

From: Leslie Roach [mailto:noreply@iusd.org]
Sent: Friday, March 27, 2020 4:21 PM
Subject: NHS Update - March 27

Dear NHS Community,

It is officially Spring Break! Our staff is turning off their computers for the week and we will be back in action on April 6th with our new schedule. Today, Quarter 3 grades have posted. Just a reminder, these are basically progress reports and will continue to change as the semester continues.

Post-Spring Break Schedule

The first round of assignments will be posted by 10 am for Math, Social Studies, CTE/Arts, and PE/Health/Athletics. Teachers will be posting office hours and pushing out assignments when we are back. For a reminder on the schedule see my message from yesterday in the [NHS Updates](#).

Over the next week, I would encourage you to sit with your student and talk to them about how they will organize themselves when we come back. Below is a sample schedule for your student.

Sample Weekly Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:30	Wake up, eat breakfast, take a shower, brush your teeth, don't be a gross teenager...	Wake up, eat breakfast, take a shower, brush your teeth, don't be a gross teenager...	Wake up, eat breakfast, take a shower, brush your teeth, don't be a gross teenager...	Wake up, eat breakfast, take a shower, brush your teeth, don't be a gross teenager...	Wake up, eat breakfast, take a shower, brush your teeth, don't be a gross teenager...
9:30-10:00	Check in with your teachers (Canvas, Google Classroom, Email) about when they are available or holding digital classrooms to ensure you're up to date on assignments and announcements				
	Assignments will be posted by 10 am from Math, Social Studies, CTE/Arts, and PE/Health	Assignments will be posted by 10 am from Science, English, and World Languages	Assignments will be posted by 10 am from Math, Social Studies, CTE/Arts, and PE/Health	Assignments will be posted by 10 am from Science, English, and World Languages	Use this time to check in with your family (elderly who are more isolated), friends, teachers and also to get caught up on any missing or late assignments, work on projects that are coming up.
10:00-11:30	Math	Science	Math	Science	
11:30-12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
12:30-2:00	PE/Health	English	PE/Health	English	
2:00-3:00	Get Outside/Move Around/Snack Break (respecting social distancing guidelines)	Get Outside/Move Around/Snack Break (respecting social distancing guidelines)	Get Outside/Move Around/Snack Break (respecting social distancing guidelines)	Get Outside/Move Around/Snack Break (respecting social distancing guidelines)	
3:00-4:30	CTE/Arts	World Languages	CTE/Arts	World Languages	
4:30-5:30	Break (Social Media, Computer, Netflix, etc.)	Break (Social Media, Computer, Netflix, etc.)	Break (Social Media, Computer, Netflix, etc.)	Break (Social Media, Computer, Netflix, etc.)	
5:30-7:00	Eat dinner, relax, enjoy time with your family	Eat dinner, relax, enjoy time with your family	Eat dinner, relax, enjoy time with your family	Eat dinner, relax, enjoy time with your family	
7:00-8:30	Social Studies	Relax, read, get ready for bed	Social Studies	Relax, read, get ready for bed	
8:30-9:30	Relax, read, get ready for bed		Relax, read, get ready for bed		
9:30-10:00	Go to bed!	Go to bed!	Go to bed!	Go to bed!	
	Reminder:	Reminder:	Reminder:	Reminder:	
	Work assigned today will be due by 8 PM on Tuesday.	Work assigned today will be due by 8 PM on Wednesday.	Work assigned today will be due by 8 PM on Thursday.	Work assigned today will be due by 8 PM on Friday.	

If you would like to edit your student's schedule in a spreadsheet, you can start with this one [here](#). I encourage you to have your student create one unique to their teacher's office hours. Also, students can use the calendar feature in Canvas to keep themselves organized. Please remind your student that the assignments pushed out will be graded and teachers will be expecting them to communicate with them regularly. We ask that students continue to work with their teachers if they need additional support or if they need special considerations.

Beginning April 6, Nutrition Services will provide free breakfasts and lunches to any IUSD student who needs them on **Monday, Wednesday and Friday** at the same locations and hours of service currently in place. The meals provided on Monday will include meals for Monday and Tuesday, meals provided on Wednesday will include meals for Wednesday and Thursday and there will be meals provided on Friday. Pick-ups for this new grab and go schedule will continue at the same locations listed below from 11 am to 1 pm. This change is being made to eliminate parent trips and to reduce exposure of students, parents and staff. **For more information about meals and updates from IUSD, visit [iusd.org/COVID19](https://www.iusd.org/COVID19).**

NTV

For all students who wish to interview to be a member of the 2020-2021 Broadcast/Advanced Film (NTV) class, please click on the link below and fill out the application. You can also put a link to your video on the bottom of the form. All applications are due by April 6th. Virtual interviews will be scheduled after the 6th. See this link:

https://docs.google.com/forms/d/e/1FAIpQLSfcrIHJ50RYPF_RYWkomCn_uXw9vDv7D1B-knhV53y9lkWbBw/viewform?vc=0&c=0&w=1

Community Support and Needs

This has been a time of great community need and I feel lucky to be in a place where we can support one another. Tomorrow, there will be a citywide Families Forward food collection event. IUSD has been collaborating with Families Forward to augment IUSD meals for families in need. In the last two weeks, IUSD has provided more than 52,000 meals for students. Over the Spring Break and for long-term food assistance needs, Families Forward will be providing non-perishable food and other items. Any donation of the following foods, no matter how big or small, will go a long way. This includes: Cereal, Pasta sauce and Dried Pasta, Rice (1lb and 2lb bags), Peanut butter, Canned chicken and tuna, Diapers (sizes 5 and 6), and Baby wipes.

This is a drive thru food COLLECTION event where families can safely donate food from the comfort of their cars. For more information, see the [attached image](#) or visit [families-forward.org](https://www.families-forward.org).

In addition, if you are still interested in honoring the memory of our own student Ali Gholamrezavi, please go to the [GoFundme](#) page.

Articles

I am guessing that many of you are ignoring my articles and hints each day. I might also. However, today, I would like to leave you with two, because you will have a week to read them. J Both are from [yourteenmag.com](#) which offers very short tips for parenting teens. I have for you “[6 Tips for Mandatory Family Bonding aka Shelter in Place](#)” and “[Coronavirus Quarantine Do’s and Don’ts for Teenagers](#).” These are short and have some good tips! It’s worth it! If you want to catch up on the other articles, visit our NHS Challenge Success [website](#) where you can find a variety of resources to support you student and your parents.

Okay, there have been lots of emails and updates. NHS is walking away from the computers for the next week and we will be back with you on April 6th. Enjoy the time and stay safe! #NHSbettertogether.

Sincerely,

Leslie Roach, Ed.D.

Principal

For past emails and information: [NHS Updates](#)

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](#)

[Seven myths about what it takes to raise successful adults](#)

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

[When Siblings Won't Stop Fighting](#)

[Happy Children do Chores](#)

Find your safe space [video](#)

Teen talk on this unprecedented times [here](#)

[Keep Calm and Parent On](#) blog

Tip: Think of 5 things you are grateful for while washing your hands. This builds in the hygiene as well as gratitude!

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

Access to the Internet – Chromebooks – Email addresses

For those families that did not get a chance to pick up their school device today, please contact Eric Keith at erickeith@iusd.org to set up an alternate time.

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](#).