

FROM THE PRINCIPAL

Thank you for what you are doing in this unprecedented time due to the coronavirus and COVID-19. Each of us plays a role in ensuring best practices as related to hand-washing, social distancing, and any other possible ways to minimize the spread of the virus. Our thoughts and prayers go out to all of our Warrior families - past, present and future. We know that school is a preeminent fixture in the lives of our students, their parents, and the great communities that we live in. It is difficult to face the sudden loss of our daily routines, including school.

As we move closer to the realities of distance learning, we want to provide some additional information and clarity following the [letter sent by District 197](#). Every one of us has been presented with new challenges, new ways of being, and opportunities to learn something new.

We have been vigorously working as a school to plan and prepare for distance learning. There are many aspects that are new for students, teachers, staff, and parents. We may need to make some adjustments as we go. In all of this change and transition to “high tech,” we strive to increase the connectedness of our students to our caring staff at HSHS. On Wednesdays, as you can read below, we will be reaching out to every one of our students for a direct check-in. We want them to know that we care about them and want them to feel supported.

We are a strong community. We will get through this together!

Timelines for the opening of school again are unknown. We are continuing to follow orders from the Governor, and guidelines from the Minnesota Departments of Health and Education. We will continue to follow the Minnesota State High School League guidance, and other governing bodies related to us. We will communicate any changes with all of you as soon as we know more. We look forward to being with you again in the near future.

Remember, we ARE Warriors.



Ron Monson

Principal ~ Henry Sibley High School

STUDENT CHECK-INS. As noted, your student will be following a “block” schedule during our time in Distance Learning. On Wednesdays, staff will spend the day contacting students about their progress in their classes, inquiring about missing assignments, and conducting general well-being checks. Each student will have a primary staff member designated for this communication. You will be receiving a call from your child’s staff contact before very soon. This staff member will ask you specific questions about your child that will help us best prepare for their distance learning ahead, including asking permission for you to share your child’s personal phone contact information for staff use only if web connection and video conferencing is not available for these contact points. Please make sure your child is monitoring their school gmail account regularly.

STUDENT MATERIAL PICK UP DAY. For students whose distance learning experience will not include online access, we will have materials available for pick up on Thursday, March 26 from 4-6:00 pm and Friday, March 27 from 7:45-3:00 pm. The packet of materials will be available at the main entrance to the school. The rest of the building is not open to the public at this time.

Planning Window	Distribution	Instruction Window
March 17 - 26	March 26 & 27	April 6 - 17
April 6 - 16	April 17	April 20 - May 1
April 20 - 30	May 1	May 4 - 16

DISTANCE LEARNING WEBINAR. The district will be hosting a webinar on Thursday, March 26 at 12:00PM, which families can join via video or phone. The

webinar is not required but will give families an opportunity to review this information with district staff members.

- To join the video meeting, click this link: <https://meet.google.com/fde-cdyh-qtv>
- Join by phone, dial (321) 529-7650 and enter this PIN: 292 392 074#

The webinar will be recorded and posted to the district website with Spanish subtitles within 24 hours.

FREE RESOURCES FOR MANAGING STRESS & ANXIETY. In response to the COVID-19 pandemic, EmpowerU is offering free resources to help people manage their anxious thoughts and emotions. These tools are helpful for all ages, whether you are dealing with anxiety due to the virus itself, sadness because of school or sports cancellations, or despair due to financial fear.

We have compiled a video playlist with corresponding resources for self-care that are easy to complete in just 15 minutes. [Access the video playlist here.](#) Below are corresponding resources/activities to go with each video. Some resources are in Google docs so you can save them to your computer and customize for your own use.

1. Video 1 – Controlling your thoughts/emotions: Learn how to calm big emotions and get your logical brain back in action with this [downloadable resource on reactive strategies.](#)
2. Videos 2 & 3 – Processing your big uncontrollable stressors: Once your logical brain is back working, use a "Radical Acceptance Journal" to help you process your emotions around big, uncontrollable stressors. Download the [worksheet here.](#)
3. Video 4 – Attending and managing your daily stress: Attending to and managing your daily stressors helps you stay mentally strong. Pick one new strategy from the attached list to commit to build mental health. [Download the resource.](#)

If you need or want more strategies to navigate your anxiety during these uncertain times, EmpowerU is offering discounts on more intensive, 12-lesson courses that include daily embedded coaching with a trained instructor. [More information available here.](#)

COVID-19 AND VAPING RISK. COVID-19 has rapidly spread throughout the world and though there is some confusion about the details of the disease and its

spread, one thing is certain: there are populations within the United States that are particularly vulnerable. Among these vulnerable populations, reports the National Institutes on Health and National Institute on Drug Abuse (NIDA), are individuals who smoke or vape marijuana, or have a history of smoking or vaping marijuana.

Underlying respiratory issues are a serious risk factor for negative outcomes from COVID-19. [NIDA reports](#) that "Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape."

If you have any questions or concerns about vaping or any other chemical health issues, please connect with Ann Lindberg, our Chemical Health Coordinator, at ann.lindberg@isd197.org.