

From: Leslie Roach [mailto:LeslieRoach@iusd.org]
Sent: Wednesday, March 18, 2020 3:59 PM
To: Leslie Roach <LeslieRoach@iusd.org>
Subject: NHS Update - March 18

Dear NHS Community,

Today we kicked off our Distance Learning Plan! Throughout the afternoon, we are seeing kids checking in with teachers and engaging in a variety of activities! If your student did not hear from each of their teachers today, please have them email the teacher directly (all emails are on the NHS [website](#)). If you do not hear back, please let me know.

Just a reminder, teachers have created Distance Learning Opportunities to engage students in the content. These 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. In addition, our hope is to work through any barriers for our students in the event that we are asked to continue the distance-learning model for a longer period of time. If this becomes a reality and we make that transition after Spring Break, students will be expected to engage in a more structured manner. Our hope is that in the next two weeks, we can work through the issues that would preclude this. If your student does not have a Chromebook, you have limited access to internet, or your student does not have an update email address in our system, please see the bottom of this email for what to do.

The NHS staff has a strong commitment to keeping your students connected to us! They will continue to reach out to you and your student to ensure they are able to make progress and are doing okay.

I can imagine that being at home with all your kids and family during this unplanned time, might create a variety of complications and issues. I am hoping to continue to provide a wide variety of articles and resources to make this transition as positive as possible. I am also thinking some of you may even have a bit more time to read them. As today was the first day of Distance Learning in IUSD, perhaps you or your child might need a little calming effect. Here is a short [video](#) to help you center a little. For more resources, see the bottom of my email or visit the NHS Challenge Success [website](#).

As many of you know, the governor and other government officials continue to update the community on expectations and current news. IUSD is committed to keeping you as up to date with accurate information as possible. 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.

I appreciate the support and flexibility of our entire community. It is during unsettling times that I really appreciate the NHS community who has really embraced #NHSbettertogether.

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](#)

[“Happy Children do Chores”](#)

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

Access to the internet – chromebooks – email addresses

For those families that did not get a chance to pick up their school device today, the NHS Media Center will be open on **Thursday, March 19** from **7am – 12pm**. 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](#).

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.