

Meredith Middle School Weekly Newsletter

Week of April 6, 2020

MEREDITH



Greetings from Meredith

Hello! We are all missing and thinking about you during our school closure. We know there is so much uncertainty right now for us all. Please know we are continuously finding ways to support your emotional and learning needs during this time. It is important for us all to follow the guidelines of our government and healthcare officials. Please stay home and stay safe! Moving forward, you can expect a newsletter on Mondays. The letter will provide tips, resources, updated information, and most importantly help us stay connected.

Weekly Learning Activities

Starting **Monday, April 6th**, printed resource materials will be passed out at all Grab-N-Go locations. These sites will be at all middle schools. You can expect to receive the printed materials every Monday during the school closure. At this time, these learning experiences are not graded. Electronic copies of the packets can also be found on the Meredith website (link below). We will keep you updated with any changes moving forward.



Please Email:

Victor Coleman
Principal
victor.colemon@dmschools.org

Erin Newendorp
Associate Principal
erin.newendorp@dmschools.org

Jeffrey Richer,
Associate Principal
jeffrey.richer@dmschools.org



Questions and Concerns

There are many legitimate questions and concerns that you and your student(s) may have regarding the recent events and details about the remainder of this school year: lockers, band instruments, grades, ensuring learning and readiness upon returning to school. All of these, in addition to our basic concern for health, wellness, and growth for our students are goals we share.

As far as learning, Meredith teachers are available to answer any questions you may have about the printed materials. We are also in the process of assembling optional learning resources that review and enrich classroom learning that can be facilitated at home. This is at least a start, as we figure out how best to respond to these circumstances as a learning community.

With physical distancing and our schools being deep cleaned and closed, I am waiting for guidance from DMPS on how to handle the logistics of personal items that remain in the building. We will certainly communicate those details when known.

We are grateful for your patience and commitment to care and learning as we get through these uncertain times.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

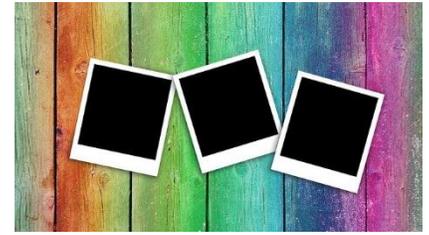
BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



We Want to See You!

Please email pictures of your child(ren) to Mr. Coleman at (victor.colemon@dmschools.org) highlighting their creativity, optimism, and ways they are learning this week. These pictures will be shared on Meredith's website on Friday.



Connect This Week

Meredith students, we want to know how you are doing. You can expect to hear from one of your teachers this week. This will allow us to check in with you and your family. Take this time to say hello and ask any questions you may have. We will do our best to answer them!

Links and Resources

<https://meredith.dmschools.org/2020/03/resources-for-our-meredith-family>

<https://meredith.dmschools.org/2020/04/how-to-access-student-e-mail-and-canvas/>

<https://www.dmschools.org/coronavirus/>