

Dear Mercy Families,

I hope you found this first weekend of our Shelter in Place to be a surprising blessing of having more time than usual to focus on your family, your health, and those life tasks that you can never seem to make time for! It is amazing what we can accomplish when we are forced to stay home and even more amazing how much we come to appreciate the beauty of nature when we are forced to slow down. I hope this Shelter in Place has given you the gift of being able to be more present with your daughters and to go on walks around your neighborhood together.

Your daughters were truly the epitome of grace, maturity, and commitment last week as they completed their first week of Distance Learning. We were happy to be able to pop into various club meetings last Friday to see your daughters. Though they no doubt have many frustrations and concerns with the unknown end date of our Distance Learning, they kept sharing their beautiful smiles with us and for that, we are extremely grateful.

Please remember that all of us are processing the unknowns in different ways. Your daughters may be experiencing a mix of emotions from indifference, sadness, anger, confusion, fear, jealousy, and disappointment. Let's not forget that every emotion is valid and every emotion is very real to them. I hope you take time to participate in our Parent Wellness Support call on Wednesday if you have any concerns regarding your daughter's mental health. Please also do not forget that resources for mental/emotional wellbeing are available to you on our website, and we invite you to explore these continuously-updated support documents from our [Campus Ministry](#) and [Counseling](#) teams.

**Please see reminders for this week:**

- **Monday**
  - Student Holiday. This day off is a blessing in disguise as last week was a major transition that took great mental focus and energy for our faculty, staff, and students. Your daughters have been working incredibly hard, and I hope they can take the day to relax.
- **Wednesday**
  - 1:25pm Student Dismissal\*
- **Friday**
  - SBO Elections- Elections have been postponed. Coach RG had a meeting last week with all our junior students who are running for an SBO position. An update will be posted on Schoology regarding the new election timeframe.
- **Spring Musical**
  - Unfortunately all scheduled Spring Musical events and performances have been postponed. We share the disappointment that our actresses, band, and stage crew members no doubt feel about this. We were excited to celebrate the talent that our students were bringing to the Tri-School Production of *42nd Street*. We remain hopeful that we can find a way to showcase the talents of our Tri-School musical students.

\* All early dismissals will remain as scheduled during Distance Learning as these are the days we meet as a faculty and staff for professional development.

**Celebrating Our Students-** We are very excited to share that we are still holding events that celebrate our students and their many accomplishments. Last week we honored our students through an online ceremony by holding their Rho Kappa National Social Studies Honor Society induction! [Click here](#) to view a recording of the ceremony.

**Mercy Extracurricular Opportunities-** We are happy that we have been able to create various opportunities for our students outside of the classroom beginning this Tuesday. We will post these opportunities on Schoology for your daughters but want to be sure you have the links to support your daughters. If you feel your daughter is having a tough time with the nature of staying indoors during Shelter in Place and Distance Learning, we strongly recommend that you encourage your daughter to take part in one of the campus ministry, wellness, and health opportunities below. Please note all times in red are opportunities for parents to touch base about wellness, college, and any general and/or Distance Learning questions.

### **Monday**

- 7:10am - 7:30am • Morning Workout with Ms. CB
- 9:30am - 10:30am • Parent College Counseling Support
- 2:45pm - 3:30pm • Mindfulness and Movement with Ms. Stewart

### **Tuesday**

- 11:00am • Lunchtime Meditation with Campus Ministry
- 12:20pm • Lunchtime Meditation with Campus Ministry
- 2:45pm - 3:15pm • Workout with Keri Sotak

### **Wednesday**

- 7:10am - 7:30am • Morning Workout with Ms. CB
- 10:00 - 11:00am • Parent Wellness Support
- 11:05 - 11:35am • Wednesday Wellness Challenge
- 12:30 - 1:00pm • Wednesday Wellness Challenge
- 2:45pm - 3:30pm • Mindfulness and Movement with Ms. Stewart

### **Thursday**

- 11:00am • Lunchtime Meditation with Campus Ministry
- 12:20pm • Lunchtime Meditation with Campus Ministry
- 1:00pm - 2:00pm • Parent College Counseling Support
- 2:45pm - 3:15pm • Workout with Keri Sotak

### **Friday**

- 7:10am - 7:30am • Morning Workout with Ms. CB
- 9:00 - 10:00am • Parent Check-In with Head of School
- 11:00-11:30am • Lunch with Pets with Ms. M

**SAT and AP Testing:** We have received a few questions regarding SAT and AP testing. Please [click here](#) for an update from College Board regarding SAT and AP Testing. There will be changes to the AP exams. We will share more information regarding AP testing when it is finalized and shared with us from CollegeBoard.

A huge thank you for the tremendous support you have shown to our Mercy faculty and staff this past week. We feel the support and are incredibly thankful for your trust in us as we transitioned to Distance Learning. If there is anything we can do to better support you or your daughters, please do not hesitate to reach out.

We continue to keep all of our students and their families in our prayers. I truly hope no one has had any loved ones affected by COVID-19. We miss your daughters more than you know, and at the same time we are incredibly grateful that tools like Schoology and Zoom have allowed us to continue having regular interactions with them. Please give your daughters a big hug for us and tell them how much we miss them!

Thanks,

A handwritten signature in blue ink that reads "Natalie Cirigliano Brosnan". The script is cursive and fluid.

Natalie Cirigliano Brosnan '02