

Mrs. Clark

May 12, 2020

Hello everyone!

I know that you are all working on fairly large units for my class right now and may have an especially heavy load if you're taking Math or Science courses as well so, as promised, I will not send any more work for a while.

These are trying times and I just want you to know that I (and the other teachers) am absolutely amazed by how well you are doing. I am receiving really good work from most of you, and seeing a lot of thought and creativity in your efforts. I am so impressed and so proud of you... You are rocking this!

If you are frustrated or discouraged, remember to give yourself a break... do not be too hard on yourself.

If you do not know how to do something that has been sent home for you, please contact me or another teacher for help.

If it is all just too much, relax.

Breathe.

You're doing better than you realize. We will get through this.

If you are overwhelmed by the work, set yourself tiny goals. (You can eat a cow one hamburger at a time!) Choose assignments that are short and/or easy so you can see your progress. And remember that you do not have to do everything that I send home- just do what you can.

Today I am including a few things to read if you are looking for ways to relax or distress. There is no assignment to do but maybe you will find a way to help yourself feel better while we are all working through this.

Remember that everything you hand in during this COVID-19 work-at-home time will add to your mid-term mark.

If you don't hand in anything, your mark will not drop; if you do hand things in, your mark will go up. You can't lose! Aim high!!

If you were failing at the mid-term, be sure to hand in work because now it really means the difference between passing and failing!

Above all, do not give up.

Try what you can.

Do what you can.

Call (204-367-2296) or email me (lclark@sunrisesd.ca) if you have questions or if you just want to talk.

I am here.

Take care of yourself.

Mrs. Clark

