

The Falcon Brief

INSPIRE • INNOVATE • LEAD

November 2020

From the Principal's Desk...

Greetings Falcon Families,

Thank you for everything you are doing as we navigate this new landscape. Below are a few quick updates as we move into November.

End of Quarter 1

The first quarter of the 2020-2021 school year will come to an end Friday, November 6th. Students will take mid-term exams on November 5th and 6th. Students who are scheduled for in-Person instruction on those days will have the option to do exams virtually from home. Please remember teachers are available for individual/small group support Monday-Friday from 2:00-4:00pm. The first quarter report cards will be mailed on November 16th.

Phase 3 Re-Entry Plan

We will transition into phase 3 starting on November 9th. We will continue our hybrid model for in-person instruction. In the hybrid model students with last names starting with A-L who chose in-person instruction will report on Monday & Tuesday, and students with last names M-Z will report on Thursday & Friday. Wednesdays will remain a virtual day for all students. Phase 3 will have a gradual start, see below.

Please note that the Tuesday prior to Thanksgiving break will be switched to students with last names M-Z.

Students	In-Person Start Date
Grade 9 th & 10 th Last name starting A-L	November 9, 2020
Grade 9 th & 10 th Last name starting M-Z	November 12, 2020
Grade 11 th Last name starting A-L	November 23, 2020
Grade 9-11 th Last name starting M-Z	November 24, 2020
Grade 12, Last names starting A-L	December 7, 2020
Grade 12, Last names starting M-Z	December 14, 2020

ADMINISTRATION

Mrs. Tosha Womack
PRINCIPAL
twomack@browndeerschools.com

Ms. Kelly Lam
ASSISTANT PRINCIPAL
klam@browndeerschools.com

Mr. Gerald McGregory
ATHLETIC DIRECTOR
gmcgregory@browndeerschools.com

8060 N. 60th Street
Brown Deer, WI 53223
(414) 371-7000
www.browndeerschools.com

*Brown Deer
High School
Home
of the
Falcons!!!*



BDHS PRINCIPAL'S DESK CONT.

Student Schedules and Transportation

Students will have access to their quarter 2 schedule via Skyward the week of November 2nd. There will be no schedule changes for quarter 2. Families who qualify for bussing will receive bus route information directly from Riteway Bus services. If you have questions about your bus route/stop please contact Riteway at 262-512-1044.

Last, I know that this pandemic has presented us with many challenges. Please know that we are here to support our families throughout this stressful time with food, shelter arrangements, and social emotional support etc...., you can call the school at 414-371-7033 to reach our school social worker, Ms. Spencer. She has a variety of resources to support families confidentially.

Phase 3 Daily Schedule

Time	Period	Time
7:55-9:00 a.m.	Breakfast/Study Hall	65 minutes
9:00-10:00 a.m.	1	60 minutes
10:05-11:05 a.m.	2	60 minutes
11:10-11:50 a.m.	3	LUNCH (40 Minutes)
11:55-12:55 p.m.	4	60 minutes
1:00-2:00 p.m.	5	60 minutes
2:00-4:00	Virtual Student Support Hours	120 minutes

Stay well,
Tosha Womack
Principal

***Our Mission:** At Brown Deer High School, we are not only preparing our students for the world, we are preparing them to LEAD the WORLD!*

Screen Exhaustion



It's quite apparent that the school year looks vastly different than the start of any other school years in the past. With social distancing and other guidelines in place to keep us safe and healthy, we are faced with adapting to many changes. One of them being the use of technology in new ways to stay connected, and that includes the classroom. If you have asked yourself why you feel so tired at the end of your school day, here are some reasons why and what you can do to prevent it in the weeks to come.

REASONS WHY YOU'RE TIRED:

- Virtual learning requires a different kind of attention than in person interactions
- Because of the barrier of the screen, you have to work extra hard to convey that you're paying attention
- The screen forces you to use direct visual contact rather than supplement with your peripheral vision
- Your brain is taking in the spaces of each person's background
- Your brain is trying to filter out your own background distractions

TIPS TO HELP PREVENT EXHAUSTION

- Take a few moments before clicking 'Join' to settle and ground your attention.
- Take the time to truly greet whoever is in the room with your full attention
- Change layout to "spot light"
- Hide your screen in your own view (people tend to look at themselves more than others)
- Make sure you have a plain background to help your fellow classmates
- Resist the urge to multi-task
- Try to take short breaks between classes: get some fresh air, a glass of water, do some jumping jacks, march in place or take a brisk 10min walk at lunch
- Take paper and pen notes instead of double screen duty (this will also help you stay focused and retain the information better)

PROTECTING YOUR EYES FROM SCREEN USE

- Apply the 20-20-20 rule – every 20 minutes look at something 20 feet away for 20 seconds. That will give your eye muscles a rest.
- Try to blink regularly. Focusing on a screen may make you blink less, which may make your eyes dry and uncomfortable.
- Position your computer screen so that:
 - It is between 16 to 30 inches from your eyes
 - The top is level with, or slightly below, your eyes
 - There are no distracting reflections, e.g. from a window.
- Once you have adjusted your screen, adjust the font size so it's easy to read.
- Use document holders for reading or reference materials. Place them close to the screen at the same distance from your eyes. This will enable your eyes to remain focused as they move between the screen and the documents.
- Wear blue light blocking glasses

Class of 2021

It's Senior Week at Brown Deer High School!

Here at Jostens we want to help you celebrate the important moments that matter.

Please listen to the video emailed to you for information on how to order your Cap & Gown, Custom School Graduation Announcements, and fun Senior Gear! Then, click on the link below the video to place your online order.

***Brown Deer High School Class of 2021
Order Deadline!
Sunday, November 8th***

Thank you and congratulations Class of 2021!

There are two simple ways to place your order:

online at JOSTENS.COM

or

1-800-JOSTENS (567-8367)

SCHOOL COUNSELING UPDATES

Seniors planning to attend college in the fall of 2021 should be applying to college at this time. Students should try to have college applications submitted by Thanksgiving.

- All transcript requests should be made through Xello. If you need a letter of recommendation from a staff member, you need to email that teacher requesting the letter.
- ACT/SAT scores are listed on student transcripts. Certain schools require scores to be sent by ACT and SAT directly to the colleges you are applying to. Check with the school you are applying to if you are unsure of their requirements. If you are having difficulty with this process please make sure to contact the Counseling Office for assistance.
- If you are a senior and you are unsure of your post high school plans you should also make an appointment with your counselor to discuss options.
- All seniors planning on attending a 2- or 4-year college should fill out the FAFSA application. The FAFSA application opens October 1, 2020.
- You should also be checking out scholarships. You can go to the Brown Deer High School website under Counseling Services, or through Xello, to link to scholarship websites and to view other scholarship opportunities. It is very important to make sure you are getting all documentation for colleges and scholarships submitted by their deadlines.
- Any senior interested in taking the ACT should register on www.actstudent.org for the next available test date.

ACT Test Date

December 12, 2020

February 6, 2021

Registration Deadline

November 6, 2020

January 08, 2021

Juniors

- Are in the process of being scheduled for their individual Junior Conference. If there is a specific time you would like for your child's conference, please schedule an appointment via the link below

Mr. James Flegel (<https://tinyurl.com/flegelconference>)

- Last Names A-L

Mrs. Meghan Spaude (<https://tinyurl.com/spaudeconference>)

- Last Names M-Z

- All Juniors will take the statewide ACT in March at BDHS.

Sophomores

- We will be meeting with sophomores, during the second semester, in small groups to review their transcript, discuss post-secondary goals, discuss college entrance requirements and set goals for their future years. This is a great opportunity for students to start their post-secondary planning.

Freshmen

- We will be meeting with all freshmen, before winter break to discuss the 16 career clusters along with creating a 4-year plan for classes.

STUDENT SUPPORT TEAM

Mrs. Spaude

COUNSELOR

(serving students M-Z)

(414) 371-7031

mspaude@browndeerschools.com

Mr. Flegel

COUNSELOR

(serving students A-L)

(414) 371-6707

jflegel@browndeerschools.com

Ms. Spencer

SOCIAL WORKER

(serving all students)

(414) 371-7033

rspencer@browndeerschools.com

Ms. Stegemann

SCHOOL PSYCHOLOGIST

(serving all students)

(414) 371-7034

lstegemann@browndeerschools.com



BDHS INFORMATION CORNER

Athletic Corner

Overall, the 2020 Covid-19 Fall Sports have been a breath of fresh air. To have the opportunity to watch our kids get back on the athletic playing field has been wonderful to see and experience, despite the exhausting issues and the never-ending hurdles the mitigation of the coronavirus requires. This season we offered the following sports: girls' tennis, boys & girls' cross country, girls' swim, and girls' volleyball. We will be offering football and boys' soccer in the alternate fall season (spring). Our participation numbers were down only in girls' tennis and we had a record number of participants for cross country with 21 kids (18 boys & 3 girls) since I have been the athletic director.

We welcomed three new coaches this fall. Rachel Kass the new varsity head coach for girls' volleyball, Jose Winston is the new varsity cross country coach, and Johnny Dinsmore will be our new varsity head coach for both boys' and girls' soccer.

Our football team and our boys' soccer team will be having their typical fall season this spring. Thanks to the WIAA flexibility in creating what is known as the "Alternate Fall Season" which allowed our teams to have their season moved.

I would like to give a special shout out to all of the fall coaches and our student-athletes for being so resilient, dedicated, and committed to our athletic program. During my four years as the AD, I couldn't have imagined experiencing what we did this past winter/spring season. The perseverance exhibited by all of us just has made us ALL THAT MUCH STRONGER!

Lastly, on behalf of the Athletic Department, I would like to THANK all of the parents for their elasticity, understanding, and support of our programs during a very arduous time. This has been a new experience for all of us and our parents have been GREAT. I cannot forget the unwavering support of THE BEST ATHLETIC BOOSTER CLUB lead by President Neil Pierson!!

Gerald McGregory
Athletic Director



The Women of Will (WOW) group is a student led initiative for all female athletes at Brown Deer High School. The three pillars that WOW is based upon are Character, Engagement, and Leadership. Each year, we continue to build on the success of the past year and reach out to more students. Our goal is for all female athletes to graduate Brown Deer with a skill set that will help them be successful beyond high school. WOW activities and skill lessons are driven by the WOW Leadership Committee which is composed of seven upperclassmen from various sports. The WOW Leadership Committee has met twice this year to discuss upcoming events and create an Under Armour Women of Will promotional video. The inspiring video can be found on the School District of Brown Deer's social media pages. Our next event will be a networking opportunity in the beginning of December. More information to come!

Kelly Lam
Assistant Principal

TERM 1 EXAM SCHEDULE

THURSDAY, NOVEMBER 5TH	
8:00 a.m. - 9:00 a.m.	Teachers available for additional help
9:00 a.m. - 11:00 a.m.	Period 1 - Review/Help and EXAM
11:10 a.m. - 11:50 a.m.	LUNCH
12:00 p.m. - 2:00 p.m.	Period 2 - Review/Help and EXAM
2:05 p.m. - 4:00 p.m.	Additional Help - if needed

FRIDAY, NOVEMBER 6TH	
8:00 a.m. - 9:00 a.m.	Teachers available for additional help
9:00 a.m. - 11:00 a.m.	Period 4 - Review/Help and EXAM <i>*If you have a black/gold class you will have class instead of an exam</i> 9:00 a.m. - 9:55 a.m. - GOLD class 10:00 a.m. - 10:55 a.m. - BLACK class
11:10 a.m. - 11:50 a.m.	LUNCH
12:00 p.m. - 2:00 p.m.	Period 5 - Review/Help and EXAM
2:05 p.m. - 4:00 p.m.	MAKE UP EXAMS

2020-21 CALENDAR

**** Calendar subject to change. Please always check the BD website for all updates****

November 2020

5 HS Exams
6 HS Exams
6 End of 1st Quarter
8 Senior Cap & Gown Order Due Date
16 Report Cards Mailed
18 No School – Professional Learning Day
25 Early Release @11:15 am
26 No School – Holiday
27 No School – Holiday
30 School Resumes



December 2020

9 No School – Professional Learning Day
21-31 No School Winter Break

January 2021

1 No School Winter Break
4 School Resumes
18 No School MLK Day
21 HS Exams
22 HS Exams
22 End of 2nd Quarter
27 No School-Professional Learning Day

IMPORTANT NUMBERS

Reception Office
(414) 371-7000

Athletic Office
(414) 371-7007

Health Office
(414) 371-7024

Attendance Office

**Please phone in your child's absence
(414) 371-7020
24 hours day, 7 days a week
Please leave the student name, date of absence,
and reason for absence.**

Office of the Principal
(414) 371-7006

Assistant Principals Office
(414) 371-7026

Counseling Office
(414) 371-7030