



Ashburnham-Westminster Regional School District

Office of the Superintendent

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Good afternoon,

During this period of school closing, AWRSD hopes that you and your families are safe and adjusting to new routines. As COVID-19 changes daily, we are continuing to evaluate our school plans going forward with community health and safety remaining the top priority.

I want to share a few reminders to stress the importance of social distancing. Parents have asked – what does social distancing mean for me and how can I protect my family? Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Social Distancing Reminders:

- Avoid group gatherings, such as play dates, sleepovers, parties and visiting each other's homes.
- Those in need of childcare should limit the number of families involved as much as possible.
- Get outside, take walks, ride bikes, or go on hikes, but maintain 6 feet of distance between individuals.
- Cook meals at home, if possible.
- Try to plan grocery store trips during non-peak hours if/when possible.
- Practice prevention like covering coughs, hand washing and social distancing techniques with children and have them practice among themselves.

Remember that there are many safe activities to explore – family game nights, reading books, listening to music, going for walks and spending time outside, checking on a friend and group video chats are a few.

Our future feels a bit uncertain these days, and it is an anxious time for many. I encourage you to take time each day to ask your children what questions they have about current events, to focus on the positives, to reflect on life's many blessings, and to care for yourself and others. Ashburnham and Westminster are filled with people who care deeply about their community and want to make the world a better place, and we will get through this together!

Thank you for your patience and understanding. The COVID-19 pandemic is unlike any event we have ever seen, forcing all of us to make countless decisions that have no precedent. We will continue to share information as it becomes available. Please check the AWRSD website for updates.

Sincerely,

Sandra Rehler

Interim Superintendent of Schools