

Kaliyah Sturges
Journal #7
Capstone

I reached out to Ms. Proll to introduce myself and explain to her my Capstone project, what made me want to do it, also how she and Sophie could help me reach my goal of helping students understand the importance of animal therapy. I quickly received a response from Ms. Proll, which I was ecstatic to receive. Ms. Proll stated that she would work with me and explained how herself and Sophie have a qualified therapy team since December of 2019, and we connected on a personal level with our love for horses also of us both being introverted in high school. Ms. Prescott, Ms. Boutilier, and I planned for Ms. Proll and Sophie to come in for 3 dates, to make sure they and the students have enough time to enjoy the interaction. Ms. Proll and I discussed that Monday's will work best for both of our schedules so we originally came up with the April 12th, 19th, 26th starting around 11:00am and ending before 1:30pm. So I discussed with Ms. Boutilier, Ms. Prescott, and Ms. Griffin on the possible dates we came up with to see if they are okay, but April 12th wasn't available and the 19th was the first day back from spring break which we thought wouldn't be the best idea. I brought the information to Ms. Proll to discuss any other possible dates that will work with her and Sophie's schedule and we chose April 26th and May 10th. I reported back to Ms. Prescott on our new dates and we quickly received preliminary approval from the middle school A/P, our Principal, our Principal's boss, and Sophie's handler, Ms. Jan Proll due to the fact that I expressed my Capstone prior to the approval which sped up the process. Next we needed to be approved by the MOU and the by administration, so we began the waiting game. When it comes to my capstone in the month of March due to us waiting to see if the dates will get approved by administration, it was a very quiet month but time being as valuable as it is also knowing that the district can take some time, I wanted to make sure no time was wasted so I began on planning how the sessions will take place. We decided we will have the sessions occur in the Courtyard of the school to make sure the kids follow CDC protocol and social distancing to ensure all involved are safe. As an online person, I know the feeling of being left out on certain activities that you need to experience in person to really receive the benefits from it, so I expressed if it was possible to find a way that online students can benefit from Sophie and Ms. Proll from home if possible. So I was thinking that online students could possibly have a zoom call with Ms. Proll, Sophie, and I where we will discuss the importance/benefits of mental health. I also began to question if there was a possible chance even though I'm an online learner, if I can come to the sessions to participate. I became worried due to the strict rules the school has in place to make sure all students are cautious. So I spoke with my mentor to see if there was any possibility that I will be able to come in for the sessions we have planned. I was ready to do anything and everything to make sure I was there if that was to take however many covid tests, how many masks I had to wear, if I had to stand 6ft or 20ft, I was determined to make sure I was present in the sessions. For a long time I lacked the determination that I once had and knew too well, so it felt amazing to regain that feeling knowing many kids are going to benefit from it.

