

## SUSTAINABILITY ACADEMY BUZZ - 03.27.20

Dear SA Families,

The Governor announced late yesterday afternoon that all schools in Vermont will be closed through the end of the 2019-20 school year. As disruptive as this will be for students, families, and staff, I am hopeful that this bold decision will protect many in our community from the public health crisis we are facing.

I am sure you have many questions right now. Please feel free to send them my way. I am actively working with district leaders to get answers as quickly as we are able. For more information and ongoing updates, I encourage you to visit the [BSD Coronavirus Updates Page](#).

This is truly an unprecedented time. From my short time as principal at SA, it is so clear to me that the SA community takes care of its people. Thank you to the families who have checked in and offered support to our staff and to me. Thank you to the families who have supplied groceries or toilet paper for one another. Thank you to the families who are working in the medical, custodial, grocery, and other essential service fields right now. Thank you, thank you, thank you.

I am especially concerned, as I know many of you are, about the impact extended school closures will have on families who already experience the daily injustices of poverty, xenophobia, and institutionalized racism. We will have to work extra hard to take care of our community during this time, and I know that we can do it. Please reach out to me if you have ideas about organizing support for our community.

Although schools are physically closed, we are very much still open as it relates to supporting each student and family at SA. We are here for you. Reach out if you need us.

With gratitude,

Ms. Oropeza  
Principal, Sustainability Academy  
802.343.6607

 [@sustainabilityacademybsd](#)

### UPCOMING EVENTS

#### Ongoing Events:

- **Free meals for all kids - Monday-Friday, 10:30-11:30am next to the SA playground.** Additional food sites and information here: <https://www.burlingtonschoolfoodproject.org/menus/>
- **SA Morning Announcements Monday-Friday @ 8:30am** on [Instagram Live](#), available by 9:00am on [Facebook](#)



# SUSTAINABILITY ACADEMY

BURLINGTON, VERMONT

|                |  |
|----------------|--|
| Monday, 3/30   | <ul style="list-style-type: none"><li>● <a href="#">Math Challenge #1 Submissions Due (Optional)</a></li></ul>   |
| Tuesday, 3/31  | <ul style="list-style-type: none"><li>● <b>School Counselor Information Hour, 3:00-4:00pm</b><br/><i>In this time of uncertainty, change of routine, and potential stress for everyone - including families and children, our School Counselor, Susan Dodd is available to support. If you are interested, please join us from 3:00-4:00pm on Tuesday, March 31. Parents, if you have questions or topics you want to make sure are covered, please email Susan (<a href="mailto:sdodd@bsdvt.org">sdodd@bsdvt.org</a>).</i></li></ul> <p><b>How Do I Join? At the time of the meeting, click the link below.</b><br/>Join Zoom Meeting<br/><a href="https://zoom.us/j/187518245?pwd=akxYeml1K3JtUzVoVfd4QjFPWIEvdz09">https://zoom.us/j/187518245?pwd=akxYeml1K3JtUzVoVfd4QjFPWIEvdz09</a><br/>Meeting ID: 187 518 245<br/>Password: 03758</p> |
| Wednesday, 4/1 | <ul style="list-style-type: none"><li>● <b>Wednesday Morning Meeting, 8:30am</b><br/><i>Wednesday Morning Meeting lives on, even during physical school closures! We hope many SA families will be able to join us on Wednesday at 8:30am, through Zoom.</i></li></ul> <p><b>How Do I Join? At the time of the meeting, click the link below.</b><br/><a href="https://zoom.us/j/128959836?pwd=MC9TeDhFZU9EbUU0TnBNcVVaTTRiUT09">https://zoom.us/j/128959836?pwd=MC9TeDhFZU9EbUU0TnBNcVVaTTRiUT09</a><br/>Meeting ID: 128 959 836<br/>Password: 792010</p>   |
| Thursday, 4/2  | <ul style="list-style-type: none"><li>● <b>Principal &amp; Coach Virtual Coffee, 8:00-8:30am</b><br/><i>Join Principal Oropeza and Coach Kestrel for a virtual coffee meeting. During this time we will answer questions (as we are able) and check-in on how we can support you.</i></li></ul> <p><b>How Do I Join? At the time of the meeting, click the link below.</b><br/><a href="https://zoom.us/j/304451362?pwd=cE1Wd0VQRWFkNkJJQkVNOGJTaWU1QT09">https://zoom.us/j/304451362?pwd=cE1Wd0VQRWFkNkJJQkVNOGJTaWU1QT09</a><br/>Meeting ID: 304 451 362<br/>Password: 063051</p>  |
| Friday, 4/3    | <ul style="list-style-type: none"><li>● <b>Next Family Newsletter will be emailed</b></li></ul>  |



## UPDATES, REMINDERS, & TO-DO'S

### [5-minute Family Survey](#)

As we prepare for extended school closures, we want your input on the services and resources that would be most helpful to your family. Please take 5 minutes to share your perspective with us. If you have questions or additional input, feel free to email Principal Nina Oropeza ([noropeza@bsdvt.org](mailto:noropeza@bsdvt.org)). Thank you.

### **Coaches Corner**

An important part of being the Sustainability Academy is getting students out in the natural world or engaging directly with nature! We wanted to supplement all of the wonderful online resources you are getting with suggestions of some optional, tech free- learning activities. Please visit our [Education for Sustainability School-at-Home Resources page](#). Reach out to Ms. Kestrel ([kplump@bsdvt.org](mailto:kplump@bsdvt.org)) with any questions or ideas.

### **Nurse's Corner**

I just want you all to know that I've been thinking so much about each and every one of you and your families over the past week. I'm working from home, but still here for all students and families. Please reach out to me at [jstarr@bsdvt.org](mailto:jstarr@bsdvt.org), if I can be of any help to you. In good health - Nurse Justina

### **Tips for Staying Healthy**

- Eat healthy foods and avoid sugar as much as possible
- Drink plenty of water
- Wash hands for at least 20 seconds with soap and water frequently and especially before eating, after using the bathroom and after coming in from outside. Use hand sanitizer if soap and water is not available
- Avoid touching your face
- Get outside for fresh air and exercise as much as possible, but stay at least 6 feet away from people who are not in your immediate family.
- Exercise daily - Stretches, yoga, dancing, and going up and down stairs are all great ways to exercise while staying at home.
- Stay connected to friends and family who you may not be able to see in person.
- Limit exposure to the news
- Reach out for help or connection if you need to!

If you are feeling sick, it is very important to reach out to your doctor for advice. Please do not go directly to your doctors office, Emergency Room or Walk-In clinic without talking to your doctor first, unless it is an emergency!