**Learning & Faith Continue**



April 29, 2020

“*God so loved the world that he gave his only-begotten Son, so that everyone who believes in him might not perish but might have eternal life.”* John 3:16

We are an Easter people.  It is so important to remember that Easter is not just a day, but a daily encounter with the Risen Christ, 24/7. It is this gift that gives us hope in these uncertain days.

While our physical building remains closed, our Becahi family continues to be active in school life.  The teachers continue to hone their technological and teaching skills in this remote learning environment with weekly faculty meetings and training.  The faculty attended a workshop last week to standardize their LMS pages. This step should eliminate some of the confusion regarding assignments and due dates.  Be sure to utilize the global calendar function on LMS. It is located on the upper left-hand of each teacher’s class page.  Just click on the three parallel lines and then on the calendar to view the calendar which contains all posted work.  You can access the actual assignments by clicking on it in the global calendar.

Classes continue to be held Monday thru Thursday.  Students should attend as many classes as possible either live or recorded. The teachers are available to answer questions via email anytime or during the Friday office hours.  We are here to help with content or technical issues.  The students are responsible for the classwork, homework, papers, projects, and assessments.  Students should try to use this time wisely so that nobody is faced with a heavy workload at the end of the quarter.  There will not be final exams this year, so the work done now will be used to calculate fourth quarter grades.  Let’s make it a great one!

We are developing possible options for our non-academic activities.  Committees have met and surveys have been sent to seniors and their parents.  As soon as we have some concrete information, we will let you know.  It is so difficult to have these unknowns but be assured we are exploring all feasible possibilities.

Thank you, parents, for keeping your children on track while you too navigate a new home routine. We know that the continued social distancing effects everyone spiritually, physically, mentally.  Please take advantage of the many resources available online take care of yourself and your families.  We will get through this together.

“Wellness During Quarantine” – Workshop presented by Dr. Ron Prator, IU 20, April 18, 2020

* Share your thoughts, concerns, worries, and joys with a good listener
* Stay informed – but not too much, seek reliable sources
* Create positive distractions – movies, books, projects, family dinners, a new hobby, play board games, devote some time to yourself – self-care is often neglected
* Develop a routine – it provides stability
* Socially Distance – but stay connected virtually, telephone old friends
* Physical Activity – get outdoors, download an exercise app, have a competition, dance
* Practice meditation and mindfulness – easy to learn, small time commitment, many apps available
* Back to nature – hike, birdwatch, garden, photography
* Reframe your thoughts – look at situations from different perspectives
* LAUGH!!!! – it releases stress, watch funny videos, bloopers, cartoons
* Gratitude – be positive, think about all the good things you have
* Surrender expectations of normality – limit your expectations
* Be of Service to others – the giver gets more back than the receiver…

Most especially, PRAY, pray for an end to this pandemic, pray for those who are sick, pray for those who have died, pray for caregivers…pray for all.  Take advantage of all the Liturgies that are available online…celebrate with the Bishop, your parish or church, a parish in a different part of the country, pray for our common world…just PRAY!

*“May the Word of God take root in us, transform our hearts and minds, and bear fruit in love, through Jesus our brother, Amen.”* Give us this Day Devotional, April 22, 2020.

God bless and be safe,

—Mrs. DeNofa