



**PRE-K
REGISTRATION**
Happening NOW!



**DRIVE THRU
COVID-19 TESTING**
April 22nd



SPRING SEVERE WX
MARCH - MAY
Stay safe & prepared

NEWSLETTER



Message from the superintendent

Dear Fairfield Family:

As you've heard over and over from your teachers and administrators, we all miss you dearly. Being apart is more difficult than you may know.

I have heard encouraging news about your academic participation so far. Many of you are fulfilling your learning responsibilities, by completing their packets and/or logging on weekly to complete your digital learning assignments. But, it appears the attention of some others need to be

called back to learning. Students, now is not the time to lose focus, so don't allow

the comfort of learning at home lull you away from your primary responsibility: your schoolwork.

Remember, all assignments given by your teachers count toward your final grade. We have only a few more weeks. Let's finish strong! We are behind you.

Sincerely,

Dr. Regina Thompson, Superintendent of Fairfield City Schools.



Glen Oaks embraces digital learning!

No one was prepared for the whirlwind brought upon lives near and far by the COVID-19 pandemic. The novel virus continues to wreak havoc on our society. As political leaders grapple with how to flatten the curve, there are those who are responding with an attitude of growth. They are allowing the pandemic to teach them valuable lessons that will enrich lives both now – and post COVID.

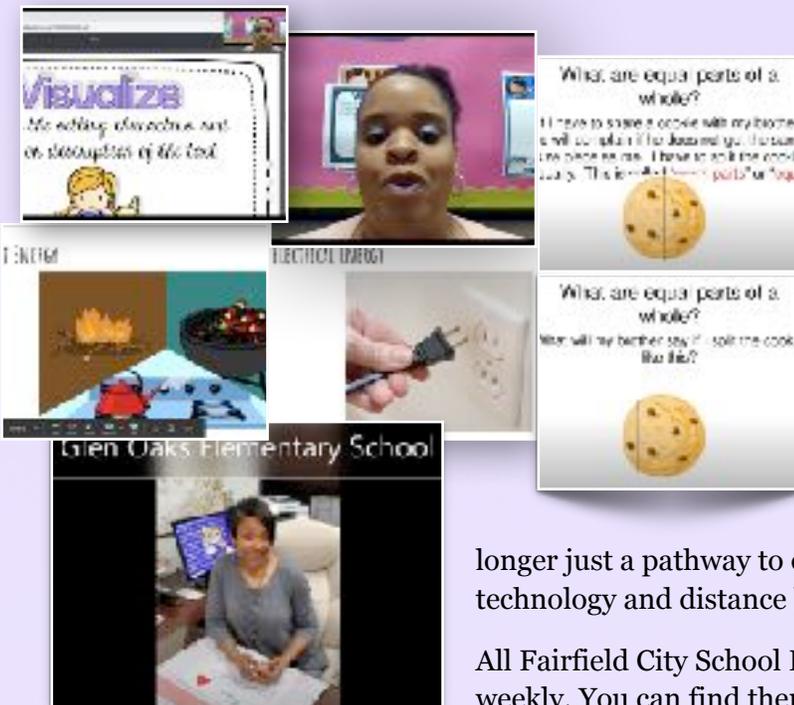
Glen Oaks Elementary School is among them. Principal, Tasha Kiel, says her teachers have all embraced digital learning as a means to continue educating their students during social distancing, shelter-in-place orders, and state-mandated school closures.

“I was so very proud to see our district provide students the technology they needed to complete their assignments through e-learning,” says Kiel. “You hate that it happened this way, but now you know this will be the new norm.”

The new norm being technology, which according to Kiel, has allowed teachers and students whose classroom instruction suddenly halted when Governor Ivey closed school campuses at the end of the third nine weeks, to reunite virtually. “We had 100% participation with teacher buy-in.” Kiel says their approach was “However we need to get these lessons to the students, let’s do it.”



Glen Oaks Elem boasts the most district-level Zoom hosts.



Glen Oaks teachers submit assignments and videos weekly to on their subjects. Additionally, they support students and parents through virtual conferences.

Kiel is among the educational leaders who believe schools should embrace technology as an added means of providing students the best education. She is guided this quote from President Barack Obama: “In a global economy where the most valuable skill you can sell is your knowledge, a good education is no

longer just a pathway to opportunity - it is a prerequisite.” At Glen Oaks, technology and distance learning are today’s pathway.

All Fairfield City School District campuses post assignments and videos weekly. You can find them at fairfieldschoolsystem.com, or [CLICK HERE](#).

REMINDERS!

COVID-19 DRIVE-THRU TESTING IN FAIRFIELD

Cahaba Medical Care will be conducting drive-thru testing for people who are exhibiting symptoms of COVID-19. Testing will occur as follows:

Wednesday, April 22nd

8:30am-11:00am

Cahaba Medical Care Fairfield

7000 Grasselli Road

Fairfield, AL 35064

***In order to be tested, patients MUST pre-register online.

[Click here to pre-register.](#)

You can find full details and procedures on our website (**[CLICK HERE](#)**).

FREE food giveaway!!

Free boxes of food to the first 400 families.

Wed. April 22nd

11am - 1pm

Fairfield Preparatory High School

Free meal pickups

Through our generous community partners:



All Nations Church
4411 Lloyd Noland Pkwy
9am - 1pm

St. Mary's Catholic Church
6101 Martin Luther King Dr.
10am - 12 noon

Thompson Chapel AME Zion Church
201 60th Street, Ensley
10:30am - 12 noon

CHECKING IN: Your mental health matters



Fairfield High Preparatory School
~ OFFICE OF GUIDANCE AND COUNSELING ~

KEEP CALM AND STAY SAFE
Information to support you during this time away from school

A Note from the Counselors..
"Wow, what a time! A lot has happened in the last few weeks. It is normal to feel a bit overwhelmed right now. We want to make sure that you are doing well during this time of uncertainty. Please see the tips and resources below that we think will be helpful during the next few of weeks. We look forward to hearing from you all, whether you have a question or just want to say hi! Take a deep breath, and be well!"
- Mrs. Duke and Ms. Hill

We are connected. We are here. Just an email away!
Grades 7- 9: (Mrs. Duke) dduke@fairfield.k12.al.us
Grades 10-12: (Ms. Hill) nhill@fairfield.k12.al.us

Some of our favorite coping skills include:

- Read a book or magazine
- Listen to music or watch a movie that makes you feel good
- Write a letter to a friend or family member
- Have a TikTok dance party with friends via FaceTime :-)
- Disconnect from social media...even if it's just for 30 minutes!

5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

WELLBEING

<p>INFORM</p> <p>LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME. TRUSTED SOURCES</p>	<p>CONNECT</p> <p>REACH OUT FOR EMOTIONAL SUPPORT. CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH</p>	<p>HONOR + DISTRACT</p> <p>ACKNOWLEDGE FEAR. ANXIETY FIND ACTIVE WAYS TO DIVERT ATTENTION. PUZZLE, READ, CRAFT, ETC.</p>
<p>SOOTHE</p> <p>DEEP BELLY BREATHING. SOUNDING. TECHNIQUES. GUIDES. MINDFULNESS. PRAYER. CALMING SOUNDS. LAUGHTER. SINGING</p>	<p>CONTROL</p> <p>FOCUS ON THINGS WE CAN CONTROL. WASH HANDS. HYDRATE. NOURISH. CONTACT HR REGARDING WORK POLICIES. ADJUST FINANCES</p>	

ANXIETY GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

<p>5 things you can see</p>	<p>3 things you can hear</p>	<p>4 things you can touch</p>	<p>1 thing you can taste</p>
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Connect with us

Website

- www.fairfieldschoolsystem.com

Facebook

- @FairfieldCity Schools
- RobinsonElementarySchool
- @DonaldElementarySchool
- @GlenOaksTigers



Be serious about your safety

COVID19 Safety

SOCIAL DISTANCE
If you must go out, be sure to keep six to ten feet between you and others.

WASH OFTEN
Wash your hands often or use alcohol rich hand sanitizer.

STAY HOME
The best way to protect yourself and others is to stay home as much as possible.