

SCHOOL ADMINISTRATIVE UNIT #2

Ashland School District

Inter-Lakes School District

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September 4, 2020

Dear Inter-Lakes Families:

Subject: Physically In Person with Tiers - School Opening
 Caring Conversations
 Mandatory Daily Health Screening – School Pass
 School Bus Information
 School Breakfast & Lunch
 Schoology
 Prepared for the Great Outdoors

I hope this correspondence finds you well. As a School District we look forward to the partnership between our families and our schools as we all work together to navigate the upcoming year. Goals we are all focusing on are to keep our community physically, socially, and emotionally strong; and to work together to make this a meaningful, productive time for learning.

In order to make our transition to opening our physically in person school for the 2020-2021 school year as smooth as possible, I wanted to share below some important details.

Caring Conversations

Our School District has been working with Lynn Lyons, LICSW, to prepare for the return of all members of our school community. The start of any school year is often filled with a level of anxiety for our learners; this year the level of stress is certainly greater. Together we will navigate this leg of the journey and work to support your children. In order to support your family with conversations regarding the return to school, a *Caring Conversations with Students* flyer is attached. Also, additional resources on mental health and wellness can be found by [CLICKING HERE](#). If your child and/or family is struggling, please contact your child's School Guidance Counselor – we are here to and want to help.

Mandatory Daily Health Screening – School Pass

Each morning prior to riding the school bus and arrival at school, each student must have a completed mandatory daily health screening and been given a “green light” to be at school. If a student is not given a “green light” to come to school, the child must stay home and the Parent/Guardian will need to contact the School Nurse.

- The partner we are using to conduct the daily health screening is School Pass. Families will receive an email on Monday, September 7 which will provide instructions for beginning this process. The email will be from **noreply-5309@schoolpass.com**. Please follow the instructions as shared in the email.
- Some families do not have an email on file with the school, if that is the case, you will not receive an email; while we work with you to gather this information, please complete daily the online form found at <https://forms.gle/xjPsZNw6yNrQ5NBp7> or [CLICK HERE](#).
- Please note, if your family has traveled outside of New England, a fourteen (14) day quarantine from the day you returned is required. This will mean your child will need to stay home from school. If this impacts your family, please contact your child's School Principal.

School Bus Transportation

Families that have registered for school bus transportation may access School Bus Routes by **clicking on the bus** or visit our website at www.interlakes.org. Each student who is registered has been assigned a specific seat on the school bus. In the past, we have had designated sections for elementary, middle and high school riders. This year, seat assignments are based on order of bus stops versus level. In order to board the school bus students must be wearing a cloth face covering or transparent face shield with drape. Please note – we are not able to accommodate special requests this year for transportation.



School Breakfast & Lunch

The United States Department of Agriculture has extended free meals for all members of our school community through December 31, 2020. This means no one will be paying for breakfast and lunch through the end of this calendar year. Families that are able may want to consider making a donation to the Got Lunch! Program; donations can be made by contacting Tom Witham at milepoint8@yahoo.com or Danielle Gintof at tnd@metrocast.net.

Schoology

Schoology is our new Learning Management System. This will be used throughout each student's learning experience this year and it is a crucial component for if/when we are in a remote learning setting. Frequently Asked Questions regarding Schoology can be accessed by [CLICKING HERE](#) as well as an introductory video which can be viewed by [CLICKING HERE](#).

Outdoors

We will be seizing every opportunity we can to be outside. Please make sure your children come prepared to be outdoors; layered clothing is always a good idea, particularly in New Hampshire. Our motto this year – “There is no bad weather, just bad clothing.” If you need help with clothing to support this endeavor, please do not hesitate to connect with your child's School Guidance Counselor.

Physically In Person with Tiers

The COVID-19 Decision Making Team will be meeting weekly to assess our current tier status followed by a recommendation for whether to remain at the current tier or if a change may be warranted. At this stage we are on track for maintaining the current tier of Full Physically In-Person for next week. Please recognize that changes will be inevitable this year and prepare backup plans for when this happens. Information on our local COVID-19 dashboard can be found by [CLICKING HERE](#). A reminder our initial response for a confirmed case of COVID-19 within the School District will result in the tier moving to Full Remote. In this situation, the School District will work with the Department of Health and Human Services to determine what our next steps should be as well as the COVID-19 Decision Making Team will review the situation, and then I will work with the School Board to finalize a decision.

I wish all of our families a positive transition to the new school year. Please do not hesitate to let us know if there is anything we can do to assist. Be well, Inter-Lakes!

Respectfully,

A handwritten signature in cursive script that reads "Mary A. Moriarty".

Mary A. Moriarty
Superintendent of Schools

MAM/mgm

Attachment – *Caring Conversations*

Caring Conversations with Students

Returning to & Beginning School in a New World



Inter-Lakes School District

Tips....

- Acknowledge that school is different, weird even and that everyone is facing these changes together and staff is here to help!
- Set the emotional tone - stay positive, believe things can change and offer hope
- Guide away from global language, sentences with “everyone, everything, always, nobody, no one” - this language is defeating and not hopeful
- Physical symptoms (stomach ache, headache, etc.) can occur when thinking about the changes at school, bodies and minds are connected, reinforce these are normal reactions to an abnormal situation
- Adults won't have all the answers this year and adults should own that upfront, and then help students accept a certain level of uncertainty this year
- Encourage flexible thinking, help students adapt to the changes around them
- Connect students with friends and opportunities for safe socialization
- Talk about the future, things they are looking forward to, hope is healthy!

Reframing our language...

- When life is different we grow and change in unexpected ways, ask **How do you think you've grown or changed?** (Growth + Change = Resilience)
- Ask **What are you proud of about yourself?**, even the smallest item, help them find the internal growth
- Ask “How” questions, **How can I help?**, **How did you handle that situation?**, **How can you improve that situation?**, **How would you like things to be different?**, etc.
- If a student is worried about a particular aspect of school, change from asking **What's the worst that can happen?**, to, **I know you are concerned, how can we problem-solve together?**
- Affirming response, **Of course you feel that way** or **I bet you feel that way**, and then connect students back to their past successes
- Additional resources at www.interlakes.org

