

Hello Parents,

Today has been much smoother than yesterday, other than some lag time with Canvas. The tech department is working with Canvas to resolve those issues, so this is a good time for a few reminders.

If you are having technology issues, please contact your schools' main offices. Links are available at [www.morgansd.org](http://www.morgansd.org).

If you are having issues accessing course materials or need clarification on an assignment, please contact that teacher directly through Aspire. (Students may contact teachers through Canvas or Google Classroom—whichever your teacher is using.)

If your child is facing emotional struggles (anxiety) with the transition to distance learning or the influx of media, or if your child was already part of a counseling service that you would like continued, please contact your schools' counselor(s) to arrange phone or online support. See the attached flyer for some tips.

We are all under some extra pressure right now. Thanks for remembering to be kind and supportive of each other during this challenging time.

Finally, this is also a good time to remember to be supportive of our local businesses. Many of them are struggling in this economic climate. Drive-thru, curbside pickup, and delivery are available from many of them as well as online services.

Thanks for your continued support!

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## Tips for Helping Our Kids Manage COVID-19 and Earthquake Anxiety...

*Limit* exposure to news or excessive social media coverage

*Let* them talk about their worries and fears -  
*Reassure* them they are safe

Don't focus on those things that are out of their control – help them make a list of things they *can control*

Create a daily *routine* and provide *structure* as much as possible for both yourself and your child

Practice *self-care*! Do things both you and your child enjoy- Eat a healthy diet, get enough sleep, exercise often, and get outside for some fresh air

Stay in touch with loved ones and friends – text, email, call, Skype, or write letters