



Dear MCS Families,

Wow, it has been quite a month. I can't believe it's been four weeks since Governor Kelly announced the closings of all Kansas schools for the rest of the year. I know that it has been anything but easy for you as parents, as some of you are working from home while your kids are doing school online and most likely running around the rest of the time. Please know that what you are doing as parents to make this as smooth and steady for your children and teachers is much appreciated!

I am writing this newsletter to inform you of some of the things I am trying to implement/thinking about implementing at MCS as we adjust to this new normal. This will hopefully allow me to give you an inside look at what I am going to be doing as far as allowing your students access to different activities that will help them during this transition. These activities will also allow me to see your child on a daily basis, something that I really am missing these days.

Checking In-In the coming days, I will be giving parents a phone call to check in on your kids. As parents, you are the ones who see them pretty regularly, especially now during this COVID19 pandemic. Therefore, you know how your child is acting and what may or may not be worrying them. I was planning on using a number to call you on Google Voice with a 785 area code, however, Google Voice is giving me some trouble. I normally would not give out my regular number, but due to unforeseen circumstances, I will be calling at (816)225-9196. I look forward to talking to many parents in the coming days in order to be able to help your child in the best way that I can.

Mindful Mornings-Starting next week (April 20th), I am going to be conducting "mindful morning" sessions. I will be holding one from 9:00-9:30 a.m. for K-3, and one from 4-8th grade from 9:30-10:00 every day. I know that some students have class conflict, so please reassure your kids that they do not have to come to every session. This is just a time to kind of "get away" from everything and focus directly on an activity that is meant to be relaxing and stress free. I would love to see as many kids as possible. I have attached the Zoom information below:

Meeting ID: 933-2161-1205

Password: mcsmindful

Link: <https://zoom.us/j/93321611205?pwd=eVhIREsxd25TVzA0ZWRubmNQZlBoUT09>

Lessons-Moving school to online learning has made things a little bit tricky. As much as I want to be doing live lessons with all students over Zoom, I know that this is realistically impossible. Younger kids should only have a certain amount of screen time, and speaking from experience, I

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know that it is impossible to sit still for so long. Here is the plan moving forward for each grade level for lessons:

- Kindergarten-Lessons are being posted by Mrs. Kerr and Mrs. Golden on website
- 1st Grade-Lessons are being posted on Mrs. Fischer's and Mrs. Tremblay's Bloomz page
- 2nd Grade-Mrs. Daveline and Mrs. Deaver will upload lessons to Seesaw page
- 3rd-8th Grade-Doing live zoom lessons moving forward

Individual Counseling-Please, please, please DO NOT HESITATE to reach out to me if you feel that your child needs to see me one-on-one. I know that Zoom is not the most ideal in terms of connecting on a counselor level, but right now, it is all we have. I will do everything I can to make sure that it is as confidential and as private as possible, including adding a password and ensuring that nobody tries to hack or invade any session. My number one priority is the safety and security of your child.

I am planning on doing some research on some resources that I can provide to you as parents to make this new normal as helpful as possible (Go to manhattancatholicschools.org, go to Parent Corner, then Parent Resources, Counselor Information). Again, please do not hesitate to reach out to me with any questions or concerns. While I am literally not at MCS, I am still here for you as parents and for your child. We will be back together again soon!

Sincerely,

Jenna Rook

MCS School Counselor

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