



March 16, 2020

Dear Compass Families,

First and foremost, we want to reach out and check in with everyone. We know the situation can be challenging, and we want you to know we are here for you and your students. As we move to online learning, please help us by being proactive. Should you have any technical issues, please contact the admin team at the following email: adminteam@compasshigh.org. We will do our best to get questions answered and assist you. Should a student be absent, please email: attendance@compasshigh.org

Dr. Popper is also available for online sessions should a student be feeling anxious. Please remember to limit news reports of the virus should this cause more stress for their anxiety. If you are also home with your students, use the time to talk things out. Avoid being online all day. Take breaks, and have conversations.

Here are a couple of resources you can use:

- [Mental Health and Coping During COVID-19](#)
- [Managing Child and Teen Stress During School Closings](#)
- [10 tips for talking about COVID-19 with your kids](#)

I also wanted to send you this email today to prepare you for tomorrow's on-line classes. Today Ms. Galvin went online with many of our students to test the learning platform with them. As you can imagine, many of them know and understand how this works better than we do, and it went well. All the faculty and staff also logged in this afternoon to check to ensure things would work. I am happy to report that we had a great online meeting.

All of us at the school are working to try to help us make this shift to Google Meeting and Google Classroom so our students can continue with their education. Please help us by communicating how things are going. As always, we appreciate your partnership and communication.

Doug Killin
Head of School
Compass High School