



MAINE CENTRAL INSTITUTE

Office of the Head of School

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August 7, 2020

2020 Fall Planning – weekly class schedule, COVID mental health resources

Dear MCI Families and Students,

I share with you two items here. First is an outline of our weekly schedule and when students will be on campus or/and at home. Second is a list of resources with descriptions to help individuals and families navigate the emotional and social strains caused by this pandemic. I hope you find it useful, and I thank our school counselor, Mrs. Macie Batchelder, for creating this. Please feel free to contact her at mbatchelder@mci-school.org if you have any questions or need further information.

Thank you to our Academic Dean for leading a committed group of teachers as they worked diligently to prepare for the opening of this school year. Based upon the guidelines from the state of Maine and networking with our peer schools, the following schedule will be implemented.

We will open with a hybrid model AA||BB. What this means:

- On Monday and Tuesday, Group A will attend classes on campus in person, and Group B will attend live remote class from home via Google Meets.
- On Thursday and Friday, Group B will attend classes on campus in person, and Group A will attend live remote class from home via Google Meets.
- Wednesday will be a remote day for all students except SCTC students who have a CTE class that day. Wednesdays are “individualized learning” days where students can meet with teachers in-person or on-line by appointment during specified office hours.

More information will be forthcoming and shall contain exact times for each class, a full calendar, and information about other activities. We are awaiting the specific start and end times for the academic school day as this is based upon the transportation schedule of MSAD 53. Hopefully, this shall be completed by the end of next week. Once that information is released, parents will be able to choose to "opt out" of in-person learning for their student through the details and best practices regarding safety.


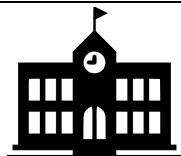
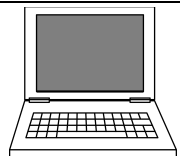

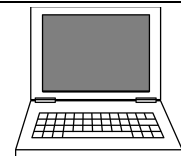
Together, we will do the best we can to create a healthy learning environment for all of our employees and students. Thanks again for your support and teamwork.

Warm Regards,

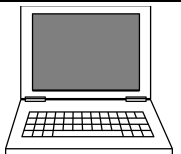
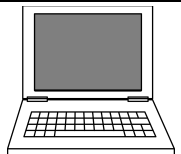
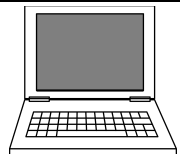
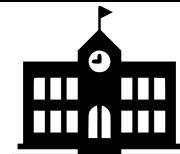
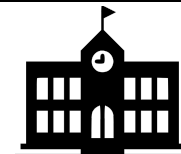
Christopher M. McDonald
Head of School

Hybrid Remote for MCI

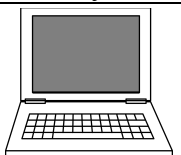
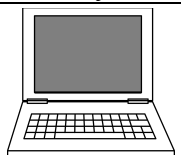
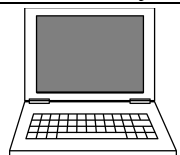
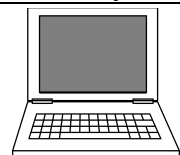
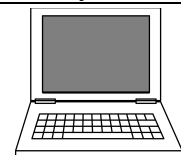
Group A:

Monday	Tuesday	Wednesday	Thursday	Friday
				

Group B:

Monday	Tuesday	Wednesday	Thursday	Friday
				



Group C: Parent Option

Monday	Tuesday	Wednesday	Thursday	Friday
				

Updates:

Students will join live, regularly scheduled classes via Google Meets on their “Learn from Home” days. Wednesdays are “individualized learning” days where students can meet with teachers in-person or on-line by appointment during specified office hours.

More detailed information will be shared in the next couple of weeks regarding bell schedules, class schedules, remote learning expectations, and student Group assignments. A survey will be sent to families to “opt out “ of in-person classes (Group C) once detailed information is released.

	
In person classes at MCI	Learn from Home

COVID-19 Resources for Students, Parents and the MCI Community

Statewide Crisis Number for Maine 1-888-568-1112

Resources for Students & Parents

NAMI Maine Teen Text Support Line: Lots of things are different right now due to COVID-19, and that can feel overwhelming. Talk about your feelings and get support from another young person.

<https://www.namimaine.org/page/teentextline>

Suicide Prevention APP for students: MY3 App lets you stay connected when you are having thoughts of suicide

<https://my3app.org/>

Suicide and Depression Awareness for Students: Youth friendly website designed by medical experts providing facts, treatment, and resources if you are struggling with suicide thoughts or depression

<https://www.learnpsychology.org/suicide-depression-student-guidebook/>

Tips to Help Teens Cope During COVID: Tips to help teens cope during COVID

<https://www.mentalhealthfirstaid.org/2020/>

Find a Therapist in Maine: Looking for a Therapist? Find one near you!

<https://www.sweetser.org/affiliate/>

Fact Sheets: Youth friendly fact sheets

- Anxiety [Anxiety-Disorders-FS.pdf](#)
- Depression [Depression-FS.pdf](#)
- Post Traumatic Stress Disorder [PTSD-FS.pdf](#)

Acadia CARES: Youth friendly video clips, great for parents too!

- Youth Suicide Prevention [Acadia-CARES/Youth-Suicide](#)
- Anxiety Disorder [Acadia-CARES/Anxiety](#)
- LGBTQ+ [Acadia-CARES/Youth-LGBTQ](#)
- Resiliency [Acadia-CARES/Youth-Resiliency](#)

Five Things You Should Know About Stress: Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

<https://infocenter.nimh.nih.gov/pubstatic/19-MH-8109/19-MH-8109.pdf>

Resources for MCI Community

National Suicide Prevention Lifeline: If you are struggling with thoughts of suicide please visit [here](https://suicidepreventionlifeline.org/)

<https://suicidepreventionlifeline.org/>

Emergency Shelters: A list of emergency shelters by county

<https://www.mainehousing.org/programs-services/>

Maine Grief Support: Maine grief support centers by county

<https://www.maine.gov/suicide/docs/Survivor-Kit/GriefSupportCentersList.pdf>

Find a Therapist in Maine: Looking for a Therapist? Find one near you!

<https://www.sweetser.org/affiliate/>

Mental Health Self-Assessment: Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

<https://screening.mhanational.org/screening-tools>

Taking Care of Your Emotional Health: This article from the CDC provides strategies to cope with your emotional health during the pandemic

<https://emergency.cdc.gov/coping/selfcare.asp>

Parent/Caregiver Guide to Helping Families Cope with COVID-19: This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.

<https://www.nctsn.org/>

Tips to Reduce Your Stress and Anxiety: Simple tasks you can do to reduce feelings of stress and anxiety

<https://store.samhsa.gov>

