

Dear Minnewashta Family,

I hope you've found many happy moments together this week. Our staff have been working hard to prepare for e-learning beginning Monday.

*We are equipped to connect with parents and students:*

- We have access to our school voicemail. Leave a phone message. [Staff Directory](#)
- We have access to email. Please, reach out when needed.
- We will [connect virtually or request support](#) with students.

Please let us know if your child needs to connect with us! We know scheduling may be difficult, yet we will do our best to be there for your children.

*Gentle Suggestions:*

If you have not already, try to set up a *daily schedule* and a work space with your child. Children rely on the comfort of a routine, feeling and functioning better when they know what to expect.

Offer them encouragement and small incentives for making it through their *new* routine. Then, push them out the door to run laps around your house while you attempt to do your own work. One family shared information about an app that is helping them: OurHome<sup>1</sup>.

Demonstrate grace and kindness to yourself. Parenting is HARD work! Parenting a child without a typical school schedule nor activities, inside your home with siblings, *while* you attempt to do your own work may be overwhelming. Breath in, breathe out.

You got this! Virtually tap into your community; lean on each other. If you have not already, help your children to stay virtually connected with peers, grandparents, aunts, uncles and cousins.

Take care of yourself so you are better able to be present for your children. The Minnewashta staff want you to know you are not doing this alone. We are here to help.

You will receive an email with important learning information from me at 8 am.

Finally, voices, in isolation, creating beauty! [Camden True Colors!](#) Enjoy! ❤️ Cindy

[Jenny VanAalsburg](#), Teacher on Special Assignment (TOSA) for Minnewashta support  
952-401-5505

[Mandy Mattke](#), School Psychologist and K-2 Counselor  
952-401-5524

[Farrah Jennings](#), Licensed School Counselor Grades 3-5  
952-401-4194

[Kevin Wagner](#), MSW, LGSW - School Social Worker  
952-401-5476

[Cindy Andress](#), aka Queen Andress

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<sup>1</sup> The app allows them to have their children working independently but following a structure throughout the day. The parents and children worked together to build out the schedule and activities so they feel accountable and have a stake in it. In addition, as they complete tasks they can earn Points and use those points towards Rewards. All within the system. ie., complete 3 IXL sections and earn 30 points. Points accumulate as they complete tasks and once they reach 250 points they can select a Reward (later bedtime, for example). It's all customizable to what's relevant for your family.