

MARCH 14, 2020 E-HOME SCHOOLING BROADCAST FROM DR.
GRAUER

Good afternoon, Grauer School families. Maybe We're in for a stormy seas and today even some rainy clouds, but there will be an end to it. Meanwhile,

Both at this past Thursday's Grauer Foundation board of trustees meeting and at Grauer English department chair Christina Burress's workshop on advanced Zoom casting on Friday, the topic of silverlinings came up.

The first silverlining I keep noticing is inspiration. Our faculty has quickly and fearlessly jumped into this new phase with phenomenal energy and inspiration. Every single teacher and staff member at Grauer is ramping up their own personal and professional technological bandwidth in a flurry of innovation and excitement I have not seen since those wild days when we moved on to our permanent campus, or even since the original founding days of the school. In fact, our faculty and staff and leadership are re-founding the school, a virtual school for now, but also a series of enhancements on to the existing school. This is Grauer 2.0, or is it 3.0 or 7.0 ... without missing a beat in your child's full course of study, we are rolling out something special for you. And when we are back in clear skies and on our campus again, we'll be at a new level, with new skillsets and new kinds of relationships.

One of those skillset sis likely to be online and virtual communications, and to that end, in addition to the helpful information I hope to convey, this broadcast is a chance to see if we can successfully reach all our families

through MP4 casts. An extra valuable skillset for our students is to check their emails daily—would you all help with that? Some teachers have already been sending out e-learning plans and there will surely be more.

Right now, These are days of social distancing, and for all the fears and legitimate suffering of some people, this does not just mean technology. It also means reclaiming of some sweet things, like time to create and read and cook healthy meals and see some documentaries we've been meaning to see.

I hope all of you are settling into some kind of family routine, perhaps a new normal for a while.

As you know, San Diego schools and schools across California are closing down and the purpose of this is to keep all of us within our school communities healthy and safe but to also help the common good by social distancing and limiting community spread of the coronavirus, especially to those most vulnerable. I think it is a positive to have conversations with your children on how we are all part of the solution to this, and how we all have a part to play.

School leaders are charged with reminding our communities of basic guidelines that we all should be practicing, so I will mention 2:

1. Enhanced Hygiene: Washing hands frequently, avoiding hand to hand contact with others, sneezing/coughing into a facial tissue (or elbow), and using hand sanitizer after being in a public place. Let's also use hand sanitizer

after handling money and credit cards, and do not share your cell phone with others.

2. Regarding Social Distancing & Social Gathering: Based on guidance from the SD County and California State Health Departments, WHO, and the CDC, COVID-19 spreads mostly by close contact with people expelling droplets through coughing/sneezing, or by hands that have been to the mouth or nose and then to surfaces, or another person's hand or face. The capacity to manage social distancing and social hygiene is highest in adults and lowest in young children. This fact coupled with the fact that children can carry COVID-19 and have very mild symptoms is why schools and after school activities are closing.

Some parents are choosing to keep their families close during these first few days, which is fine. Everyone should avoid large groups and big social gatherings. The State of California has mandated no gatherings over 250 people; that's still a very large group of people we don't know. Common sense guidance for adults is to keep social clusters to a reasonable number and avoid contact with people who may be sick.

The number of children who should gather for activities or play dates should get smaller with age. Authorities don't recommend middle and high school children gathering in groups larger than 4-8. For your no-symptom young children, who have the least capacity for managing personal space and hygiene, play or babysitting groups no larger than 2-4 are recommended.

In The Grauer School way, use the outdoors as much as possible for social gatherings. If you need to use the school field or hardcourt, let us know; it could be possible even though the buildings might be locked.

Apparently, COVID-19 testing is beginning to become more readily available, and we should all advocate to our doctors if we are concerned about symptoms or a clear exposure. According to Scripps Hospitals, patients with fever and/or respiratory symptoms should call the dedicated phone line for your hospital first before coming in. Patients should not just walk in.

Apparently, at least at Scripps, a provider meets the person in their vehicle, provides them with a mask and performs the testing and evaluation while they stay in the car.

Maintaining our Mental Health: Anytime there is a significant event like this it can be particularly daunting to children. Many have had nearly all of their social connections ripped away: school, sports teams, after school activities, hanging out with friends. They are likely reading stress in their parents' eyes and in the faces other adults who are significant in their lives. And they also may be watching/listening to too much news—let's all make a pact not to obsess with news. Yesterday I received over 100 emails about COVID-19. I don't need to open them all. Let's maintain a calm, particularly around our children, and find safe and non-anxious ways to connect with them. It's a challenging time for adults as well. The news about financial markets, challenges with our own work, and maintaining as much normalcy with our family's schedule and life can feel daunting. Self-care is very important for each of us right now.

It is important to focus on the joyful things in your lives and find ways to play as a family together. Board games could make a big comeback! Perhaps use Facetime to have kids and families link up for a games or crafts or dance day. Watch some funny movies; read some good books; take a nature hike; plant a family garden. This is an opportunity to rediscover some of those things in life we may have been moving too fast to enjoy.

Maybe this is an opportunity for our older students to think about our foodbanks or our elderly or those needing child care or educational mentoring. There are no shortage of compassionate leadership opportunities.

At school, The Grauer Staff has been hard at work these past days, preparing for our transition. During these ramp up days, we are having the entire campus hospital-grade cleaned and sanitized. All teachers have been preparing for resuming teaching and learning next Wednesday, on our regular schedule.

Monday we have a half day of shortened classes so students can check their online connectivity with each of their teachers and pick up all their books and supplies. We'll divide those classes up into socially distanced groups.

If you are uneasy, unwell, unable to physically enter the buildings to pick up materials, just call us and we'll bring things out to you in the parking lot, no problem.

No parents or students will be allowed on campus on Monday afternoon, and until further notice.

If you need anything after Monday, call or email for an appointment—we're here for you. We know you'll have questions. We'll be here.

Families will need to have an internet-connected device to use with their child, so thank you for responding to our checks on this last week. As you know by now, The device should have a camera and built-in microphone for video conferencing and recording. If you are seeing this broadcast, you're in good shape. If you do find yourself without access to a suitable device or internet connection please call us or email. We're increasing our capacity for conveying files and Google Docs to students online, so make sure you have cloud or hard drive storage.

Take some time Tuesday afternoon and evening to get acquainted with your materials, make sure devices are charged up, etc. Let Liam or Peggy know if there are any issues or questions.

Next Wednesday, March 18: Distance Learning officially begins and we are calling it The Grauer e-Home school. Initial online connection and learning will take place. Please don't worry about details too much...

You will receive plenty of details from your classroom teachers and other school leaders. We will be delivering Distance Learning in two basic types: Type one is the academic program all students are expected to engage in daily with their teachers.

Type two will be optional activities such as this broadcast, or through continuing newsletters, blogposts, counselling notes, links, suggestions, ideas, prompts and challenges that we encourage students to dabble in based on their

interests. I am tentatively planning a livestream message to all families, stay tuned for the time of that.

With the combination of no school and rain this week with limited indoor activities, I have a great appreciation for all of you, and believe that the new normal will kick in soon.

I also know we have some families that may be significantly impacted by complications of various kinds. I know some of you may still need to go into work and need childcare support. The school cannot assist with those, but we want to hear how you are adapting out there, and sharing that—sharing all our resources is a good role for the school; We are already learning about shared school parenting arrangements, and gathering houses, and student mentoring.

Some of you are already looking for ways to connect with each other in your classes, creating digital buddy groups and parent support resources. You can use the GradeScape contact lists for this purpose. Just keep in mind that it's best to offer an "opt-in" option when reaching out, and make a smaller email thread with those who choose to be a part of this. Many among us are ending up on too many lists these days.

A lot of the lists are telling us about things that are cancelled: there is going to be loneliness—if someone might be marginalized or lonely—maybe this is our shared responsibility. Please think about inclusivity carefully. I hope we can look after one another. And Tell us if you feel left out.

You can reach out directly to me or Dana or anyone at Grauer with any questions or concerns about anything related to the school closure or

managing information from the school about the coronavirus. If you have any questions about reaching out to your fellow families, please contact info@grauerschool.com.

We have a variety of connections and resources in our Grauer community that could help you.

If you have ordered Ki's Lunches, you will receive 100% credit for all meals canceled starting Tuesday, March 17. You don't even need to do anything, they have done this for you.

Please be on the lookout for those in need and assist them if you can. The silver lining is that we have a chance to act together, show grace and generosity, and become a stronger community.

I encourage you to take this weekend at home with your families to reconnect and get ready for the week ahead. We will be back in touch with messages on Monday unless any situations change prior to then.

Have a nice and restful weekend,

Photo: Dr. Grauer (right), Gardening with his class, 1982, Bern, Switzerland

