

# ROCKETS ONLINE CAMPUS

## NEWSLETTER

FALL/ WINTER 2022



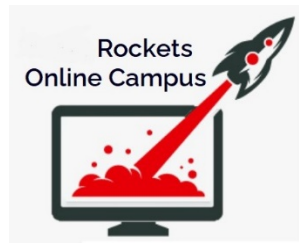
### The Rockets Online Campus has a successful start to the 2022-2023 School Year!!!!

The 2022-2023 school year kickoff was a huge success again this year for the Rockets Online Campus. The Rockets Online Campus (ROC) has made many adjustments to continuously improve programming for our students. Many of the changes compared to last school year include new elective offerings, additional faculty and staff, and a new ROC technology staff member. We have added additional time for our synchronous meetings as well. Students have 24-hour access to their curriculum and also have support available daily from 7:45 AM to 3:45 PM. The daily meetings are optional, but strongly encouraged for achievement. Students are reviewed every two weeks at a minimum and supportive services are offered to our struggling students. Many students struggle with structure and asking for help. Structure can be provided by following a consistent schedule at home similar to a bell schedule at a face-to-face school. If a student needs help, they should use our Helpline available from 9:30 AM to 1:30 PM.

I would like to take this opportunity to welcome back all of our returning families and students and also encourage our new students this year to take advantage of what we have to offer. You are not alone and you do have a network of supportive services available at ROC. The Rockets Online Campus team works endlessly to support all students. If you are struggling in anyway, please call us immediately at 814-827-0565. We are here to help. Successful students do put in the time with their work, but they also allow our teachers to interact with them when they are struggling. All of our faculty and staff are willing to go the extra mile to see you achieve. Please don't hesitate to contact us. We can help you and look forward to hearing from each and every student.

Sincerely,

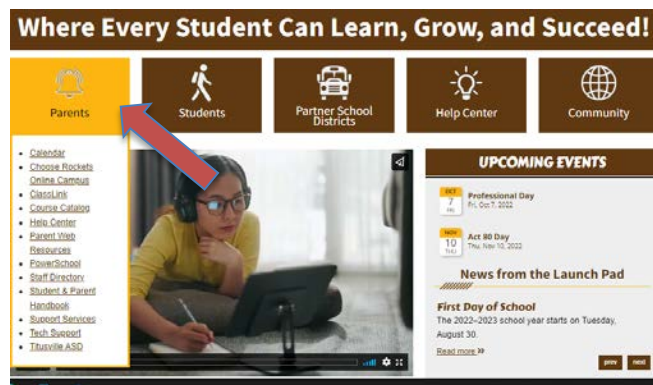
Michael McGaughey, Sr.  
ROC Administrator



## Remember to check out our new website!!!!

This summer we created a new Rockets Online Campus website. The web address is [www.rocketsonlinecampus.org](http://www.rocketsonlinecampus.org). We hope that you visit the website to help meet any of your needs.

The parent section of the website might be of interest to you:



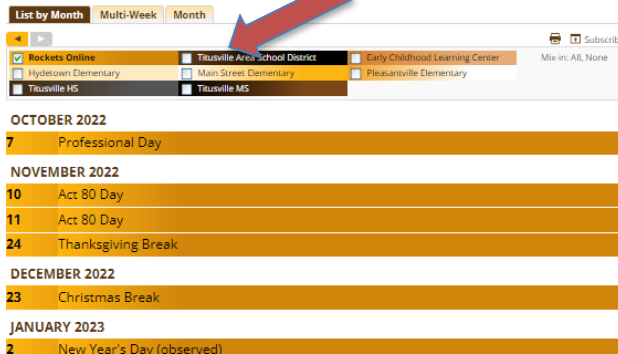
This parent section has many resources for our ROC parents. In addition to the information regarding our ROC programming, it has other resource links. The Help Center link provides a one-click location to getting your student assistance.

## Where Every Student Can Learn, Grow, and Succeed!



### **Calendar**

Look here for school vacation dates, teacher in-service days, deadlines, events, and more. Take advantage of our interactive calendar features to send notifications directly to your electronic devices.



student's grades and attendance, web resources, ClassLink and a digital copy of the Rockets Online Campus Student and Parent Handbook. All of these documents are downloadable or simply viewable on our website for your reference.


Our goal is to make our website, as well as all of our programming, as user friendly as possible. If you have any suggestions or recommendations, please reach out to us at 814-827-0565.

### TASD Calendar




By default, you have the Rockets Online Campus checked, but you can also check another building as well. This will allow you to stay current with other opportunities and activities that your child can participate in throughout the Titusville Area School District.









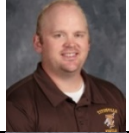

The Parents section of the website can also give you instant access to supportive services, tech support, Power Parent access to view your









## The 2022-2023 Rockets Online Campus Team

Faculty/ Staff	Contact information		Role/ Courses Taught
Casey Jones	<a href="mailto:cjones@gorockets.org">cjones@gorockets.org</a> 814-827-0565 814-827-2715 Extension 1107		ROC Secretary
Kristy Green	<a href="mailto:kgreen@gorockets.org">kgreen@gorockets.org</a> 814-827-0565 814-827-2715 Extension 1105		ROC Program Support Staff
Daniel Hart	<a href="mailto:ROC-Help@gorockets.org">ROC-Help@gorockets.org</a> dhart@gorockets.org 814-827-0541 or 814-827-2715 extension 1545		ROC Technology Support
Nancy Wright	<a href="mailto:nwright@gorockets.org">nwright@gorockets.org</a> 814-827-2715 Extension 3476		ROC Director of Special Education
Mike McGaughey	<a href="mailto:mmcgaughey@gorockets.org">mmcgaughey@gorockets.org</a> 814-827-0534		Program Administrator Assistant Superintendent

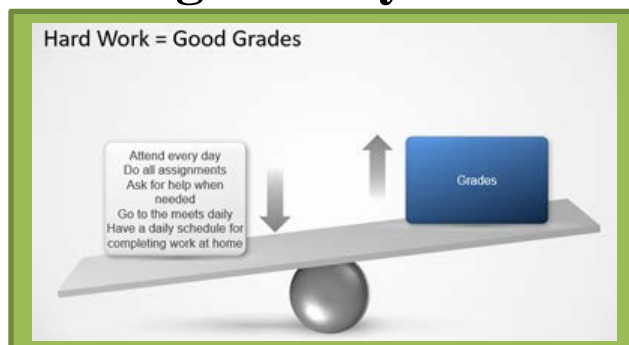
## 2022-2023 Rockets Online Campus Teachers

Faculty	Contact information		Role/ Courses Taught
Olivia Garrett	<a href="mailto:ogarrett@gorockets.org">ogarrett@gorockets.org</a> 814-827-2715 Extension 1701		ROC Special Education K4-12
Carrie McGaughey	<a href="mailto:cmcgaughey@gorockets.org">cmcgaughey@gorockets.org</a> 814-827-2715 Extension 1700		ROC Elementary classes Grades K4-6
Ellen Edwards	<a href="mailto:eedwards@gorockets.org">eedwards@gorockets.org</a> 814-827-2715 Extension 1706		ROC Elementary classes Grades K4-6

Kendra Lesh	<a href="mailto:klesh@gorockets.org">klesh@gorockets.org</a> 814-827-2715 Extension 1702		ROC ELA -Grades 7-8 High School English 9, 10, 11, and 12 Creative Writing
Stacie Niedbala	<a href="mailto:sniedbala@gorockets.org">sniedbala@gorockets.org</a> 814-827-2715 Extension 1704		ROC Math Grades 7-8 Algebra 1, Algebra 1 A, Algebra 1 B, Algebra 2, Geometry, Precalculus, Trigonometry, Statistics, and Computer Science
Brooke McHenry	<a href="mailto:cmchenry@gorockets.org">cmchenry@gorockets.org</a> 814-827-2715 Extension 1703		ROC Social Studies Grades 7-8 High School Criminal Justice American Cultures I and II, US and the World, and Government and Economics
Sara Sawtelle	<a href="mailto:ssawtelle@gorockets.org">ssawtelle@gorockets.org</a> 814-827-2715 Extension 1705		ROC Science Grades 7-8 Physical Science, Comprehensive Science, Biology, Chemistry, and Ecology/ Environmental Science
Jeremy O'Toole	<a href="mailto:jotoole@gorockets.org">jotoole@gorockets.org</a> 814-827-2715 Extension 2446		ROC Library Grade 6
Alex Kline	<a href="mailto:akline@gorockets.org">akline@gorockets.org</a> 814-827-2715 Extension 6038		ROC Physical Education Grade 6-8
Andrea Fenske	<a href="mailto:afenske@gorockets.org">afenske@gorockets.org</a> 814-827-2715 Extension 2403		ROC Music Grade 7
Toni Kline	<a href="mailto:tkline@gorockets.org">tkline@gorockets.org</a> 814-827-2715 Extension 2405		ROC Family and Consumer Science Grade 7, High School Child Development 1 and 2
Adam Huck	<a href="mailto:ahuck@gorockets.org">ahuck@gorockets.org</a> 814-827-2715 Extension 2108		ROC Technology Education Grade 8
Craig Mehlenbacher	<a href="mailto:cmehlenbacher@gorockets.org">cmehlenbacher@gorockets.org</a> 814-827-2715 Extension 1138		ROC Wellness Grades 9-12

Jean Machokas	<a href="mailto:jmachokas@gorockets.org">jmachokas@gorockets.org</a> 814-827-2715 Extension 1205		ROC Spanish 1, 2, and 3 High School
Sandralee Kozlowski	<a href="mailto:skozlowski@gorockets.org">skozlowski@gorockets.org</a> 814-827-2715 Extension 1203		ROC French 1, 2, and 3 High School
Robert Cartney	<a href="mailto:rcartney@gorockets.org">rcartney@gorockets.org</a> 814-827-2715 Extension 1106		ROC Studio Art High School
Uriah Sampson	<a href="mailto:usampson@gorockets.org">usampson@gorockets.org</a> 814-827-2715 Extension 1104		ROC Photography High School
Audrey Slocum	<a href="mailto:aslocum@gorockets.org">aslocum@gorockets.org</a> 814-827-2715 Extension 1210		ROC Marketing and Personal Finance High School
Ernie Axton	<a href="mailto:eaxton@gorockets.org">eaxton@gorockets.org</a> 814-827-2715 Extension 1208		ROC Accounting and Computer Science High School
Fred Smith	<a href="mailto:fsmith@gorockets.org">fsmith@gorockets.org</a> 814-827-2715 Extension 1231		AP European History High School
Kirt Zimmerman	<a href="mailto:kzimmerman@gorockets.org">kzimmerman@gorockets.org</a> 814-827-2715 Extension 1212		Psychology High School

## Outstanding Faculty and Staff Ready to Help!



# Getting Help in the Rockets Online Campus



## Morning Meetings, Check in and Chat, and Online Help Hours

These meetings are scheduled and available for students to ensure that they understand what they are doing in their classes. More importantly, connecting with their teachers is essential to student achievement and success. Many students use the Morning Meetings, Check in and Chats, and the Helplines to ensure what they are working on is going in the right direction. This is similar to when you are in traditional school and you ask the teacher for help with the directions and to have example problems explained. We encourage ALL students to use this feature of the ROC to help you achieve!!!!

Grade Level	Type of Support	Details	Faculty/Staff
Grades K4- K5 10:00 AM	Morning Meetings	The Morning Meeting is a daily virtual meeting with synchronous learning. The meet includes: sharing time, skills practices, story time, movement activities, and fluency drills. There is also a preview of the day's activities. More importantly, a sense of community is established through this meeting.	Mrs. McGaughey
Grades 1 and 2 10:00 AM			Mrs. Edwards
Grade 3 10:30 AM	Check in and Chat	The Check in and Chat is a daily virtual meeting with synchronous learning. There is a greeting and chat time. Questions from the assigned lessons are reviewed with an opportunity to practice skills and get support. The daily lesson is also discussed. Students have an opportunity to interact with peers in a structured school setting.	Mrs. Edwards
Grades 4-5 10:30 AM			Mrs. McGaughey
Grade 6 11:00 AM	Check in and Chat and Helpline	Both Mrs. Edwards and Mrs. McGaughey meet Monday/Thursday/Friday- Check in and Chat Tuesday/ Wednesday- Helpline	Mrs. Edwards Mrs. McGaughey
Grades 7-12 9:30 AM to 1:30 PM	Helpline	Online Help is available daily.  All four secondary teachers are available to support all subjects and courses.  Help is just a click away with the Online Help Line!	Dr. Sawtelle, Ms. Niedbala, Ms. McHenry, and Mrs. Lesh
All Grades	On Demand Tutoring	Call 814-827-0565 between 7:45 AM and 3:45 PM and virtual tutoring is available. You can ask 100 questions and we are just happy to help!	

## Rockets Online Campus On-Demand Supports



More supports have been added to the Rockets Online Campus Team to help all of our students this year. Any time during the typical school day (8:00 AM to 3:30 PM) a student can call in for on-demand tutoring or supports. Our ROC team members will help with any subject or even technology issues. Students can even arrange regularly scheduled tutoring time or work sessions virtually. Students who have taken advantage of these on-demand support services have improved their grades.

You can call the ROC Center for help from 8:00 AM to 3:30 PM daily at 814-827-0565.

At the Rockets Online Campus all students have access to our faculty and staff during the school day. Reach out to the ROC Center for help at 814-827-0565 to talk to your teachers or for additional help when you need it. Help is just one phone call away!!!!

## ROC Power Parent Access

**If you want to see your student's grades and attendance, use the ROC Power Parent Access!**


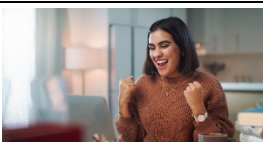


The parent portal is an online portal accessible on any device that parents can log into and see all of their children's grades, assignments, scores, and attendance. Information, such as the user name and passwords, will be mailed to each parent. At any time, parents can call our ROC Center at 814-827-0565 to get help accessing this powerful tool to keep parents informed about their child's progress

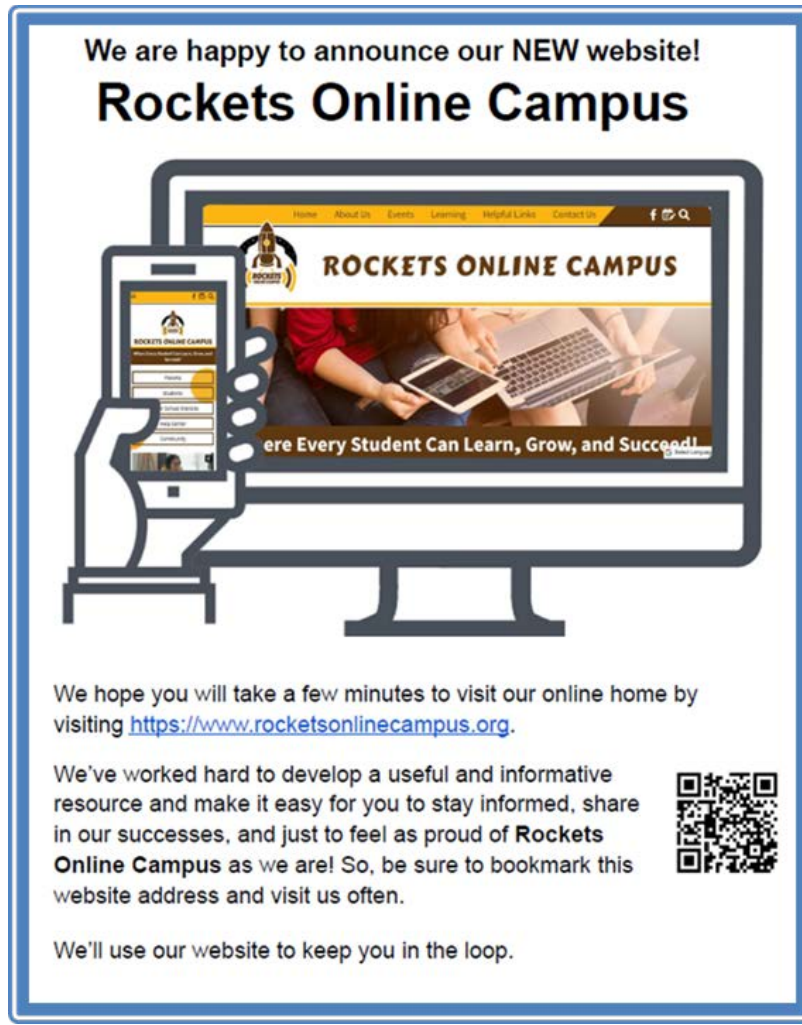


# Rockets Online Campus Teachers Advice

Getting advice from your team of teachers and supports!!!

 <p>What <b>NOT TO DO</b> online.</p>	<p>What <b>TO DO</b> if you want to be successful online.</p> 
Click on an IXL assignment and immediately close it.	In IXL, work on all IXL assignments. You have to put in an effort to get a good grade!
<b>Ignore the instructions on an assignment and just try the assignment without reading first.</b>	<b>Read ALL directions carefully for every assignment.</b>
Wait for us to call you to see why you are not doing work and need help.	Call ROC immediately at 814-827-0565 if you are struggling or need help.
Complete assignments out of order in Canvas or SeeSaw. Not follow the Mod schedules.	Follow the Mod schedule and do the assignments in the proper sequence.  Example: Complete Mod 1 Lesson 3 then do Mod 1 Lesson 4....
Change your Dashboard to List View.	Leave your Dashboard in Card View.
Skip the videos and instruction and go straight to the work or IXL.	Watch all videos and do all parts of the lesson prior to doing the assignments.
Not communicate with your teachers.	Go on the Helpline, Morning Meetings, or Check in and Chat times to get help. You can also reach out to your teacher for help when you need it.





## The Importance of MOVEMENT when you are an online student






Mr. Mehlenbacher, ROC Physical Educator



Daily exercise is an essential component to not only a healthy lifestyle, but also it optimizes your mindset to improve alertness, attention, and motivation in the classroom. It is a proven fact that daily exercise can improve a student's overall achievement in the classroom by developing new nerve cells from stem cells in the hippocampus in the brain. This, in fact, gets the brain ready to learn and helps with the retaining of information both in and out of the classroom. Not only does exercise help support learning, but it also improves students' mental health. The more you exercise the more likely you are to suppress feelings of stress or anxiety.



## Rockets Online Campus Faculty Highlights

ROC Support Staff	Daniel Hart		My previous job prior to ROC was being a full-time software engineer and web developer. I left that job to join ROC and now I am the dedicated technology specialist for ROC, its partner districts, and the wider Titusville Area School District. I used to work for a game company based out of Germany, and I currently do part-time programming and system administration work for a small game company based out of France. In my spare time, I enjoy playing Rocket League, Pokemon, and resisting the temptation to adopt more cats. My wife, kids, and I are currently outnumbered by the cats and we're fairly certain at this point that we're actually their pets.
ROC Elementary Teacher	Ellen Edwards		I am proud to say Titusville is my home town. I started my academic life at Main Elementary Street School and graduated from THS. I earned my Elementary Education degree at Clarion University and began teaching in Titusville soon after. I have been lucky enough to spend my entire professional career in the town I grew up in! I have two children who spent their entire young life in Titusville, graduated from THS and came back to establish their adult lives here after college. In my spare time I like to read, fish, spend time on the water and bike!
ROC Secondary Teacher	Brooke McHenry		Hi, I'm Miss McHenry! This is my second year as a member of the ROC team. I graduated from Slippery Rock University with a secondary education degree, and I'm excited to share my passion for social studies with my students! If I had to pick my favorite social studies subject, it would be 20th century American history. I love exploring the media and pop culture of that era, and seeing how old trends cycle back around in the modern day. When I'm not teaching, I enjoy nature walks, playing games on my Switch, and spending time with my two cats, Raven and Onyx!
ROC Secondary Teacher	Sara Sawtelle		I am ROC's Secondary Science teacher. This is my second year with Rockets Online Campus. I love teaching Science! I have a Ph.D in Chemistry so I often get asked which is my favorite Science. I am truly fascinated at how much all the "types" of Science intermingle. There is so much overlap that I LOVE them ALL! One of the things that ROC students start to notice is that I have a passion for learning, I am naturally curious! I am a mom of two cats, love animals and nature, and have been happily married for 34 years.
ROC Special Education Teacher	Olivia Garrett		Hello! I am honored to be the ROC special education teacher! This is my third year as a ROC instructor. Titusville has been my home for 25 years, GO Rockets! I went to Clarion University (Penn West Clarion), and received a degree in Early Childhood Education and Special Education. In my free time, I enjoy spending time with my family, fiancé, and friends. Next school year, I will be known as Mrs. Corklin!

# **The Tech Corner: Tips and tricks to be successful online at the ROC!**

## ROC Frequently Asked Questions:

- ❖ I cannot log into Canvas or SeeSaw. It says bad username or password.
- ❖ Answer: Make sure you are logged into the Classlink launchpad. Click on the Canvas or SeeSaw icon.
- ❖ I cannot submit an assignment in Canvas.
- ❖ Answer: Join the Helpline, call us at 814-827-0565, or return to the Orientation Course and review the submission video.
- ❖ I cannot find what I am supposed to be working on in Canvas.
- ❖ Answer: Click on the home button of the course in Canvas. Then click on this week's module. You can also ensure that you are in the "Card View" on your Canvas dashboard. The "Card View" on the Canvas dashboard is done by clicking on the three dots in the upper right corner of the screen. Under "Dashboard view" select the "Card View" option.
- ❖ My WiFi will not connect.
- ❖ Answer: Make sure you are typing in the correct password and check to make sure you have selected the correct Wireless network in your home. If your Chromebook continues to not connect with the wireless network, please call the tech support number or us at 814-827-0565 so we can help.
- ❖ My screen is black.
- ❖ Answer: Make sure your Chromebook has been charged. If not, plug in the power cord and press the power button. If the screen continues to be black, call the tech support number.
- ❖ I cannot log into my Chromebook.
- ❖ Answer: Press and hold the power button on your Chromebook and count to ten. Make sure the Chromebook completely shuts down. After the Chromebook has completely shut down, restart your Chromebook. If the Chromebook continues to not log in, contact the tech support number.
- ❖ My Chromebook will not turn on?
- ❖ Answer: Make sure your Chromebook is plugged in and charged. If that does not work, call our tech support at 814-827-0565.
- ❖ My Chromebook is frozen or extremely slow.
- ❖ Answer: Restart the Chromebook. Hold down the start button until the Chromebook powers back on.
- ❖ I cannot get on IXL. I forgot my password for IXL.
- ❖ Answer: Shut down your Chromebook and restart it. Log into ClassLink. If that does not work, call 814-827-0565 for assistance.



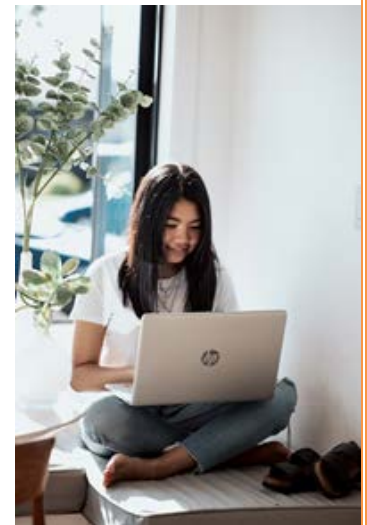
- ❖ My Hue Camera does not work.
- ❖ Answer: Shut down your Chromebook and restart it. If that does not work, call 814-827-0565 for assistance.
  
- ❖ I cannot find the Attendance App.
- ❖ Answer: Shut down your Chromebook and restart it. Go to ClassLink. If that does not work, call 814-827-0565 for assistance.
  
- ❖ My Canvas or any of the icons have disappeared from the ClassLink page.
- ❖ Answer: Shut down your Chromebook and restart it. If that does not work, call 814-827-0565 for assistance.
  
- ❖ My ClassLink home page is not appearing after I log into Google on my Chromebook.
- ❖ Answer: Shut down your Chromebook and restart it. Click the home / house button in the left-hand corner by the refresh button.

**If you noticed...many issues can be solved by shutting down your Chromebook and restarting. If that does not work, do NOT wait. Call 814-827-0565 for assistance!**

## **How can I be a successful online student with the Rockets Online Campus?**

Answer:

1. Consider each of your online courses the same as if you were receiving face-to-face instruction.
  - a. When it comes to online classes, you need to have the discipline to sit down and say, “I am going to work on this,” as well as the dedication to actually follow through. Though you can be flexible as to when you choose to complete your work during the week, you can’t put it off indefinitely.
2. Hold yourself accountable.
  - a. Set goals at the beginning of the semester, and check in with yourself weekly. In a traditional classroom setting, you’ll often receive verbal or visual reminders of an assignment’s upcoming due date. But without a teacher actively reminding you, it’s up to you to make sure you’ve allotted enough time to complete the work so you’re not starting an assignment the day before it’s due. By being organized, proactive, and self-aware, you can get the most from your online class even when life outside of school becomes chaotic.
3. Practice time management.
  - a. The flexibility to create your own schedule is often one of the biggest appeals of taking online classes. But that freedom can also be detrimental if you do not have solid time management skills. Without them, you might easily find yourself cramming before classes or handing in subpar assignments.



4. Create a weekly schedule that you follow.
  - a. Commit to making your online coursework part of your daily routine, and set reminders for yourself to complete these tasks.
5. When working on your assignments, try time-blocking, allotting yourself a certain amount of time for each task before moving on to the next one and setting a timer to keep you accountable.
6. Create a regular study space and stay organized.
  - a. Set up a dedicated learning environment for studying. By completing your work there repeatedly, you'll begin to establish a routine. Whether your workspace is at your kitchen table, a library, or the corner booth in a local coffee shop, it's important to determine what type of environment will work best for you. Setting up a regular workspace will also help you to stay organized. Knowing exactly where important dates, books, and assignments live will help keep you on track towards hitting your goals.
7. Eliminate distractions.
  - a. From Netflix to social media to dishes piling up in the sink, you'll be faced with many distractions that can easily derail your studies. The best online students know how to lessen these distractions and set aside time to focus. Exactly how much of a challenge these distractions may prove to be will depend on your own unique personality and situation. Some might find that they can tune out a noisy home by listening to music. Ultimately, you will need to find a strategy that works best for you. Regardless of where you choose to work, consider turning your cell phone off to avoid losing focus every time a text message or notification pops up.
8. Figure out how you learn best.
  - a. Once you've established where you'll learn, think about when and how you accomplish your best work. If you're a morning person, make time to study first thing. More of a night owl? Set aside an hour or two after dinner to cozy up to your computer.
9. Actively participate.
  - a. Participate in the Rockets Online Campus Help Line. Using this support will allow you to better understand course materials and engage with fellow classmates. This might involve asking a question about a project you're working on or confirming your response to a question.
10. If you do feel yourself falling behind, speak up.
  - a. Don't wait until an assignment is almost due to ask questions or report issues. Be proactive and ask early and often for help.
11. Get help when you need it! If you do not know what to do on an assignment or don't understand the assignment, help is available!
  - a. Call 814-827-0565 and our team will get you help by phone or on a Google Meet. You can also jump on the HelpLine from 9:30 AM to 1:30 PM any school day and all four core teachers (Science, Math, English, and Social Studies) are there to help. The Check in and Chat or Morning Meetings are available daily to get help. Help is just one call or click away!

## **How to Prepare Your Child for the School Day!**

### **Online is different than traditional school**

<b>Preparing your Child for Success in Traditional School</b>	<b>Preparing your Child for Success Online</b>
You set an alarm daily to get your child up and get them breakfast before catching the bus or taking them to school.	Make a school schedule for at home. Having a daily school routine will help all students be successful online. This can include having breakfast and getting things going on time daily.
Students do attendance first thing when they arrive in the school building.	We have an attendance app that every student <b>MUST</b> do daily. This is used to report attendance. Truancy can occur if you skip doing the attendance app. Think of it as skipping a class if you don't click in daily.
Student grades and attendance are available through Power Parent. If you have a question you call the school where your child goes to get help.	We also have access for all ROC students and parents through Power Parent. Call 814-827-0565 if you need access. Don't wait for a call or letter. We welcome calls from parents and will gladly share grades and attendance at any time.
You check your student's bookbag when they get home from school to make sure they are doing their work.	Online, this can be done in Canvas or on Power Parent. Regularly check in and see if your child has missing assignments. If you have trouble with this, call our ROC Center for help (814-827-0565).
You have your child show you their homework when they are finished.	Regularly ask your child to show you their submissions online.
Work as a partner with your school, teachers, and support staff.	Work cooperatively with the Rockets Online Campus faculty and staff. You can call or email as much as you need. We welcome the communication.



# **Dealing with feeling anxious!**



## **Recommendations from Mr. Hancock, TASD School Psychologist**

### **Anxiety –**

When people talk about anxiety, they are usually talking about the normal feelings of nervousness or anxiousness they get when presented with a situation that elicits fear (or anxiety). The fear can be either real or perceived, producing in most cases a response that can be described as uncomfortable, but when framed differently can also be beneficial. For instance, a Division I student-athlete is informed that s/he may lose their scholarship if they do not keep their grades above a certain level. In response, the student is panicked but begins to formulate a more detailed plan as to how s/he is going to make sure that does not happen. The student-athlete knows that proper sleep, nutrition (including avoiding drugs and alcohol), and preparation (maybe finding a tutor) will help to alleviate “stress” and facilitate better grades. Anxiety often refers to an anticipation of future concern and is often times associated with a physical response (i.e., muscle tension, headaches, perspiration, changes in breathing, etc.) or avoidance behavior. In simpler terms, anxiety produces a fight, flight, or freeze response, which is often dealt with by the primitive brain. Unfortunately, that part of the brain is not known for its rational or problem-solving abilities, but for survival. The previous example of the student-athlete could be associated with a fight response. But, what of the student that disengages or has difficulty initiating or formulating a plan?

Often times in academic settings we see students that develop a pattern of flight or freeze. When an anxiety-provoking stimulus (such as a quiz/test or project) is presented and the students feel that they lack the compensatory skills to formulate a plan they will experience anxiety. This can then lead to a negative pattern of cyclical thinking and a self-fulfilling prophecy. Whether a student believes that they can achieve something or a student believes that they cannot achieve something, inevitably both predictions can be true.

Following the Pandemic, there have been numerous media outlets that have shared that anxiety in our youth is on the rise. However, the American Psychiatric Association (APA) suggests that “In any given year, the estimated percent of individuals with various anxiety disorders are”:

- Specific Phobia: 8% - 12%
- Social Anxiety Disorder: 7%
- Panic Disorder: 2% - 3%
- Agoraphobia: 1-2.9% in Adolescents and Adults
- Generalized Anxiety Disorder: 2%
- Separation Anxiety Disorder: 0.9% - 1.9%

Women are more likely than men to experience anxiety disorders.

According to the Pennsylvania Capital-Star, “New research by the Annie E. Casey Foundation shows that the Keystone State’s children were diagnosed with anxiety and depression at a rate that slightly outpaced the national average.”

**If you are feeling anxious and need help, call your local school district school counselors. They can help!!!!**

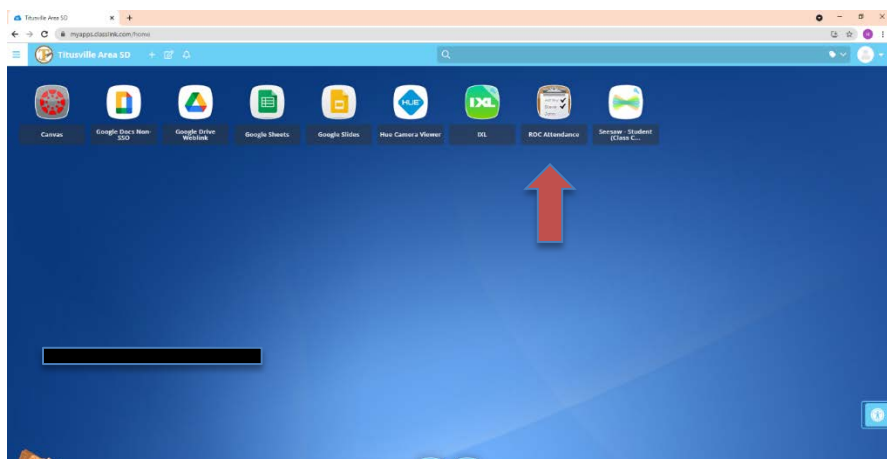
## **Recommended ROC Daily Online Schedule**

Obviously, being an online student allows you to have a lot of flexibility in your schedule. We have found that sometimes this flexibility is awesome, but at other times it really hurts a student's ability to achieve online. We have created recommended online daily schedules that will encourage achievement. Even though you are online, you still need to have a routine if you want to be successful! Good luck and remember successful students have structure, even if you are online.

<b>Recommended Kindergarten Online Schedule</b>	<b>Recommended First and Second Grade Online Schedule</b>
8:00-9:00: Wake up and eat breakfast.  9:00-10:30: Log in to the ROC attendance, complete Language Arts, and attend the Morning Meeting.  10:30-11:30: Complete the assignments for Math.  11:30-12:30: Lunch and movement break (walk and stretch)	8:00-9:00: Wake up and eat breakfast.  9:00-10:30: Log in to the ROC attendance, complete assignments in Reading and attend the Morning Meeting.  10:30-12:00: Complete the assignments for Math and Language Arts.  12:00-1:00 Lunch and movement break (walk and stretch).
<b>Recommended Third, Fourth, and Fifth Grade Online Schedule</b>	<b>Recommended Sixth Grade Online Schedule</b>
8:00-9:00: Wake up and eat breakfast  9:00-11:00: Log in to ROC attendance, complete Language Arts, and attend the Check in and Chat  11:00-12:00: Complete the Math Assignments  12:00-1:00: Lunch and Movement break (walk, stretch)  1:00-2:00: Complete Reading Assignments  2:00-2:30: Movement break  2:30-3:30: Complete Science/Social Studies Assignments	8:00-9:00: Wake up and eat breakfast  9:00-11:30: Log in to ROC attendance, complete Language Arts and Reading Assignments, and attend the Check in and Chat  11:30-12:30: Complete the Math assignments  12:30-1:30: Lunch and movement break  1:30-2:30: Complete the Science Assignments  2:30-3:30: Complete the PA and the World Assignments
<b>Recommended Seventh through Twelfth Grade Online Schedule</b>	
8:00- 9:00 Wake up, have breakfast, get ready for the day  9:00- Login to your Chromebook and complete the attendance form / 9:00-9:45- Set a timer for 45 minutes - work on Math  9:45- 10:30- Set a timer for 45 minutes - work on English / 10:30- 11:15- Set a timer for 45 minutes - work on Science  11:15- 12:00-Lunch- Set a timer for 45 minutes / 12-12:45- Set a timer for 45 minutes - work on Social Studies  12:45-1:30- Set a timer for 45 minutes - work on PE  1:30- 2:15- Set a timer for 45 minutes - work on an Elective  2:15-3:00- Set a timer for 45 minutes - work on an Elective	

## Importance of the Daily Attendance APP

When you turn on your computer and log into Google the screen will have ClassLink appear. ClassLink is a single sign on function that we have added to your computer. All apps and links that you will need will appear. Your Attendance App (shown with the arrow) is on your ClassLink home page.



All Rockets Online Campus students **MUST** click this and complete the form daily for attendance. This submission will also serve as a daily communication system for our students and the ROC Center faculty and staff. Again, **ALL STUDENTS ARE REQUIRED TO DO THIS DAILY**. Skipping the attendance app submission is like skipping a homeroom class in traditional school.

A screenshot of the 'Rockets Online Campus Daily Attendance Homeroom' form. The form has a light blue header with the title and a brief instruction: 'Each day you need to go into Homeroom and declare your attendance. You can also get help from the ROC Center by submitting a request or by calling 814-827-0565. Ms. Garrett will get back to you ASAP!'. Below the instruction is a login section with the email 'hdodd@tasd.gorockets.org' and a 'Switch account' link. The main form area has three sections: 'Email \*' with a text input field labeled 'Your email'; 'Student Name-First and Last \*' with a text input field labeled 'Your answer'; and 'What is today's date? \*' with a date picker labeled 'Date' and 'mm/dd/yyyy'. Three blue arrows point from external text boxes to the 'Email', 'Student Name', and 'Date' fields respectively.

Type in your email address.

Type your first and last name.

Type today's date.

**\*\*\*Remember\*\*\***

**Doing the attendance app submission DAILY is mandatory and the way the Rockets Online Campus reports your attendance.**

**If you have any issues with submitting your attendance, call 814-827-0565 for help.**

# **ROC Parent Advisory Board**



The Rockets Online Campus Parent Advisory Board was created to engage parents, provide a platform for communication, and provide a venue to make positive changes in our online programming and school. The Parent Advisory Board will be a major contributor to helping our Rockets Online Campus improve. If you would like to assist in making decisions for the school and shaping our online campus efforts, please join us on a Google Meet on **Monday, December 12, 2022** at **6:00 P.M.**

## ***ROC Parent Advisory Board***

Monday, December 12, 2022 · 6:00 – 7:00pm

Google Meet joining info: Video call link: <https://meet.google.com/cws-zhhj-muy>

Or dial: (US) +1 502-738-2268 PIN: 452 578 040#

Students...Log into the meets to find answers to the following questions:

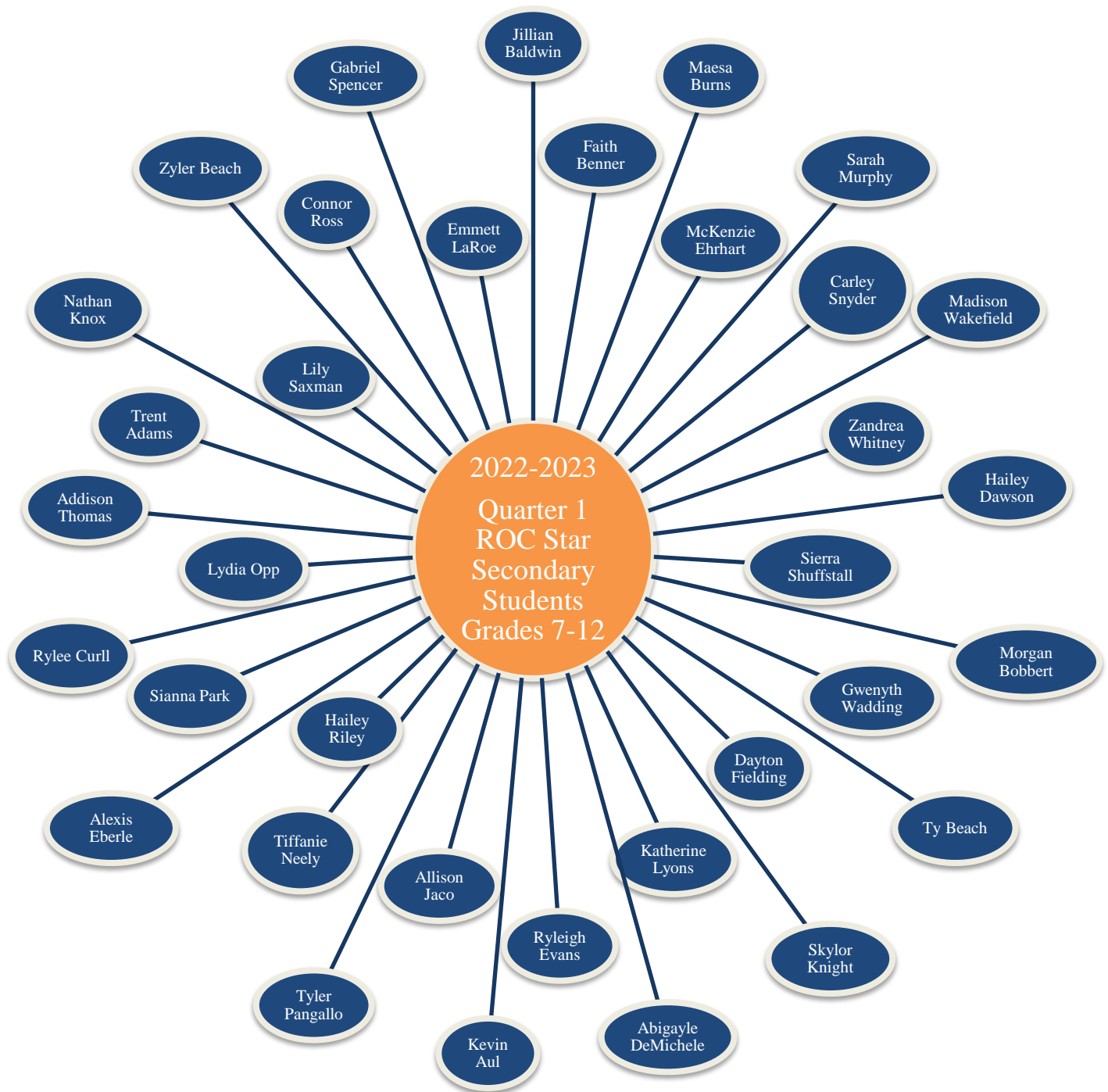
1. Which teacher's first car was a 1984 Oldsmobile Cutlass Supreme?
2. What two teachers were friends since Jr. High School, including being college roommates?
3. Which ROC Team member has four cats?
4. Which ROC Team member has five cats?
5. Which teacher loves Halloween?
6. Which teacher is getting married soon?
7. Which teacher can play the piano?
8. Which ROC Team member was the Crawford County Dairy Maid?
9. Which ROC Team member is obsessed with owls and otters?

## *Rockets Online Campus “ROC Star” Students*

The Rockets Online Campus teachers recognized 66 ROC STAR students for being an outstanding student during the first quarter of this school year. Being an online student is extremely challenging, but putting in the time, effort, and hard work does equal achievement. We are extremely proud of their efforts and rewarded all 66 students with certificates outlining their success!

We encourage all ROC Students to achieve and we are always looking for student success. Shoot for the stars ROC students!!!!!!!!!!!!!!





The Rockets Online Campus Team would like to help all students become a “ROC Star”. Please let us know how we can help support you! All students on ROC can “Learn, Grow, and Succeed”!