



Guardian Angels Regional School

March 23, 2020

Dear Parents,

So, we have begun our second week of remote learning. I am confident that there are many things that are going right, but I am also sure that there have been some areas of frustration, impatience, confusion and stress on the part of students, teachers, parents...and yes...on the part of the principal! We are in this together, and all that we can ask is that we do the best that we can do. I am asking that if you feel the children are feeling overwhelmed, have them take a break, leave the computer, call a friend or maybe even a relative who might be dealing with isolation and loneliness. Let them help you with some household chores...emptying the dishwasher, dusting, vacuuming, cleaning their rooms, and so on.

The emotional and psychological good of the children and you...is more important than their academics...although academics are important. Limit as much as you can, their exposure to numbers of those who are ill or have died...and possibly limit your conversation regarding this...because THEY ARE listening and might not be capable of expressing their worries and stress.

I will be talking with the teachers about other sources, using Khan Academy or other sites that might be able to give live teaching presentations. There is something that the diocesan principals were discussing today about using an application called ZOOM whereby the students and teachers can interact face to face. There are things that we have to work out. We are trying.

Unfortunately, we did get a memo from our superintendent saying that we should prepare until the end of April. Fortunately, we did also get a message saying that our teacher in-service will be virtual and the children and parents can have off on the 27th!

Some suggestions:

Have a set schedule for the children that includes opening prayer for the day, a 15 minute break, a lunch break and time for physical exercise. Each of the classes should take no more than 45 minutes. If they are taking more time than this, and they ARE working, please stop them, shoot an email to the teachers and express your concerns. Close down work together with a closing prayer.

This can be a great opportunity to get back to some of our traditional practices that are not possible because of all of our busyness - dinner together as a family - family prayer - saying the rosary - choose a different prayer to say at the end of the day (Many prayers are in the back of the religion book) Pray for people who are sick...make a card for a resident in a nursing home...

You can also take virtual trips - many internet resources that take you wherever you want to go...(watch the trips together)

These are just suggestions that you probably have already thought about. The main thing is to take care of yourself! When in an airplane and there is an emergency, you are told you have to put the oxygen mask on yourself before putting it on anyone else. PLEASE DO A SERVICE TO THE CHILDREN AND TAKE CARE OF YOURSELF! IF THERE IS ANYTHING I CAN DO TO HELP YOU THROUGH THIS, PLEASE CALL ME OR EMAIL ME! Again, my phone number is 856-246-8884.

On March 25th, the Pope asks all to join together at noon to recite the Our Father in union with all people around the world. Pope Francis will also be speaking and giving a special blessing and an indulgence on March 27th. Please check our website for more information about how to access Pope Francis's blessing.

If you look on ewtn.com you can also see some very good children's shows and the rosary for children.

So, let us keep the faith...let us continue to pray for each other. Jesus is with us, walking with us. Let us continue to be united to HIM.

God bless!

Sr. Jerilyn

I will be writing soon to the children>Please tell them I love them and miss them!