



**Diocese of Lubbock
Catholic High School**



Christ the King Cathedral School

March 23, 2020

Dear CTK and DoLCHS parents and students,

Peace be with you!

During this difficult and anxious time, be assured that the CTK / DoLCHS faculty and staff are working hard to plan for and provide support to you, our families and our students, for continuity of instruction and faith formation. It is important to us that you and your family stay well so we can all return to school happy and healthy, whenever that may be.

You will receive information soon about picking up school supplies and books. Additionally, your child's homeroom teacher will be contacting you to check in, assess your needs and concerns and share with you the school's plan for supporting your child and family.

Be assured of our prayers and our support and thank you so much for yours!

Together in Christ,

Christine Wanjura
Superintendent

Guidance for Students

Good morning everyone and welcome to your Virtual School. We are disappointed that you cannot be in school and will miss teaching you but it is very important for the safety of our whole community that you work from home. This guidance is to help you continue to learn while staying safe and well.

Staying Safe

- We want all of you back in school soon;
- Remember that this is NOT a school holiday;
- Cover your cough, get a daily dose of sunshine, eat healthy food, wash your hands, say your prayers!
- Your wellbeing is important to us! Stay connected; learn something new; take notice; give and be active.

Social Responsibility

<https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

<https://media.giphy.com/media/LM97YWpnbTp85Du7aA/giphy.gif>

- COVID-19 (coronavirus) is VERY contagious;
- You can carry the disease and easily spread it to members of your family, friends or teachers who may become seriously ill;
- You can help to control the spread of the virus by following advice to limiting the amount you go out, avoiding large groups, and reducing time in public places;
- It is the responsibility of ALL of us to do this;
- A small number of you have parents who will need to go to work as they have jobs in healthcare or other key jobs.

Looking after your family

- This is a worrying time for both young people and adults;
- You can make it easier by offering to help out at home, for example by doing housework or playing with younger siblings;
- It is especially important that we look after older people. Unfortunately, this might mean not seeing older family members for a period of time;
- Keep in touch with family members who don't live with you through your devices (e.g. family FaceTime calls).

Online Safety

- The internet is a great place to connect with others, especially during long periods of time at home and away from friends;
- But make sure you take the usual sensible precautions: don't engage with people you don't know in real life, don't share anything you wouldn't want sharing further, and don't give in to pressure;
- If you're worried about anything you see online, talk to a parent or your teacher.

Reading

- Reading is something we consider to be very important;
- We expect all students to do a minimum of 30 minutes of reading during every school day;
- Check out options for audiobooks or digital books from your local library;

Use of Email

- Your teachers will be contacting you and your parents via e-mail, Zoom, phone calls, etc. You will be able to contact your teachers via email if you need help with the work they have set for you or are worried about something;

- Please be polite – write an email to a teacher in the same respectful way that you would speak to them in person (Sir / Miss, etc);
- You should only email your teachers during the normal school day, and you should not expect them to reply immediately!

Learning matters

- We expect all work set by your teachers to be completed;
- The work will help you consolidate your learning so far and introduce you to new concepts.
- All work should be completed either online (e.g. Hegarty Maths) or if required to work on paper it should be presented to the same high standards expected in lessons – title (underlined), date, neat writing;
- Your teachers expect you to complete all work and to give 100%.

Preparing to study from home and creating routine

- Find a quiet place to work and get all your equipment together;
- It is important you try to create a routing for yourself. Below is a suggested routine that may get you started.

Before 9am	Wake up and get ready for the day
9:30	Prayer/reflection
9:45	Academic work
10:45	Exercise
11:15	Break
11:30	Academic work
12:30	Lunch
1:00	Academic work
2:00	Free time- read a book, be creative