is Week 4 of Distance Learning? Students should be checking in with teachers daily and accessing the Distance Learning website daily for assignments. It is imperative that students end strong and finish out the semester to ensure full credit for the year. The link for Distance Learning is above. If you are having trouble with technology, please use the hotline listed above. Teachers have set hours each day for questions and help. We are all willing to do what is necessary during the unconventional time! Although the core subjects are considered priority for instruction, it is important that you are also checking in daily with your electives and CTE teachers. There are assignments that need to be completed for those classes as well.

I want to shout out all the students that are already working hard and doing what is necessary for ending the year strong! Not even Covid-19 can lessen our Lion Pride!!

Keep up the GREAT work! Reach out to admin, teachers and counselors as you have questions or needs. We are here to help!
Distance Learning:

Please use the links below for additional information on how to use our distance learning as well as a link for several Google classroom codes to help

- [Google Classroom Codes](#)
- [Desktop\Laptop Instructions (Click Here)](#)
- [Mobile directions (Click Here)](#)
- [District distance learning page (click Here)](#)

I’ve heard the term “new normal” tossed about a lot lately, but I don’t think that any of what we’re going through should be considered normal, and I also don’t want it to become the norm, so I’m going to call it our current reality, and right now ALL of us are trying to come to terms with it. As the Instructional Coach at LSOCS my role is mainly to support campus teachers, but given our current situation I would like to take some time to offer support to you, our Life Oak Cliff families.

The following are a couple things I picked up from people more knowledgeable than myself, and I hope that they will let you know that you aren’t alone in this.

All of us are a bit overwhelmed right now, and it’s only natural to feel like school work is just one more thing. We know that you did not sign up to homeschool your children, and right now is NOT the time to start. Don’t be afraid to talk to your students’ teachers if you need clarification on work, better yet, have your student reach out to their teacher for help; I know that he or she would love to hear from them.

Grades are an important part of what we do at school, but learning is really what school is about, and learning can happen anywhere. We are all learning to be flexible in terms of what this looks like. Math, Choir, and Dance can happen in the kitchen while making dinner. Science and Floral Design can take place while weeding the yard. If you’re able to, spend time learning as a family, watch a documentary or tell stories about your own childhood.

If you’re interested in knowing more, check out Steve Barkley’s Podcast for Parents ([click here](#)). He’s a parent, grandparent, educator, and former instructional coach who has a lot of things to offer all of us as we come to terms with our current reality.

-Kat Thornton
LSOCS Instructional Coach
Communication:
During this time, we want to make sure you have every bit of information you are needing, while also being able to reach us with any additional questions you may have. Here are helpful tips and links to keep us close even during social distancing!

- **Students** - check emails often throughout the day. This is where all communication will be coming from for distance learning.
- **Parents** - check email for information from both central office and LSOCS. Please be sure we have your most up to date email so you receive everything you need.
- **Phone** - 214.413.1612 is our only phone number for LSOCS! Save it in your phone in case you need us and so you know it’s us if we call!
- **Website** - [Click here](#)
- **Facebook** - [Click here](#)
- **Instagram** - [@LSOCsecocondary](#)
- **Flipgrid** - [Click here](#)
- **Twitter**
  - Middle School [Click Here](#)
  - High School [Click Here](#)

Testing\Dual Credit:

SAT Updates:

- SAT scores from March 4th are available online through CollegeBoard.org! If you took the SAT at the school on that day, go to College Board’s website, login, and you can see a detailed report of your scores, strengths and weaknesses, link your account to SATpractice.org for free, individualized practice, and much more!
- Other SAT updates include the cancellation of all SAT administrations through the month of May and the report that some colleges are not requiring SAT scores for freshman admission. If you registered for the May SAT, please contact College Board to request a refund. If you applied to colleges and are unsure if your desired college still needs your SAT scores or not, contact the college directly.

AP Updates:

- There are FREE, live, and on-demand AP courses and reviews taught by AP teachers around the country available on YouTube! College Board is doing an excellent job of keeping AP students/teachers engaged with content and assistance so all AP students should take advantage of these resources because if they receive a 3 or higher on the exam, they can receive college credit. The link to the YouTube channel is
youtube.com/advancedplacement. Look for AP Exam updates coming from your AP teacher.

Dual Credit Updates:

- **ECC**:
  - online instruction through April 30th - DCCCD is discussing online through end of semester - if anything changes, we will let you know
  - eCampus and email should be checked daily as professors have 100% of their classes online in some way - keep close eye on syllabus/email and if anyone has questions, chat with us on Band
  - Tutoring for Online Classes - available through El Centro's Learning Center for FREE - access this site at any time for a tutoring schedule and much more
    - [http://libguides.elcentrocollege.edu/c.php?g=528671&p=3619826](http://libguides.elcentrocollege.edu/c.php?g=528671&p=3619826)

**Class of 2021:**

Please join this Band App for the Class of 2021 to check with your school counselor communications for senior information details, local scholarship opportunities, senior events, and deadlines.

**Counselor’s Corner:**

Hello LIFE Family!

Your Counselors Mrs. Sims (High), Ms. West (Middle) and Mrs. Brening (High) are thinking of you. We invite you all to practice our **Self-Care Plan** to help you maintain balance and order in your life during this crisis. How we think about ourselves is very important and the options we have for wellness impact our feelings, and together they inform our behaviors.

On the contrary, it is difficult to change your thought process and behavior without first taking a look at how we are thinking and feeling about it. We can change how we think by getting more information and exposing ourselves to the hopeful aspects of a new behavior. As we adjust our thoughts, our feelings will adjust and the behaviors will follow. Sometimes, just the act of doing a new healthy practice can allow us to think and feel differently about it.

We encourage you all to train your mind to think positive simply for your well-being. By focusing on strengths exhibited in some areas of the Self-Care Circle (See below) and how you can apply those strengths in areas of challenge which will fuel your optimism.
In addition, LIFE family, we understand that several of our families have been financially impacted by the COVID-19 pandemic due to “Shelter in Place” work closures. Life School is fortunate to have community partners who want to ensure that our families in need have opportunities to receive supplemental assistance over the next few months. The Oaks Church is offering two different opportunities for Life School families:

**HOPE “FOOD AND SUPPLY” KIT**

Oaks Church has partnered with Convoy of Hope to provide a HOPE Kit containing a variety of snack items, hygiene products, pantry staples, and cleaning supplies to those in need (while supplies last). Distribution will take place **on Saturday, April 11**.

Please click the link below to receive a HOPE Kit (more details provided in link):

[Receive a Hope Kit- Click Here](#)

**KIDS BREAKFAST & LUNCH PROGRAM**

Oaks Church has partnered with Equal Heart to provide 5 breakfasts and 5 lunches per child, per week (to be picked up once per week) from April 8 through June 17, 2020. This opportunity is for the parents/guardians of any young person ages 1-18 in our
community. Distribution will take place both at the Life School Red Oak (Oaks Church) and in Life School Cedar Hill campuses.

Please click one of the links below if you would like to register your children (more details provided in links):

Life School Red Oak Location (Oaks Church)-Click Here
Life School Cedar Hill Location-Click Here

If you have any questions, please contact Tina Cline via email at tina.cline@oaks.church

Attendance:
If you are needing to turn in any doctor’s notes for days missed prior to 3/7/20, please email a copy of the note to roberta.clark@lifeschools.net

A word from Athletics:

- Drill Team
  - Attention all students interested in trying out for the Lionettes drill team, please email amy.bittner@lifeschools.net to get added to the list for virtual try-outs. All communications will come via email, so you must get added to the emailing list!

- Remote athlete injury prevention and rehab
  - Google Class code: pvc6z3d

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**SUSPENSION OF ALL UIL ACTIVITIES EXTENDED**

The UIL is extending its suspension of all UIL sanctioned activities due to the outbreak of COVID-19 in Texas. All contests, practices, rehearsals and workouts will remain suspended until further notice.

At this time, the earliest games and contests may resume is Monday, May 4th. Prior to this date, the UIL will allow its member schools a reasonable acclimatization period for rehearsals and practices to occur. All decisions remain flexible and will be consistent with the advice of local, state and federal officials.

UIL
March 18, 2020
Volentine’s Vault:

Life Leader Attribute

Humility:

What I Do and Say:

1. Serve others
2. Forgive others
3. Admit what I don’t know
4. Empower others to grow and develop
5. Listen with genuine interest
6. Exhibit confidence
7. Acknowledge my strengths
8. Recognize the strengths of others
9. “I was wrong.”
10. “I’m sorry.”
11. “I appreciate you because…”
12. “Please” and “Thank you”

What I Don’t Do and Say:

1. Boast or brag
2. Seek revenge
3. Lack confidence
4. “I’m the best.”
5. “I’m the worst.”

#lifeleadershiplifestyle

May you all have a restful 3-day weekend!
Students do not need to log into distance learning on Friday 4/10 as staff and students will all have the day off in observance of Good Friday!

happy Easter
Assistant Principals' Week
4/6/20-4/10/20

LSOCS is so blessed to have each of you on our campus. Thank you so much for all you do to make sure every member of your staff and student body are always taken care of!

Johnathan Griffin
Dewayne Valentine
Kendra Miles