



CANISIUS HIGH SCHOOL

JESUIT PREPARATION *for* COLLEGE...FOR LIFE

March 9, 2021

Dear Parents and Guardians,

I hope that you and your loved ones are doing well as we start to witness these hints of spring.

It was one year ago this week that Erie County was blasted by the Covid-19 pandemic. That Friday, Mr. Coppola told students to make sure that they took all of their belongings home with them, not knowing that we would never be able to come back into the building for the rest of the school year.

Though we did a very fine job of moving to online learning, it was not without its struggles. We were always convinced that, if at all possible, we needed to return to school full-time and in-person come September. With a great deal of work, planning, and preparation throughout the summer, we did it – unlike so many other schools throughout the country. It has taken sacrifice for all of us – from students to teachers to parents – to allow us to continue throughout this year.

So much is coming out about the effects of all of the separation because of masking and distancing on mental health. In an effort to do something about it, we will have our House Games on Thursday for some fun and socialization. This event has been totally planned and will be run by our student House leadership.

In addition, I asked students and teachers to do two things:

1. to shut down their phones and iPads for a day and get outside and walk, shoot some baskets, run, hike, ride a bicycle – to do something good and healthy for themselves – something physical.
2. to show an act of kindness or expression of gratitude to someone.

Lastly, I gave the students the day off on Friday (March 12) to do these two things. It has been a long and restrictive year for all of us. Please encourage them to do the two things I recommended. It is so much healthier than sleeping in and then playing computer games for hours.

I hope that you – and they – enjoy the extended weekend.

Respectfully,

Andrea Tyrpak-Endres
Principal