



# SECONDARY VIRTUAL CONNECTION



## MESSAGE FROM THE PRINCIPAL

Dear Virtual Families,

As we near Thanksgiving break, please take time to applaud your children for their continued efforts in this virtual learning environment. I know it has been an adjustment for students, families, and teachers alike. Teachers are seeing a direct correlation in grades of students who attend their weekly Teams meetings and those who do not. With minimal time for synchronous learning throughout the week it is imperative for students to join those meetings and continue to engage in school activities daily. To help facilitate engagement please spend time with your child (ren) creating a daily schedule. The continued sentiment I hear from teachers is how much they miss seeing your child(ren) daily.

As a leadership team we are in the process of looking at ways to improve student engagement/participation. Over the next several weeks, we will meet to discuss ways to improve the virtual schedule for students and staff. This is a collaborative effort in hopes to make improvements on the current instructional model. As always, your feedback and input are welcomed.

I hope you all were able to sign up for a conference with your child(ren)'s teachers. This communication between home and school is important to your child's success. If you were unable for any reason to set up a time through the Bookings link shared by the teacher, please reach out directly to them.

- Family/Teacher Conference Dates:
- November 17 (3:15-7:15) – Middle School
  - November 19 (3:15-7:15) – High School
  - November 23 (7:30-4:00) – Middle and High School

Thanks for your continued support,

Travis Hedtke  
Virtual Secondary Programming Administrator  
Eau Claire Area School District  
715.852.3071

## UPCOMING EVENTS

November 17: Schools Open - Middle School FT Conferences (Virtually) 3:15-7:15

November 19: Schools Open – High School FT Conferences (Virtually) 3:15-7:15

November 23: Schools Closed – All Levels FT Conferences (Virtually)

November 24-27: All Schools Closed; Thanksgiving Break

## SCHOOL LINKS

<http://www.ecasd.us/DeLong-Middle-School/Home>

<https://www.ecasd.us/Northstar-Middle-School/>

<https://www.ecasd.us/South-Middle-School/Home>

<https://www.ecasd.us/Memorial-High-School/>

<https://www.ecasd.us/North-High-School/Home>

## IMPORTANT CONTACTS & RESOURCES

Virtual Learning Contacts: <https://www.ecasd.us/District/COVID-19/COVID-19-Virtual-Learning>

Technology Support/Resources: <https://www.ecasd.us/District/COVID-19/Tech-Support-and-Resources>

High School Student Services – Canvas page <https://ecasd.instructure.com/courses/34369>

## Schedule for Virtual Pick-up Materials

### Delong Material Pick-Up:

Cohort C students will be able to pick up **Thursdays: Nov 19, Dec 3**, from 6:30-11:00 am and 1:00-5:00 pm at door 1. Teachers will inform their students if they have materials to pick up. Multiple items will be bagged and clearly marked with the student name in the door 1 lobby. Cohort C families may drop off library books and textbooks on materials pick up days. These should be placed in the labeled bins.

Cohort C students may request books to be picked up on scheduled pickup days: Nov. 19; Dec.3. See your school's library website for instructions. Those are also the days to return books you have finished. Email Mrs. Nord at [mnord@ecasd.us](mailto:mnord@ecasd.us) with questions and happy reading!

### Northstar Material Pick-Up:

Cohort C students will be able to pick up materials on these **Thursdays: Nov 19, Dec 3**, from 6:30-11:00 am and 1:00-5:00 pm at door 1. Teachers will inform their students if they have materials to pick up. Items will be bagged and/or clearly marked with the student name on tables within the door 1 lobby. Cohort C families may drop off library books and textbooks on materials pick up days. These should be placed in the labeled bins.

Cohort C students may also request books to be picked up on scheduled pickup days: Nov. 19; Dec. 3. See your school's library website for instructions. Those are also the days to return books you have finished. Email Mrs. Nord at [mnord@ecasd.us](mailto:mnord@ecasd.us) with questions and happy reading!

### South Material Pick-Up:

Cohort C students will be able to pick up materials **Thursdays: Nov 19, Dec 3**, from 6:30 a.m.-11:00 a.m. and 1:00-5:00 p.m. at door 1. Teachers will inform their students if they have materials to pick up. Multiple items will be bagged and clearly marked with the student name in the attendance office.

Cohort C families may drop off library books and textbooks on material pick up days. Place in labeled blue bin just inside the attendance office door.

Cohort C students may also request books to be picked up on scheduled pickup days: Nov. 19; Dec. 3. See your school's library website for instructions. Those are also the days to return books you have finished. Email Mrs. Nord at [mnord@ecasd.us](mailto:mnord@ecasd.us) with questions and happy reading!

### MHS:

The next 100% Virtual/Cohort C pickup will be from 2-4PM on FRIDAY, 11/20 be outside of door 15 (the main entrance/ attendance office). Pull up to the door and someone will come out. Students should send requests no later than 12 noon on TUESDAY, 11/17 to [kroffers@ecasd.us](mailto:kroffers@ecasd.us). Your teachers will post the title of any book, workbook, or other materials you need to pick up that week in Canvas. Nothing posted, nothing to pick up. You will only get a response if there's a question. Study Sync workbooks do not need an e-mail. Please pick up previous requests or they will be checked back in. See you next Friday!

### NHS:

The next 100% Virtual/Cohort C pickup will be from 2-4PM on FRIDAY, 11/20 outside door #7, back of the school off of Mercury Avenue. Students should send requests no later than 12 noon on TUESDAY, 11/17, to [rbruchert@ecasd.us](mailto:rbruchert@ecasd.us). Your teachers will post the title of any book, workbook, or other materials you need to pick up that week in Canvas. Nothing posted, nothing to pick up. You will only get a response if there's a question. Study Sync workbooks do not need an e-mail. Please pick up previous requests or they will be checked back in. See you next Friday!

Future Pickup Dates:

E-mail request by:

For pickup on:

Tuesday, November 17

Tuesday, December 01

Tuesday, December 15

Friday, November 20

Friday, December 4

Friday, December 18

As the weather changes, so will the instructions for pickup.

# Tips for Staying Active During Remote Learning Days



## RECESS AND EXERCISE

- It's recommended that children aged 6-17 get at least 60 minutes of exercise per day.
- Schedule recess to build in active movement into your child's daily routine.
- Take regular breaks that include standing, stretching, walking or other fun movement, like dance and play.
- Keep an eye on posture to avoid hunching/slouching in front of the screen that can lead to long-term discomfort.

## HEALTHY MEALS AND SNACKS

- Make a healthy breakfast and lunch part of your daily routine.
- Drink plenty of water throughout the day and include healthy snacks with playtime.
- Choose nutritious vegetables, nuts, fruit and whole grains to help encourage good physical and mental health.



## MINDFULNESS AND PLAY

- Healthy activity is supported by mindfulness and play.
- Make the most of screen time by limiting electronics to learning or scheduled time with a computer or other device.
- Create spaces for play and expression that encourage creativity and movement—both as part of class time and for brain breaks.
- During breaks, check in with your child to keep them engaged and focused.



## ECASD SCHOOL MEALS

Free breakfast and lunch can be picked up at the following locations Monday – Friday, 8:30am – 9:30am:

- Delong (Parking lot entry from Moholt Drive – Door #7 in the back)
- Northstar (Parking lot entry from Abbe Hill Drive - Door #5 on the right side)
- South (Parking lot entry from Mitscher Ave – Door #7 facing Mitscher Ave)
- Memorial (Pull-up at Keith St. -- Door #4 facing Keith Street)
- North (Parking lot entry from Piedmont Street – Door #1 under the Husky)

Pick up areas will be outside each school listed above and will be served in a “grab and go” fashion.