

**From:** Leslie Roach <LeslieRoach@iusd.org>  
**Sent:** Thursday, March 19, 2020 4:36 PM  
**Subject:** NHS Update - March 19

Dear NHS Community,

We have been working hard to update our communication to all parents and students. If you have not been receiving our daily emails updates, it is because we do not have the correct information for you. You can find all of our communication on our website under "[NHS Updates](#)" as well as important information about district and school resources. If you have missed the daily emails, check it out!

By now, your student should have heard from every teacher with learning opportunities for them to do. If you have not received information from each teacher, please email the teacher immediately. We are trying to assess whether we have correct contact info for all students. Please ask your student to access Canvas and check their email. If they have no received and email, please go on our website and fill out the form or click the link below.

As the week goes on, I am sure you are all looking for things to keep you occupied and some of the family dynamics may be starting to surface. My article for today is "[When Siblings Won't Stop Fighting](#)" which I have a feeling may be a good one for some of you! ☺ For more resources, see the bottom of my email or visit the NHS Challenge Success [website](#).

We continue to appreciate your flexibility #NHSbettertogether.

Sincerely,

Leslie Roach, Ed.D.

Principal

**Tips and Articles from previous communications:**

Tip sheet for coping with stress [here](#).

Playtime, downtime, and family [video](#) and [material](#)

Family [traditions](#).

[Nurturing the Amazing Teen Brain](#)

["How to Raise Successful kids" Video](#)

“[Happy Children do Chores](#)”

Find your safe space [video](#)

Visit our NHS Challenge Success [website](#) where you can find a variety of resources to support you student.

IUSD is committed to keeping you as up to date with accurate information as possible.  
[www.iusd.org/covid19](http://www.iusd.org/covid19)

### **Access to the internet – chromebooks – email addresses**

For those families that did not get a chance to pick up their school device today, please come to the front office tomorrow between **8am – 12pm**. If this time does not work for you, please contact Eric Keith at [erickeith@iusd.org](mailto:erickeith@iusd.org) to set up an alternate time. If you have not yet had a chance to let us know that your student needs a device, please fill out the following [survey](#) so that we can get one ready for you.

Due to high-demand across the country, we have very limited hotspots available to support families who do not have internet at home. Our [Support Center](#) has information on free and low-cost internet options for families. If these options will not work for your family, or if your family needs additional support, please complete the [Technology Access Form](#).

We have found that many students do not have current email addresses in Parent Portal. We are working on 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](#). We appreciate the many emails that we have collected since yesterday, but please continue to update us if you have not done so already.