



THE STORM KING SCHOOL

Dear Storm King Students and Families,

I hope this email finds you well and staying connected with each other through various media and virtual channels.

As we finish the third week of our (temporary) new normal, I wanted to share some thoughts with you on how to stay current with assignments, manage your time, and stay motivated and engaged to meet your daily obligations. I feel that most of you have adapted quite well. You are engaged, keeping current with assignments and are managing quite well -- nice job!

If this is not the case and you feel that you are struggling, don't worry! You are not alone, and there are specific ways to keep yourself engaged and motivated to do well in these next seven weeks. Below are some tips that you may find helpful as we continue with our Virtual School for the time being.

Arrive Early

- Get up and out of bed at least 30 minutes prior to your first period class. Have breakfast, complete your personal hygiene routine, and get dressed and ready for school. Be sure to have your homework handed in (or ready to hand in). Get your books, pens, notebooks, etc. to the table or desk before the start of class.
- Have a "notes" notebook to jot down assignments or other important items that your teacher mentions having to do with projects or assignments. Keep this notebook separate from your other notebooks.

Print a Calendar for the Next Eight Weeks

- This will help you stay on track for the remainder of the school year. The end of the school year will be here quicker than you think. Use this calendar to document important dates and times for yourself. You can also look at your Blackbaud calendar and your class pages to check for assignments and due dates. **WRITE EVERYTHING** down on this calendar! If you remembered to bring your Storm King planner home, use that.

Get to Know Google Calendar

- This is a wonderful tool to help you stay organized and attentive to your class times and it will help you to build a homework routine/schedule.
- Place all class times in your calendar with specific reminders and emails to remind you of when classes start and end. You can also place times in your calendar for you to start and end study and homework time. It is best to schedule this during the academic day, but it's certainly acceptable to spend evening hours to complete assignments as well.
- I would recommend trying to spend short spurts of study/homework time for each subject, 20 to 30 minutes at a time. If that is working for you and you feel that you can continue to sustain (keep) your attention, great! Keep going! Remember it is also important to take a break and go for a walk, run, play with your dog/cat, get a workout in, etc. In fact, it has also been recommended that you schedule that time as well. This brings some of that "boarding school structure" to your daily routine.

Limit the Distractions.

- Sit at a table or desk. Do not lie in bed, on a couch or on the floor. Be ready to sit, engage and participate with the class and keep your focus throughout the period.
- Turn off your phone during class, yet allow yourself time *after class* to check your various websites and social media.
- If there are distractions in your room or in close proximity—remove them.

Sleep at Night, Not During the Day

- Get at least 8 hours of sleep per night. Practice regular bedtime hygiene. Put the phone/computer away an hour before bed, then read a (printed) book or magazine, have some tea, or do some stretches.
- If you get the urge to rest during the day, go ahead; but don't get in the habit of sleeping for hours at a time. A quick 20 minute "power nap" may be enough to help you to regain some energy.

I hope that you can put some of these strategies to good use and welcome you to share your thoughts on other strategies that you find helpful. I would love to compile a list to share with everyone!

Keep up the good work!

Sincerely,

Mr. David Mendlewski, Director of Academic Support
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