

October 23, 2020

Dear Ridgefield Families,

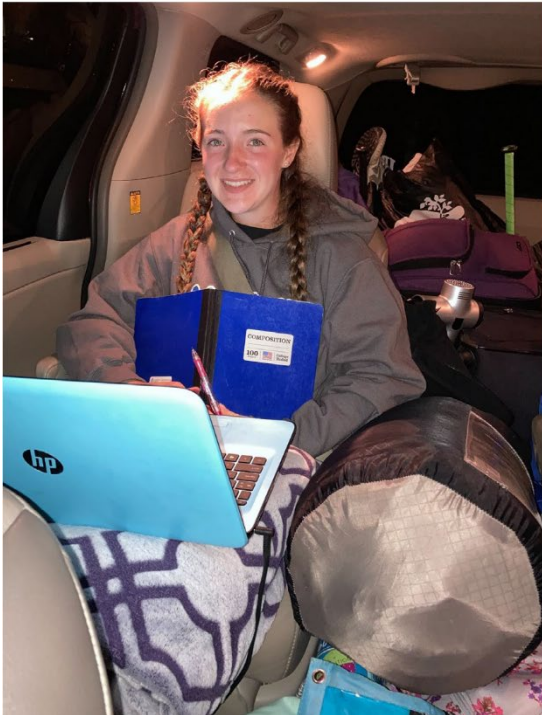
By now, many of you have already had a chance to meet with your child's teacher during our early release conference times. I know Amanda and I enjoyed spending time visiting with our boys' teachers. Conferencing through Zoom was valuable. We didn't have to wait in lines, no headache with parking...maybe we have stumbled across another first that is worth considering moving forward.

Speaking of November, flu season is here. Hopefully, you have either already received your flu shot or scheduled a time to get it. We all must do our part this year to help reduce the flu. The CDC has an excellent article titled, "[Similarities and Difference between Flu and COVID-19](#)" that I recommend you read.

Earlier this week, the District hosted a virtual Hybrid Community Night. The purpose of this meeting was to share with our community everything the District has done in preparation for our eventual return to in-person instruction. If you could not join us for this event, no worries, you can watch the recording by clicking [here](#). We were able to answer a few questions during the event, but due to time constraints, we didn't get to everything. You can access the full FAQ [here](#).

This week, I ran across an article titled "[Parents' Guide to Managing Stress While Remote Learning](#)" by Jenna Mendelson, Ph.D., HSP-P that I wish to share with you. Jenna has some practical advice for reducing family stress. I would encourage you to hone in on how you can help your child manage their stress.

Thank you for continuing to share amazing photos of your children learning through Ridgefield Remote. One of the elements I miss is seeing all the smiling children in their classrooms. Until we return to in-person learning, these uplifting photos will have to do. Please keep them coming ([student.photos@ridgefieldsd.org](mailto:student.photos@ridgefieldsd.org)). If you captured your child all dressed up for Unity Day, I'd love for you to share the photo(s).



As always, stay well and remain #RidgefieldResilient.

Sincerely,

A handwritten signature in blue ink, which appears to read "Nathan McCann".

Dr. Nathan McCann  
Superintendent