

Dear Tri-Cities Prep Parents,

As we continue into week 5 of our Distance Learning, I hope that your family continues to be well and adapting to our new way of living. If you are like me, binge-watching has lost its charm, and I long for the day that I can freely be among family and friends.

Our faculty meets every Friday to discuss the week and to address any issues that have surfaced.  Last Friday our discussion revolved around how our students are handling this new way of learning.

To help us gather information, I have created a confidential survey on Constant Contact. It consists of 4 questions. I will have it up until the end of this Friday. I would appreciate it very much if you could take the time to fill out the survey. Here is the link:

<http://survey.constantcontact.com/survey/a07eh26kw2dk9iyj2xj/start>

In the meantime, maintaining a schedule can help with the “fatigue” of Distance Learning. One of our teachers, Heather Axel, gave me some suggestions that might prove to be helpful for our students. I want to share her ideas with you:

1. Providing a schedule structure can be a key to success. Print or post the weekly schedule for your student, so they know the times for each of their Google Meets. It can give a visual for their day or week.

2. Planner usage is as important as ever. Use their class schedule and family responsibilities as a starting point. Schedule in breaks too.

3. The battle of screen time is real. Balance of learning, staying connected with family and friends, and entertainment can be challenging to maintain. Start by being aware of the time spent on screen time and *how* that screen time is being spent. And by all means, get outside for some fresh air!

4. Make sure to continue a sleep routine. Going to bed at the same time and waking up the same time is essential to learning.

For your information, I will also be sending a separate survey to students. It will also be confidential. This survey is an opportunity for students to give us their feedback, which I look forward to receiving.

I continue to hope and pray that you are all doing well. And I continue to be so proud of our students, families, and faculty.

Sincerely.

Lisa Jacobs