

SOS EXPRESS

UPCOMING
BOARD OF
EDUCATION
MEETING:
Monday,
March 30, 2020
7:00PM
Virtual Meeting



SUPERINTENDENT HIGHLIGHTS

Good evening.

Our Governor, through an executive order, closed all schools as of last week on Wednesday, so until I learn otherwise, schools are closed until further notice. Naturally, this leaves us with the uncertainty of when schools might reopen. Since we are dealing with a medical issue, I have consulted with our local and district medical officers and have determined that it is reasonable to expect that schools will remain closed through our spring break. Therefore, at this point, we are planning that the soonest we might be back in school is Monday April 27th. As spring break approaches, of course, we will be continuing to monitor the situation with the hope of returning to school at the earliest possible date. Teachers and administrators initially planned to be closed last week and this week. Given what has transpired since, we are going to plan for an additional three weeks of distance learning with our students to take us up to our spring break. In order to prepare an additional three weeks of distance learning content, we will be conducting the equivalent of an abbreviated day of instruction this week on Tuesday and Thursday.

Parents and students should expect abbreviated contact from staff on these two days as they will be spending about half of each day preparing for the three additional weeks of distance learning. The professional development activities for Tuesday and Thursday will be variable in timing, with some staff doing them in the morning and others doing them in the afternoon, depending on the availability of the instructional teams. We appreciate your patience as we prepare for a shift in instruction for next week.

Parents and students should expect next week to advance the regular curriculum in a meaningful but manageable way. Grading will resume. While not finalized yet, our discussions for the grading of high school students has been around the idea of combining 3rd and 4th marking periods into a semester grade. Tentatively, grades accrued pre-closure would be combined with grades compiled post-closure to compute a grade for the spring semester that would be applied to both the 3rd and 4th marking periods. No grading decisions for K-12 have been finalized yet, but this is the high school approach we are contemplating.

On the pages that follow this message, please note some resources on preventing eye strain. Finally, I heard that there continue to be groups of students congregating in close proximity. The most recent example involved groups of students running/training in clusters. Please remember that social distancing is our goal right now; whatever you can do to help reinforce that is greatly appreciated. Thank you for your support at this difficult time. Nick

[SOS Express
Archives](#)

FOLLOW
US ON
SOCIAL
MEDIA:



20/20/20

TO PREVENT DIGITAL EYE STRAIN



TAKE A
20
SECOND
BREAK



EVERY
20
MINUTES



LOOK AT
SOMETHING
20
FEET
AWAY

Visit www.aoa.org for more tips on how to protect your eye health and to find a doctor of optometry near you for your annual comprehensive eye exam.

 AMERICAN OPTOMETRIC ASSOCIATION

Preventing Eye Strain



Helpful Hints:

1. Blink!

Humans normally blink about 15 times in one minute. However, studies show that we only blink about 5 to 7 times in a minute while using computers and other digital screen devices. Blinking is the eye's way of getting the moisture it needs on its surface.

2. Follow the "20-20-20" Rule.

Take regular breaks using the "20-20-20" rule: every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds.

3. Adjust Brightness and Contrast.

If your screen glows brighter than your surroundings, your eyes have to work harder to see. Adjust your screen brightness to match the level of light around you. Also, try increasing the contrast on your screen to reduce eye strain.

4. Adjust Your Position at the Computer.

When using a computer, you should be sitting about 25 inches (right about at arm's length) from the screen. Also, position the screen so your eye gazes slightly downward, not straight ahead or up.

Reference: