Dear Hazel Park Schools' Students, Parents and Guardians,

In the span of days, our lives have changed in unprecedented ways. As we look ahead to the next three weeks, many emotions are swirling. When we don’t have a clear picture of the next steps with everyday life we all feel anxiety. Additionally, missing highly anticipated athletics, performances and activities there is no doubt a level of frustration and sadness mixed in as we work to sort this all out. Remember that we are figuratively and literally all in this together and figuring out the best way to normalize our lives as we go along. I hope this message will bring a bit of clarity to some of the unknowns and help you transition to learning from home.

What to look for in the weeks ahead:

Initially, you may anticipate this time as an extended vacation. It is challenging to get into a school mindset from home. We want you to learn every day with reading, exploring online and packets that were offered. This new learning can be a bit tricky with time management so take it seriously and build in a routine so it does not get away from you.

This is a critical moment for our world and our community so it is important that all people are keeping up the social distancing, which is really physical distancing. Use the gifts of our digital universe to stay in touch. Text, video chat and call your friends and family. Although we live in a close community, we might also start feeling isolated from peers, from support, and from their normal routine.

In our world of 24/7 news, it is sometimes easy to get pulled into the swarm of information and feel overwhelmed. While it is important to get good, clear information you do not want to drown in the news cycle as this may cause undue anxiety. Resources for support throughout COVID as it pertains to Social and Emotional Health for parents and students have been created as well as a COVID-19 Mental Health Resource page for High School Students that was created by our High School Counselors and Social Workers.

Students are telling me that they wish they had appreciated their education more when they had school to attend and they want to keep up with their education. I say great, but for the next several weeks it will look different.

Let’s be aware that most teachers have had minimal time or web experience to create two-plus weeks of lesson plans, and post them for your use. Your Hazel Park Curriculum team is meeting Monday for the next level of developing more learning resources for you. Also remember that
homeschooling doesn't include sitting at a desk for six hours working on books and worksheets. Be kind to each other, and take care of one another.

Seek acceptance of this situation. This does not mean that you are excited that you have to work from home and that school is closed, it means to accept what is - equanimity. Be like the water that passes the rock in the middle of the stream without resistance. The water doesn't pound on the rock, screaming, the water moves to the side and continues, focusing on what and where it can.

Thank you so much for your support as we navigate this transition together.

With Students in Mind,

Dr. Amy Kruppe
Superintendent