

Dear Altamont Families,

In today's update I have a few pieces of information to share:

1. Students can share study groups and collaborate with peers. The use of groups within the Office 365 suite of products is encouraged for collaboration among peers for any class and extra-curricular activities. Groups can be particularly helpful in creating academic study groups, project work and club communication. Within any class, the Teams Channel option could also be used to accomplish similar group activity.

The ability to create groups within Office 365 has now been limited to only faculty and administrators. However, If you would like to have an Office 365 group or Teams channel created for study purposes, simply email the appropriate faculty or administrator to create the group and add you and any other members who wish to be part of the group.

2. The school has unblocked YouTube from its internet filter. Teachers have been using YouTube in their classrooms and would like to create assignments using this program. We do not anticipate previously blocked websites to become unfiltered. If you have any questions or concerns about YouTube, or our internet filter, please shoot an email to edunn@altamontschool.org or cdurst@altamontschool.org.

3. Be sensitive to your child's need for connection. Already we are hearing that there is a sense of loss/grief regarding the lack of connection with peers. Although we are scheduled to return to school April 10, there is a likelihood that our time away could be much longer.

Here are just a few ideas for you in managing your children and time away from school:

- Try to learn a little each day about your child's screen habits and preferences. No child wants a parent to hover over his/her computer, and we must respect young people's online social spaces, but you can learn something about how young people socialize and the places and sites where they engage. You may want to relax your screen and internet rules if your children are using the time to connect with friends. However, maintaining boundaries is necessary.
- Sharing household responsibilities can be a fun way to break the monotony of being around each other, and a schedule of activities can be helpful for young people that are homebound. For families with older children, having them plan a family evening activity or prepare a supper might be a good way for your kids to walk a mile in your shoes.
- Committing to outdoor time with your child will be good for all of you. Since we are prepared for a four-week stay at home, try setting some exercise goals for you and your child, and then create a chart where you can share in your progress.

For other thoughts and ideas about student health and wellness, please email school counselor Lauren Garrett at lgarrett@altamontschool.org.

Please remind your child that the **first module is due tomorrow, Wednesday, March 18**, and **Advisory check-ins are mandatory**. I will continue to update you as needed.

Stay healthy and safe,
Chris Durst
Head of School