

Contracts

How to complete them during the Covid19 Pandemic

Mrs. Mary Grothem

Intervention Counselor

Centennial High School

Be Safe

- Please follow the recommended safety guidelines.
- Stay at home. Flip your thinking. Instead of “I have to stay at home” change to “I *get* to stay home.”
- How you think about something affects your mood and feelings.
- Choose positivity! Flip that thinking.
- Cover your face with a mask if you must go out where others may be present.
- Be safe.



Stay
Home

Review of Contract Requirements

- Attendance = 90% or better
- Grades = pass all classes
- Behavior = improved behavior – no suspensions
- Counseling = complete 8 -10 counseling sessions (8 standard contracts and 10 expulsion contracts)
- Community service = 20 hours standard contracts and 50 hours expulsion contracts
- Write a letter requesting your petition for re-admit be granted

Contracts During Covid19

- Contracts will have some modifications during Covid19
- We will explore each element of the contract to help you successfully complete all the requirements.



Attendance

- Attendance will be calculated from the day you return from your suspension through March 13, 2020.
- For some that means as far back as August 12, 2019 through March 13, 2020.
- If you have doctor notes that you want me to have, you can email them to me. Snap a picture and email it. The doctor's note must have your name on it as the patient.
- Contact me via email with concerns/questions at mkgrothem@cnsd.k12.ca.us

Grades

- Your grades will be your 3rd quarter grades.
- You have the opportunity of raising grades by participating in distance learning (DL).
- Focus on classes with F's and D's.
- For each F and D contact the teacher for that class and ask what you can do to improve your grades.
- Attend any distance learning provided by that teacher and complete the work assigned.
- Keep copies of the work you completed and of the dates, times, and method you used to contact your teacher.

Behavior

- I will look at behavior entries in Q through March 13, 2020
- Any second drug or alcohol violation will result in an Orange Grove placement.
- This applied before the Covid19 outbreak and will continue to apply after the pandemic is over.
- So if you are in 9th grade and you get a second violation in 12th grade, you will go to Orange Grove because of the second violation.
- If you had your first violation in middle school and get your second in high school, you will go to OG.

Counseling

- I completed all 8 sessions with Mrs. G – you are done!
- I completed counseling through outside counseling – have the therapist write a letter and email it to me verifying the number of sessions completed and the presenting issue such as drugs, anger, family issues, etc.
- Complete the lessons from Get Smart About Drugs – found on the Centennial Counseling site and document this and email documentation to me.
- Complete online with any agency and email verification to me.

Community Service

- Pre and Post Pandemic – only non-profit agencies
- Community service guidelines have changed for the pandemic quarantine time March 16 through June 19, 2020.
 - (See the next slide for approved service opportunities.)
- Staying safe is the primary concern.
- Document all hours – keep a log of your hours.
- Parent(s)/Care Provider must verify and sign off on your community service log.
- Scan or take a snapshot of your document and email it to me.

Approved Community Service Opportunities

- Babysit for a younger family member.
- Chores
- Mowing your lawn or neighbors – keeping social distance/face mask
- Helping sibling with homework.
- Read to younger sibling or disabled or elderly family member.
- Job – if mandated to work in essential field like fast food.
- Participating in online religious service or viewing a religious program.
- Email me with questions or to get specific approval not listed here.

Letter

- You will need to write a letter.
- Letter to include discussion of what you have been doing to bring your grades to C's or better.
- Discuss what you have been doing for community services.
- Discuss how you completed your counseling component.
- Tell us what you have learned from this experience of being on contract amidst the COVID19 quarantine.
- End with your request to have your petition granted and if you need/want to go to Pollard for credit recovery.

Petition Process

- I am working with our Administration to determine how we will handle the petition hearings.
- I will advise you as the hearing decisions are made and finalized.
- Students not in compliance with their contracts will likely be extended for a semester to petition in December 2020.
- Centennial Admin or I will notify students and parents of the results of the petition process.
- Students being recommend for revocation, placement at Orange Grove will be notified by an assistant principal.

How to Contact Mrs. Grothem

- Contact me with any questions or concerns or if you just need to talk.
- I am here for you.
- Contact me through district email.
- mkgrothem@cnusd.k12.ca.us
- I will respond as soon as I can. I will review emails daily and respond to as many as I can. Some will take research before I can respond. If I receive a large volume of emails, it will take me longer to respond.
- I will set office hours if needed. As it stands, I respond throughout the regular school day, but not after 3:00.

Resources

- Here are resources you can call if you are struggling with any issues. I want you to be safe, to be well, and to have positive connections.
- 911 (24 Hours)
- National Crisis Hotline: 1-800-784-2433 (24 Hours)
- Helpline – 24-hour Crisis/Suicide Line: 951-686-4357 (951-686-HELP)
- Text: LISTEN to 741-741
- Text: SHHELP HI to 274637
- Text: CNUSD to 741741 (available 24/7)
- mkgrothem@cnusd.k12.ca.us

Together we'll get through this.



stay 
healthy
helpful
& calm