

## **COVID-19 UPDATE**

**April 22, 2020**

Saint Ursula Community,

Lelia and I hope you and your family are doing well and staying healthy!

On April 8, Saint Ursula Academy made the decision to continue Distance Learning through the end of the scheduled school year. The data and research-driven projections communicated by the CDC, Governor DeWine, and Dr. Acton led us to this proactive decision. The decision itself, along with the timing of the decision, may have felt premature and reactionary. The fact of the matter is the decision, and the timing, was very intentional. By making an early decision about our plans for the remainder of the 2019-2020 school year, our faculty, staff, and students were able to use the time over Easter break to thoughtfully plan forward for the final weeks of school. Governor DeWine officially closed all school buildings/campuses on April 20.

Many SUA employees have additional home and family commitments, yet they spent countless hours researching, readjusting, and resetting and planning educational practices and social-emotional interactions during their Easter break. I have mentioned our gratitude to the front line workers in the previous communiques, but I failed to mention the immense gratitude that Lelia and I have for the SUA faculty and staff. Our faculty and staff are proactively living in this new norm; they are not just reacting to it. We are proud to be #SUAstrong.

Finally, Lelia and I are meeting daily to proactively plan for the Class of 2020 celebrations. We know from Governor DeWine's new orders, large gatherings will not be permissible for the foreseeable future and social distancing will be a requirement. We are embracing these mandates and are building out celebrations that will keep SUA in compliance with these mandates, yet create warm and personable events for our cherished Class of 2020. We will continue to provide the Class of 2020 with updates about year-end celebrations as they become finalized.

## **COVID-19 FAMILY VIDEO SERIES, EXCLUSIVE FOR SUA FAMILIES**

On March 27, SUA launched our COVID-19 Family Video Series. Today's exclusive session is with Mrs. Anne Berger, an education expert who talks about strategies to help our students thrive as they complete this school year via Distance Learning.

**April 22 Mrs. Ann Berger**

Education Consultant

[WATCH COVID-19 and Educational Shifts](#)

### **Videos Still to Come**

**April 24, Dr. Karen Graves**

Mayerson Academy, VIA

Video Topic: **COVID-19 and Character Strengths**

## **April 29, Nick Reilly**

Partner at Constellation Wealth Advisors

Video Topic: **Your Financial Check-up During COVID-19**

## **Previous Videos**

**March 27** - Dr. Dean Whitfield, M.Ed., Ed.D., SUA Instructional Technology Coordinator

Topic: [COVID-19 and work school balance](#)

**April 1** - Dr. Lisa Damour, psychologist, best-selling author, monthly New York Times columnist, and regular CBS News contributor

Topic: [COVID-19 and anxiety](#)

**April 3** - Ms. Sara Hyzdu, Owner *Why Grey Matters*, Neuroscience Trainer, Leadership Coach

Topic: [COVID-19 and concentration](#)

**April 8** - Dr. Julie Wigton, Pediatrician

Topic: **COVID-19 and vaping**

[WATCH HERE](#)

SUA will continue to upload updates on a special section of our website dedicated to COVID-19 information. You can find the Coronavirus Planning and Information section on the [homepage](#) or under the Family Resources section of the site.

## **Educational Services**

Educational Services teachers continue to make every effort to provide online instructional support to students in the ES program. ES teachers have held group and individual sessions to listen, support, and guide. If you or your daughter have a need, please direct questions to your daughter's ES advisor via email.

## **Counseling**

The SUA counseling team remains committed to the continual care and support of each of our students. If your daughter wishes to set up a chat video, please have her email her counselor to set up a time. Counselors are available through email or Google Chat video between the hours of 10 am to 3 pm on school days.

## **AP exams**

The College Board has determined the AP schedule for spring testing. [Click here](#) for detailed information. SUA students will be receiving specific testing details from Ms. Wilker in the near future.

## **Extracurricular Activities, After-School Programs**

All activities, including athletic events, are canceled while Saint Ursula Academy uses distance learning.

### **Athletics**

OHSAA-sponsored spring sports seasons, including tournaments, have been canceled. The Ohio High School Athletic Association informed member schools, including SUA, this week that spring sports would all be canceled following Governor Mike DeWine's announcement that schools will continue distance learning for the remainder of the academic year due to the coronavirus COVID-19.

### **Summer Programs**

Summer camps for grade school girls and for our athletes are on hold. More information will be shared as soon as the information is available.

### **Trips**

The EF Germany/Switzerland Trip has been postponed until June 2021.

### **KAIROS - May 2020**

The May Kairos retreat is postponed. SUA is committed to offering the Class of 2021 Kairos retreat opportunities, but at this time, we do not have a new date for the May Kairos. We will communicate the new date as soon as we have that information.

### **On-site Staffing**

SUA continues to ensure continuity of services despite the campus being closed to all but essential staff. As long as Governor DeWine's office permits, Dr. Thomas or Mrs. Kramer will be on campus. If you have needs during this time, please call Mrs. Kramer's Administrative Assistant, Mrs. Patrice Eby, at 961-3410 ext. 132. We are all in this together!

## **Keeping the SUA Community Healthy**

# 5 WAYS A SHIFT IN YOUR MINDSET CAN HELP YOU COPE WITH COVID-19

- **Bigger Picture**  
Taking a limited view of the events unfolding around you can elicit a strong reaction and trigger your fight/flight response. Your thoughts can easily turn to anxiety-inducing "what if" statements.
- **Focus on what you can control**  
When things feel uncertain, it can be difficult to focus on the control that we do have. Information & facts will help you take precautions that can give you back a sense of power.
- **The mindset that minimizes fear**  
It's okay to have concerns that this crisis may impact the way you live over the next few months, but it's detrimental to live through the period with your worst fears. Compare and challenge your fears when emotions rise.
- **Have a flexible game plan**  
Seek out the familiar things that have not changed in your life as a way to anchor you in turbulent times. Aim to maintain your regular routines and activities where possible.
- **Practice self-compassion**  
During times of crisis, it's easy to be distracted by fear and neglect self-care. The reality is that during periods of uncertainty, it becomes even more critical to balance your anxiety with good nutrition, sleep and exercise and find ways to relax by embracing your happiness habits.

<https://www.healthline.com/health/how-to-stop-ruminatingtips>

## Available Resources



THE COUNTY OF FRESNO  
Department of  
Behavioral Health

- Fresno County Access Line 1 800 654-3937
- Suicide Prevention Lifeline 1 800 273-8255
- NAMI Warm Line 559 224-2469
- Emergency Dial 911

## Watch for Updates

Lelia and I will continue to provide weekly COVID-19 updates and Parent Bulletins. Thank you for taking the time to read these resources.

Dr. Thomas