

Dear Merrimack Families~

Today marked the swift resumption of our remote school lunch program after a brief suspension earlier this week due to safety precautions related to the current health emergency. Thanks to many volunteers and members of our administrative staff we were able to serve over 300 lunches today, the highest number of lunches served since remote learning began in March. We will work to adjust the offerings tomorrow in an effort to make them more aligned to the menu our own food service program has so capably provided to our community over the last nearly two months. With help from our bus company, remote delivery continued today as well as on-site pick up at our high school location. We look forward to the swift and safe return of our food service helpers but, in the meantime, we are so pleased to be able to continue to serve the needs of our community in their absence.

I leave you tonight with a reminder of two resources that can provide much needed assistance to families coping with anxiety, health and financial concerns, and general questions about how best to deal with, and respond to, the environment created by the COVID-19 virus. Please call the NAMI Helpline at 1-800-950-6264 for any concerns related to mental health or anxiety. Professionals are on call and ready to help. In addition, the New Hampshire Department of Health and Human Resources (NH DHHS) has an outstanding web presence that addresses a wide variety of issues of concern and relevance to New Hampshire residents, including but not limited to:

- guidance about the making and use of face masks for personal protection
- tips on monitoring your health and the health of your loved ones
- COVID-19 testing resources
- behavioral health resources
- resources related to financial hardship and associated resources for help

Please consult these excellent and reliable resources for help. They are ready to serve you.

Stay well.

Mark McLaughlin  
Superintendent