

## 4/3/20 Video Communication Script

Hello HMS Students and Families

Friday marks our 5th day of Distance Learning

Students, this will be the end of the 3rd week that we haven't seen you--wow, time flies

First, I'd like to say thank you to everyone.

**Parents/guardians/families**, thank you for your patience as we have worked over the past two weeks to create a workable system--it is a steep mountain to climb trying to transition our curriculum and everything else that happens in a building to doing it all remotely and without live bodies in front of us. We will continue to grow in our practices around Distance Learning and we look forward to seeing our students soon.

**Students**--Thank you for all that you are doing. Connecting with your teachers, visiting your class Schoology pages, some of you have Zoomed with your teachers. All of this is very new and you are doing great--and each day will be better. Just know we really do miss you--and I hope you miss us. This is a time where a lot of things don't make sense in the world. Keep doing your part by getting into a routine, taking care of your chores around the house, and taking care of your school work. Your teachers are here for you so don't be afraid to ask for help or clarification!

### **Some items for both Parents/Guardians and Students:**

- To say we have had Schoology issues this week would be an understatement. Schoology communicated that on March 30, they had 1 Million concurrent users logging in at once (that was a 400% increase to what they were used to handling). This number will increase as Minneapolis & St. Paul schools are on spring break this week. They are working on stabilizing things and the best we can do is be patient and flexible. Schoology is not just a MN thing or a United States thing--it is a global platform, so keep that in mind when you get frustrated. Teachers are also frustrated because they can't get things uploaded or work with you when this is down also. Just know we are continuing to be flexible on our end and we can do this!
- I'll show you our schedule again so students know the times they can connect with teachers. I also know that many teachers are setting up Zoom meetings with classes or individuals. Students can also send their teachers messages through schoology or through district email. Any device help needed (to get a device or switch out one that isn't working) please call Ms. Raway at 651-480-7060.
- Middle school sports are still just on hold. No further decisions at this time have been made.

- Some recommendations (and we'll also put this information on our website) for taking care of yourself during this time at home:
  - **You're probably sick of the words social distancing**, but it really makes a difference. Wash hands, clean surfaces, all those things that you are hearing. We all have to do our part.
  - **Stick to a routine**--go to sleep and wake up at a reasonable time (maybe write down a schedule). You don't need to go to bed with your devices. Turn them off! Thanks for helping with this parents/guardians.
  - **Get showered in the morning**, get dressed, wear comfortable clothes--brush your teeth! Do the things you did before you would come to HMS.
  - **Get out and move** each day for 30 minutes. Your PE teachers might be asking you to do more, but movement is huge!
  - **Reach out and connect with friends and family**--at least 30 minutes per day. We are all going through this and we need social connections!
  - **Stay hydrated and eat well.**
  - **Identify where your workspace is**--if you are having any problems getting connected, please let us know. Make sure you are comfortable in your workspace.
  - The most important is to give yourself and others grace. This means don't be hard on yourself and know that we are all doing difficult things during this time--this is something that has never happened in our lifetimes. Breathe, meditate, listen to a good story or music...students, please don't spend all of your free time staring at a screen--break the habit. Parents, same goes for you. Take a break from your phones and all the news we are hearing. Our brains need this break too. I'm hoping to start a MN Wild puzzle Mr. McGinnis gave me (1,000 pieces!) and my wife and I have started playing some cribbage or bananagrams or other games after dinner to do something different.
  
- There are more, but I think that is enough for now. Our school counselors are working on more resources and will post items under the Distance Learning tab on our HMS website.

**I wanted to show you how the building is looking** with all the construction, let's go for a walk. (Mr. Kovach showed the reading hallway by the cafeteria and the gym where they have started tearing out the south gym floor, all bleachers have been removed and will be replaced when the floor is finished).

(showed another copy of the daily schedule that is posted on the HMS webpage under Distance Learning.

Thanks for tuning in. We will do a weekly update video. It might not be just Mr. Kovach, you may see Ms. Tavernier or Ms. Seleski and possibly other stars!