

# A Note from Mrs. Mecher: Week of April 27-May 1, 2020

Hi Students & Families,

We're on our WAY...it's almost MAY!!!! Keep doing your best (both parents and students)! I understand you are ALL giving it your all given the circumstances.

Thank you 😊

I am in the process of getting the next set of home packets together for those students with academic goals. I will plan on delivering these the morning of May 2<sup>nd</sup>. Please leave any completed Resource work and/or materials in your mailbox.

**I will drop off/ pick up starting at 10:00 A.M. on May 2.** I can use any completed work (as well as online websites) to help check student progress. Even if students don't have that much done, IT'S OKAY, please turn it in for me to check. Thank you in advance!

Please let me know if you need anything ([kmecher@summithill.org](mailto:kmecher@summithill.org)).

Take care,  
Mrs. Mecher

## For Students:

- Keep working on what you can from all of your teachers.
- We're here for you!!!! Please reach out if you need anything. • Continue to read daily.
- The weather is warming up....get out and play!!!!



## Read Naturally Live Tip:

When the student gets to the Cold Timing or Pass/Hot Timing, the parent can click the Conduct Cold Timing or Conduct Pass Activities link and then enter the User ID "parent" and the password "summithill" to conduct the timings:

User ID: parent

Password: summithill



## Learn Something New:

CNN IO: <https://www.cnn.com/cnn10>

## Mrs. Mecher's Teacher Page:

Visit [www.summithill.org](http://www.summithill.org) to view:

- Newsletter • Downloads
- Cool Links



# Stay Sweet!

## Relaxation Breaks (Links):

Bring It Down: Flow (Go Noodle)	<a href="https://www.youtube.com/watch?v=bRkTLioT_NA">https://www.youtube.com/watch?v=bRkTLioT_NA</a>
Relaxed Breathing Training	<a href="https://www.youtube.com/watch?v=gLbK0o9Bk7Q">https://www.youtube.com/watch?v=gLbK0o9Bk7Q</a>
Mindful Breathing Meditation	<a href="https://www.youtube.com/watch?v=nmFUDkjlAqQ">https://www.youtube.com/watch?v=nmFUDkjlAqQ</a>



## Family Resources (to support Mental Health during this difficult time):

Parents: Right click on blue hyperlink. Click "open hyperlink" OR hold down CONTROL and click on blue hyperlink to view resource.

- [IDPH: Call4Calm](#) - A free emotional support text line. Text "TALK" to 552020 or "HABLAR" for service in Spanish.
- [IDHS: School Based Mental Health Resources](#)
- [Coronavirus \(COVID-19\): How to Talk to Your Child](#)
- [Disasters and Scary Events: Helping Children Cope](#)
- [Helping Children Cope with Emergencies](#)
- [Manage Anxiety & Stress](#)
- [Returning to School After an Emergency or Disaster: Tips to Help Your Students Cope](#)
- [Talking to Children About Tragedies & Other News Events](#)
- [SAMHSA: Tips for Social Distancing](#)
- [National Child Traumatic Stress Network](#)
- [UNICEF - Dealing with Coronavirus Anxiety](#)
- [A Trauma-Informed Approach to Teaching Through Coronavirus](#)

