

Dear Parents and Guardians,

We made it through the first day of school. Great job parents and teachers! Teachers are working hard to connect with their students and build community within their classrooms. Parents seeing the everyday routines and activities in the classroom is new to parents and teachers. Please allow your child's teacher to set these routines with the class. We value parent input but we ask that if you would like to share something with your child's teacher send an email or call to set up an appointment. Interrupting a class to speak to your child's teacher can be very disruptive to the entire class.

This week the front office will begin calling home if the school is not notified that a child is absent. Please email at aes-notes@amesburyma.org to communicate if your child will be absent, tardy or dismissed. Always CC your child's teacher on the email. If your child does not attend his/her morning meeting he/she will be marked absent. If your child attends his/her morning meeting but does not attend meetings throughout the day he/she will be marked as dismissed. When attending meetings students should have their cameras on in order to ensure that students are engaged and attending to the lesson. Please reach out to your child's teacher if you have a concern with your child using his/her camera.

AES Families

News, Reminders, and Requests:

- For our Special Education Students beginning school on Monday please remember to send children to school wearing a mask.
- If you are aware of a family who is not receiving emails from the school please tell them to email me and we will make sure we change that in our system.
- **Information from our Nurse:**
 - [Masks Aren't Scary](#)
 - [I can be Safe and Healthy by Washing my Hands!](#)
 - [Updated Quick Reference Sheet](#)

Important Dates:

- **9-30-20** PTO meeting at 6:30 pm at Yang Ming. Seating is outside and light refreshments will be served. Please register to attend by visiting amesburypto.org

CES Families

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I hope you have a wonderful weekend! As always, if you need to contact me you are welcome to email me at shannon.nolan@amesburyma.org.

Sincerely, Shannon Nolan, Principal AES



ALL STUDENTS are entitled to **FREE Breakfast and FREE Lunch**
From now until December 31, 2020.

- ✓ You can pick them up on Mondays and Wednesdays at Amesbury High School
- ✓ Go to the side parking lot next to the side entrance to the tent
- ✓ This will be a **“Drive thru”** pick up only
- ✓ Please do not park your cars, you will be able to drive up to the tent, be handed your meals and then proceed to drive along the back of the school to exit.
- ✓ You may pick up your meals between the hours of **11 am - 12:30 pm**
- ✓ Monday pick up will include 2 breakfasts and 2 lunches, Wednesday pick up will include 3 breakfasts and 3 lunches.
- ✓ Can't pick it up? No problem! Have a grandparent or a friend get it for you—we just want children to be fed
- ✓ Home delivery will **not** be available at this time



YOUTHRIVE COVID 19 FAMILY RESOURCES

Remote schooling, mental health, self-care, parenting tools, support groups and more...

Let us help you find the most useful up-to-date resources all in one place

ECABNETWORK.ORG



essex county
ASSET BUILDER
network

We know the world is hard to navigate right now. We are here to support you.

Created by the ECAB Network Mental Health Taskforce

How to maintain a healthy routine while social distancing



Set a daily routine



Wake up and go to sleep at the same time every day



Spend time outdoors when possible



Set times for regular activities like meals



Move your body every day (walk, yoga, etc.)



Keep in touch with friends and family

Adapted from Swinburne University of Technology

Essex County Asset Builder Network
40 Milk St. Newburyport, MA 01950

Presorted STD
Bulk Rate
U.S. Postage Paid
Permit No. 1
Newburyport, MA
01950

YOUTHRIVE ADULT EDUCATION

Webinars, Workshops, Masterclasses, and Parent Support Groups, there is something for everyone! Visit www.ecabnetwork.org to register for these FREE offerings.

- September 9** Support Group- Setting Structure for Success*
- September 16** Webinar- How to Create a Family Media Plan
- September 23** Support Group-Navigating Remote Learning*
- September 30** Workshop- Creating a Family Media Plan*
- October 7** Webinar- The Good News About Bad Behavior - Katherine Reynolds Lewis
- AND MORE!**

*Indicates limited number of spots. Register today!

Sign up at ECABNETWORK.ORG

