

# THE HAAPPENINGS

The official newsletter of Hinsdale Adventist Academy



## DIY Exercise-A-Thon

#BeWellTogetherHAA

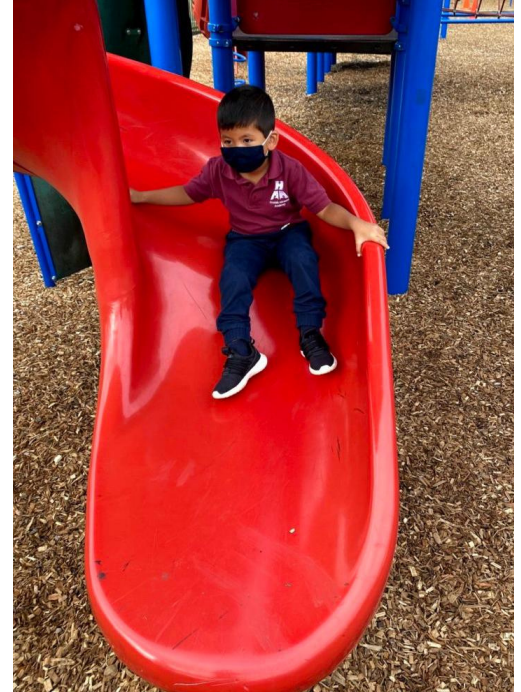
This annual Home & School sponsored event is the largest all school fundraiser of the year. With your support we raised over \$30,000 for school improvements such as the gym A/C (on hold due to COVID) and technology last year. This year we have a \$15,000 goal that will go towards our COVID Fundraiser to ensure our school covers the additional costs of COVID including deep cleaning, supplies, technology, and tuition assistance!

There are so many changes this year, but we are excited to work around the challenges we face with group gatherings. Since we are unable to do a walk together this year at the school, we are excited to take our walk-a-thon online! This year all students will be able to choose which exercise activity they would like to do for their 2 miles at home. It could be running, walking, biking, skating, kayaking, basketball, or any other activity that gets them up and moving, and then we want them to share on our social media accounts with the hashtag #bewelltogetherHAA.

(cont. p.3)

October 9-18, 2020

10TH ANNUAL  
WALK-A-THON



**Senior Dedication will take place Friday, October 16.  
Watch your email and HAA social media for a link to  
livestream the event!**



## **Illinois Conference School Counselor**

**MINDY SALYERS, M.A.**

My name is Mindy Salyers and I would like to introduce myself to you as the School Counselor for all Illinois Conference schools. I am entering my 17th year as an Adventist educator and counselor, as well as having been a trainer and consultant for La Sierra University's Center for Conflict Resolution for the past 7 years. Specifically, during the 2020-2021 school year, the Illinois Conference has obtained a grant that enables me to focus on the social-emotional needs of both our students and teachers! This allows me to provide additional support during these difficult COVID-19 times.

By design, the Illinois Conference School Counseling program is based on the American School Counseling Association Model and contextualized with Adventist values and a Biblical foundation. It includes a variety of services for ALL students and aims to assist with interests and issues related to the stages of student growth in the areas of academic, career, personal, emotional, and social development. Based on recommendations from you and your child's teacher, your child may receive the following support services:

- Small group counseling sessions, with parent permission, for students with focused interest in areas of divorce, grief, study skills, friendship/social skills, and anger management. If you feel that your child needs assistance in any of these areas please let me know.
- Individual meetings to help students adjust to school or help with personal issues on an as-needed basis.
- Classroom guidance lessons with emphasis on personal/social skills, bullying prevention, child protection, academic development (study skills), and career awareness.
- Referral assistance to other programs and services in your community.

If you have any questions regarding the counseling program, please ask your child's teacher, contact me directly at 630.716.3529 or email me at [msalyers@ilcsda.org](mailto:msalyers@ilcsda.org). You can also access parent resources at [www.facebook.com/creatingkindnessculture/](https://www.facebook.com/creatingkindnessculture/). I look forward to working with you and your child this year, and I will make every effort to see that your child receives as much personal assistance as possible.



# DIY Exercise-A-Thon (cont. from p. 1)



We have a fun-filled week planned for our Do-it-Yourself (DIY) Exercise-a-Thon, and are hoping for 100% participation from our HAA family! Every pledge, no matter the size, will make a difference. Feel free to invite family and friends to join the Exercise-a-Thon and collect pledges too!

During the week of October 9-18, students will be able to log their time and work on getting sponsors to support their efforts! Now, more than ever, we want to share our Adventist Health Message with our community, so students will have a list of businesses that have so graciously sponsored our school that they can exercise to, and when they do, they can take a picture in front of the business and post to social media with the hashtag #bewelltogetherHAA.

**PARENTS:** If you have a business or know of one who may want to sponsor this event, please see the attached sponsorship letter! We'd love to have their support!

The goal for students/participants is \$100 in pledges or \$1200/class. With the ability to send funds online via PayPal, text-to-give, or Zelle it is easier than ever to reach out to friends and family all over the country. Send out texts, e-mails, and Facebook requests for support too! You can start collecting pledges from friends, co-workers, and neighbors using the attached form and donations can be made via cash, check, PayPal, text (just text "walkathon" to (405)374-5512, or Zelle. (For online donations use hsa@haa.org for the account and enter the participant(s) name that is being sponsored in the "memo" line). You'll be amazed at how quickly you reach your goal!

**Please remember - students who are learning in-person and wish to switch to hybrid learning must have parents arrange a schedule with the office. Call 630-323-9211 or speak to your child's teacher for more information.**

## I need to stay home from school when...

<b>Fever or chills</b>	<b>Vomiting</b>	<b>Diarrhea or Abdominal Pain</b>	<b>Loss of Taste or smell</b>	<b>Flu-like symptoms</b>	<b>Head/Body Aches</b>	<b>Respiratory Issues</b>
I have a temperature of 100.4 or higher and/or body chills.	I am nauseous or and/ or have vomited within the past 24 hours.	I am having episodes of abdominal pain and/or diarrhea within the past 24 hours.	I have new onset of loss of taste or smell senses.	I have congestion, runny nose, and/or sore throat unrelated to allergies.	I have a headache, body and muscle aches, and/or fatigue.	I have a persistent cough, shortness of breath, and/or difficulty breathing.

## I am ready to return to school when...

I have stayed home at least 10 calendar days from onset of symptoms AND have a note from parent/guardian documenting that I and/or household contacts have had no fever for 24 hours (without fever-reducing medication) and the symptoms have improved. **OR**

I have a doctor's note of alternative diagnosis or a negative Covid-19 test result, and fever free for 24 hours without the use of fever-reducing medications.	I have a doctor's note of alternative diagnosis or a negative Covid-19 test result, haven't vomited in 24 hours, and I have been able to keep down water and solid food.	I have a doctor's note of alternative diagnosis or a negative Covid-19 test result, and I haven't had an episode of diarrhea for at least 24 hours.	I have a doctor's note of alternative diagnosis or negative Covid-19 test result, and my medical provider has given me a note that it's okay for me to return to school.	I have a doctor's note of alternative diagnosis or negative Covid-19 test result, and my medical provider has given me a note that it's okay for me to return to school.	I have a doctor's note of alternative diagnosis or negative Covid-19 test result, and my medical provider has given me a note that it's okay for me to return to school.	I have a doctor's note of alternative diagnosis or negative Covid-19 test result, and my medical provider has given me a note that it's okay for me to return to school.
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