



## Raymond School District Community Newsletter

# The Green Gazette

March 25, 2020

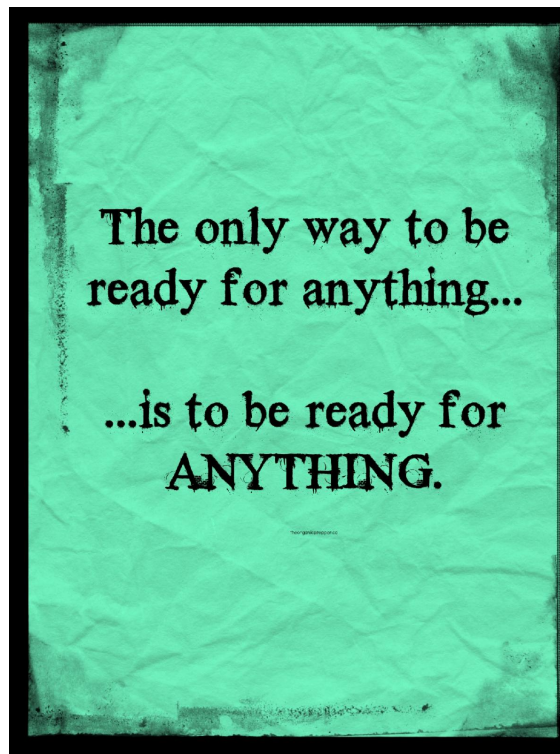
### Uniting our School District and Community to Prepare Students for Future Success; Ready for Anything!

This is the vision of the Raymond School District, and last week our entire educational community pulled together to show that this vision is a reality! With one day's notice we transitioned from traditional, on-site education to remote learning. The credit goes to all of our employees, working in partnership with you. Thanks to all of you, learning for Raymond students continues during this very challenging time.

Please know that while most of us are not *physically* in our schools, we are available to help our students and you. Please continue to contact us if you need any type of assistance. For questions about specific assignments, contact your child's teacher, but you are also encouraged to contact any other District employees with specific needs or concerns. Use our Technology Help Line at **(603) 690-9005** or reach out to your child's school if you need to borrow or swap out technology equipment.

I'd like acknowledge and thank our District's essential personnel, who cannot work remotely but continue to come to our schools in small rotating shifts to accomplish important tasks. Our custodians, maintenance & facilities employees, and school nutrition services workers deserve special recognition during this difficult time.

[Remote Learning will continue until at least April 3, 2020 when the status of our situation will be reassessed.](#)



### Grab n' Go Bag Meals Schedule - Now Mondays and Wednesdays

During the remote learning period for students, the Raymond School District will provide "Grab and Go" breakfast and lunch meals available for students **to pick up twice a week, on Mondays and Wednesdays, between 10:00 AM and 12:00 PM.** On Mondays, students will receive two days of bag breakfasts and lunches, and on Wednesday students will receive three days of bag breakfasts and lunches. The pick up location is Iber Holmes Gove Middle School. Please pull up to the curb by the door near the IHGMS gymnasium to pick up meals.

There will be no charge for the meals. However, the District will need student names for each meal picked up.

Online ordering is in the works - please stay tuned as we hope to go make this option available very soon!

**New! Additional opportunities to receive food may become available in the IHGMS main entrance foyer from**

8:00 am - 8:00 pm Monday through Friday). Check for any extras in the refrigerator, and please feel free to take what you can use in your household, or share with a Raymond citizen in need.

*Please watch for more updates as our 'Grab and Go' meal program evolves to serve changing needs during this challenging time.*



Dear Families,

Our Special Education Teachers and Related Service Providers have been connecting with families and have been setting up remote services and instruction. They are continuing to connect with families in order to support students as much as possible. If you have questions in regards to what that support looks like, we encourage you to reach out to your building representative. Listed below is the name of each representative and their contact information.



Lamprey River Elementary School  
Marissa Nerenburg [m.nerenburg@sau33.com](mailto:m.nerenburg@sau33.com)

Iber Holmes Gove Middle School  
Rebecca Hadik [r.hadik@sau33.com](mailto:r.hadik@sau33.com)

Raymond High School  
Kim Capen [k.capen@sau33.com](mailto:k.capen@sau33.com)

## School Board Moves to Remote Meetings

The School Board expects to continue to meet on the first and third Wednesday of each month while schools are closed.

The Board has made accommodations to allow its members, guests, and the public to participate remotely.

The meeting place will continue to be the Raymond High School Media Center and will be open to the public, with a limitation of 10 people in the media center at any one time. However, the Board encourages residents who would like to provide input to do so by either emailing the School Board at [schoolboard@sau33.com](mailto:schoolboard@sau33.com) or by calling 895-6405 during the "Public Input" section of a regular meeting. You will be placed on speakerphone at that time.



Please know that these plans may change based on new information received. Thank you for your continued cooperation.

**Special thanks to our School Nurses Monique Gauthier, Mark Hastings, and Kelsey McDermott for these helpful articles:**

**HELPING OUR FIRST RESPONDERS AND HEALTH CARE WORKERS**



We have faced many changes since the onset of COVID-19. Our lives are stretched in ways not known to most of us. Staying healthy and safe has taken us in directions that appear frightening. What can we do in addition to deal with this? How about adopting those on the front lines dealing with the disease?

We all know someone who is a First Responder working in Law Enforcement, Fire or EMS. We also know someone who is a health care worker such those in hospitals, nursing homes, walk-in clinics, nursing homes, etc. We have to stay home. They still go to work everyday to keep us safe; some working longer hours than ever before.

Helping these folks during a crisis can be pretty simple. Think of all the things you would do for someone when they have a new baby or if a loved one has passed. Any of the kind gestures you would share with a person during those moments are things that would be appreciated by those working overtime and with sick patients. Here are some ways to help:

#### Feed them

- Make a freezer meal
- Send a deli tray
- Pay it forward for them at a local food/coffee drive-thru
- Send staples that you know are hard to find at the grocery store but are needed

#### Assist with chores

- Pick up an extra pack of toilet paper and drop it off at their house
- Do a load of laundry
- Start their spring yard work

**A little help could go a long way.**

## SPEAKING WITH CHILDREN ABOUT COVID-19



**Speaking with young children about COVID can be difficult, but here are a few ideas on how to start age appropriate conversations.**

1. Make children feel safe.

2. We are battling two enemies here: One is Covid-19; the other is the anxiety about Covid-19. Kids may be all but immune from this new virus, but they are susceptible to the anxiety surrounding it. Watch your words and tone. Stay calm. Reassure children that this is temporary and that they, and their caregivers, are going to be just fine.

3. Give them facts, and let them lead the discussion.

4. Children need simple, honest answers. Avoid hushing your talk when they walk into a room, and never lie. You might say: "The coronavirus is a type of germ. These germs are very, very tiny, and when they get inside your body, they can make you sick. The germs get in your body through your nose, mouth or eyes. When someone coughs and touches a doorknob, and then you touch the doorknob, those germs might get into your body. It's helpful to wash our hands a lot and try to stay away from big crowds." A rule of thumb? Let them lead the discussion. "Too much information can create anxiety," says Linda Hatfield, a parent-education coach and one of my co-authors on **ParentShift: Ten Universal Truths That Will Change the Way You Raise Your Child**. "Answer only what they ask. Also, avoid language that blames race, animals or culture for the spread of the virus." If you're looking for specific words to use, **BrainPOP** put out a great little video for young children. Check it out.

5. Give them power — and responsibility.

6. Kids do better when they have power; it's one of their emotional needs. And this is a great time to give it to them. After all, children are proving to be kind of like superheroes in this; their bodies seem to have an extraordinary ability to fight off the coronavirus in ways that many other bodies cannot. But with great power comes great responsibility, right? Kids can help their neighbors and loved ones stay safe and healthy if they frequently wash their hands with soap and water for 20 seconds, or as long as it takes to sing "Happy Birthday" twice. Remind them to wipe down their devices often, as well, and to cough or sneeze into their elbows or a tissue. You might tell them that hand-washing is like kryptonite to the coronavirus, and hand-sanitizer is a perfectly good stand-in when they can't find soap and water.

7. Let them know what to expect.

8. The rough part here is we don't know exactly what to expect in the weeks and months ahead. But we do know some things. We know, for instance, we're going to be seeing a lot less of the people in our lives. We know that we're going to have to find creative ways to pass the time at home. We know that we aren't going to have access to all the foods we like, and that we'll have to work harder to keep ourselves, and our homes, clean. And we know that Covid-19 can resemble a typical cold. While there is a potential to get very sick and even die, many people — especially children — have reported only mild symptoms — fever, runny nose and cough.

9. Empathy, empathy, empathy.

10. So much good can be done when we allow our kids to express the full range of their emotions, and when we receive those feelings with empathy. If their fears and frustrations are minimized or dismissed, Hatfield says, they likely will show up in other ways — fighting with siblings, throwing tantrums or being generally uncooperative. For small children with big emotions, she says, get on their level and say something affirming like, "I imagine you are worried about getting sick. I wonder if you are frightened about all the things that are suddenly changing." For kids feeling the pinch of isolation, you could say, "It's so frustrating to not compete in your dance team program. You had looked forward to that for months!" You don't have to agree with a child's thoughts or feelings to acknowledge them without judgment or minimizing.



*Events are subject to change. Please check our Events Calendars at [www.sau33.com](http://www.sau33.com).*

**Raymond School Board Meeting**

Wednesday, March 25, 7:00 PM

**Raymond School Board Meeting**

Wednesday, April 1, 6:00 PM



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