

Aspen Families,

Over the next few days, Aspen Staff will be hard at work to develop plans for the possibility of Distance Learning starting March 30. Though these are uncharted waters, we are positive we can come together to keep our scholars thriving in their academics. Below are some resources and information that can help you prepare as well:

### **Pick-up your student's school supplies/check Lost and Found**

Please stop by the school to pick up your scholar's school supplies. They are nicely bagged and labeled in the gym. Your scholar will need their supplies for Distance Learning. Please also check the Lost and Found items also placed in the gym. All items, including school supplies/items from lockers, not picked up by Friday will be donated. If you are sick or unable to leave your house, please [email the school](#).

### **Aspen Website/Emails**

While we are Distance Learning, communications will be top priority. Please make sure you add Aspen Academy [christi.heitzman@aspenacademymn.org](mailto:christi.heitzman@aspenacademymn.org) to your safe list/contact list so emails don't go to your SPAM folder. We will also post all communications on our website:

#### COVID-19 Information:

<https://aspenacademymn.org/current-families/resources/covid-19-updates/>.

#### Distance Learning Information:

<https://aspenacademymn.org/current-families/resources/elearning/>.

We will be adding a lot information to these two areas so please bookmark them for easy access and check them often.

### **Tips for Success in Distance Learning**

As a parent, how do you help your scholar with Distance Learning? There are many things you can start preparing now like creating a dedicated workspace for your scholar. Make sure your scholar has all of their school supplies, notebooks, and folders organized. View this short presentation for more tips to help your scholar.

[https://docs.google.com/presentation/d/19nFtZZSJEqk-OIFiE\\_\\_eXqS9eKChKJrawf7UGToa9lw/edit?usp=sharing](https://docs.google.com/presentation/d/19nFtZZSJEqk-OIFiE__eXqS9eKChKJrawf7UGToa9lw/edit?usp=sharing)

### **Fitness/Play Dates**

Please avoid play dates and neighborhood playgrounds during this period. Many reports say COVID-19 can last hours if not days on outside playground equipment. We understand how important fitness and friends are. Instead of the playground, consider a nature walk, riding bikes or scooters, or playing soccer. Remember to keep your distance and wash your hands when you are done.

### **Hand washing—Even at Home!**

Since COVID-19 can be contagious even before symptoms, it is important to keep up good hand washing techniques at home to prevent spreading to other family members. Below are some hand washing videos to share with your scholars:

<https://www.youtube.com/watch?v=UXII-eT46g>

<https://www.cdc.gov/handwashing/videos.html>

### **How to Talk to your Scholar about COVID-19**

With big changes like schools closing, children can feel a lot of anxiety and worry. Below is an article shared from the American School Counselor Association about how to talk to your child about COVID-19. <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

### **Free Internet Access**

Many Internet companies are offering free Internet service for the next few months. If you don't currently have access, please check with your area's local provider. Many Internet companies are also lifting the data limit for the next couple of months. Please check with your local provider for more information.

Following is an online source that lists many Internet options for free or reduced price Internet for low-income families:

<https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service>

### **Scott County Food Resources**

If you or someone you know may be in need of a meal, please reference the Scott County COVID-19 Food Resources. <https://aspenacademymn.org/wp-content/uploads/2020/03/Scott-County-COVID-19-Food-Resources-Handout.pdf>

Stay healthy and safe and we will keep you informed over the next week of any new updates.

Dr. Connie Freitag  
Executive Director  
Aspen Academy

