

Vinalhaven School News, by Superintendent/Principal Tonya Arnold



We are very thankful for the relationships this unexpected crisis has allowed us to forge and improve with our families. The staff enjoys the conversations via zoom and phone with students and parents! We recognize how difficult this time is on parents who are also working from home, while simultaneously supporting learning routines. Please continue to share your needs with us, so we can get through this together. The food deliveries are funded through a federal grant and free to every child in a home with a student registered at our school. Deliveries are M-W-F and include about 1490 meals a week.

Third quarter is coming to a close next week, so the 6-12 grade level team would like students and families to know that focusing on getting in missing work from before the crisis and currently due remote assignments are very important. These grades mark the class rank calculation point for seniors. Anyone overwhelmed from being behind to the point that they are not sure where to start, please set up a zoom conference with the teacher(s) as soon as possible. There is a commitment to compassion and flexibility to help you get through this as efficiently as possible. Now is the time to ask for help to prioritize the most important assignments for this calculation and engage with your teacher(s).

Suggestions for families if learning routines become a struggle:

1. Set a specific time of day with your child for schoolwork
2. Take the first 10 minutes to make a list of assignments to do today - estimate time for each
3. Use a timer for these increments
4. Schedule stretch or physical breaks between assignments. If necessary, have someone track time spent arguing to compare to work time.



How to Talk with Children? Advice from the CDC on this topic

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

How to Help Children/Teens Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

National Child Traumatic Stress Network

<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources>

Facilities: It was a very difficult decision to close the school building due to sanitation needs to prevent the spread of illness and do our part to ensure the public gathering limit of less than 10 is honored.

Please urge everyone to honor the social distancing and self-quarantine restrictions that the town, Governor, CDC and President of our country are all promoting. Closing the school will not have been worth the effort IF we as a society do not collectively and individually do our part to stop the spread.

Childcare needs and socialization must be navigated in a way that reduces risk, but still allows us to be emotionally supported and connected. The CDC is recommending not using public playgrounds nor scheduling play dates. Using walking trails or the beach, while keeping six feet away from those who do not live with you is recommended. Please think creatively with other families with whom you are connected to support one another.

Board Meetings: Based on the public gathering limits, we plan to use zoom as a virtual tool to allow public observation of the next budget workshop currently scheduled to be on **Wed 4/1/20 at 6:00 pm**. Zoom Meeting <https://networkmaine.zoom.us/j/774362497> - The Board and I thank you all for your support.