



# COUNTRY DAY

## CONNECTED

### **Hirsch Note**

With the announcement by Governor DeWine on Monday, we are full speed ahead with Country Day ConnectED. There are 25 days left in the school year, and we will finish Country Day strong! The students completed a survey last week, and the teachers are using their input to adjust our programs by grade level. Our students' average stress level is 2.7 (on a scale of 1-5 with 5 being High Stress), which is consistent with the week one survey results. The input provides a helpful touchpoint for our advisors and the MS support services team (Julia Joyce, Alexis Nordrum and me) about the students' feelings during their homebound school experience. We will continue to conduct bi-weekly student surveys to gain feedback on student challenges to help us strengthen the program.

Before Monday's announcement, we were discussing ways to celebrate the fabulous Class of 2024. As one student expressed, spring is the best part of the year with the musical, country projects, pool party, dance, and other fun activities. I couldn't be prouder of the growth and accomplishments of the 8<sup>th</sup> graders, and we will celebrate them in different ways. Stay tuned for more information in the coming weeks. The Poetry Assembly will be published next Thursday and the 8<sup>th</sup> grade musical, *Frozen Jr.*, began filming lines this week.

I loved the many pets students "brought to school" on Monday. My dogs, Champ and Oakley, were excited to have a morning class with me. Next month, we will add some special days to celebrate the spring. On Monday, April 27, we will invite everyone in the community to wear CCDS spirit dress. #CountryDayStrong

If you missed my week four video for the students—[Click Here!](#) Recap: C (Communication) C (Compassion) D (Driver) S (Safety) M (Music) S (Self) This week, I added the letter "I." Find time to do things that interest you.

### **Yoga with Kim Lauch: CCDS Yoga Session for Balancing the Virtual Desk Student**

As I've mentioned often during Country Day ConnectED, social emotional learning is critical for the students and adults. Find things that interest you and give you peace of mind. How many of you baked Mrs. DiSanto's delicious lava cakes? I highly recommend you give the recipe a try. Today, I'm thrilled to share Kim Lauch's private yoga lesson with our community. Perfect for a rainy Thursday activity! Here is the link on Vimeo: <https://vimeo.com/410418724> (passcode to access is: ccdsyoga123456)

Or, here is the link to download the video: <https://vimeo.com/user90654103/download/410418724/b17e312b7a>  
Many thanks Kim!

### **Whose that Yard #3—Guess the MS Faculty Yard! [Click Here for Week #3](#)**

We had 26 correct answers out of 145 responses this week. Congratulations to those who correctly identified this yard...I bet the clue helped, who else would have a dog named Ozzie but Mrs. Wietmarschen! Correct answers came from LC Cicchinelli, Boden Schoeny, Briana Molloy, Elijah Sitterlet, Eddie Audus, Charlotte Audus, Caroline Ramirez, Emma Rainey, Aarnav Narayanan, Minna Vens, Liam Tener, Louisa Joy, Jordis Martin, Dhruv Ramnathan, Iris Weizer, Etienne Kallmeyer, Alex Riemann, Maddie Ebbing, Emmy Parlin, Adam Arebi, Ali Zimmerman, Evelyn Ni, Gracie Mitchell, Leah Schwartz, Ellie, and Miles Roy. Thank you to everyone who joined the fun last week.

**7<sup>th</sup> Grade Spotlight:** Seventh grade Culture Studies students, as part of a research project, continue to investigate Native American culture. Each student is delving into a specific North American tribe to learn what makes each tribe unique. Students are required to collect information on a tribe's religion, clothing, family roles, tools/weapons, etc. Each week is dedicated to a new research topic, starting with food and dwellings and ending with arts and crafts. Instead of using pictures gathered online, students are creating models, hand drawn pictures, or original projects representing seven different aspects of each culture. Each small, hands-on model/picture will also be accompanied

with a paragraph containing a student's findings. The quarter ends with a Trail of Tears group court hearing. Students will argue for or against the Indian Removal Act. Please enjoy two students' homemade dwellings pictured below.



#### **Alexis Nordrum—Newsletter #4 for Remote Learning**

As we continue to manage our students' remote learning and lives, I am sharing a list of resources and contact information for parents who might need emotional support during this time. Please don't hesitate to reach out to me with questions, concerns, or thoughts as we move forward together.

- **Addressing Difficult Behaviors at Home during Remote Learning- from Cincinnati Children's Hospital:**  
<https://www.ucucedd.org/wp-content/uploads/2020/03/Addressing-Difficult-Behaviors-at-Home.pdf>
- **How to help children cope with changes brought about by COVID19 from NASP:**  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- **Tips for parents/caregivers on countering racism involving COVID19:**  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)
- **Parent self-care while supporting your children during COVID19:**  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>
- **Emotional Wellness and Mental Health- Includes coping skills and crisis resources**  
[Emotional Wellbeing During the COVID-19 Outbreak : Lifeline](#)
- **Managing Anxiety and Reducing Panic during COVID19, as well as tips for social distancing and setting a new routine:**  
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/coping-with-covid-19-anxiety/Coping-with-COVID-19-Anxiety>
- **Help creating a schedule at home for school-aged children:**  
[https://teachmama.com/homeschooling-schedule-during-coronavirus/?ck\\_subscriber\\_id=224108867](https://teachmama.com/homeschooling-schedule-during-coronavirus/?ck_subscriber_id=224108867)
- **Help Lines**  
[Cincinnati Children's Psychiatric Intake Response Center-General Information](#)  
PIRC 513-636-4124 or [psychiatryresponse@cchmc.org](mailto:psychiatryresponse@cchmc.org).  
[Hamilton County Crisis Hotlines](#)  
281-CARE-Call 513-281-CARE (2273) or text 4Hope to 839863

Butler County Crisis Hotline-844-427-4747  
Clermont County Crisis Hotline-513-528-SAVE (7283)  
Warren and Clinton Counties Hotline-877-695-NEED (6333)  
National Suicide Prevention Lifeline-800-273-8255 or text HOME to 74174

- **Grief Support**

Companions on a Journey-Grief Support-513-870-9108  
Fernside-Supporting Children and Families Through Grief-513-246-9140

- **Parent Articles**

[Five Ways to Help Teens Manage Anxiety about Coronavirus](#)  
[49 Phrases to Calm an Anxious Child](#)  
[Kid COVID-19 Explanation & Tips for Worrying](#)  
[Ways to help your Quarantined Tween Preserve Friendships By Phyllis Fagell](#)

Make it a great day—Go Country Day!

Hirsch

**Thought of the Week:**

You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.

To. Do Today: Set aside some time to take the first step in a long-term goal - write the first sentence of your book, download an app to teach you a new language, fill one donation box cleaning out your attic, brainstorm your business idea.

[CountryDay.net/go/ConnectED](http://CountryDay.net/go/ConnectED)