

Dear Merrimack Families and Staff~

Welcome to the end of the 6th full week of remote learning. As this week comes to a close, I wish to share with you all a few resources brought to you through the work of our district's System of Care and Learning Supports Committee. As I've mentioned before, this committee is made up of educators and administrators all of whom sit on this committee in addition to their school based and district work. They meet regularly in ordinary times, and I am so grateful to them for continuing to do so during these extraordinary times, when the nature of their work might reasonably prevent them from continuing their committee efforts. Their support of the social and emotional health and wellbeing of our students and staff creates the conditions for a happier and healthier environment in which to teach and learn. Now, more than ever, we need and appreciate their guidance.

One of the many contributions of this committee to our overall understanding of emotional health and wellness lies in its focus on the importance of attending to even the smallest needs and concerns, since we know all too well that ignoring these things rarely means they will go away. The resources they have shared with you tonight on sleep and eye strain are two examples of seemingly small things with big implications for our physical and emotional health if ignored. We hope you find them useful.

Finally, I share a link <https://www.naminh.org/resources-2/covid-19/> to the COVID-19 resources developed by NAMI NH, a wonderful resource for all New Hampshire residents related to mental health and wellness. Please be sure to consult with and utilize this resource as needed. They are there to help.

Enjoy this weekend and stay well.

Mark McLaughlin
Superintendent