

**From:** Leslie Roach <[noreply@iusd.org](mailto:noreply@iusd.org)>  
**Sent:** Monday, March 16, 2020 3:12 PM  
**To:** Leslie Roach <[LeslieRoach@iusd.org](mailto:LeslieRoach@iusd.org)>  
**Subject:** NHS Update - March 16

Dear NHS Families,

Thank you for your continued patience and support during these unprecedented times. Here are a few updates.

Teachers are continuing work on their plans for distance learning. All teachers will be communicating with their students later this week, so keep checking emails. We have found that many students do not have current email addresses in Parent Portal. We are hoping collecting up to date emails for our students so that we can stay in contact. If your student does not have their own email, please provide us with an alternate email address (parent email would work) that they will continue to check regularly. If you have not provided an email address in Parent Portal, or are not sure, please fill out the attached [form](#).

If your student **does not** have access to a computer at home or you do not have internet access AND have not already let us know, please fill in this [survey](#), so that we can get you what you need. If you already filled out this survey previously and indicated that you need a device, you should have been sent an email with times for pick up.

### **Student Equipment Pickup for Arts Classes**

Instrumental Music: Instrument check out and pick up will be available tomorrow, Tuesday March 17, from 9:00 am until noon. Please email *both* Mr. Case ([bencase@iusd.org](mailto:bencase@iusd.org)) and Ms. Tavlarides ([whitneytavlarides@iusd.org](mailto:whitneytavlarides@iusd.org)) to arrange to check out an NHS instrument or to pick up your personal instrument or belonging.

Visual Arts: If you left any personal art supplies in room 503 please contact Ms. Rohrs ([kimrohrs@iusd.org](mailto:kimrohrs@iusd.org)) to arrange a time to pick up your supplies.

Video Production and NTV: To check out any video equipment please contact Mr. Sellwood ([stephensellwood@iusd.org](mailto:stephensellwood@iusd.org)) to arrange a time to check out equipment.

This is a stressful time for the whole community. Please click [here](#) for a tip sheet for coping with stress during such times. If you need additional mental health support while the school is closed, please consider the following resources on our NHS counseling [website](#). To find a student's counselor, please click [HERE](#).

As your student will be spending time at home over the next, we encourage you to develop structures at home during these next two weeks. It is important that as a family you identify a common and appropriate wake-up time, locate a designated area to do school work and maintain this structure to provide consistency and develop habits for a successful distance learning environment and experience. In addition, I recommend that you take advantage of this time as a family, play games, cook, take walks, and so on. While this was not a planned time, it is a good reminder how important playtime, downtime, and family time is in the development of all of our students. This [video](#) and [material](#) give you some research and ideas. Perhaps, this unplanned time will allow us all to start some new [traditions](#). Here are a few articles that might apply over the next few weeks. If you are interested in more articles and ideas, please visit our NHS Challenge Success [website](#) where you can find a variety of resources to support you student.

[Let Children Get Bored Again](#)

[Nurturing the Amazing Teen Brain](#)

[“How to Raise Successful kids” video](#)

The NHS Main Office hours for calls on Tuesday, March 17<sup>th</sup> from 8:00am-3:30pm. We will provide further information on Tuesday afternoon about the following two weeks. Please call the front office prior to coming to campus as the doors are locked and continue to monitor the [IUSD Updates](#) and [FAQs](#), which includes how to access lunch for our students.

Keep checking back for updates!

Sincerely,

Leslie Roach, Ed.D.

Principal