



March 13, 2020

Dear Families and Community Members:

Yesterday, Governor Whitmer order the unprecedented closing of all K-12 school until April 5, 2020. Because our spring break begins April 3, we will be out of school until Monday, April. 13, 2020. District leadership met early this morning to discuss a variety of topics. They are summarized below.

**Can I access buildings and grounds during the shutdown?**

Buildings are open today from noon to 2:00 PM. If access is needed, please contact your building principal via email. LHS: [stephenwilliams@lakewoodps.org](mailto:stephenwilliams@lakewoodps.org), LMS: [rowlandk@lakewoodps.org](mailto:rowlandk@lakewoodps.org), LES [carpenterk@lakewoodps.org](mailto:carpenterk@lakewoodps.org), LECC: [duitsj@lakewoodps.org](mailto:duitsj@lakewoodps.org).

**Will there be any events during the shutdown?**

No. There will be no events, athletic practices, sports events, or building use of any kind during the shutdown. This includes any rentals scheduled by outside groups. We will re-evaluate postponing or canceling any events scheduled after April 13, at a future date.

**What is the district's plan to clean the facilities?**

Our operations team is working with our cleaning service to schedule advance deep cleaning of all areas during the shutdown. Deep cleaning of all technology will also be included in this process.

**Will the district be providing lunch for students?**

Our district donated all of our perishable food to Manna's Market and several local churches. Clarksville Bible Church is providing sack lunches every day during the shutdown to school families Monday – Friday from noon – 12:30. They are located at: 191 S Main St, Clarksville, MI 48815 Phone: (616) 693-2145. Kilpatrick Church has a fresh food initiative every third Saturday. The next initiative is on March 21, 9-11am. The church is located at 10005 E Barnum Rd, Woodland, MI 48897 Phone: (269) 367-4534. During this time, many families will be in need. This is a great opportunity to donate if you are able.

**What does the school recommend for resources to talk with our children about the COVID-19 Coronavirus?**

See the attached items.

**Will academic opportunities be provided to students?**

Each building and/or your child(s) teachers will communicate out to families by Honeywell, Facebook, or classroom texting apps, essential information regarding at home learning opportunities.

**Will we have to make up these days in the summer?**

At this point, we have not received any communication regarding the makeup of days. We are planning on a regularly scheduled last day, which is Wednesday, June 3, 2020.

Best regards,

Randy Fleenor



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# SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



## What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

## I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



## Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

## What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



# WHAT CAN I DO IF I'M FEELING **worried?**

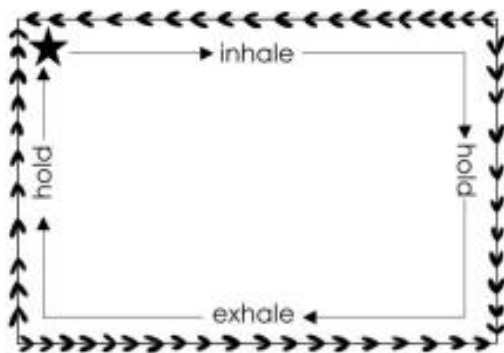


## Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

## Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



## Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

## Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



## Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



**Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!**