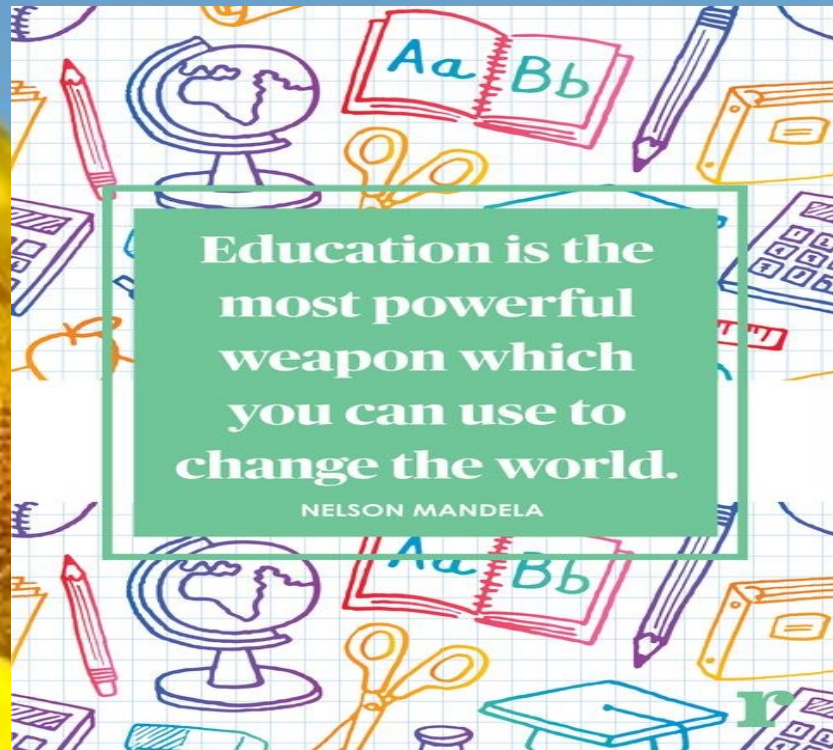


New Me *verses* Old Me

“I AM SOMEBODY”



Kentucky State University
Upward Bound
400 East Main Street
Frankfort, KY 40601

Funded by the United States Department of Education with a grant of \$287,537.00

VIRTUAL LEARNING SUMMER PROGRAM

SUMMER 2020—T’EBONY TORAIN, DIRECTOR

Greetings to my Upward Bound family,

I hope each of you are safe and doing well. As we embark into the academic year for 2020, we walk into our “new normal” as citizens of the United States of America. I am sure each of you have read and heard different variations and interpretations of COVID-19 and how we are to survive during the pandemic. I humbly ask that each of you follow the rules and guidelines in order to stay safe and healthy. If you are unsure of ways to do so, we will include some safety steps and procedures within the newsletter.

Within the Director’s address, I want to encourage you to maintain strong mental health during the pandemic. Like some Americans, some of you may have experienced depression or anxiety in coping with the consequences of COVID-19 as a result of social distancing during the pandemic. Maybe some of you may have experienced loneliness or grief due to the loss of a loved one. Whatever the case may be, please make sure you seek counseling or some sort of healthy coping strategies that will help you navigate through our “new normal.”

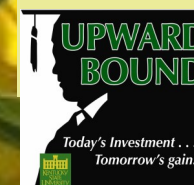
The strategies of social distancing and quarantine caused many of us to spend time alone. During this time, we have had to face both the good and bad about ourselves. Let me encourage all of you to practice the art of resiliency during this time to yourself or what we call the period of “Face OFF: New Me vs. Old Me”. Webster online dictionary defines resiliency as “an ability to recover from or adjust easily to adversity or change.”

I know this period in United States history has been challenging and stressful to say the least but remain resilient. Adjust to change. Embrace this “new normal” regardless of the length with tenacity and a positive outlook. Find the good in it and make the best of it! Being resilient is key in doing so. Within the newsletter, you will find strategies that may help you. Throughout the academic year, we will continue to provide services that will support you to be your best during your journey to college.

If you need anything, please feel free to let us know. We are here to help you. We are all on this journey together. Let’s make the best of it. As my father, Rev. James Michael Torain, use to tell me “when life give you lemons, make lemonade.”

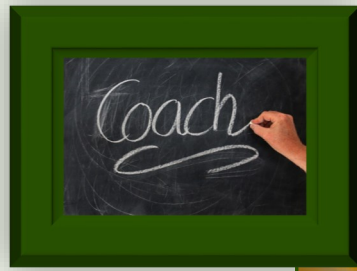
Yours in Love,

Ms. Tee



New Me *verses* Old Me

“I AM SOMEBODY”



Keymia Herve

Academic Coach

Hello!

Welcome back to a new academic year! In spite of all that is happening with COVID- 19, I am excited about this upcoming school year. I'm optimistic about great things unfolding for our students.

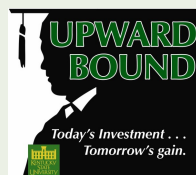
We completed an incredible summer program and I am so proud of our students for their dedication and commitment. They rose above the trials and obstacles that came with having a virtual summer program and they CONQUERED! We had incredible staff, speakers and parents; so, thank you!

I'm looking forward to be working with you all again this year. We have one-on-ones, tutoring, senior meetings, and some really good Saturday workshops planned for this academic year. I implore you to stay safe and use wisdom with everything you do. I believe that together we can beat this pandemic. Remain positive and engaging with your academics and with life.

I would like to leave you with this: stand and rise! Our theme this year is "Face OFF". This is relevant in so many ways because we are dealing with having to face ourselves more than anything during this time. Discovering new strengths and weaknesses. Battling with our selves each day to get up and make the best of a new normal that has been created for us; being self-motivated and being our own cheerleaders to succeed academically and professionally. It takes great strengths to wake up everyday and deal with the "everydays" of this world and still smile. Please continue to live life the best way you can safely and if ever you feel overwhelmed, please reach out to a professional and learn some healthy coping strategies. Let us all ceaselessly strive for greatness each and everyday day.

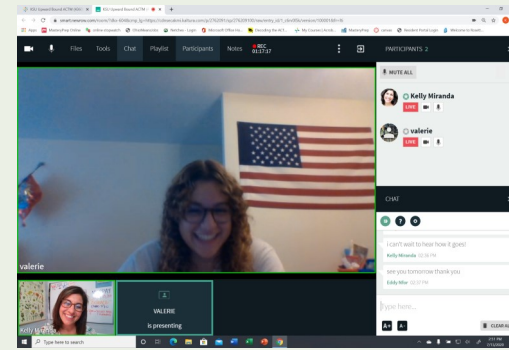
Best,

Keymia Herve

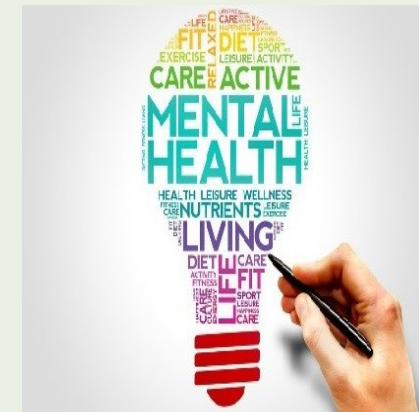


SUMMER LEARNING:SUMMER FUN

ACT CLASS WITH MASTERY DRED



MENTAL HEALTH WITH MR. MYNK



ART CLASS WITH MR. HYPES



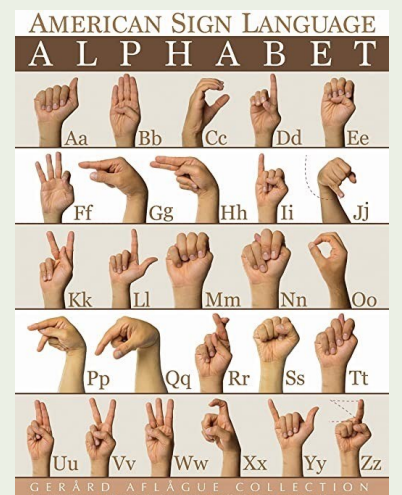
MOTIVATIONAL SPEAKER WITH MS. LUNDY



COMMUNICATION CLASS WITH MS. VANCE

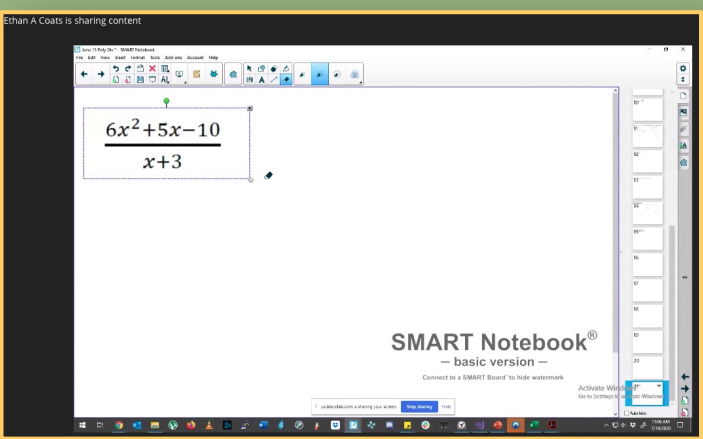
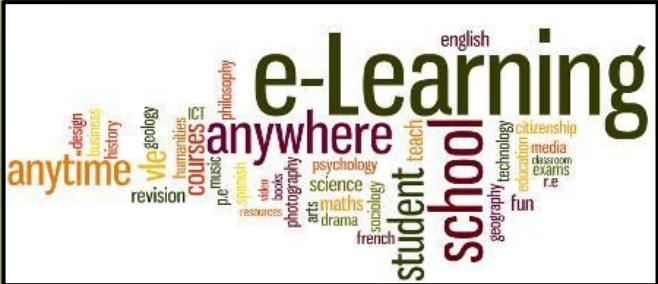


SIGN LANGUAGE WITH MRS. RAINER

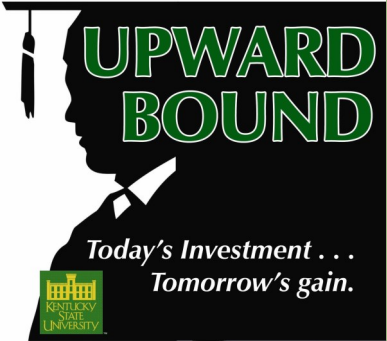
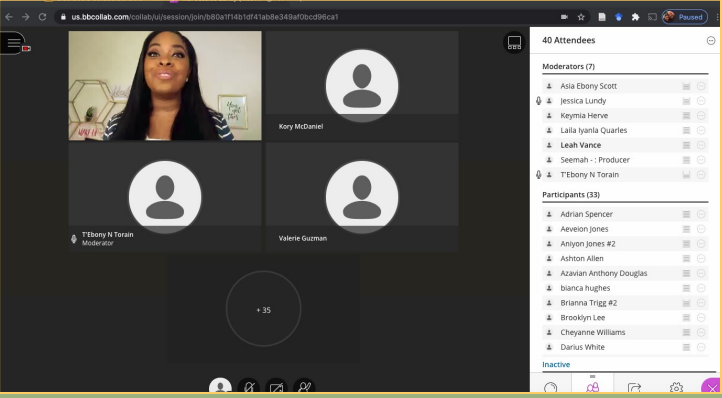
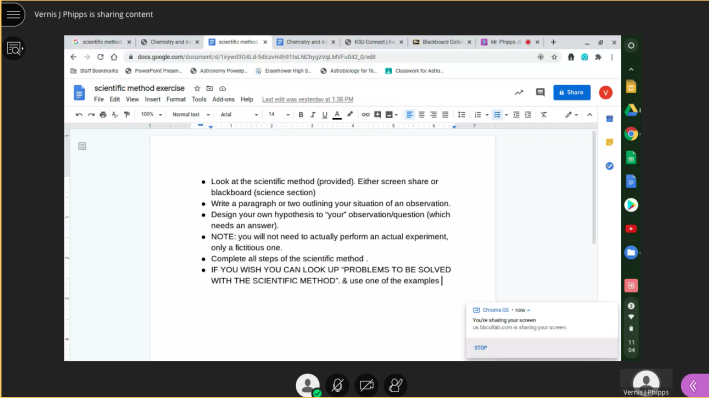
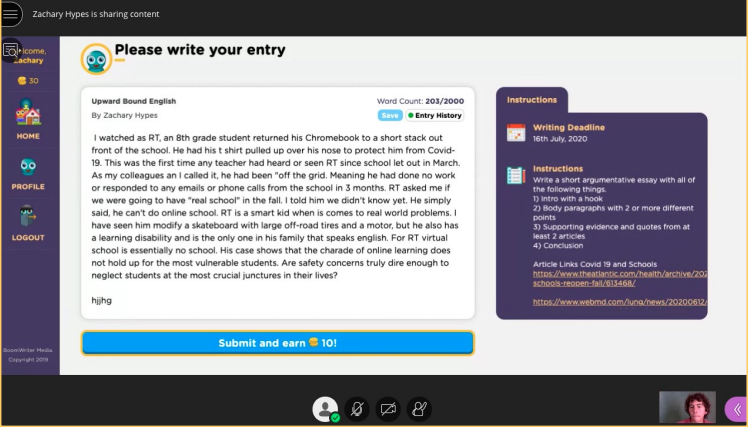
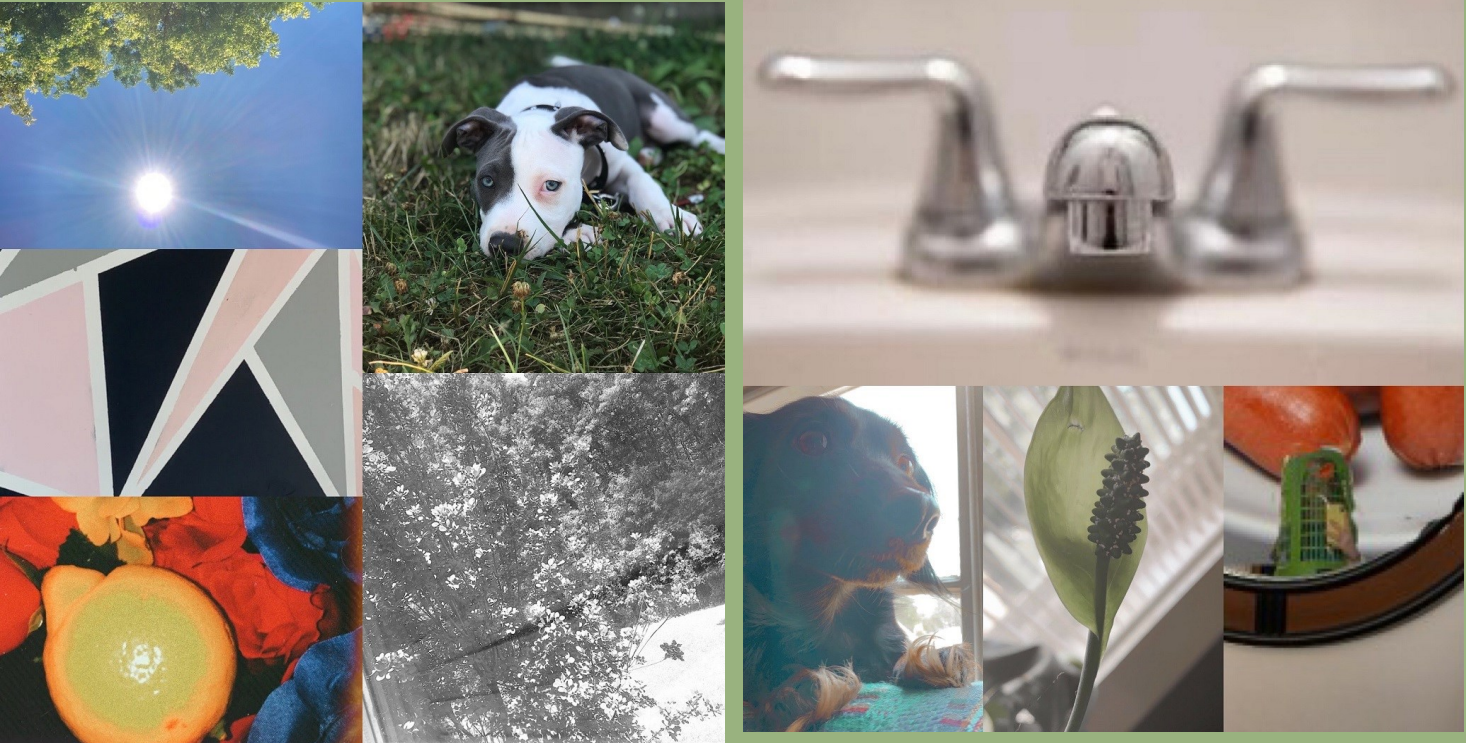
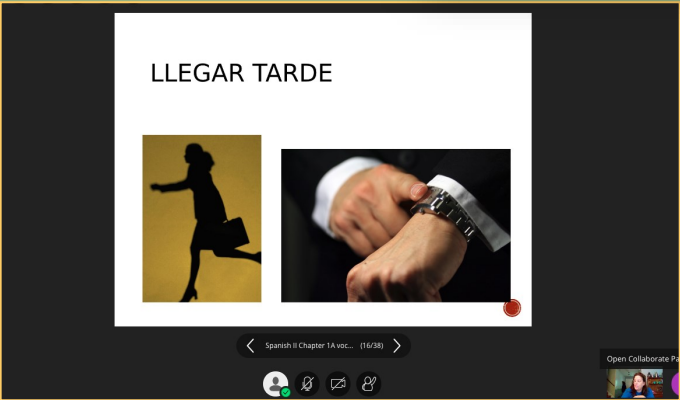


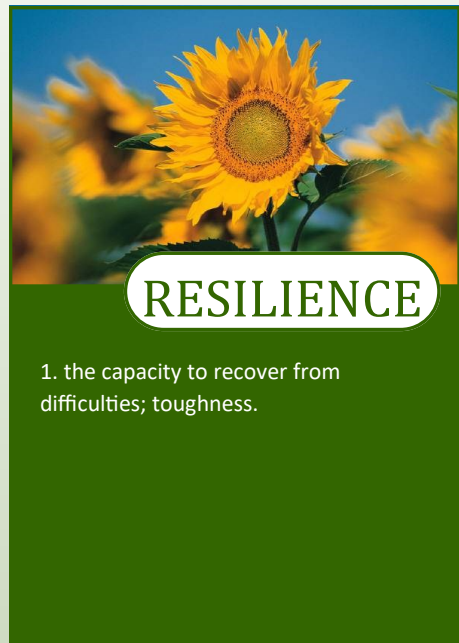
FINANCIAL LITERACY WITH DR. JOANNE BANKSTON





**UB student pictures from
summer photography class.**





The pandemic has taught us all the importance of being resilient. The photo to the right is the office door that I decorated for the students. Since schools have gone virtual, I was afraid you wouldn't get to see it.

I just wanted to say, "I am proud of you for your resilience during the summer program." Everyone did an outstanding job!

Love, Ms. Webber



Upward Bound Summer Program

Students made cards to send to a nursing home to uplift the patients during this time of not being able to see family!

See "Thank You" card below:



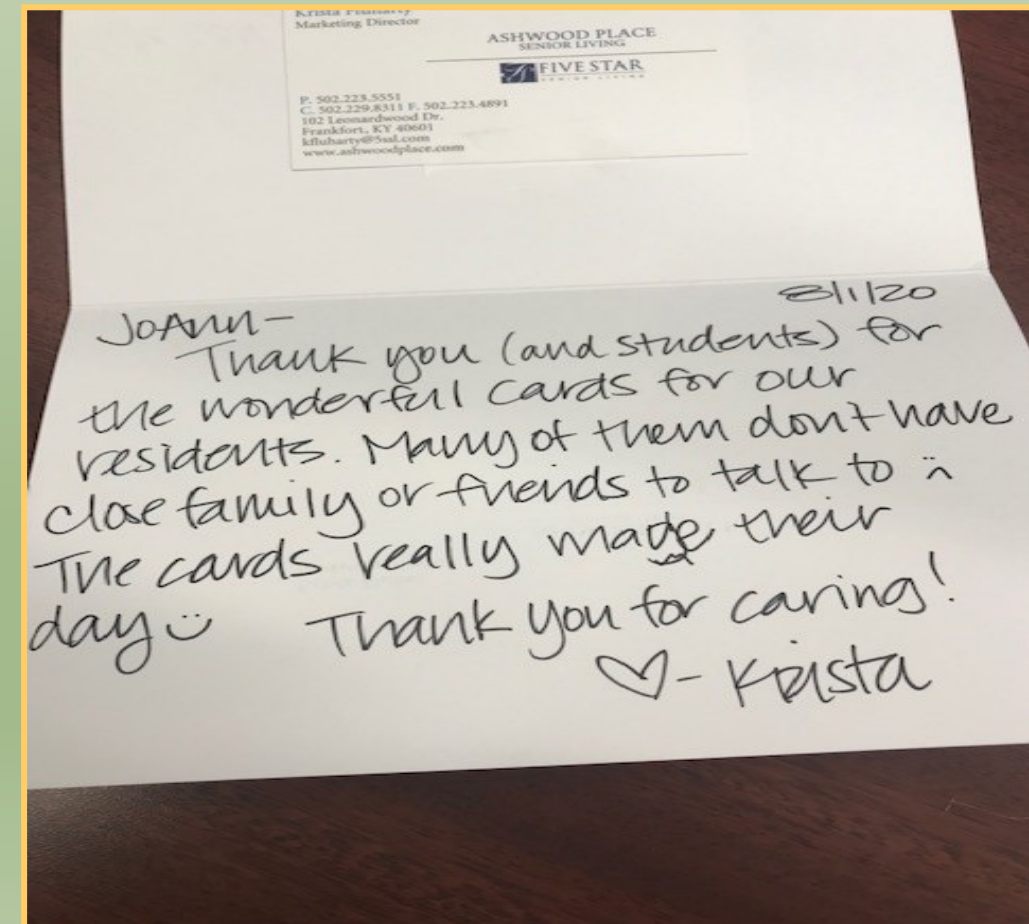
There are things you can do while at home with your child to help them cope with mental health during COVID-19. Use these self-care and support strategies from the Mental Health First Aid (MHFA) curriculum and the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) to help the children and youth in your life take care of their mental health.

1. **Talk to your child about the COVID-19 pandemic.** Reassure them that they are safe, and things will go back to normal in the future.
2. **Try to maintain a routine.** Create a schedule with learning activities, regular meals and fun games to keep kids engaged while at home.
3. **Monitor media consumption.** Kids are always listening, so limit the amount of exposure you give them to news coverage about COVID-19.
4. **Encourage your child to try something new that interests them.** This might be building with Legos, putting together a new puzzle or creating artwork.
5. **Maintain family and other social ties.** Stay connected with family and friends through phone and video calls regularly.

Be a role model. If you are calm and confident about the situation, your child is likely to be too.

If your child consistently appears more angry or sad than usual, consider reaching out to a mental health professional or seeking online therapy. With the right information and resources, we can #BeTheDifference for the children and youth in our lives during COVID-19.

<https://www.mentalhealthfirstaid.org/2020/05/tips-to-help-children-and-youth-take-care-of-their-mental-health-during-covid-19>



8 Tips—Online School

By: Connections academy. com

1. **Be positive**-Thriving through a change is tough but doable with a positive attitude.
2. **Get organized**-and stay organized. Creating an orderly learning space to do school work will put you ahead of the game.
3. **Establish a flexible routine**-While online school and blended learning school do give you a flexible schedule, having a routine will keep you on track with your schoolwork.
4. **Set personal goals**-To make things happen in your life, it helps to set goals for yourself
5. **Make the most of your resources**-As an online or blended learning student, you have many helpful resources available. Naturally, your texts, the library, online instructor, and trusted websites come to mind. But don't forget the many human resources you can use; parents, teachers, counselors, and principals.
6. **Start on track and stay on track**-It's always better to be ahead than to be struggling at the last minute. Don't drag your feet, make yourself do things on time and you'll be better off in the long run.
7. **Exercise with friends online**-Spending a lot of time online completing lessons, chatting, games, and etc. So schedule physical fitness into the day is also important. If not with a friend, you can find plenty of workout videos.
8. **Learn to deal with setbacks**-Everyone has had setbacks! Every person who succeeds has had a struggle to get there. When you get a bad grade, or experience other frustrations, realize that this is a learning experience.



STAYING SAFE RETURNING TO SCHOOL

By: hopkinsmedicine.org

1. Wash your hands often. Keep hand sanitizer on you at all times.
2. Stay six feet apart from staff and other students.
3. Wear your mask properly:
 - a. Wash your hands before and after touching a mask.
 - b. Touch only the bands or ties when putting on and taking off your mask.
 - c. Make sure the mask fits to cover your nose, mouth, and chin.
 - d. Make sure you can breathe and talk comfortably through your mask.
 - e. Wash reusable masks after each use.
 - f. Disposable mask should be discarded when it is visibly soiled or damaged.

DO NOT:

- a. Touch mask while it is being worn.
- b. Don't wear under your chin with your nose and mouth exposed.
- c. Don't leave your nose uncovered.
- d. Don't remove the mask while around others in public.
- e. Don't share your mask.

FACE MASK STORAGE:

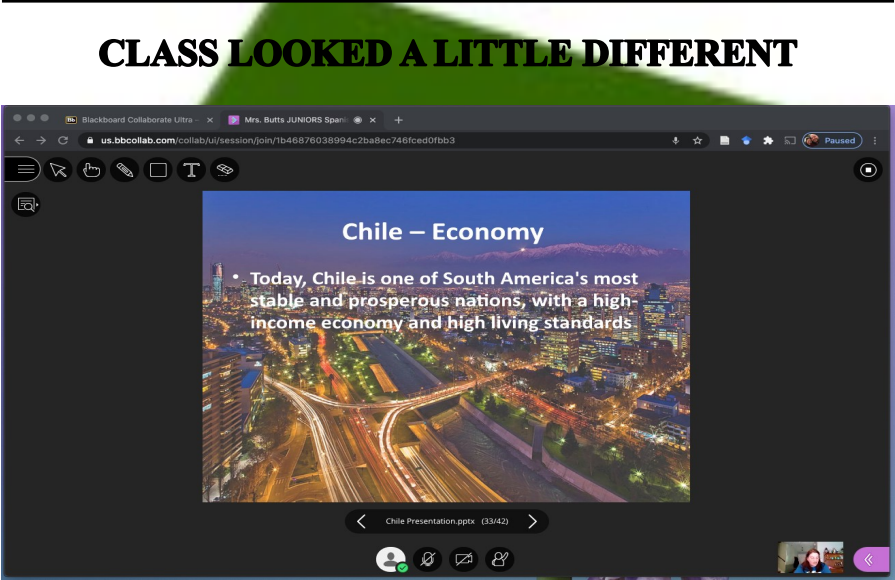
- a. Facemasks should be carefully folded so that the outer surface is held inward and is against itself to reduce contact with the outer surface during storage. (Remember outer surface has collected germs)
- b. The folded mask can be stored between uses in a clean sealable paper bag or breathable container. If you use a Ziploc bag leave it open.
- c. Wash your hands or use hand sanitizer after handling the mask.



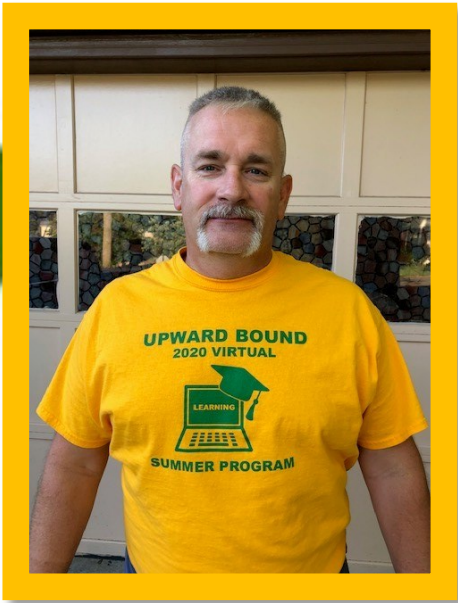
A TEACHER
OPENS MINDS
AND TOUCHES
HEARTS ❤️



Tutor/Mentor
Laila Quarles



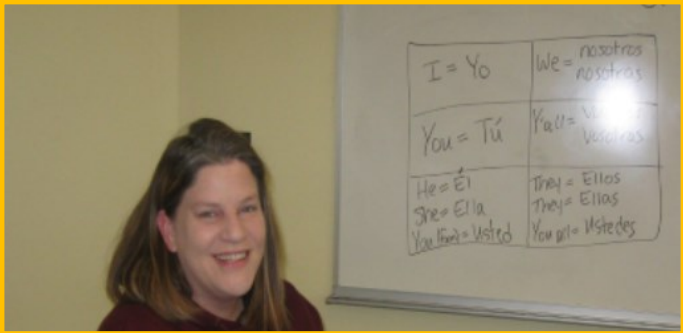
Spanish Class - Mrs. Butts



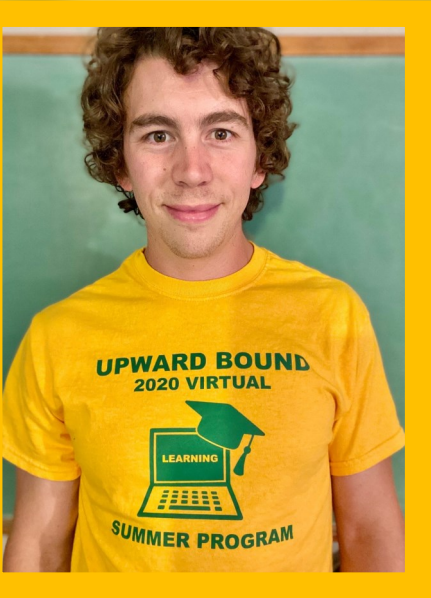
Science Class
Mr. Phipps



Math Class
Mr. Coats



| | |
|-------------------|---------------------------|
| I = Yo | We = nosotros nosotras |
| You = Tú | You = Vos Vosotras |
| He = Él | They = Ellos |
| She = Ella | They = Ellas |
| You (him) = Usted | You (pl) = Ustedes |



English Class
Mr. Hypes

Upward Bound
Summer Staff

“The staff did an awesome job this summer and we want to thank them!”



Academic Liaison
Ms. Vance



Tutor/Mentor
Asia Scott