



SOUTH WINDSOR HIGH SCHOOL

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Dear SWHS Families,

Virtual Conference Guidelines: There are a couple of items which have been updated in our “Virtual Conference” materials since my last communication to families. These include:

- the document has been streamlined to exist on one page;
- includes the expectation that there will be no recordings of virtual conferences;
- highlights how to opt out if a parent chooses to do so.

UPDATED SWPS DOCUMENT: [Video Conferencing Guidelines for Students](#)

UPDATED SWHS DOCUMENT: [SWHS Video Conferencing Guidelines for Students](#)

Third Quarter Performance & Staying Current: Since the onset of distance-learning, there has been a learning curve for all. Students, teachers, and families have had to make many adjustments to account for our new normal. With schools being out until at least April 20th, it is important for students to remain current with their classes. This is even more important if we have a very extended closure into the fourth quarter.

As I mentioned in a recent communication, the third quarter will conclude on **Thursday, April 9th**. When we transitioned to distance-learning, teachers were simply indicating if assignments were turned in through a “checkmark” in PowerSchool. Soon, teachers will be inputting grades for those assignments. If your child is experiencing success, terrific. If your child is experiencing some bumps in the road but is navigating his/her way through, that is understandable and commendable as well. If your child is falling behind, please encourage him/her to connect with teachers to complete the third quarter as strong as possible. The skills and knowledge gained will only continue to assist your child as we proceed into the fourth quarter (whether we return to the high school building or remain in a distance-learning model).

Managing the Day to Day: Several resources exist to provide support for students and families during this unique time. Having seen several of these resources, I am sharing some of the most popular tips for student success while participating in distance learning:

- **Mindfulness:** Having dialogue as a family about this “new normal” is helpful. We are all experiencing truly unique times.
- **Time management:** For students handling distance-learning, it is important to avoid distractions like cell phones, tv in the background, etc. to optimize attention to school activities. Typically, this will result in a shorter amount of time required to complete the tasks themselves.
- **Breaks:** Incorporating breaks from assignments and technology in general throughout the day can be helpful.
- **Exercise:** Similar to breaks, incorporating physical wellness as part of the daily routine is important.

Thank you. Stay safe and stay well.

Frank Rizzuto

Frank Rizzuto, SWHS Principal