

Hello Parents,

As we move into our second week of distance learning, here are some adjustments to our schedule this week:

- Each school's office will be open from 8 to 12 on Monday, Wednesday, and Friday. Buildings will be closed on Tuesday and Thursday except for food service and custodial staffs.
- Food services will continue to be provided on the schedule established by each school.
- Many teachers will be working from home and caring for their families. Please continue to contact them via email with curriculum questions; they will respond within a reasonable time.

I would also like to offer some gentle reminders. While we are all facing the current health crisis, members of our community are also facing personal and family crises and tragedies. I offer my sympathy to those families, and I encourage all of us to respect their privacy and to give them room to grieve as we offer our condolences and support.

Also, kids may be experiencing feelings of isolation in addition to the other stressors they now face; please contact your students' counselors for specific support services and see the attached flyer for additional tips on overcoming isolation.

Finally, parents, we tend to put ourselves last, especially in times of crisis and upheavals in our routine. It is important that you take time for self-care as well; I encourage you to block out some time for yourself throughout the week.

The COVID-19 Task Force, Utah Dept. of Health, and Governor Herbert continue to monitor and assess the risk and will provide formal guidance when they re-evaluate conditions around March 27. I will update you then on our plans following Spring Break. In the meantime, know that I want to keep you informed and that I will communicate with you regarding any changes to our schedule or calendar.

Thanks for your continued support!

Doug Jacobs

Dr. Douglas Jacobs, Superintendent

67 N. 200 E., Morgan, UT 84050

Phone 801.829.3411

Email djacobs@morgansd.org

PROJECT AWARE.

Mental Health During Social Distancing

Staying home from school, away from friends, and normal activities can feel really hard.



Being social helps us manage stress and stay mentally healthy. When we are distanced from friends it can lead to feelings of worry, depression, & loneliness.

Here are some tips that can help:



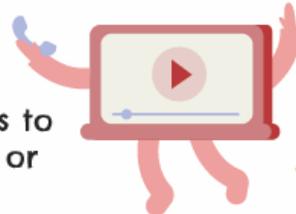
1. Keep a regular routine for sleeping, eating, exercise, hygiene, study, and play.



2. Find ways to be productive with cleaning, classwork, and goals.



3. Use social media, texting, or video chat for fun & connections.



4. Find uplifting music, shows, and books to keep you occupied; spend time outside or with a pet.

5. Keep a daily journal to track what you are grateful for.

6. Take a break from the news if it is causing you to worry.



7. Stretch, exercise, and take deep breaths to feel calmer.



8. Talk about how you are feeling with family, friends or check in with a counselor using telehealth.

9. Use the SafeUT app and chat with a crisis counselor.

10. Remember that this situation is temporary, and that we are all in this together. Offer kindness to others.

