

Hello North Crawford Students,

We are moving into a world which we have not seen in our lifetimes and it can be overwhelming to think about for all of us. We are going to be living, educating, working and interacting in ways which we have never had to before. **Our responsibility to take care of each other has never been more important than it is right now!** From an educational standpoint you will be interacting with your teachers and your education in ways which you haven't done on such a large scale in your lifetime. You should take this opportunity to learn new things, exercise often, stay in contact remotely with family and friends and take your own mental and physical health very seriously. I know that all of you are capable of being successful with school via remote education. I believe that all of you can stay away from friends for awhile even though it is very hard to do. **I believe that you can bring a halt to the spread of this disease with thoughtful day to day actions so you, your family, the elderly and immunocompromised will not contract COVID-19 and we can be proud of our collective response in our community.** At the end of this letter is a bulleted list of things you can do now to be successful and a sample schedule to be productive with your days.

As I write this today Governor Evers has issued a "Safer at Home" order for the next 30 days and it is very important that we all follow this order to protect one another. I write this from my kitchen table because I must be extra careful because of my recovering immune system and the fact that I am still taking daily chemotherapy. All of you know people who are elderly, have compromised immune systems, diabetes, respiratory challenges, cancer and numerous other things that may put your loved ones at an elevated risk. We must slow the spread of this disease so our community avoids a spike in cases that our healthcare system simply cannot handle. We need to be responsible for the part we play as individuals to stop this pandemic from spreading and impacting our families in ways we cannot imagine. We can do this together if we act now! **Stay home and follow the rules that our government has put in place for the safety of our citizens.**

In the past week the staff at North Crawford have set up food distribution, reached out to families without internet access, provided instructional materials, secured wi-fi in the parking lot, contacted families and will continue to do all that we can to make this transition as smooth as possible for the students and the community we serve. **I am proud of our district and the way we have responded during these trying times.** There will certainly be bumps along the way but know that we are focused on providing resources and nourishment to our students so they can continue their educational process in a healthy manner.

**It is important that you stay engaged in the educational process during this time so you can continue to build your skillset so you can be successful in the future.** Whether it's your next year in school, moving on to higher education, entry into the workforce, the more you know the stronger you are to deal with the challenges that life presents. All of you should have received work to do either delivered to your house or remotely through Google Classroom. You all should have already started engaging in some work that has been sent to you and it is

important that you keep up with what is being provided. Avoiding your work rather than moving forward with your education comes at a cost for you personally and can be very distressing to you and for staff in a time that is already hard for all of us. Since you are required to be home anyway, setting up a schedule for yourself is very important. Find a space in your home where you can focus on your schoolwork. **You should also download a PDF Scanner App for your phone.** Adobe Scan is what I have on my phone and it will make it easier for your teachers to view the work that has been sent to you already. Once you scan an assignment you can email it from a cell phone or other device.

**Although the education that we are providing is different than what it has been in the past, we still expect you to do the work and engage in the educational process.** If you are not checking in and completing your work we may have to consider this an attendance issue and take the appropriate steps that go along with not attending. Please stay in contact with your teachers and ask questions when they arise. Call and communicate with friends in your classes to clarify and collaborate for understanding. **You are intelligent, adaptive and creative students who can rise to this challenge and when we look back on this we can be proud of what we accomplished in the face of a crisis.** Stay healthy, and I look forward to seeing your faces again in the near future.

Sincerely,

Toby Tripalin

### **IMPORTANT THINGS TO REMEMBER AND SAMPLE SCHEDULE**

- 1. Stay at home! This is an important reminder in order to prevent the spread in our community.**
- 2. Be physically active every day by exercising and walking and making sure that you are moving.**
- 3. Set up a separate space in your house where you can focus and concentrate on school work.**
- 4. Pick up the phone and talk to friends and family. It is important to stay in contact with people and maintain communication lines while we are at home.**
- 5. Download a PDF scanner (Adobe Scan, Microsoft Office Lens, Scanbot) to your phone or device in order to safely share assignments with your teachers.**
- 6. Step away from screens and COVID-19 news so you can recharge and breathe some fresh air.**

**A sample schedule is provided below. You will have to find a schedule that works for you but this is a sample which brings some structure to your days.**

8:00 - 9:00	Breakfast and preparation for the day
9:00 - 10:00	Physical activity- PE assignment, walk, other exercise
10:00 - 11:30	Academic time- set up a comfortable space to do your work
11:30 - 1:00	Lunch and relaxation (read, reach out to friends and family)
1:00 - 2:00	Chores and creative outlets (art, write in journals, poetry, etc..)
2:00 - 3:30	Academic time
3:30 - 5:00	Get outside
5:00 - 6:00	Dinner
6:00 - ?	Family and free time