



March 23, 2020

AB Families,

I hope you enjoyed the weekend and were able to get outside to enjoy some sunshine. My family and I took a short ride up to NH and hiked some lesser-known trails. It was wonderful to get away for a few hours and practice some healthy physical distancing!

Social/Physical Distancing

Please remember to practice appropriate [physical distancing](#). It is also important in these times that while we need to be physically distant from one another, we can remain socially connected. It is incredibly important for all of us to continue to message our teens (in particular) that they should not be gathering in groups in the community. I have received multiple emails from concerned families and community members. And remember...

Please wash your hands! If you would like good multi-language resources for coronavirus, the [Swiss Office of Public Health](#) has a great website.

Updated School Closure Website

We have updated our [school closure website](#) with additional resources for students and families. Please visit the site when you have a moment.

Volunteer Opportunity - Emerson Hospital in need of facemasks!

Due to the current shortage of appropriate facemasks, Emerson Hospital is reaching out to community members who can help create facemasks for use by medical personnel. Students who are home and looking for a non-technology related activity may be interested in participating in this activity. If each of our students were to make three facemasks, we could supply over 15,000 facemasks to our community medical professionals.

Emerson Hospital has published information on how to help and has partnered with Joann Fabric to provide fabric and elastics to people interested in helping out. To access the complete information on this program, please visit the link below.

<https://www.emersonhospital.org/getattachment/Support-Emerson/Giving/Covid-19-Help/Home-Made-Mask-Instructions.pdf.aspx?lang=en-US>

We would love to see your masks! If you complete a mask, or two or three, please send us your pictures on twitter [@ablearns](#) with the tag [#ABRSDTogether](#)

Student Guidelines for Video Conferencing:

As we engage students more in different ways, we wanted to provide some guidance for our students and families about the use of video conferencing. Please share the information below with your child to help them prepare to participate in video conferencing.

https://www.abschools.org/UserFiles/Servers/Server_216027/File/Families/ABRSD%20Video%20Conferencing%20Guidelines%20for%20Students.pdf

#ABRSDTogether

As we remain physically distant, it's important for our well-being that we take advantage of the opportunities to connect socially and intellectually. Let's focus on reducing physical contact, while maintaining the social connections that help us thrive and stay healthy. Let's protect ourselves psychologically as well as physically. ([Kenneth E. Miller Ph.D.](#))

In order to stay socially connected, we're launching #ABRSDTogether!

Each Monday, we'll post a challenge or sharing and invite everyone in the ABRSD community to post their response to @ablearns with the hashtag #ABRSDTogether!

Challenge #1 Week 3.23.20

Books we are reading (professional and/or for PLEASURE :) Ready, set, post!

Food Program during closure

The Acton-Boxborough Regional School District is providing bagged lunches for citizens in need. Lunches can be picked up in front of the high school from 11:30 - 1:00 on weekdays. The Acton-Boxborough Neighbor Brigade will be helping deliver meals strictly to families that are homebound due to extreme situations such as lack of transportation or self isolating / quarantine due to COVID-19. If you are in need of food provided by the schools to be delivered to your residence please either call the toll free number or send a message to the email address listed below by March 27th. If you communicate in a language other than English, please use email and we will have your information translated.

Phone - (866) 896-3599

The toll free number will be voicemail only so please leave your first and last name, your address, phone number and how many people reside in the home. You do not need to have children in the schools, but if you do, please include your children's first and last name. Your food will be delivered during the regularly scheduled days when the school is distributing meals from the high school.

Email - abqualifiedlunch@neighborbrigade.org

Please email us and include the following details in your message: your first and last name, your address, phone number and how many people reside in the home. Your food will be delivered during the regularly scheduled days when the school is distributing meals from the high school.

We are still in need of additional volunteers to process phone and email messages, and to deliver meals. If you are available, please register to become a Neighbor Brigade [here](#).

Sincerely,

Peter Light

Superintendent of Schools