

From the Principal

Thanks to all our K-8 school families that came and picked up their student's resources and brought items for the food shelf earlier this week. It was so wonderful to see you even for a brief moment. **WE MISS OUR STUDENTS AND OUR FAMILIES!!** As was announced by Governor Walz yesterday, schools, including St. John's will be closed through May 4th. During that time, we will continue the distance learning for our students that began this week.

As we work through the ups and downs of distance learning, we thank you for your support and patience with us. Our teachers are working very hard to make this a positive and engaging experience for all of our students. One change we are making is in regards to specialists activities and assignments. The changes are as follows:

- K-2 specialist assignments and activities will be optional for students. We encourage them to try them as they are important and the specialists have some fun things for the students to do.
- 3-5 specialist assignments and activities will have extended due dates. Please make sure your students check the due dates for any specialist assignments.
- 6-8 specialist assignments and activities will continue as previously communicated. Students will have a week to complete any assignments given by specialists.

If you or your students are struggling with distance learning, please contact his/her teacher. We want to continue to support you during this time so reach out with any questions or concerns so we can help.

Each day, Relevant Radio will be praying the *Litany in Time of Need* at around 11:05am. Relevant Radio can be found at 1330 AM. We ask you to pause and join in this prayer. This prayer may be found [HERE](#).

Join Father Paul for a Eucharistic Procession to some local parks tomorrow, Friday, March 27th. Father will be bringing Jesus in the Most Blessed Sacrament to 7 parks in our Parish Boundaries. See the [St. John's Parish Facebook page](#) or Father's weekly email for details on times and locations.

We again want to thank you all for your patience and understanding during this time. We will continue to communicate with you as the situation evolves. We hope all our families are staying safe and healthy. Please reach out with any questions, concerns or difficulties so we can help!

As always, we continue to keep all our students and families in our prayers and we ask that you pray for all of us. We will get through this together, with Jesus' help, and will be a stronger SJB community as a result.

Ann Laird, Principal

Resources for Parents

CDC: Managing Anxiety and Stress
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabo

Child Mind Institute: Talking to kids about the Coronavirus
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

PBS For Parents: How to talk to your kids about Coronavirus:
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

NPR Corona Virus and Parenting: What You Need to Know:
<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

National Association of School Psychologists: Talking to Children about COVID-19
https://higherlogicdown-load.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_h