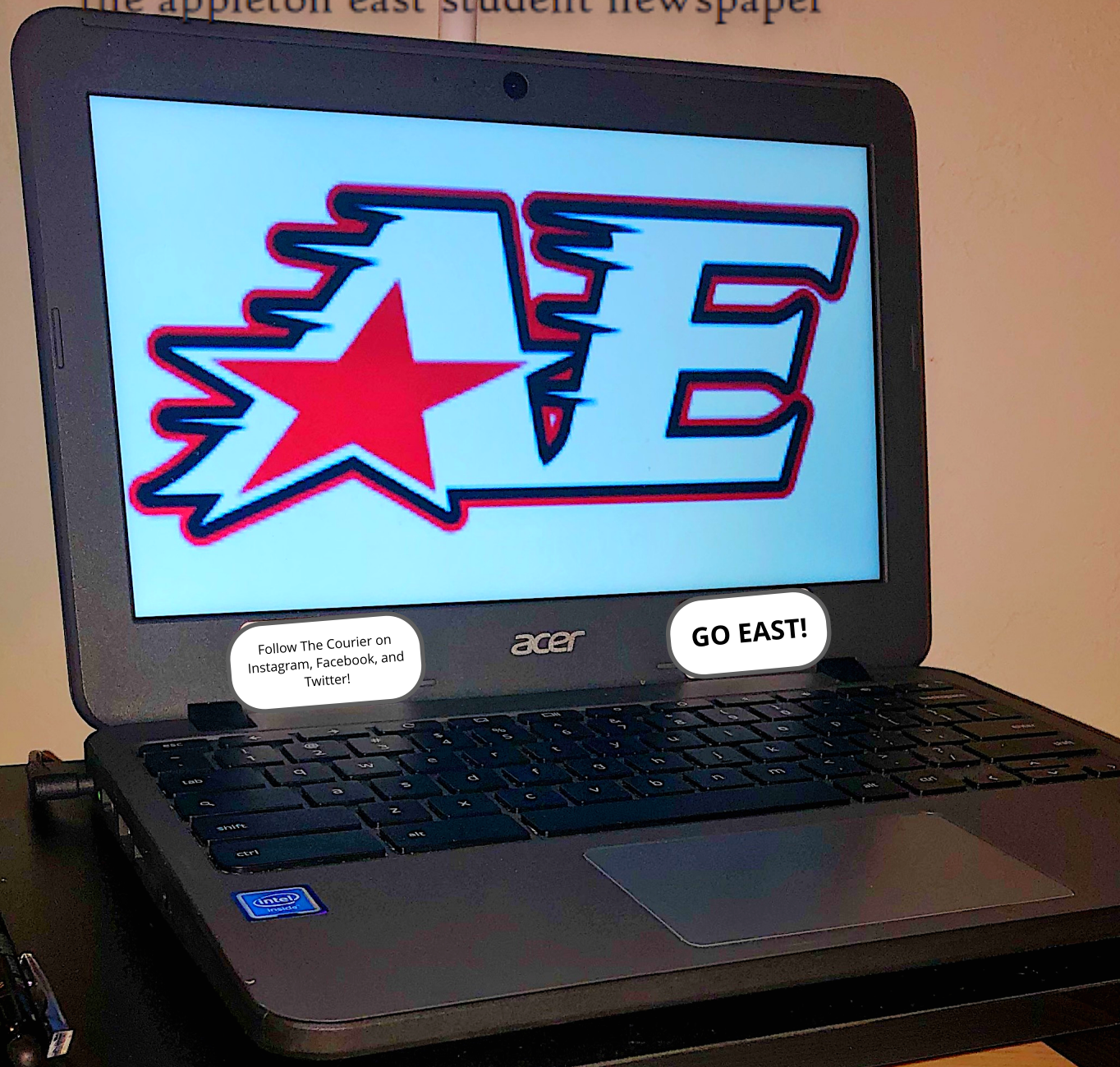


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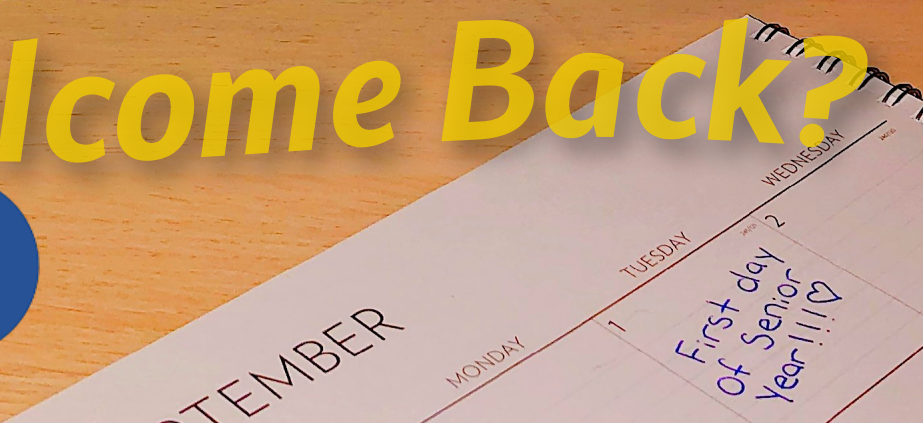
the appleton east student newspaper



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GO EAST!

Welcome Back?



Whatdya Think...

about **virtual high school?**



The East student body has opinions, and we want to hear them! Please fill out this quick survey. It's anonymous!

*Take the
Survey Here!*

Don't forget to check out the next edition of The Courier to see the student body survey results!

THE SHOW MUST GO ON!

how performing arts classes are adapting to virtual learning

By: Logan Hash

In our virtual world, band, choir, and orchestra classes face unique challenges. Because COVID-19 spreads through droplets when people exhale, hundreds of students constantly singing or blowing through their instruments in one room over the course of a day is inadvisable. Class sizes are also bigger in the music wing; most music classes have double the number of students - or more - than a standard class.

Band and orchestra require equipment, and all three classes involve tremendous collaboration. Due to delays over the internet, students cannot reliably sing or play together like they would in person. "Performing in real time forces instant reaction and decision making - real time doesn't have an edit button," Mrs. Lafleur points out. "Real-time decision making based on interaction cannot be duplicated in a virtual world." So how are performing arts classes adapting to our new online world?

Mr. Van Sickle is committed to making choir "as choir-like as possible." That means that they will be singing, even if they are singing alone. Choir, band, and orchestra will put an emphasis on building student confidence by working alone or in small groups. The idea is that if the group's individual members improve, that would improve the group as a whole. Working

in small groups will also be more practical than working in large groups when we start in-person classes. The music teachers have also been sharing ideas with teachers at other schools, in order to generate the best online curriculum possible.

A lot of this may seem less than ideal, but there are some silver linings in these online music classes. Collaborating with other high schools, or even colleges, could be a possibility. "You can invite anybody to collaborate online," says Mr. Van Sickle. Normally, collaborations would take quite a bit of planning, but a virtual choir may be easier to pull off than traveling for rehearsals and coordinating a performance. Mrs. Lafleur says some creative ways to perform are in the works for the bands too. In addition to the new ways to perform, this year's students will also learn skills that they would not normally develop, such as music theory and self-evaluation.

The format may be different, but students will still reap the benefits of music classes. Even though these upcoming months are filled with uncertainty, Mr. Van Sickle has some encouraging words, "Music is about expressing and connecting, and that's not going to change."

10 Offline Activities For Online Students

1.



1. Yoga

2.



2. Speak
with a
British
accent

3. Drawing

3.



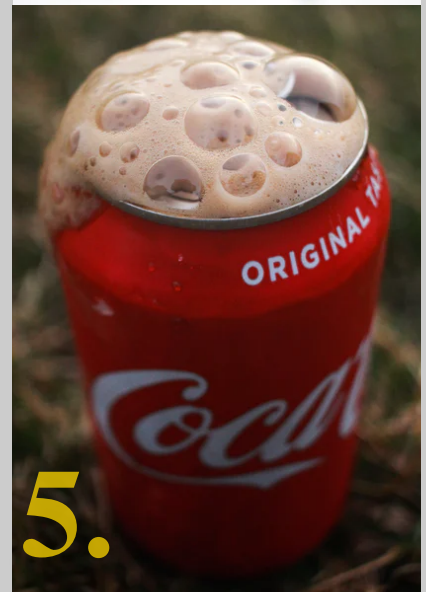
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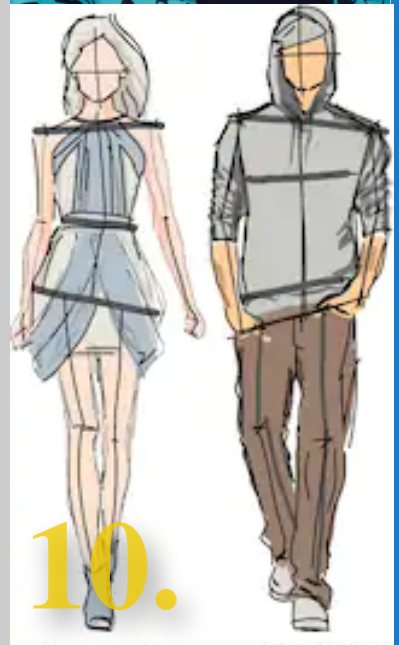


4. Card
Games

5. Soda
Volcano

5.





6. Karate

**7. Implode
a Soda Can**

8. Play Piano

9. Read Palms

**10. Fashion
Sketching**

**Click on
the photos
to learn
more!**

By Isabel DeBruin

Motivation During

“Motivation: The state or condition of being motivated or having a strong reason to act or accomplish something” (dictionary.com).

The skill of being motivated takes time to perfect. When motivated, a person can feel as though they have the potential to accomplish any given task. What happens when we lack the motivation to do *anything*? How do we accomplish different tasks in our day-to-day lives without any compelling drive? It can be excruciating having to work on school at home. Putting assignments off, again and again, is something that many students have always done, and continue to do. Unfortunately, the outcome can be disastrous.

Students need to be educated on how to avoid distractions, attend classes, stay in contact with teachers, and stay motivated while in virtual learning.

At home, our “workspaces” are often filled with distraction after distraction, making it difficult to create a successful working environment. It can normally be helpful to have a clean space to lead to maximum productivity. A magnet for distraction happens to be your phone. It can be beneficial to limit your screen time during the day and move all personal screens out of sight. Distractions will unfortunately always be there, so it is our responsibility to avoid them. “Going to” classes and staying in touch with teachers is even more important when working from home.

Virtual School

During the day, students have the opportunity to contact the teachers at both the beginning and the end of the day. If help is needed on an assignment or anything else, the teachers will be available to help. Getting help is especially important if a student wants to pass their classes, and it is best to get the most out of the education that the district currently offers. The best thing to do when a student is confused or has a question is contact a teacher. Motivation during online classes can be difficult. It is important to find the system that works best for you. When it comes to staying on task and being productive, some students prefer to keep a schedule. A sophomore here at East says, "I stay motivated by keeping a routine. Every morning I wake up, make my bed... and find something productive to do." Some people feel more comfortable working hard in the mornings, while others prefer to work at night. It all depends on whatever works the best for each person. The same means of obtaining motivation and

By Hailey Bay

productivity cannot be the same for everyone, so everyone must find out what works for them.

Some people reward themselves for completing a task. While it works for them, others tend to find this method unproductive. They end up rushing through their work. They cannot be completely focused because their minds are still set on the reward.

Motivation is not an art. Attendance, distractions, staying in contact and rewarding ourselves are all strategies we can use while learning on our own. Finding motivation is difficult for everyone, and people are never exactly the same when it comes to productivity. Organization, rewards, and focus are all part of a successful year. To be a successful student it is important to work on motivation, in order to accomplish goals when going through virtual schooling during a pandemic.

Help Is Out There

By Alyssa Junkins



DON'T
GIVE UP

YOU ARE
NOT ALONE

YOU
MATTER

With the current state of the world, and the pandemic we are living through, it is important to stop and consider your mental health. Going to fully virtual school can be tough, and limits our normal social interactions day to day. Not everything is online. There are numerous resources out there to help with mental health.

Therapy

Although some therapy locations are not offering in-person sessions, due to

COVID 19, online Zoom-style sessions are still being offered throughout the day. By visiting your local therapists webpage, you can contact them and set up a meeting.

Friends and Family

Friends and family are always there to talk through and mental health issues, or problems that you are struggling with. It is important in these times to stay close with our loved ones, and help each other through this pandemic.

Hotlines allow you to immediately connect with help for the issue you are struggling with. People call hotlines for various reasons, but all hotlines allow you to talk to someone who truly cares. Hotlines also provide information, including what additional help is available.

National Suicide Prevention Hotline:

1-800-273-TALK (8255)

The Samaritans: (877) 870-4673 (HOPE)

Trevor Project Lifeline - Hotline for LGBT youth: 866-488-7386

SAMHSA National Helpline:

1-800-662-4357

Child Help USA National Hotline – For youth who are suffering child abuse:

1-800-4-A-CHILD (1-800-422-4453)

Boys Town National Hotline – Serving all at-risk teens and children:

800-448-3000

National Teen Dating Violence Hotline

– Concerns about dating relationships:
1-866-331-9474 or text “loveis” to 22522

National Domestic Violence Hotline

1-800-799-SAFE

National Abortion Federation Hotline

1-800-772-9100

National Sexual Assault Hotline

1-800-656-HOPE (4673)

Child Abuse National Hotline

1-800-25ABUSE

Alcohol Treatment Referral Hotline

(24 hours) 1-800-252-6465

Families Anonymous 1-800-736-9805

Drug Abuse National Helpline

1-800-662-4357

Eating Disorders Awareness and Prevention 1-800-931-2237

National Association of Anorexia Nervosa and Associated Disorders

1-847-831-3438

Family Violence Prevention Center

1-800-313-1310

National Runaway Safeline

1-800-RUNAWAY (786-2929)

S.A.F.E. (Self Abuse Finally Ends)

1-800-DONT-CUT

Hybrid High School?

By Isabel DeBruin

The date is August 12. Everyone is on the edge of their seats - hanging on every word spoken at the Appleton Area School District Board meeting.

Not really. Chances are you did not watch the three-hour-long Board meeting, so I am here to tell you what that meeting was about. Specifically, when we will be able to transition to a hybrid schedule.

First let's talk about the basics. As the term implies, a hybrid schedule will be a blend of virtual and in-person learning. The East student body has been

assigned to groups called cohorts. One cohort will attend school in the building on Monday and Tuesday. The other cohort will be in the building on Thursday and Friday. On the days that you are not in the building, you will be expected to attend class virtually, similar to how lessons are currently functioning. Wednesdays are designated as independent learning days; this is also similar to the virtual schedule. Sanitization will occur every Wednesday and weekend.

AASD Learning Model Re-Evaluation Matrix



We commit to providing fully in-person learning for all students, EC-12 as soon as safely possible.

Updated 9/16/20

Current Model: Fully Virtual

This Learning Model Re-Evaluation Matrix will be updated **each Wednesday** using data from the City of Appleton and the state of Wisconsin's Department of Health Services. It is updated based on weekly data, however, we will use three consecutive weeks of the burden and trajectory composite score for a potential re-evaluation of models. If the data indicates a change in status (low, medium, high) is possible, we will re-evaluate the current model and transition our schools accordingly.

CRITERIA	AUTHORITIES, REPORTERS, AND OBSERVED CONDITIONS	TARGETED BENCHMARKS FOR EVALUATION OF MODELS	WEEKLY TREND	CURRENT STATUS	LEARNING MODEL INDICATED BY BENCHMARKS
PRIMARY CRITERIA COVID-19 Pandemic Conditions Impacting Student and Staff Safety	City of Appleton Burden and Trajectory (Composite)	Fully Virtual - High Hybrid - Medium Fully In-Person - Low	Burden - Increased and remains High Trajectory - Growing	Week of 9-2 - High Week of 9-9 - High Week of 9-16 - High	FULLY VIRTUAL
	Tri-County Burden and Trajectory (Composite)	Fully Virtual - High Hybrid - Medium Fully In-Person - Low	Burden - Increased and remains High Trajectory - Growing	Week of 9-2 - High Week of 9-9 - High Week of 9-16 - High	FULLY VIRTUAL
SUPPORTING CRITERIA Staffing Needs Resulting from the Pandemic Conditions	Substitute Pool	Substitute pool sufficient to cover COVID-19 related absences	Limited Candidates Actively Recruiting and Hiring	Week of 9-2 - 51% Week of 9-9 - 52% Week of 9-16 - 51%	FULLY VIRTUAL
	Candidate Pool Certified Educators	98% of essential positions filled with qualified staff	Limited Candidates Actively Recruiting and Hiring	Week of 9-2 - 98% Week of 9-9 - 99% Week of 9-16 - 99%	HYBRID/IN-PERSON

Students only need to be in the building for their scheduled academic classes on their cohort days. This means you will attend in-person classes on either Monday and Tuesday OR Thursday and Friday. If it's not your cohort day, and you don't have an academic class, you don't have to come to school. By the way, you don't have to report to East for study hall or lunch, too.

Determining when we move to the hybrid learning model is a little more complicated. In order to transition into the hybrid schedule, Appleton must earn a certain "score" on the AASD Learning Model Re-Evaluation Matrix (left). The first category pertains to the number of

COVID-19 cases in Appleton and the Tri-County area. For the school board to approve the hybrid schedule, Appleton needs to be at a medium risk. That means a two-week total of between 10 and 50 confirmed cases per 100,000 people. (Last week, Appleton reported a number over 300.)

The second category regards staffing needs. First of all, 98% of essential staff positions need to be filled. In addition to this, the substitute pool needs to be deemed large enough to cover COVID-19 related absences. This matrix will be reevaluated every Wednesday, and if a good enough score is achieved three weeks in a row, the hybrid schedule will start. However, families will

be given a two-week notice before the hybrid schedule is put in action. This means that the good scores must be maintained for another two weeks. If the equalized burden returns to a high rating, schools remain fully virtual. Currently, the equalized burden is high, and it has been high since evaluations started a month ago.

Mr Wanamaker summed up our virtual schedule pretty well. "Online learning misses the personal interactions, the give-and-take, asking questions, checking for understanding, doing hands-on labs, working together in groups." So, yeah, this sucks. But we are in it together. We *will* go back to school. Even if it takes a while.

Due to COVID-19, all fall sports were postponed until the spring in order to follow social distancing guidelines. In previous years at Appleton East High School, students gathered every Friday night in the fall to cheer on our football team. These “FNL” games included lots of JD’s popcorn, fun cheers, and dressing up for a designated theme. Although we can’t go to football games this fall, it doesn’t mean Fridays can’t still be the highlight of the week! Here’s a list of fun, safe activities to do on Friday nights this school year:

- 1.** Whether you are watching a movie at home, in a movie theater, or at the drive-in theater, movies can be a fun way to hang out with friends while social distancing. Marcus Valley Grand Cinema is selling a limited number of seats in each theater, so everyone can be seated at least six feet apart. Don’t forget your mask!
- 2.** Hiking is a good way to social distance and get exercise! The Appleton area has multiple good trails including High Cliff, Heckrodt, and 1000 Islands.
- 3.** Setting up hammocks with friends is a fun, different, way to lounge around and talk. Hammocking at night is also a



What to do on a Friday Night without Football

fun way to stargaze without having to lay on the ground.

4. Campfires are a fun easy way to hang out with friends once it gets dark. You can also roast marshmallows and make 'smores!

5. Although watching the sunset may sound boring, it can be made more exciting by blasting music and sitting on the roof of your car with friends!

6. Take over your kitchens and pretend you are competing on a *virtual* Food Network show, with special tasks and obstacles. To take it one step further you can have a friend pretend to be Gordon Ramsey and judge the creations everyone makes.

7. With Halloween approaching, pumpkin patches are starting to open up again. Pumpkin carving, or painting, can be a fun activity to do with friends to get in the festive spirit.

By Alyssa Junkins

8. As seen on *James Corden*, "Carpool Karaoke" can bring loads of entertainment with just a car and a speaker. An alternative (and safer) way to do this activity is to park in an empty parking lot, so even the driver can participate!

9. Picnics are a very easy way to stay at least six feet apart from people, while still getting social interaction. You can bring food and multiple blankets to any place with a pretty view and have fun outdoors.

10. "As seen on TikTok": Dress up in Prom or Homecoming outfits and go to random places around town that would make NO sense. Buy funky wigs or hats at Party City and wear them out in public. Pick out outfits for your friends at a thrift store that they have to wear for the rest of the night. Paint rocks with friends and place them all around town.

Although Covid-19 has halted many extra-curricular activities, volunteer options are still available. With some extra time on your hands and a flexible school schedule, volunteering is an excellent way to occupy some of your free time.

Throughout the Fox Valley, in-person volunteers are still needed. Organizations such as St. Joseph Food Program, Feeding America, B.A.B.E.S., Inc, and the Community Blood Center all require volunteers to help them provide services that benefit our community. Traci Junkins, Volunteer Coordinator at St. Joseph Food Program says that high school volunteers are valued and help perform meaningful tasks to help their community.

“Our high school volunteers help pre-pack food and distribute it to our clients via a drive up service,” said Junkins. “Some come every week, and some come when they can.” She added, “I think it is always good to volunteer as a high school student.”

Most nonprofits are also taking steps to ensure safety for in-person volunteers and their clients. Mrs. Junkins says that safety for the people that are involved in St. Joseph Food Program is their number one priority.

“At St. Joe’s we follow the CDC guidelines: all of the volunteers and staff wear masks and we practice social distancing,” said Junkins. “Before Covid-19, our clients came into the building, having face to face interactions with our volunteers. Now our volunteers pre-pack bags of food inside and we distribute directly into our client’s cars with a drive-up service.”

But, even if you are hesitant to volunteer in-person, remote volunteering opportunities are still abundant. Local organizations, such as the Alzheimer’s Association, are looking for volunteers to make phone calls and send emails and other community outreach tasks done online. Often, remote volunteering is flexible and only requires cellular service or an internet connection.

Another great area of volunteering, is to get involved at local political campaigns that support the values that you believe in. Changes to our society come through government which means making sure your values are represented in government, regardless of the local, state, or national level, is incredibly important. Keara Wood, a field organizer, says that volunteering for a politician’s campaign is a great idea.

“High school volunteers absolutely have the potential to make a difference,” said Wood. “My candidate’s election is going to come down to the wire, and every person we have making phone calls for us has the potential to persuade that handful of voters that pushes our

*Volunteer Opportunities for a
New School Year* **By Evan Wood**

campaign over the finish line. The more time volunteers are able to commit the better."

Volunteering for political campaigns has also changed drastically.

"We are not doing anything in person at all - no door knocking, no in-person events, nothing. For the most part, all of us are working entirely from home. When we do meet in person, we are always masked and do our best to follow CDC guidelines." Wood added, "Volunteering for local elections is going to be key in making sure that we get the right people into office. If you're unsure of who's going to be on your ballot in November, MyVote Wisconsin is a great resource."

There are several online opportunities such as transcribing for projects at the Smithsonian Transcription Center or Zooniverse Projects. While volunteering as a transcriber can be more challenging, projects cover a greater range of topics that might interest you such as transcribing documents from the Freedmen's Bureau, or transcribing prisoner information from Nazi concentration camps in the Every Name Counts project.

If you want to learn more about volunteering opportunities in general, you could join Appleton East's Key Club or other service oriented clubs at East. Click on the links down below to explore different opportunities.

While service opportunities for highschoolers are diverse, there is no doubt their time spent volunteering in each case makes a difference, especially during COVID-19.

"There is no minimum time commitment from our volunteers," said Junkins. "Some come every week, and some come when they can. But in the Fox Cities, we are fortunate to have a very generous community!"

[Appleton East Key Club](#)

[Alzheimer's Association](#)

[Smithsonian Transcription Center](#)

[Every Name Counts Project](#)

[Feeding America](#)

[Volunteer Fox Cities](#)

[St. Joseph Food Program](#)

[MyVote Wisconsin](#)



Post Your Patriot Pride



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Use
#aecourier
when you
post your
Patriot Pride.
We'll post
photos in the
next issue of
The Courier!

the courier

the appleton east student newspaper

The Courier, Appleton East's student newspaper, is written, edited, and distributed by Patriot students and staff. The Courier is published online; however, a few issues are printed and delivered to students in the school.

The purpose of The Courier is to publish news and views that affect and reflect the students, staff, and surrounding community of Appleton East High School. Writing and working for The Courier provides students with authentic journalistic experience, classroom and real-world learning opportunities, and chances to collaborate and celebrate with peers.

Questions regarding the publication or participation in this extra-curricular activity can be directed to East's school newspaper adviser, Mr. Otis.

Please join us for The Courier Kickoff meeting Wednesday, **September 30** at 1:00 p.m. via **Google Meet**.

Click "Google Meet" above OR enter this URL into your browser: <https://meet.google.com/kug-bung-drg>.