



Ursuline Academy

March 16, 2020

Good morning, Ursuline,

There is no doubt that this is a morning like no other. Although we may be physically separated, we are united both in prayer and academic work, following in the footsteps of five hundred years of remarkable Ursuline communities. I have every confidence that, together, we will persevere through these uncertain days and grow stronger as a community.

Over the course of each remote learning day, you should expect to receive emails from various departments in the community, including the Administrative team, Campus Ministers and Counselors. As on a normal school day, they may simply write you with a check in, send an interesting article to read, ask for feedback and experiences or invite you to share in a fun activity. Ursuline is a community with many different facets of daily life and these don't disappear simply because we switch to a different format of connection. We look forward to this new form of interaction and welcome all suggestions moving forward!

Prayerful Thoughts to Begin Our Day:

With rising levels of anxiety in the world, it's so important to remember that the God we put our faith in is bigger than our fears. Hold on to one another (virtually, since we're social distancing) and keep the faith! We are not alone. We have each other, and we have a God who promises to remain with us no matter what ... ***Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. - Isaiah 41:10***

And onto Academics:

Our amazing faculty and technology team have worked tirelessly to prepare for this moment over the past few weeks. They are to be commended for their work! Understandably, however, there will be some challenges as we transition to this new type of learning environment. I ask that everyone be patient with themselves and gentle with one another. Our lives and our homes have changed drastically in just a

few days and so extra care is needed when we interact with one another. If there are any resources that you find you need or questions that you discover as this week moves along, please reach out as soon as possible so that we may seek solutions sooner rather than later.

On a familiar note, today (Monday, 3/16) is an F day in our regular rotation.

Here are some important things to remember to ensure that remote learning is successful:

1. Adopt a morning routine, just like a regular school day, which allows you to be rested, well-fed, clean, dressed and ready to begin to learn by 8am.
2. Create a quiet work environment which limits distractions, especially with any unnecessary devices or background noise.
3. Gather all books and resources, including the daily schedule and calendar, for easy access during online lessons.
4. Be polite, use appropriate language and properly cite all information for use online.
5. Remember that the adoption of online platforms are meant for educational purposes only. Inappropriate use of technology will not be tolerated.
6. Ursuline Academy, and Massachusetts law, forbids students from recording or taking pictures of teachers or other students without consent. Any violation will be subject to disciplinary action as outlined in the Student-Parent Handbook.

Please know how encouraged I am each day by the courage of our community. . .most especially our remarkable students. . .persevering with healthy practices and leading the way with online connections. If I can help in any way during the days ahead, please don't hesitate to reach out to me!

Blessings and elbow bumps,
Ms. Tracy

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