

BlueSky Online March Newsletter

Superintendent's Message

Celebrating 20 Years

BlueSky is turning 20 years old in March! BlueSky's first students started in the fall of 2000 and since then, we have grown to an enrollment of about 525 full time students! Our graduating classes are typically around 120 students each year. We would love to celebrate this 20 year milestone with you and the BlueSky community this summer in conjunction with our school relocation. We will be moving into our new school site in Bloomington this July. If you are interested and/or have experience with organizing fundraising or community events, please contact me. We would like to begin preparations for an open house celebration to occur this summer or early fall.

20-21 School Year Enrollment

BlueSky counselors are preparing to begin scheduling students for their 20-21 fall courses and will be emailing out information about this in early March. This will likely include choosing elective options for many students. Click [here](#) to see a list of courses that will be offered next school year and be sure to communicate with your counselor about your students current credit status. In addition, we are now accepting new enrollments for 20-21. If you know of a student that might benefit from BlueSky's personalized, flexible, and supportive environment please direct them to the [enrollment page of our website](#). Our new enrollment spots quickly fill up so the earlier they register, the better.

Summer School Enrollment Coming Soon

BlueSky will once again be offering summer school courses for our students which begins June 8th. Information about enrolling in this program will be emailed to students and parents in late April or early May. Students who enroll in summer school typically are those behind in credits or who are in need of retaking a course. In order to be eligible for free summer school courses, students must have passed at least 1/2 of their 2nd semester courses. For those students looking to advance their studies or those who are not currently enrolled at BlueSky, there will be a tuition based option. Please contact your school counselor if you have specific questions about your students current credit requirements and summer school eligibility.

Review Your Contact Information

BlueSky will soon be sending a communication requesting that you login to your parent portal account and review your contact information, including home phone number, cell phone number, home address, email address, and emergency contact information. It is important that we have the most current contact information for you and your student since our form of communication is mainly via these routes versus face to face. Look for more specific instructions in the next couple of weeks.

As always, thank you for allowing us to work with your student!

Amy Larsen
Superintendent/ Executive Director
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Upcoming Events

- March 12th- Student Day (On Campus) 11am- 1pm
- March 20th- Last Day of Quarter 3
- March 23rd-27th- Spring Break (No School)
- March 30th- First Day of Quarter 4



Parent Connect

Coming in April are the MCA tests for students in grades 7, 8, 10, & 11. Here are some tips to help your students prepare:

- Provide a quiet study area at home.
- Encourage good daily study habits.
- Have students view sample test items to become familiar with the format.
- Encourage a healthy breakfast and a good night's sleep prior to testing.
- Talk with students about answering all the questions.

For more tips view the [Test Preparation Suggestions for Parents and Teachers](#) from the [Minnesota Department of Education](#).

March 12th Canvas & Compassion Student Day

Come join other BlueSky students at our office in West St. Paul for a Student Day on Thursday, March 12th. Students are invited to work on assignments, socialize, get help from BlueSky staff, or offer help to other students. Between 11 am and 1 pm, Art Teacher, Nicole Petersen, and School Social Worker, Cayla Rother will lead a thought provoking, painting activity with a focus on community awareness and cultivating compassion. BlueSky will provide snacks, beverages, and pizza. All BlueSky students are invited to attend!



[RSVP for Canvas & Compassion Student Day HERE](#)

BlueSky Office: 33 Wentworth Ave E, Suite 100, West St. Paul, MN 55118 (first floor of the building, rear entrance)

Questions? Contact Matt Schoenthaler @ matt.schoenthaler@blueskyschool.org.

Social Work Spotlight

A simple tool to use when feeling anxious or stressed is the 5 point scale. You can use this as individuals or as a family to name and recognize big emotions in your home. Feel free to print it off and put it on the fridge.

A few calm down tools that we like to use are:

- Mindfulness breathing (7/11 breathe in for 7 seconds and out for 11 seconds)
- Getting fresh air or a drink of water
- Turning on some music
- Walk away and change your location
- Take a stretch/meditation/yoga break
- Name how you are feeling "I am anxious right now"
- When you are at a 5 do not try to solve the problem. Less verbal communication is best. Revisit when below a 4.

Negative thoughts, actions, and emotions raise your anxiety level.

Positive thoughts, actions, emotions, and using calming tools lowers your anxiety level.

Feelings Chart		
	How I feel	What I can do
5	 I need some help!	
4	 I'm really upset.	
3	 I've got a problem.	
2	 Things are pretty good.	
1	 Feeling Great!	

ACT Testing Information

It is recommended that students planning to attend a 4-year college after high school take the ACT in the spring/summer of their junior year, or the fall of their senior year of high school. The BlueSky counseling team has put together this document ([ACT Testing Information Doc](#)) that provides information about the ACT test and may answer most of your questions. If you have questions after reviewing this document, please contact your Bluesky Counselor. To register for the ACT, use this link: www.act.org.

UPCOMING Test Dates for the ACT (More test dates for next fall will be added but are not yet available via ACT):

- June 13, 2020
- July 18, 2020

Counselor Corner

Registration for 2020-2021:

Information about choosing your classes for next year will be coming out via email from your BlueSky counselor in early March. Keep an eye out for that and be sure you respond accordingly if you wish to choose your own elective classes.

Featured Career:

Featured Occupation: Veterinary Technician

Think of veterinary technicians as nurses for animal patients. They assist veterinarians during exams, conduct lab tests and advise animal owners on proper pet care.

- Salary: median income \$34,420
- Education: Associate Degree
- Outlook: 21,100 new jobs by 2028

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BlueSky Stars



Jenna Hlavinka

We are nominating Jenna Hlavinka to be featured this month as a BlueSky star based on her outstanding work ethic, adaptability, and self-advocacy skills. Jenna joined BlueSky after moving to a small town where the local high school wasn't quite the right fit for her. Having been a talented athlete participating in gymnastics, swimming, synchronized swimming, and softball at her previous school, she quickly proved herself versatile and able to adapt to new situations. Time and again she has shown herself to be a strong and capable student making challenging online courses look effortless. Jenna's advice to other BlueSky students trying to find success is to make sure to ask for help when you need it.

When not doing online courses, she enjoys coloring and playing with her new puppy. Jenna plans to attend college after she graduates high school this spring and will surely thrive wherever she ends up.

-Nominated by Laura Welciek & Bonnie Jude

The BlueSky advisors have chosen to recognize these students for their hard work and dedication.



Kaylee Vlaminc

I have nominated Kaylee Vlaminc as a BlueSky Star student because she has positively earned it by being a perfect example of a successful online student. This is Kaylee's second school year with BlueSky, she is a senior and I'm very excited to see her graduate in June! Kaylee is a very bright, dedicated, and motivated student and she has a perfect attendance record this year! She makes my job as an advisor very easy!

When asked what she enjoys about BlueSky, Kaylee replied: "What I enjoy about BlueSky is that it's a flexible schedule and you can go at your own pace". When not doing schoolwork Kaylee enjoys shopping, hanging out with friends, and working out. Kaylee plans to attend SMSU to become a teacher! Go, Kaylee!

Your future is bright!!

-Nominated by Jen Anderson

