

# Skyline High School

## Family Update 11/19/20

*Weeks of 11/23 & 11/30*

Skyline Family,

At Skyline High School, the social/emotional health and success of our students is important to us. As a result, this coming Thanksgiving break is a “No New Work Holiday Break” at Skyline. We want all Skyline students to use this as an opportunity to step away from the stressors of school, recharge, and simply enjoy some time as kids.

A “No New Work Holiday Break” means that all Skyline courses will not ask for new work to be completed by students from Wednesday 11/25/20 through Sunday 11/29/20. Students who are behind and need to complete make-up work may utilize this break as an opportunity to catch up on that work. Other than that, we implore all of our students to enjoy this coming extended weekend engaged in safe and healthy activities that bring them joy and thanks.

A “No New Work Holiday Break” isn’t only a good idea for teens, Skyline parents. Please consider making this coming break a time where you also get to step away from the stressors you face, engage in healthy activities that bring you joy, and that you are able to save some time to give thanks.

This Thanksgiving will surely be different. However, please be conscious that different isn’t synonymous with bad. It means this Thanksgiving will be as unique and special as the children we support together - our Skyline Eagles - our awesome kids that are something to be truly thankful for.

Take this time to cherish them.

Happy Thanksgiving, Skyline family!

Cory McElmeel, Principal

Skyline High School

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## Things to Come

## Our Bell Schedule Next Week

### Skyline Schedule

| Monday  | Tuesday  | Wednesday                           | Thursday                            | Friday                              |
|---|--|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>Block 1</b><br>8:30 - 10:15                | <b>Block 2</b><br>8:30 - 10:15                 | No School-<br>Thanksgiving<br>Break | No School-<br>Thanksgiving<br>Break | No School-<br>Thanksgiving<br>Break |
| <b>Block 3</b><br>10:25 - 12:10               | <b>Block 4</b><br>10:25 - 12:10                |                                     |                                     |                                     |
| <b>Lunch</b><br>12:10 - 12:40                 | <b>Lunch</b><br>12:10 - 12:40                  |                                     |                                     |                                     |
| <b>Skytime</b><br>Synchronous<br>12:45 - 1:25 | <b>Skytime</b><br>Office Hours<br>12:45 - 1:25 |                                     |                                     |                                     |
| <b>Block 5</b><br>1:35 - 3:21                 | <b>Block 6</b><br>1:35 - 3:21                  |                                     |                                     |                                     |
| <b>Block 7</b><br>3:30 - 4:35                 | <b>Block 7</b><br>3:30 - 4:35                  |                                     |                                     |                                     |

## Our Bell Schedule Week of Nov. 30

### Skyline Schedule

| Monday  | Tuesday  | Wednesday  | Thursday                                       | Friday  |
|---|--|--|--|---|
| <b>Block 1</b><br>8:30 - 10:15                | <b>Block 2</b><br>8:30 - 10:15                 | <br>Independent<br>Work<br><br>8:30-9:30 am<br>Office Hours | <b>Block 1</b><br>8:30 - 10:15                 | <b>Block 2</b><br>8:30 - 10:15                |
| <b>Block 3</b><br>10:25 - 12:10               | <b>Block 4</b><br>10:25 - 12:10                |  | <b>Block 3</b><br>10:25 - 12:10                | <b>Block 4</b><br>10:25 - 12:10               |
| <b>Lunch</b><br>12:10 - 12:40                 | <b>Lunch</b><br>12:10 - 12:40                  |  | <b>Lunch</b><br>12:10 - 12:40                  | <b>Lunch</b><br>12:10 - 12:40                 |
| <b>Skytime</b><br>Synchronous<br>12:45 - 1:25 | <b>Skytime</b><br>Office Hours<br>12:45 - 1:25 |  | <b>Skytime</b><br>Office Hours<br>12:45 - 1:25 | <b>Skytime</b><br>Synchronous<br>12:45 - 1:25 |
| <b>Block 5</b><br>1:35 - 3:21                 | <b>Block 6</b><br>1:35 - 3:21                  |  | <b>Block 5</b><br>1:35 - 3:21                  | <b>Block 6</b><br>1:35 - 3:21                 |
| <b>Block 7</b><br>3:30 - 4:35                 | <b>Block 7</b><br>3:30 - 4:35                  |  | <b>Block 7</b><br>3:30 - 4:35                  | <b>Block 7</b><br>3:30 - 4:35                 |

## Suggested Asynchronous Wednesday Schedule

### Asynchronous Wednesday - Remote/Virtual Learning Phase *Suggested Course Work Schedule*

|               |              |
|---------------|--------------|
| 8:30 - 9:20   | Block 1 (50) |
| 9:25 - 10:15  | Block 2 (50) |
| 10:20 - 11:10 | Block 3 (50) |
| 11:15 - 12:05 | Block 4 (50) |
| 12:05 - 12:35 | Lunch (30)   |
| 12:35 - 1:25  | Block 5 (50) |
| 1:40 - 2:20   | Block 6 (50) |

## Student Action Senate Announcement

### **Skyline SAS - Student Action Senate**

Are you a student who wants peer to peer help in your core and AP classes? Are you someone who is willing to assist other students virtually at Skyline? Are you interested in making friends with people in your courses? If so, join Skyline's discord server! This is a no-judgement, fun place to connect with students and receive help. If you do not already have a discord account, you can create a free account quickly on [discord.com](https://discord.com). Here's the link to the server:

<https://discord.gg/EqHEZNP3>

New Instagram Page for Sky SAS: **skyline\_sas**

## This Week in Athletics

## Winter Athletics Update

***Participation in athletics practices and competitions comes with a risk to the health and safety of those involved. This fall, we carefully deliberated established health and safety guidelines that aligned to and enhanced those provided by the MHSAA. Under the Governor's new executive order, all athletics are suspended for 3 weeks. There is to be no practices / conditioning during this 3 week time frame. Though the MHSAA is planning practices and Fall tournaments to resume on Dec. 9th, AAPS will re-evaluate and make a decision on winter sports. The risks to health and safety are inherently higher for winter sports than fall sports because winter sports are all indoors where mitigation strategies are more challenging to implement and control.***

***In the meantime, we want to reinforce the importance of consistently following all COVID-19 mitigation strategies; consistent use of face coverings, maintaining social distance, hand sanitization, etc. Any athlete experiencing symptoms of COVID-19 - even mild symptoms - should consider a self-quarantine. If your athlete is experiencing any symptoms, please consider getting a COVID-19 test. The WCHD has information about testing locations [here](#).***

Below are continued reminders from AAPS! Go Eagles!

### **Additional Information:**

- Registration for winter athletics is open. To start registration go [Here](#)
- For Athletic Physicals, you may upload last year's physical or get a new physical and upload that form. If you choose to upload last year's physical you are also required to fill out the MHSAA health questionnaire and upload that as well.

### **MHSAA Scholar Athlete Applications update**

A reminder that the Scholar-Athlete Award deadline is Friday, Dec. 4, at 4:00 p.m. Below are some frequently asked questions:

How do I upload letters of recommendation?

1. When the student gets to the Letters of Recommendation task of the application process they will select whether they want to: 1) upload the letters themselves, or 2) request that recommenders upload their own letters.
2. IMPORTANT: After making this selection they need to click "Mark as Complete."
3. Once they click Mark as Complete a third task will populate which will allow the applicant to upload the letters themselves or enter the email addresses of the recommenders.
4. If any recommenders have trouble accessing their account or uploading the letters of recommendation, email the letter(s) directly to Paige Winne – [paige@mhsaa.com](mailto:paige@mhsaa.com). I will then upload the files for them.

For access code, email Athletic Director, Bob Wellman at [wellmanr@aaps.k12.mi.us](mailto:wellmanr@aaps.k12.mi.us)



# Counselor Connection

## **How to Prevent Burnout in School**

With so many changes this year it is important that students know what academic burnout is and the strategies that they can use to help prevent burnout in school.

First off, what is burn out and how does one know if they are experiencing it? Student burnout can be defined as a feeling of chronic stress, which can cause emotional, mental, and physical exhaustion. Common signs of burnout amongst students can include the following: Anxiety, Depression, Poor Eating Habits, Insomnia, Exhaustion, Body Aches and Pains, and Lack of Motivation.

Whether or not you are experiencing any of the burn out symptoms listed, it is important to practice the following strategies to help control academic burn out or help prevent it all together.

1. Make sure you have some much deserved “You” time. Lets face it, managing school, extra-curricular activities, family time, and the stress of all of the changes and unknowns can feel extremely overwhelming at times. As a result, it is important to remember to set aside some time for you daily to help calm your mind, relax, and recharge. Ex) set aside a half hour or so each day to exercise, read a book you enjoy, listen to music, play a game, etc.
2. Don’t spread yourself too thin. As my professor used to say “Somethings are just better not spread too thin: Yourself and peanut butter”. Remember there are only 24 hours in a day and only one of you. Focus on things that matter and make you happy.
3. Be realistic when it comes to setting goals. It is important to set daily realistic goals, which can help you stay on task and prevent burn out.
4. Remember to stay organized. Use a planner or to do list to help you prioritise what is most important. Organization and planning is key when it comes to reducing stress.
5. Pace yourself. Don’t forget to take small breaks when studying and completing homework.
6. Do not be afraid to ask for help. This is a challenging time for everyone and it is important that you know that our Skyline staff cares about you and want to help. Please reach out to your teachers and counselors if you are feeling overwhelmed, stressed, anxious, depressed, or just need someone to talk to. We are all in this together and love when you reach out to us so we can all work together to help support you.

## **Self Advocacy at Skyline**

Please check out the presentation linked [here](#) to learn about ways students can self advocate in the virtual learning environment. There are great tips and tools to help students find success in this new way of learning.

## **Screenagers Next Chapter: Uncovering Skills for Stress Resilience**

With funding provided by the *Miles Jeffrey Roberts Foundation*, and with support from the Washtenaw ISD and Washtenaw County Community Mental Health, the AAPS is providing all families with the opportunity to view *Screenagers Next Chapter: Uncovering Skills for Stress Resilience*. For more information, please see the district’s [website](#), or [CLICK HERE](#) to register for on-demand access to the documentary.

AAPS invites you to attend a Facebook Live event on Tuesday, January 12, 2021, at 7:00 PM. This event will feature mental health professionals and educators from across the county speak to the documentary and the local supports and resources for students and families. Complete details about this event will be shared when we return from winter break, but mark your calendar now!

I want to remind you that the contact information for the members of our school's student support team is listed on our school webpage. If your student or family is ever in need of immediate and urgent support, here are two resources: [Washtenaw County Community Mental Health - Crisis Line: 734-544-3050](#) and [Ozone House - Crisis Line: 734-662-2222](#).

## **National Honor Society**

Applications for new members need to be submitted by November 24th. The online application can be found at [bit.ly/skylinenhsapp](http://bit.ly/skylinenhsapp). Contact Mr. Brunzell or Ms. Schimmel for more information.

## **Seniors**

College Update:

We are in the midst of the college application season and the Skyline school counselors are here to help! Please reach out to your school counselor if you have any specific questions about the college application process.

Some upcoming deadlines are:

### 1) FAFSA is now available

- Information about the [FAFSA](#) has been posted on the Sky Senior Schoology Class of 2021 group
- [Article](#) on steps for preparing to submit the FAFSA.
- Help with the FAFSA - there are several workshop opportunities posted on Sky Senior Schoology Class of 2021 group
- Earn a chance at a \$1,000 scholarship for completing the FAFSA.
  - i) 200 Complete the FAFSA scholarships will be awarded in October, November, and December.
  - ii) <https://opportunity.collegeboard.org/>

### 2) Friday, Nov. 20th, 2020

- Final day to request materials needed from the school (ie: transcripts, recommendations) for college applications if applying **Regular Action** with **January 1<sup>st</sup>** deadline.

### 3) Scholarship Applications - Start now!

- Start applying for scholarships at prospective colleges.
- Scholarship search is available on Naviance and can be found within the "Colleges" section under "Scholarships and Money."

Please remember to review the [senior presentation](#) for details on how to request transcripts and letters of recommendation in Naviance.

## **Juniors and Seniors**

College representatives are available to meet virtually! You can review an updated college visit list [here](#). In addition, review the Sky Senior Schoology Class of 2021 group for important updates.

# Skyline CUBE Update

## Weekly Virtual College Visits

### Skyline High School Virtual College Visit Procedure

- Notify your classroom teacher(s) before signing up for the Virtual College Visit - Make sure you are not missing important information (Exam, Experiment, etc.) **Note:** If the visit will run into another class period notify that teacher prior to attending the visit. Do not interrupt the class/teacher when returning to class.
- Have a plan in place to recover the information you will be missing before attending the Virtual College Visit
- Secure permission from your parent(s). Provide your parents with the date and time of the Virtual College Visit.
- The day of the visit check-in with your classroom teacher(s) and attend the visit via the zoom link provided.
- The Cube will validate your attendance at the end of the period.
- At your next class meeting request any missed assignments/exam. Secure the deadline to submit the missed assignment/test/experiment prior to attending the Virtual College Visit.

***Please note: An updated list of all virtual college visits can be found at:***

***<https://www.a2schools.org/Page/16484>***

## Skyline Family Reminders

# Skyline Student/Family Guidebook

Click [HERE](#)

As a reminder to our families, please review our virtual student/family guidebook for Skyline High School 2020-21 school year. This guidebook includes the typical, pertinent information about Skyline High School that families often look for and/or inquire about, such as:

- Letter from the Principal
- Virtual bell schedule
- Calendar (both district and [Skyline Academic Calendar](#))
- Contact info for admin, counselors, etc.
- Student supports/interventions
- Information on Grading
- Student Rights & Responsibilities Handbook
- Work Permits

Our handbook is a great place to go if you have questions about Skyline High School.

## Skyline Academic Calendar

Are you the type that likes to load your calendar with all the events for the year? Maybe you plan ahead. Well look no further...

Skyline's Academic Calendar is linked [HERE](#)

The beginning of this year was quite busy and we have noticed our Academic Calendar may have been overlooked by some families amongst all of our new, virtual orientation materials this year. Please spread the word and share this great resource with your friends. Also, please be mindful that this calendar is live/active. As events are planned and revised our calendar is as well, so please check back or set up google doc update notifications so you are notified of changes.

Google Doc Notification Tutorial Linked [HERE](#)

## Student Attendance Reporting

Students are expected to fully participate in class each day. To ensure student success in reaching the learning targets, we need your support to make sure students are present daily and on time for class. We understand some absences are unavoidable. However, given the structure of the program, missing a week or several days will make it difficult for a student. It is important for students to understand that grades will be issued for all classes this year whether we are virtual or in person.

Parents please call the attendance line and report/excuse student absences.

**\*\*It's is not necessary to report absences on fully-asynchronous school days\*\***

**Skyline Attendance Line: 734-994-7842**

## Schoology and Powerschool Parent Information

### Schoology for Parents

Here is a link where you will find information with instructions on [how to create, log into, and use your Schoology account](#). You should have received a unique access code from your student's Skytime teacher. If not, please contact them.

If you require additional technical support please contact:

- Call Schoology Support - Available 7am - 7pm **734-997-1222**
- Email Schoology Support - Available 7am-7pm [family\\_techsupport@aaps.k12.mi.us](mailto:family_techsupport@aaps.k12.mi.us)

### Powerschool for Parents

The Ann Arbor Public Schools encourages all parents to set up Single-Sign On accounts to access the PowerSchool parent portal. Please watch for updates here as well information mailed from your school(s) and the central office.

PDF: [Instructions for Setting Up Your Single Sign-On Account](#)

Video: <https://youtu.be/UEWSNbR7Qzg>

Limited technical support for parents having difficulty setting up their accounts is available by emailing [psparent@aaps.k12.mi.us](mailto:psparent@aaps.k12.mi.us). NOTE: ITD cannot create accounts nor provide access keys.

PowerSchool Mobile App available for Android and iOS. The video below shows you how to get started.

Video: <https://www.youtube.com/watch?v=vA8gl-gTIMI>

**District Code for PowerSchool app for iPhone/Android: GGFF**

## Resources for Students & Families

### **Racism, Bias or Bigotry Complaints or Concerns**

AAPS Helpline at 734-545-2321  
hosted by Dr. Eaddy-Richardson

## Academic Resources for Families

### Free Academic Support Resources

A number of local groups and organizations are offering free academic support for AAPS students. These free resources are primarily provided by U-M students and community volunteers. [View Free Academic Support Resources Here.](#)

### Connections+ Guidelines and Tips

AAPS has created a Guide to support families who have created learning groups for AAPS students. The Guide includes hints and tips, safety information and free community resources. [View the Connections+ Guide here.](#)

### Expectations in Learning for Students with Specialized Learning Needs

The AAPS is sharing what students with special needs and their families can expect during virtual learning, and importantly, steps to take if these expectations are not met. This information can be found [HERE](#).

### Connecting Together: An AAPS Parent/Guardian Support Group

This AAPS Parent/Guardian Support Group will provide an opportunity for parents to connect to find support and get ideas about how to face the challenges of 2020. Last year, parents who participated in an AAPS parent support group consistently reported that they found it helpful, and appreciated hearing from and connecting with other parents going through similar struggles.

Groups meet:

- 2nd Tuesday of the month - 7:30 - 8:30 PM
- 4th Thursday of the month - 1-2 PM

Register [HERE](#)

### ***Spanish speaking groups upcoming on 11/12 and 11/17:***

Conectando juntos: un grupo de apoyo para padres / tutores de AAPS, en español

Únase a nosotros para un grupo de apoyo sin cita previa para padres y tutores de estudiantes en AAPS que hablan principalmente español. Conéctese con otros padres para encontrar apoyo y obtener ideas sobre cómo enfrentar los desafíos de 2020. Únase a nosotros en grupos el 12 de noviembre (1:30 PM), 17 de noviembre (7:30 PM). [¡Regístrate aquí!](#) El año pasado, los padres que participaron en un grupo de apoyo para padres de AAPS informaron constantemente que lo encontraron útil y apreciaron escuchar y conectarse con otros padres que atraviesan dificultades similares.

### ***Help! Who's this Pre-Teen/Teenager in My House?***

Parents will learn ways to build and strengthen their relationships with their pre-teen/teen(s) as well as understand ways to navigate those difficult moments when your teen's view on life totally contradicts all that you have instilled in them. The pre-teen/teen parent group will run the third Wednesday of each month from 6:00 - 7:00 p.m., beginning November 18, 2020 through April 21, 2021. Parents can join the group via Zoom by going to:

<https://a2schools.zoom.us/my/haroldwimberly> and using Passcode: 072866.

**Please use [this calendar](#) of upcoming parent support groups, including the Connecting Together Groups that will be in Spanish, Chinese, Arabic, Japanese, and Korean**

## Food Distribution

**\*\*Note:** Next week, due to the Thanksgiving holiday, AAPS Food Distribution will only occur on Monday, November 23. Seven days worth of food will be distributed at each location. Regular twice-a-week food distribution will begin again on Monday, November 30 until winter break when AAPS will again distribute seven days worth of food on December 21 & 28 at all locations.\*\*

- Fall Food Distribution will continue on a Monday & Thursday schedule.
- Pick-up times are from 11:30-3:00pm and 4:30-6:00pm at Skyline.
- These meals are intended for children up to 18 years old and any child with special needs up to 26 years old. AAPS will distribute these meals to children, and parents/guardians.
- AAPS Food Service Hotline – If you have food allergy needs or cannot make it to a pick-up location please call 734-994-2265.
- [Food Service / Free & Reduced Meal Application](#)
- Additional details on food distribution and food assistance and be found - Linked [HERE](#)

### **AAPS Fall & Winter Break Food Distribution Schedule**

#### **Thanksgiving Week**

Monday, November 23 - 7 days of food  
( No distribution on Thursday, November 26)

#### **Winter Break**

Monday, December 21 - 7 days of food  
Monday, December 28 - 7 days of food

## AAPS Technology Distribution & Assistance

Please remember that all AAPS students will have the opportunity to receive a district-provided device to support remote learning while we are in the virtual learning phase of schooling. At the high school level this will be a chromebook. Following is information on how to attain your child's district-provide device as well as links and contact info for tech and wifi troubleshooting.

### TECHNOLOGY ASSISTANCE

Students & Families

**734-997-1222**

Hours of Operation:

7:30am - 5:00pm

Technology Help Desk **email address:** [family\\_techsupport@aaps.k12.mi.us](mailto:family_techsupport@aaps.k12.mi.us)

#### Internet access support:

- please complete the [20-21 Student Mobile Hotspot Request Form](#)
  - [Free or low cost internet options for AAPS families](#)

[Technology request form](#)

[Technology FAQ's and Troubleshooting](#)

#### Schoology Support

#### District Device Issuance Instructions:

#### New Students:

1. In advance of pickup of any district technology, please complete the AAPS 1:1 Form - Linked [HERE](#)
2. Families that still need to submit InfoSnap or Immunization paperwork must be ready to submit this paperwork when you arrive at technology distribution
3. If you cannot complete this form online, please call 734-997-1222 or email [family\\_techsupport@aaps.k12.mi](mailto:family_techsupport@aaps.k12.mi).

\*\*Additional details on district technology distribution can be found - Linked [HERE](#)\*\*

## Resources for Families in Need

### Get Help: Community Resources for Students and Families

Looking for support or assistance with food, housing, health care and more? [The AAPS Community Resource page](#) lists free resources available to students and families. [Visit the Community Resource Page today](#). This page is frequently updated.

### HOMELESS SUPPORT

Alicia Maylone, District Liaison - [maylonea@a2schools.org](mailto:maylonea@a2schools.org)

### SNAP/EBT Benefits

If you have recently lost income and need assistance with food, you may be eligible for a benefit through the Supplemental Nutrition Assistance Program (SNAP). SNAP provides a monthly benefit on an Electronic Benefit Transfer (EBT) card (known as the MI Bridge Card) that can be used to buy food at grocery stores, [farmers' markets](#) (see attached), and any food store with the USDA sign "EBT Accepted."

If you are eligible, you could begin receiving benefits within 30 days. The card is mailed to your house and benefits are uploaded each month directly on the card. Applying is quick and confidential. If you have general questions or want more information, please visit [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) or call 888-544-8773.

### RAHS Clinic - Michigan Medicine's Regional Alliance for Healthy Schools

Providing substance use prevention group sessions at Pathways for Success Academic Campus throughout this school year. Each session includes 4 sessions of education and group activities with a goal to improve knowledge and decision making processes especially as it relates to substance use. To be eligible for the group, participants must complete a RAHS registration and consent form and a group questionnaire which are available [HERE](#). If you have any questions or concerns you would like to discuss, please contact Lisa Anderson, LMSW at [lfattori@med.umich.edu](mailto:lfattori@med.umich.edu) or by phone (734) 997-3625.

### COMMUNITY MENTAL HEALTH SERVICES AND SUPPORTS

Psychiatric Emergency Services

- Michigan Medicine Psychiatric Emergency Service (Ann Arbor) 734-936-5900 or 734-996-4747 (24/7)
- St. Joseph Mercy Psychiatric Access line (Ann Arbor) 734-712-2762 (24/7)
- Washtenaw County Community Mental Health (WCCMH) crisis line and access
- For Medicaid and uninsured 734-544-3050 (24/7)

### MENTAL HEALTH HOTLINES AND SUPPORT RESOURCES

- Suicide Prevention Hotline (24/7): 1-800-273-8255 (1-800-273-TALK)
- Ozone House
  - Crisis Line (24/7): 734-662-2222
  - Ozone Text Line: text "ozone" to 734-662-2222 M-TH 10-7 and Fri 10-4
  - Crisis Text Line (24/7): text HELLO to 741-741
- Counseling and Psychological Services (CAPS) After Hours Crisis Hotline: 734-487-1118
- Safe House 734-995-5444 (24/7)

- Rape, Abuse, and Incest National Network (RAINN) 800-656-HOPE (4673)
- Sexual Assault Prevention and Awareness Center (SAPAC) 24-hour Crisis Line National Domestic Violence Hotline 800-799-SAFE (7233)

**Poison Control** Hotline (24/7): 1-800-222-1222

**Go Eagles!**



- SHOP**
- DONATE**
- SUPPORT**

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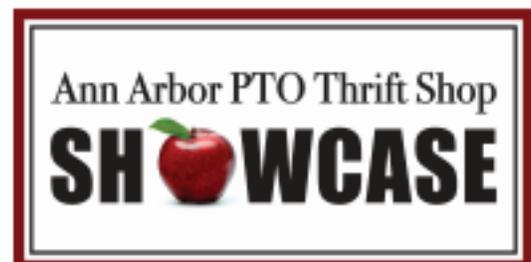
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Rest assured that CDC Guidelines are being followed to assure all staff and customers stay safe while shopping!

***Don't forget to visit our Showcase,  
where you'll find unique and  
collectible treasures every day!***



***Call 734-996-9155 or visit  
FaceBook page for Current Hours***