

Fall 2021



Welcome to CHS!

QR Code

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01

COMING & GOING



01

HOURS

First Class: 7:25

Dismissal: 2:10

After School Activities:

- **Students must be with a coach or sponsor**



01

SELF MONITOR

- Students should not be sent to school if:
 - Fever over 100.4 w/in last 24hrs.
 - Chills, nausea, diarrhea, etc.

Stop the Spread of Germs

-  Do not enter if you are sick.
-  Wash your hands frequently.
-  You must wear a cloth face covering over your nose and mouth.
-  Do not touch your eyes, nose, or mouth.
-  Maintain social distance of at least 6-feet.
-  Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

01

ARRIVAL

- Buses will 'drop & go'
- Car drivers must have a permit.
- Drop off as always at the side entrance: allow for 'wait time' - there may be a line of traffic.



01

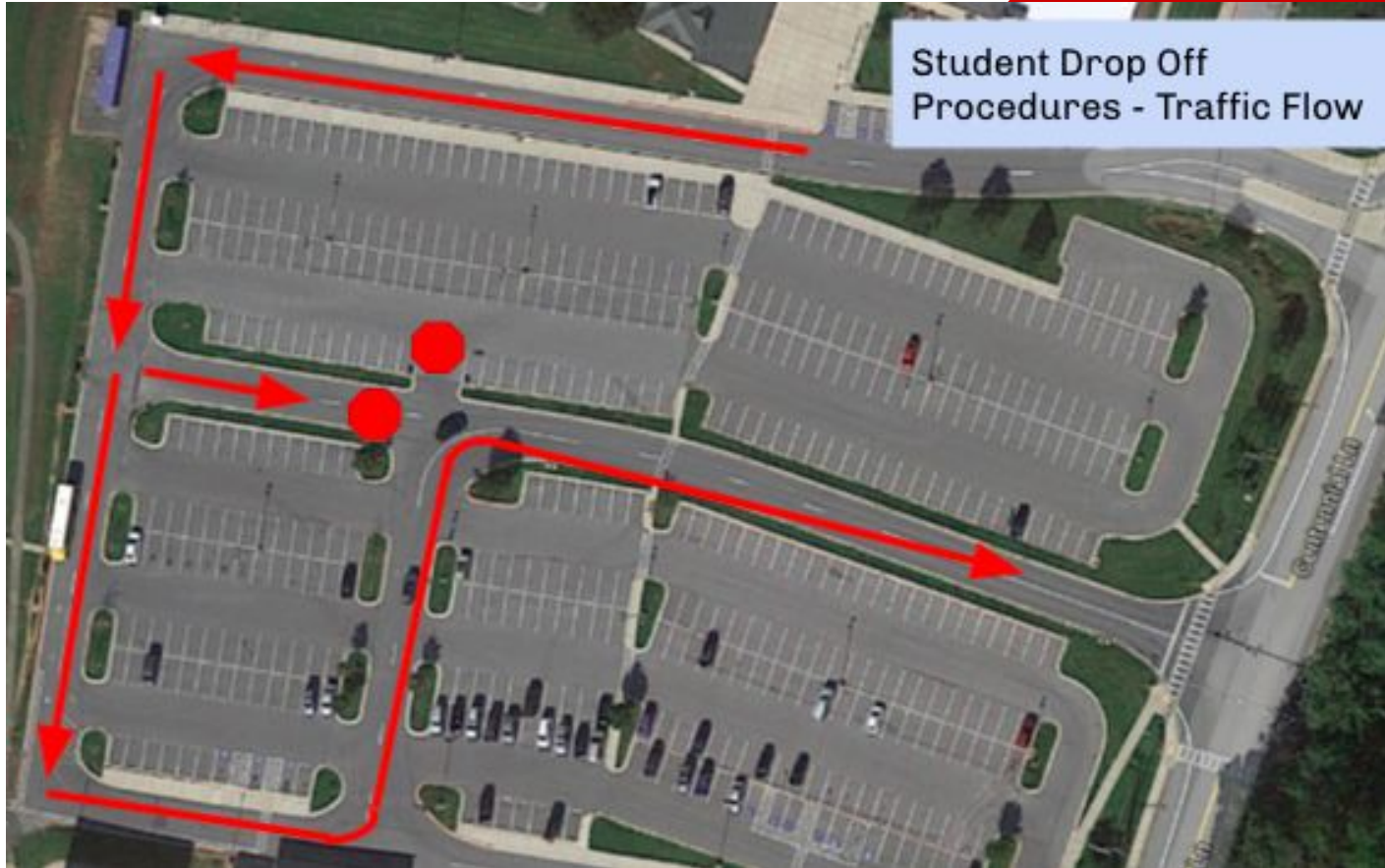
BUS RIDERS

- Arrive at stop 10-15 min early.
- Notify Transportation Office of any concerns:
410-313-6732 -or-
transportation@hcpss.org

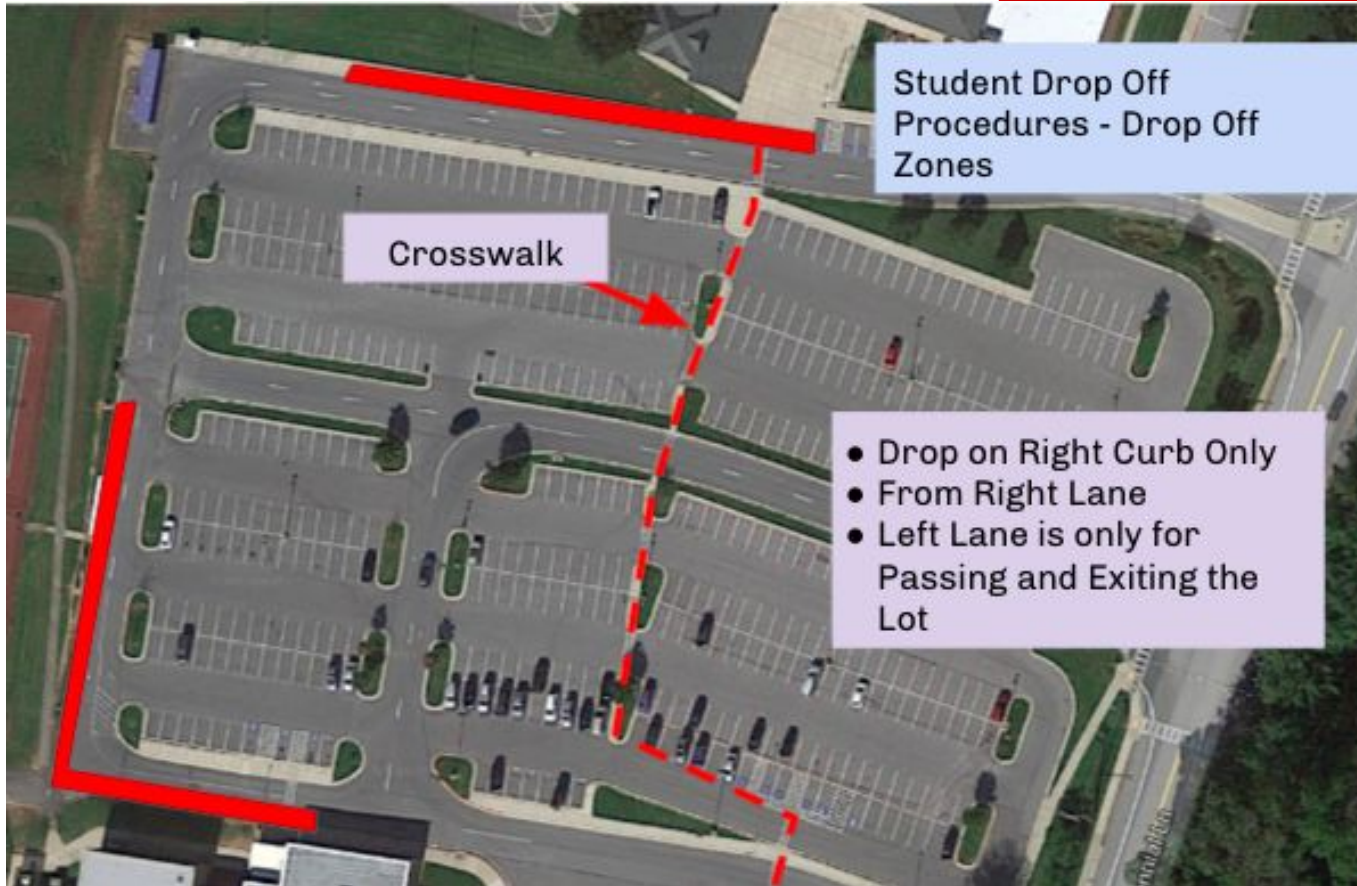


01

CAR RIDERS



CAR RIDERS



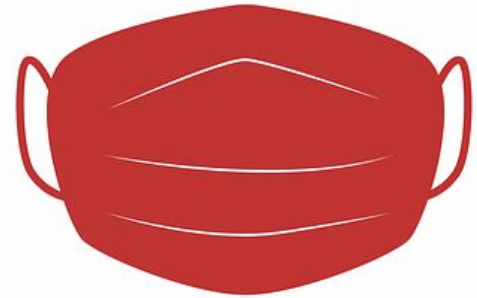
01

MASKS

- Required of all students, staff, and visitors.
- May be removed to consume food/drink.
- Consequences for non-compliance.

NOTICE!

FACEMASKS



REQUIRED

01

ENTRY

- Bus Riders use main entrance doors.
- Car Riders and Walkers use side Auditorium Entrance.



01

ABSENCE/LATE/ EARLY DISMISSAL

- Email all notes: chsabsence@hcpss.org
- Check-in/Sign out using the QR Code at front office.
- Parents do not need to sign students in.
- 2-3 weeks advance request for Extended Absences.



01

AFTER HOURS

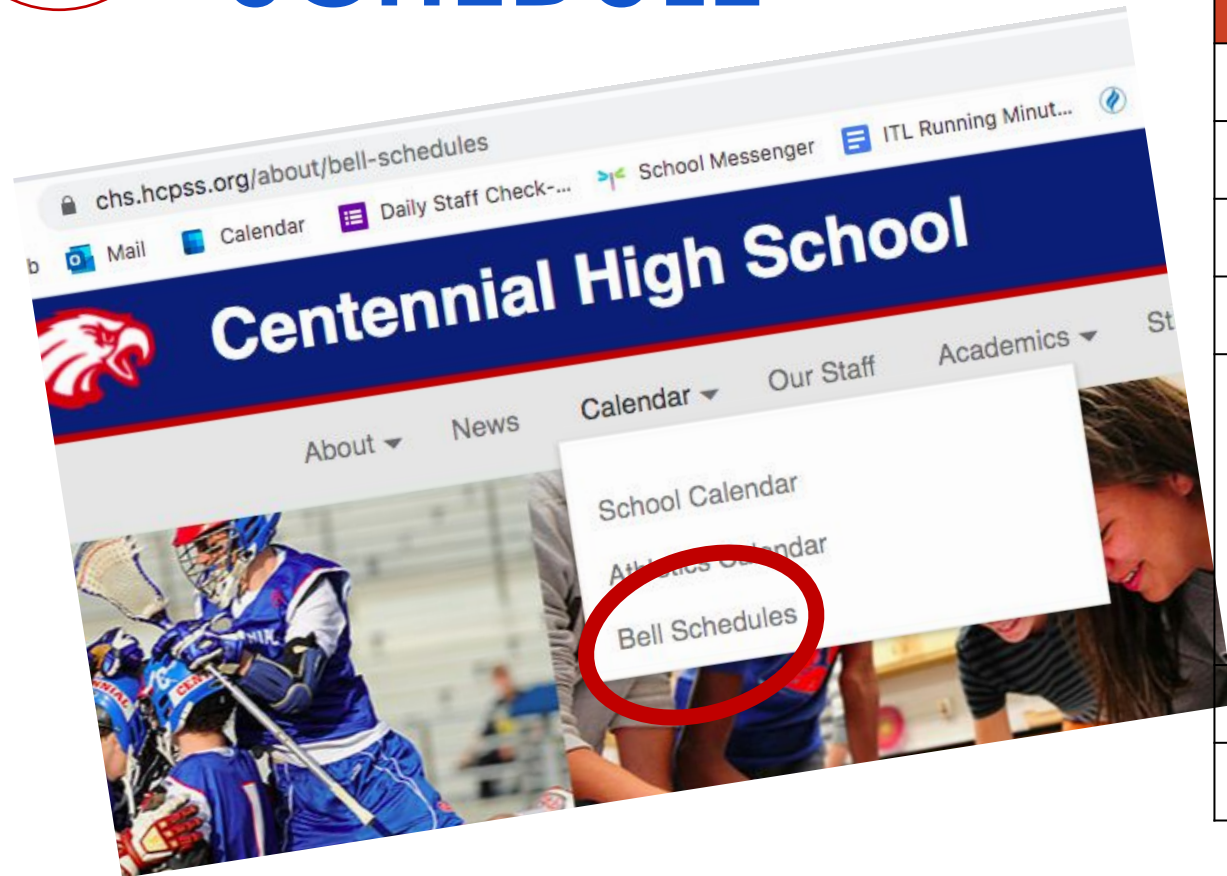
- Ms. Prevosto - AAM
- Clubs and Activities listed on the school website
 - Something for Everyone!
- Students who stay after school must be under the supervision of a sponsor, coach, or staff member.





CLASS TIME

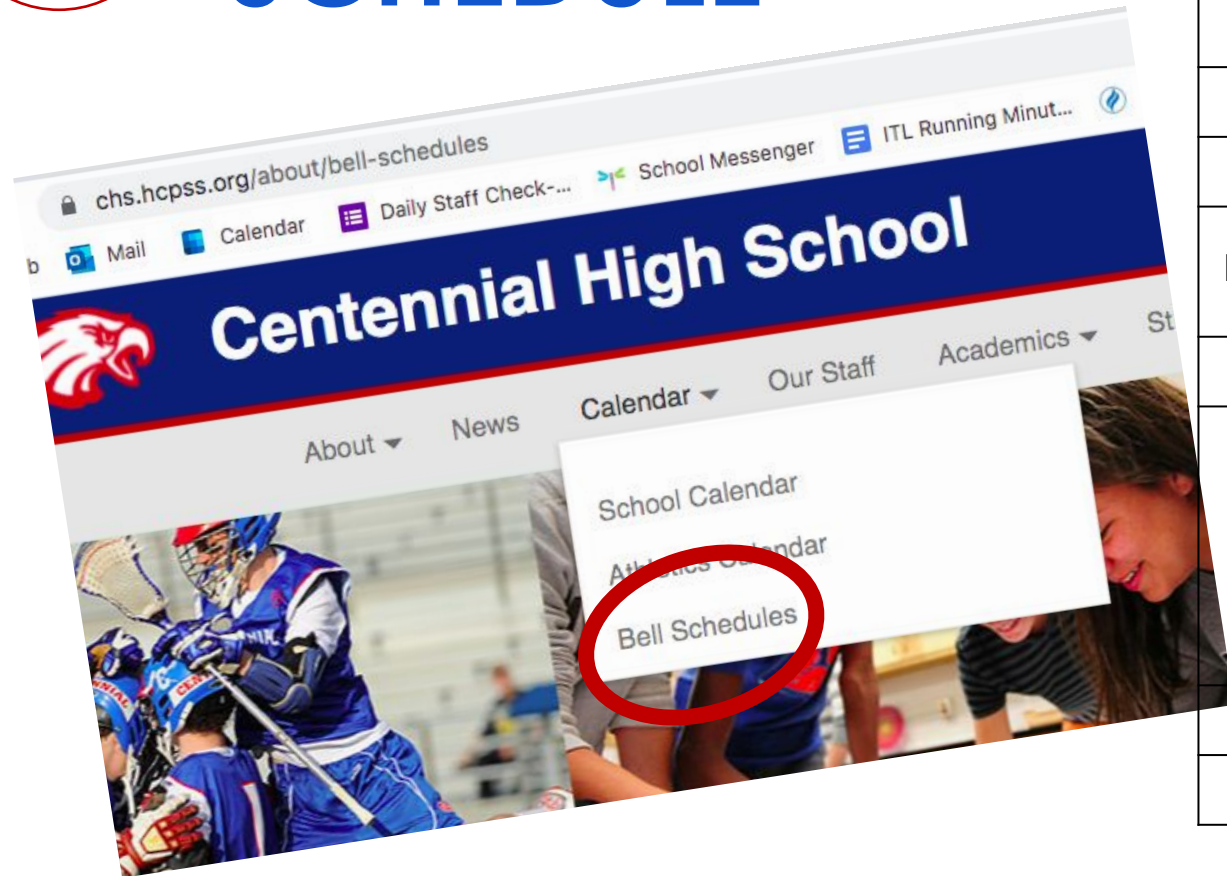
SCHEDULE



DAILY (M,Tu,Th,F)

Pd	Time
1	7:25 - 8:15
2	8:20 - 9:10
3	9:15 - 10:10
4 A	10:15 - 10:45
B	10:45 - 11:15
C	11:15 - 11:45
D	11:45 - 12:15
5	12:20 - 1:10
6	1:15 - 2:10

SCHEDULE



EAGLE TIME (W)

Pd	Time
1	7:25 - 8:10
2	8:15 - 9:00
Eagle Time	9:00 - 9:30
3	9:35 - 10:25
4 A	10:30 - 11:00
B	11:00 - 11:30
C	11:30 - 12:00
D	12:00 - 12:30
5	12:35 - 1:20
6	1:25 - 2:10

TECHNOLOGY



All students are issued a school system laptop. [Required for testing.]

Students bring HCPSS laptops back and forth

Students may use technology during:

- **classroom instruction when allowed**
- **non-instructional time**

TECHNOLOGY



- **Bring your tech fully charged w/ power cord.**
- **Broken tech? See Mrs. Norris ASAP!**
- **Forgot your tech and need it?**
 - **Loaner for the school day only.**

BREAKS

- 'Touchless' Hall Passes
- Students use portable tech or laptops to access the code.
- Ask Permission first.
- Requires HCPSS login
- Sign Out -and-
back in!



Personal Belongings

- Students are responsible for their possessions.
- Label everything and keep track of serial numbers.



Personal Belongings

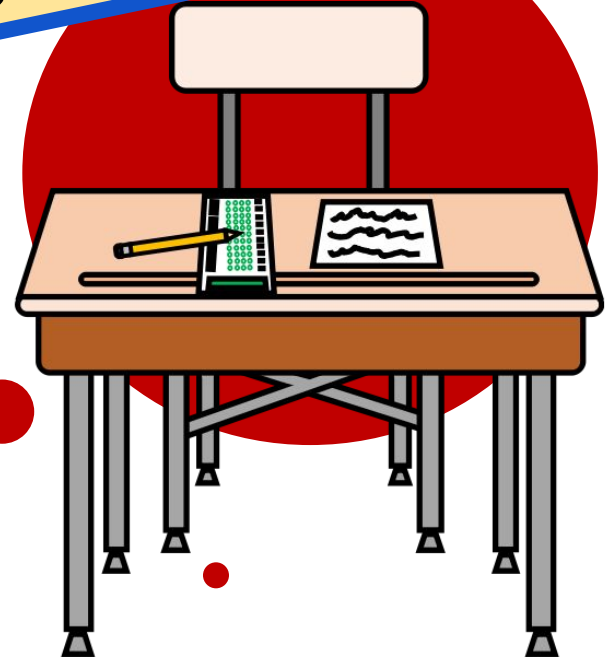
- Students will be issued lockers upon request.
- Leaving things in an unlocked locker or locker room does not = safe keeping.



Testing

- 9/20-10/8:
 - MCAP (Gr. 9-11)
 - MISA (Gr. 12)
- 10/13:
 - PSAT (Gr. 9-11)
- 12/16-22:
 - MCAP Make-up
- And more...Government HSA, SAT, AP, Life Science, MD Tobacco Survey

Check the School Calendar for more testing dates!

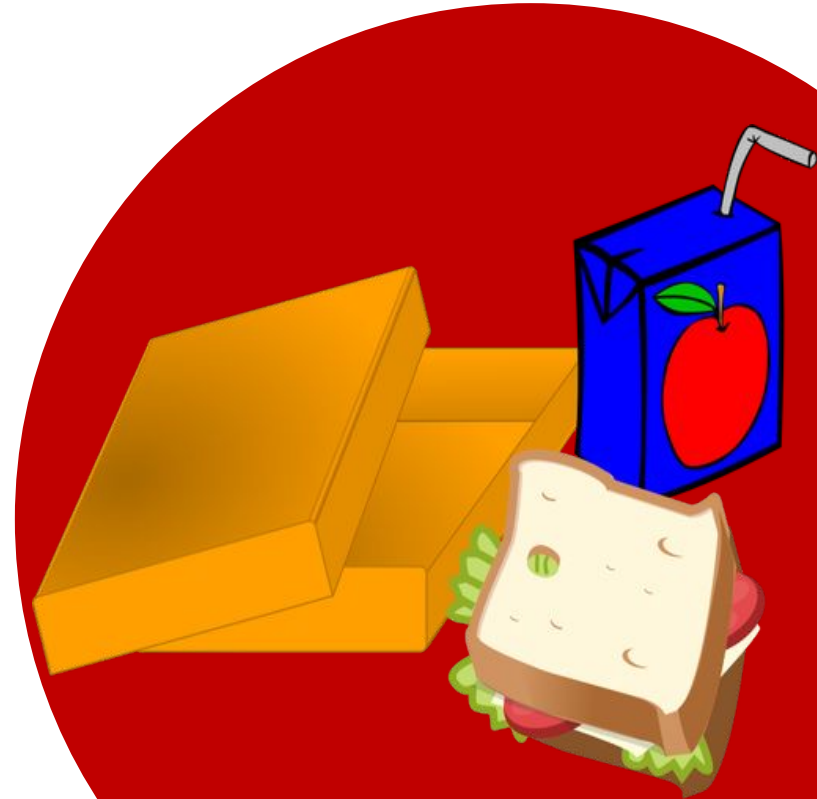




MEAL TIME

MEALS

- **Breakfast and Lunch**
- **Free for all students**
- **Students may eat outside**
- **No eating in cars or leaving campus**
- **Check the menu online**
- **Free and Reduced Meal plans ONLINE registration.**





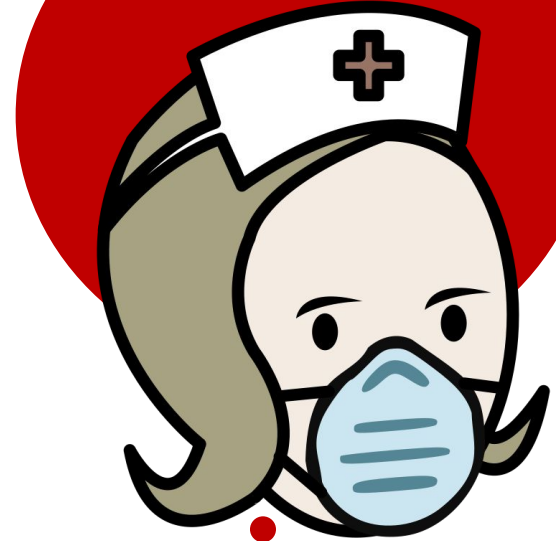
SUPPORTS

Stay in touch!

- www.chs.hcpss.org
- IG @CentennialHS
- FB: [chs.hcpss.org](https://www.facebook.com/chs.hcpss.org),
HoCoSchool
- Twitter: @hcpss_chs
- School Messenger
- Canvas
- Naviance
- Wingspan: FB, Twitter,
Blog
- App store: HCPSS
app
- CHS Google
Calendar

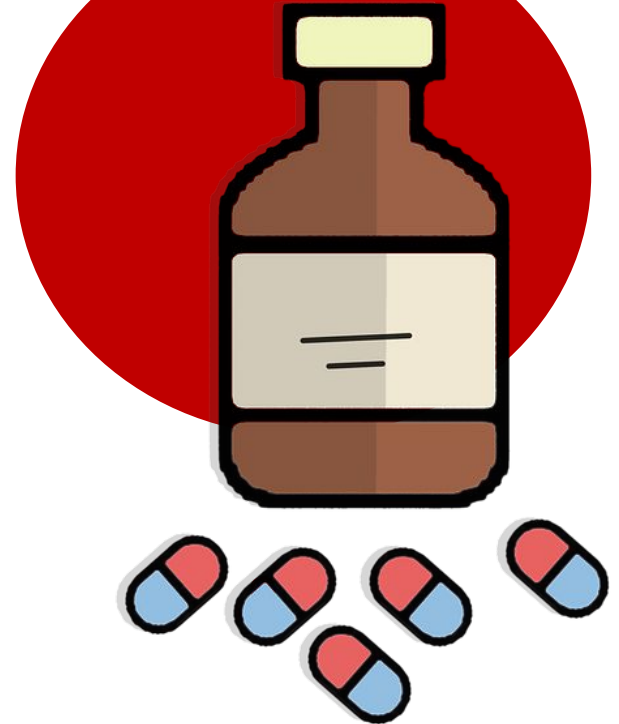
Health Room

- General
- Health Concerns
(temporary or permanent)
- Special Considerations
- Visits to the Health room & Parent Notification



Health Room

- **Medications:**
 - Prescriptions & OTCs
 - Students May Not Carry Medications
 - Exceptions
 - Fieldtrip Medications



Need Help?

- Mrs. O'Connor (A-Co)
- Mr. Kriner (Cp-H)
- Mrs. Hebler (I-Mc)
- Mr. Sanders (Md-Sg)
- Mrs. Khaksari (Sh-Z)

Need Help?

- Ms. Rosuck, School Psychologist
- Mrs. Choi, Int'l Liaison

Supporting Your Child's Mental Health



Know the *Behavioral* Signs of Stress

Increase or decrease in energy or activity level

Increase in irritability

Trouble relaxing or sleeping

Crying frequently

Wanting to be alone

Worrying excessively

Blaming others for everything

Difficulty communicating or listening

Difficulty giving or accepting help

Inability to feel pleasure or have fun

Know the *Physical* signs of stress

Having stomach aches or diarrhea

Having headaches and other pain (commonly digestive issues)

Losing your appetite or eating too much

Sweating or having chills

Getting tremors or muscle twitches

Being easily startled

Know the *Emotional* signs of stress

Being anxious or fearful

Feeling depressed

Feeling guilty

Feeling angry

Feeling heroic, euphoric or invincible

Not caring about anything

Feeling overwhelmed by sadness

Know the *Cognitive* signs of stress

Trouble remembering things

Feeling confused

Having trouble thinking clearly and concentrating

Having difficulty making decisions

Supporting Your Child's Mental Health

- Ensure that your child is getting adequate sleep, nutrition, and physical activity
- Assist your child in balancing his/her life.
- Stay connected to your child and as a family unit.

Supporting Your Child's Mental Health

- Praise his/her efforts as well as his/her achievements.
- Value his/her ideas.
- Encourage your child to talk about feelings with you.

Community Resources

Grassroots
Mobile Crisis
Team:
410-531-6677

Sheppard Pratt
Crisis Walk In
Clinic (Towson)

410-938-5302

CRISIS TEXT LINE |

Text 4hope
to 741 741

You are not alone.

511 x 550

The graphic features a dark background with a repeating list of emotions in a light gray font: Scared—Out of Control—Concerned about something—Hurt—Annoyed—Ashamed—Confused—Anxious—Embarrassed—Hopeless—Guilty—Like you want to hurt yourself—Withdrawn—Helpless—Unloved—Discouraged—Unhappy—Empty—or just need to talk to someone. The text 'Text 4hope to 741 741' is prominently displayed in white, and 'You are not alone.' is at the bottom in white. A red box with 'CRISIS TEXT LINE |' is at the top right. A small '511 x 550' is at the bottom left.

Supporting Your Child's Mental Health





Got Questions?

www.googleSlides.org