



Copeland Middle School is a collaborative community, where all stakeholders work in solidarity, thus creating an environment of mutual-respect, trust, and responsibility while empowering all individuals to be their authentic selves.

Parents, Guardian, and Students,

I hope everyone has a great weekend! I want to start by saying how proud I am of all of our students for how well they have navigated the ups and downs of this school year. The most difficult thing for me is not having all of them here. School has always been my perfect escape. I look forward to a time when everyone is back at Copeland learning, having fun, playing Ping Pong and so many other things. Until that time, I will continue to do everything I can to make this time fun, educational, and meaningful. Please take some time this weekend to express gratitude to all of the staff for working so hard to educate and connect with our kids.

Next week the CMS schedule will change to the fully [virtual schedule](#) previously shared with you. Please keep in mind that Monday, Tuesday, Thursday, and Friday are live class days. Meaning, students must log into their Google Meetings with minds and cameras on. On Wednesdays students will not participate in whole-class Google Meets. Instead, teachers will post their lessons to his/her Google Classrooms with clear instructions and expectations. Additionally, teachers will be contacting students to set up meeting times for small group instruction. Please be sure that your child is checking and reading his/her emails. Lastly, we have incorporated a five minute brain/movement break at the end of each period. I am asking that students use this time to reset their intentions, mind, and body. Also, there is the option for students to send in pictures of themselves engaging in these activities. Some of these pictures will be used for the CMS Yearbook.

The new virtual schedule is being put in place to further support our students' and staffs' mental health and wellness, as well as to maximize instructional time. This is reflected by the [five minute brain and movement breaks](#) built in at the end of each period and the instructional periods moving from 30 to 35 minutes. A key point of the schedule is asynchronous (not live) days on Wednesdays. The expectation is that teachers will post lessons that can be done at any point during the day. In addition, teachers will use this time to meet with individual and small groups of students. Teachers will reach out to those students directly. Additionally, I am asking that the parents and/or students reach out to the teachers if they would like to participate in additional sessions or need assistance. As always, our counselors and child study team members will run group and individual sessions for students, and are always available via email. Please do not hesitate to reach out if you are in need of assistance. Our entire staff is committed to the social, emotional, and academic needs of your children.

If you have not yet picked up your child's pictures, there will be an additional pickup day on Wednesday, 12/16 from 9-3 at Copeland.

We have H.E.A.R.T.  Honesty. Empathy. Acceptance. Respect. Trust.



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Have a great weekend!

Best,

Alfonso A. Gonnella

Alfonso A. Gonnella
Principal
Copeland Middle School

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