Distance Learning started on Tuesday, March 24th, although many students were given supplemental work prior. The third quarter marking period has been extended until April 8th, and students will be assigned grades based on work completed through that date. High school students still need to pass classes to earn credit.

If you do not have consistent access to online learning, packets can be sent through the mail or may be picked up at the school. Please call the school at 860-455-9584 or email Matt Flegert at mflegert@parishhill.org if you need packets mailed home because you do not have access to online resources.

The general expectation for students is to log in to their classes each day for teacher instructions or continue working on packets. Please reach out to teachers via Google Classroom and/or school email for help if your child is struggling or has questions. The teachers are understanding of the difficulties of Distance Learning and are available for help.

The contents of student lockers have been bagged and can be picked up by calling 860-455-9584 or by emailing Kat Brown or Tammie Jacobson at kbrown@parishhill.org or tjacobson@parishhill.org, to schedule a time for pickup; only one family member, please. We will place belongings outside when you arrive or we can deliver your materials if you are unable to come to Parish Hill.

The School Counselors and Social Worker are also available via email and will get back to you via phone or email. Please contact them or the school if you are in need of help with academic work or just want to talk about how things are going.

The “grab and go” breakfast and lunch continues to be available at Parish Hill (Monday-Friday, 8-10am) for ALL Parish Hill and Chaplin Elementary School students. We ask that only one adult comes to the school for pickup. We are also making deliveries to anyone who is unable to come to Parish Hill.

A message from our library media specialist, Mrs. Hansard: For access to free ebooks, audiobooks, tutorials, and more, go to our Library Media Center’s newest page titled *NEW* Distance Learning Resources. It can be found under Departments on the school’s website or by going to this direct link: http://www.parishhill.org/library-media-center/new-distance-learning-resources/. If you have questions or need help, please contact our library media specialist, Mrs. Cyndi Hansard at chansard@parishhill.org.

Teachers may be reaching out to parents using blocked phone numbers to maintain privacy while working from home, and if possible coordinate with teachers to accept a blocked calls at a specified time.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress also makes our community stronger.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
• Make time to unwind. Try to do some other activities you enjoy.
• Connect with others. Talk with people you trust about your concerns and how you are feeling.