



A NOTE FROM THE MIDDLE SCHOOL OFFICE

Dear Middle School Parents,

Spring Break is upon us and it is certainly an unusual one. I am working through my quarantine period and will be free to rejoin society on April 2. I am really looking forward to seeing the world outside my apartment again. Thankfully, it is time for a break, and I think it is coming at just the right time. EVERYONE needs a rest! Please be sure to actually take a break from online learning and try to de-stress for a while. We've all been under a lot of pressure over the past 8 weeks and if we don't take this time to recharge, we may not have the energy to make it across the finish line. The work our entire community has done thus far has been truly remarkable and I am certain we will see this through to a successful conclusion, whatever that looks like. All right, news this week:

Return to School – We do not yet have a date set for a return to our campuses but we are already busy developing a structure for this, and the Principals at Science Park are discussing various models for starting school with very limited personnel. We believe we can create a framework that will be functional in this unique environment and can maximize the resources available to us to accomplish this goal. At present, we anticipate 130-160 MS student will return when we re-open.

Progress Report – We believe that with the extended online learning period stretching into 9 weeks now, it is important for parents and students to receive some feedback. Although we will not be issuing our standard progress report, we have been working with Veracross to develop a scaled-down version that should be ready within the next two weeks. We hope to be able to communicate this feedback to you by mid-April and seem to be on track to be able to do so.

From Ms. DeMers – After 8 weeks of stress related to the virus, we may be feeling overwhelmed, fatigued, etc. so I want to share a few potentially helpful resources I've come across, specifically designed for educators, but relevant to all adults really. Some of the content you've likely seen before, but perhaps there's some advice, suggestions, ideas, etc. that will be new to you.

1. [Care for Your Coronavirus Anxiety: Resources for anxiety and your mental health in a global climate of uncertainty.](#)

2. [SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19: Adult Self-Care Resources](#)

3. [Please Don't be Guilted Into Being More Productive During the Coronavirus. Let's Be More Gentle With Ourselves.](#)

All right parents. Do your best to enjoy the upcoming break from online learning. Get some rest and recharge because we've still got some distance to go before we can claim victory. Stay positive!

Regards,

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