

Dear Merrimack Families and Staff~

We are now one month into remote learning in our district. As of today, our food services department has prepared just over 6000 lunches to Merrimack families. Of that number, it is important to note that our bus company and drivers have delivered an average of 100 lunches per day to families unable to come to our MHS curbside location. On the computer front, in the last week alone, our technology staff have prepared, sanitized and distributed an additional 40 chrome books to families whose requests we continue to receive. The total number of computers and related devices that have been distributed to Merrimack families to support remote instruction for our students, to date, is 1045. Add to these numbers the countless hours of planning, teaching, assessing and supporting our students that have gone into the startup and implementation of remote learning in this past month, and the picture those numbers reveal of deep commitment on the part of our public school employees is extraordinary. While I cannot speak for other school districts in particular, I am sure that our sister districts across the state and around the country have been similarly committed to supporting the many needs of our families and students in these extraordinary times. That the staff of our school district and countless others have done so in record time, and with the same challenges facing them as faced by everyone else in this health emergency, is testament to the commitment of public educators to the students and families they serve. It also reflects the importance of public schools in the lives of our communities during normal times and, perhaps, never more so than in difficult times. I am grateful to, and proud of all of them.

This has been a very busy week. Our lives have turned again with new announcements, updated plans, and big decisions. There will be time next week to work on whatever comes next. For now, I wish you all a safe and restful weekend, if such things are possible these days. I leave you tonight with what we hope is a helpful resource from NAMI NH and shared with me by our System of Care and Learning Supports team. There is much more to remote learning than academics. We have to take care of our social and emotional wellness more now than ever before. The challenges faced by all parents these days is genuine and intense for sure. We hope this resource provides you with some help as you continue to navigate the days ahead.

Stay well.

Mark McLaughlin
Superintendent



PMC



ONLINE LIVE!

Parents Meeting the Challenge

FREE 8-Session Educational Program for Parents & Primary Caregivers of Children & Adolescents with Social-Emotional Challenges

PMC Online LIVE! is an online, live program allowing individuals anywhere in New Hampshire to participate. PMC provides tools, strategies and information to help parents (1) meet the challenges of raising a child with a social-emotional challenge and (2) navigate and advocate for their child's mental health needs.

The curriculum covers:

- Brain Biology
- Common Childhood Emotional Disorders
- Developmental Stages
- Facing Mental Illness in the Family
- Self-Care
- Crisis Planning
- Advocacy
- Family Stressors and Service Needs
- Communication
- Special Education

This program meets Wednesday evenings:

April 8 - May 27, 2020, 7:00 - 8:30pm

Virtual Meet & Greet on April 1, 2020, 7:00 - 7:30pm

For more information contact: Heidi Cantin 603-568-5771 or hcantin@NAMINH.org
To register: www.naminh.org/education/family-education/pmc-registration/ or scan the QR code to the right to go directly to the registration page.

Please note ~ [you will need a compatible computer or mobile device](#). Contact us for details.
This program is offered free through funding from the NH Family Network Grant.



 **NAMI** | New Hampshire
National Alliance on Mental Illness

85 North State Street, Concord, NH 03301 • www.NAMINH.org • (603) 225-5359 • (800) 242-6264 (InfoLine)