

From: Leslie Roach <noreply@iusd.org>
Sent: Tuesday, March 17, 2020 5:05 PM
To: Leslie Roach <LeslieRoach@iusd.org>
Subject: NHS Update - March 17

Dear NHS Community,

Over the last two days we've worked hard to prepare to continue your student's learning through Spring Break. Below are some notes, tips and reminders that I ask all families review as we enter this unusual time. I recognize this is a long email but it is intended to provide as much clarity as we have for the time being.

DISTANCE LEARNING SCHEDULE

Distance Learning Opportunities are designed to engage students in the content and will primarily be enrichment and review in nature. The goal at this point is to help make the transition back to school be as smooth as possible for students. By keeping up with what the teachers are sending out, students will stay sharp and ready to reenter when school opens.

Each teacher will be pushing out learning opportunities to students via Canvas, email, or google classroom by **Wednesday at noon**. If, for some reason, your student does not hear from each teacher, please email the teacher directly to troubleshoot.

The NHS teaching staff will be accessible via email during typical school hours [8:00 am – 3:00 pm] throughout this time. Some teachers are also actively designing online chat, collaboration, and meeting tools to allow students additional forums to discuss and get support for their distance learning opportunities.

Additionally, the Irvine Unified School District continues to offer free access to the online tutoring service, GradeSlam. This tool is accessible through each course's Canvas page or at <https://gradeslam.org/> using their typical login information. This service provides free 24 hour online support from live tutors in almost every subject, including support for mathematics and feedback on writing samples.

ACCESS TO THE INTERNET-CHROMEBOOKS

For those families that did not get a chance to pick up their school device today, the NHS Media Center will be open on **Wednesday, March 18** from **7am – 12pm**. Please stop by if possible. If this time does not work for you, please contact Eric Keith at 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](#).

STUDENT AND FAMILY SCHEDULE

While we realize that this is a highly unusual and stressful time, we also know that structure, routines, and a focus on learning can support our students' mental health and give purpose to the next few weeks. As your student will be spending time at home over the next few weeks, we encourage you to develop structures at home. Chores may be a new habit that can be healthy for your student and provide them with some structure. See this article for ideas and reasons why "[Happy Children do Chores](#)."

Here is an example of what a schedule might look like!

Before 9 am	Wake-up	Eat breakfast, make your bed, get dressed, put pajamas in laundry
9 – 10 am	Morning Walk	Family walk with dog or yoga if raining
10 – noon	Academic Time	Electronics okay: Check in on NHS Learning Opportunities for the day, iPad games, educational Apps if time
Noon	Lunch	
12:30	Chores	Wipe tables and chair, door handles, light switches, bathroom sinks. See article on chores.
1-2 pm	Creative Time	Drawing, crafting, playing music, cooking, get back to the old Legos
2 – 3:30 pm	Quiet Time	Reading, puzzles, nap time
3:30 – 5 pm	Academic Time	No Electronics: Sudoku, books, flash cards, study guides, NHS work that does not require tech
5 – 6 pm	Afternoon Fresh Air	Bikes, scooters, walk dog, play outside, fly a kite
6 – 7 pm	Dinner	
7 – 9 pm	Free Electronic Time	TV, Netflix, social media, family movie time, but also TAKE A SHOWER
9 pm	Bed Time	All kids!
10 pm	Bed Time	For kids who did what they were supposed to!

*Adapted from Jessica McHale Photography

- Identify a quiet location in your home for your student to work

- Identify times for healthy breaks, including snacks, exercise and talking to family about their feelings
- Check in with your student at the end of the day to monitor their progress

UPDATES AND COMMUNICATION

This situation is continually evolving and changing daily. While we have plans to provide distance learning opportunities through Spring Break, we are waiting on guidance from the state and county prior to planning further. Please continue to check your emails daily for updates or changes to this plan, and refer to www.iusd.org/covid19 for the latest updates on how the COVID-19 virus is affecting our schools.

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.

UPDATE ON STUDENT SUPPORT

Again, this is a stressful time for the whole community. Reminder of tips I have sent are bottom of this email. Counselors will continue to be available to check in with students through the next two weeks. Feel free to reach out to them for support and they can set up appointments. To find a student's counselor, please click [HERE](#).

I will continue to send out 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 and see the ongoing list at the bottom of this email.

Thank you again for the support, flexibility and patience you continue to show us during this difficult time.

Sincerely,

Leslie Roach, Ed.D.

Principal

Tips and Articles from previous communications:

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

If you need additional mental health support while the school is closed, please consider the following resources on our NHS counseling [website](#).

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

Perhaps, this unplanned time will allow us all to start some new [traditions](#).

[Nurturing the Amazing Teen Brain](#)

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

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