

SUBJECT: Family Needs Resources

Hello RASD Families,

We hope this message finds you doing well as you begin to settle into the evolving demands of our quickly-changing society. First things first... you're doing GREAT! It's not lost on us how much has been placed on each of you, as parents and caregivers, and we want you to know that we are so appreciative of the efforts each of you are making to adapt to this "new norm" that is being slowly established. None of us are experts at any of this, but together we will continue doing our best to navigate it, hand-in-hand (metaphorical, well-washed hands, of course).

With so many changes happening so quickly, we anticipate that you've likely experienced an increase in stress to your lives, and we wanted to be sure you know you're not alone! Each of us has certainly also felt the weight of these uncertain times, as well, but we hope you find comfort in knowing we're here to help you handle it! Hopefully you've found that your child's teachers and classroom aides have been helpful to you and your child in guiding you through Google Classroom and other features associated with the online learning platform. If you are still struggling with this, don't hesitate to reach out! Our teaching staff have been so wonderful and understanding through this process, and we're confident they will continue doing all they can to support you and your learner(s).

Beyond the new academic-related challenges, however, we also recognize many of our RASD families may be encountering difficulties with other things - things that often carry a much heavier burden. We want you to know we're here to assist you in working through those concerns, as well. As you are faced with issues related to your jobs, we understand there may be financial uncertainty in your home. With the unexpected learning-curve to provide your child with support in their education, along with the many other things required of you, we also recognize many of you may be noticing a dip in your mental health or emotional well-being, as well. Additionally, we acknowledge your child(ren) may, too, be slightly overwhelmed with this new learning platform, and may be feeling a decrease in their overall mental health and/ or social-emotional wellbeing (as well as a spike in possible undesirable behaviors).

With all of this said, we wanted to take the opportunity to share some resources with you that you may find helpful, as you continue to navigate these new waters. To access these resources, go to:

- www.ripon.k12.wi.us
- Click on the "Families" tab
- Select "COVID-19 Digital Learning Information and Resources"

Here you will find a host of resources that may be helpful to you and your child(ren). You will also find more information about mental health, financial support resources, assistance with basic needs, and more. If you have specific questions, or need help or support with something in one of the following areas, please don't hesitate to reach out to one of our RASD Pupil Services team members listed below. We'd be more than happy to assist you however we can!

Take care and be well!

Your School Counselors & School Psychologists

Hilda Santos, BP/J School Counselor

- santosh@ripon.k12.wi.us

Angie Meilahn, BP/J & MP/Q School Psychologist

- meilahna@ripon.k12.wi.us

Kayla Newman, MP/Q School Counselor Long-Term Sub

- newmank@ripon.k12.wi.us
- *Miss Newman will be covering for Emmy Jess during her Maternity Leave until May 22nd*

Todd Arft, RMS/ C School Counselor

- arftt@ripon.k12.wi.us

Rob Toepel, RMS/C & RHS/Crossroads School Psychologist

- toepelr@ripon.k12.wi.us

Samantha Daun, RHS/Crossroads School Counselor

- dauns@ripon.k12.wi.us

Holly Schneider, RHS/Crossroads School Counselor

- schneiderh@ripon.k12.wi.us