



March 18, 2020

Dear Horizons Students,

Thank-you for working quickly to prepare for your safe return home. Your welfare is our primary concern. Horizons responded right away to guidance from state and local officials. Speak to your family if you feel anxious. They can offer reassurance.

We will reschedule planned student parent conferences. Spring conferences are important times to review your progress, needs and to share recommendations. We will send available conference times to families.

Advisors will contact students to review their plans and activities. We are exploring the best platform to keep in touch with students during School closure. Watch for an update about class instruction.

Students who receive regular counseling from Ms. Eliza Parrott or Ms. Lorie Schumann have the option to request services by phone.

- Eliza, parrott.counseling@gmail.com; (540) 314-0445
- Lorie, lschumann@mindspring.com; (205) 569-0050

During the break, please use email for routine communication with our School, info@horizonsschool.org. Call the career phone for **urgent** matters (205) 960-6500. We are concerned about each Horizons student and their family and will be available for guidance!

Sincerely,

Brian F. Geiger, Executive Director

Karen Dixon, Asst. Director

Enclosures: Student Expectations, Avoiding COVID-19 What You Can Do

Visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for latest information.

State Licensed Post-secondary School
2018 15th Avenue South, Birmingham, AL 35205
<https://horizonsschool.org>
Tel. (205) 322-6606, Fax (205) 322-6605

What are your expectations while away from Horizons?

Practice your independent living skills when at home!

- Shower or bathe daily. Comb hair and brush teeth. Shave; germs are more easily spread in facial hair.
 - Wash your hands with soap and water for at least 20 seconds. Sing a favorite song,
<https://www.today.com/health/songs-sing-while-washing-hands-coronaviruss-hand-washing-songs-t175755>
 - Cover mouth with tissues when coughing or sneezing and discard the tissue
 - Stay home when sick
 - Find attached a useful handout from our friends Down Under, *Avoiding COVID-19 What You Can Do*
- Ensure sufficient rest with a regular sleep - wake schedule
- Maintain personal spaces
 - Keep bedroom clean and organized
 - Make bed daily
 - Put dirty clothes away in hamper
 - Return used items to their proper place
 - Sweep and vacuum floors each week
 - Keep bathroom clean and organized
 - Clean toilet
 - Clean bathtub / shower
 - Clean countertops and sink
 - Take out bathroom trash when container is full
 - Sweep or mop floors on a weekly basis
- Do laundry weekly
 - Wash clothes, dry them, fold them and put them away in the proper place
 - Wash bed sheets and towels
- Cooking / Meal Prep
 - Show your family how to inventory foods in the fridge and pantry. Help to prepare the weekly shopping list.
 - Limit high calorie and high sodium snack foods in favor of healthier options. Visit USDA Choose My Plate resources, such as Healthy Snacks, <https://www.choosemyplate.gov/node/5763>
 - Cook at least one weekly family dinner. Email a picture to your cooking teacher. You may reach Mr. Carter at dcarter@horizonsschool.org, and Ms. Vines at lvines@horizonsschool.org
 - Impress your family! Prepare your own breakfast, lunch and dinner. Clean up afterwards (return items to pantry or fridge, throw uneaten food and / or

- wrappers in the trash can, and hand wash or place dishes in the dishwasher).
- Clean countertops and sinks. Sweep floors after cooking.
 - Contribute to household cleaning and maintenance. You know what to do!
 - Take trash out when containers become full
 - Pick up personal items and return them to their proper place
 - Money Management
 - Logon to your bank account weekly to monitor deposits and personal spending. Work with family to pay residential bills.
 - Consider forwarding your Mail to your family's home address. Visit USPS.com.
 - You will pay personal bills due before we resume regular operations. Rent for 1st-and 2nd-year students is due on April 01, 2020 and late if not received by the 5th. Late rent will be subject to a 10% fee and paid as additional rent.
 - Mail rent payment to The Horizons School, 2018 15th Ave So., Birmingham, AL 35205.
 - Work with your roommate to pay utilities for current service. Parents can help you!
 - **Natural Gas - Spire Company**, <https://www.spireenergy.com/>
1-800-292-4008 (24/7 Pay by phone)
Address: Spire, P.O. Box 2224, Birmingham, AL 35246-0022
 - **Electricity - Alabama Power Company**,
<http://www.alabamapower.com/>
1-800-245-2244
Address: Alabama Power Payments, P.O. Box 242, Birmingham, AL 35292
 - **Cable/Phone/Internet - Spectrum**, <https://www.spectrum.net>
1-855-222-0102
Address: Spectrum/Brighthouse, P.O. Box 790450, St. Louis, MO 63179
 - Social Skills & Communication
 - Plan at least one activity weekly that involves another family member. For example, card or board game night, movie with popcorn, family walk around the neighborhood, arts and crafts project.
 - Send an email to your roommate or Horizons classmate. Share one fun thing you have done since returning home, one thing you are looking forward to upon return to school, and one encouraging saying or quote.
 - Send a weekly email to your advisor. This email should include an overview of the weekly family social activity, an independent living skill you demonstrated, which friend you contacted by Email, and any personal concerns. Contact the School if you need help to contact your faculty advisor.

- Health and Fitness
 - Demonstrate good self-care by taking daily medication. Fill a weekly pill minder. Contact the pharmacy to request refills.
 - Plan family exercise, jog with the dog, stretch and use home fitness equipment, or follow an online class.
 - We recommend brief instructional videos from NCHPAD, for instance, Water Bottle Overhead Press, <https://www.nchpad.org/Videos/PLwMObYmISHaN0Pbu2xXymDUePlsTCsn7n>
 - Balance Training, <https://www.nchpad.org/Videos/PLwMObYmISHaN51H1w5yOsojWnDcKQTNMJ>
 - Spark People videos, https://www.sparkpeople.com/resource/videos_new.asp