

From: Leslie Roach <noreply@iusd.org>
Sent: Sunday, April 5, 2020 8:00 AM
Subject: NHS Update - April 5

Dear NHS Community,

Welcome back from Spring Break! Tomorrow we start Distance Learning... for grades! It is time to get back on a school schedule for our students, especially knowing this is the reality for the rest of this school year. Once again, if you are looking for a sample schedule to start here, click [here](#). Just a reminder for students, the first round of lessons will posted Monday! Remember, lessons (including assignments) will come out at 10 am each day by department. Assignments from that posting will be due the next day at 8 pm unless otherwise indicated by your teacher.

Lesson Schedule:

Monday - Math, Social Studies, CTE/Arts, and PE/Health/Athletics

Tuesday - Science, English, and World Languages

Wednesday - Math, Social Studies, CTE/Arts, and PE/Health/Athletics

Thursday - Science, English, and World Languages

If you are looking for some extra help, please reach out to your teacher. Also, all teacher office hours will be posted on our website in the [staff directory](#). Once again, I remind you that students will be held accountable for their work. If your student needs extra support, please remember that Northwood continues to have a relationship with Paper (formerly GradeSlam). This is an online tutoring service available to all students on most subjects 24 hours a day. Students can access this service their class Canvas pages. As always, please have them communicate with their teachers directly if they need more support or special consideration. We are here to help!

NTV

NTV is back... from home! For the first “quarantine” episode of NHS, click [here](#).

The class will continue to put out shows until the end of the year. Please let me know if you have any ideas for segments that the class can do while in isolation. Enjoy the show! Remember applications for the 2020-2021 Broadcast/Advanced Film (NTV) class are due by April 6th.

Food Support

Beginning Monday, 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.**

Community Support and Needs

So many of our students and families have been doing what they can to support the community. One family has been busy making masks to donate. Others, have been encouraging those around them, doing extra chores around the house, and reaching out to others.

Families Forward continues to provide meals for families at a record rate. They are in desperate need to donations. In-person donations may be dropped off during our drive-thru service hours Mon-Fri, 10am-2pm or you can purchase any brand or quantity of our most needed food pantry items at online retailers such as Amazon, Costco, Wal-Mart, Target or Boxed.com and have items shipped directly to the Program Center at 8 Thomas, Irvine, CA 92618. For more information, visit families-forward.org. If you have extras from your trips to Costco or can pick a few things up while you are out, any help would be appreciated.

In addition, if you are still interested in honoring the memory of our own student Ali Gholamrezavi, please visit the [GoFundme](https://www.gofundme.com/c/ali-gholamrezavi) page.

Supporting your Student

As we get back into our school schedule (even from home), I encourage you to continue to monitor your students sleep. I know that you have heard me say it many times, but 8 – 10 hours a night is what teenagers need to develop a healthy brain. This is a great time to create new habits for your student that will be healthier in the long term. Many of you have been battling with your student over sleep for years. Today's article is "[When Your 200-Month-Old Can't Sleep Through the Night](#)" shares a variety of reasons why teenagers struggle with sleep. During this time, it is easy to let routines like sleep go because there is so much time that is not structured. Good routines, like when possible not using technology in bed, leaving phones out of the bedroom at night, might be more critical during these times. 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. So many on sleep!

Starting Monday our weekly bulletin will be back! You can stay up to date with the happenings of school life! The news of school being out and Distance Learning being on for the rest of the year, has brought a variety of emotions and challenges. I can assure you all that the staff is working hard to ensure that we continue to celebrate each typical events together in any way that we can. More to come as we know more! #NHSbettertogether

Sincerely,

Leslie Roach, Ed.D.

Principal

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

Tips and Articles from previous communications:

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

[Family traditions](#)

[6 Tips for Mandatory Family Bonding aka Shelter in Place](#)

[Coronavirus Quarantine Do's and Don'ts for Teenagers](#)

[Nurturing the Amazing Teen Brain](#)

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

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

[Happy Children do Chores](#)

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

[Find your safe space video](#)

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

[Keep Calm and Parent On](#) blog

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 ericeith@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](#).