

# THINGS TO DO IF YOU'RE ABSENT FROM SCHOOL



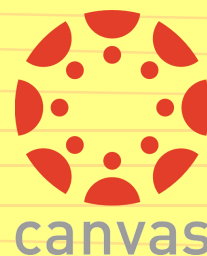
## THING #1

Log into your school email account through Outlook. Check your email inbox regularly! You'll receive emails and/or notifications from Canvas.

**REMEMBER:** You can email your teachers too!

## THING #2

Become really good friends with Canvas. From the MMS Homepage, click on the Canvas icon and sign in. Once there, you should see a dashboard of all the classes you're in. Once in Canvas, check your calendar, the "to-do" list, and don't forget to submit your work! Check each class every day that you are absent..



## THING #3

Check your teachers' Canvas courses and assignments for directions, attachments, videos, due dates, and more. Be thorough! These resources will help you!

## THING #4

Please don't be shy! Speak up for yourself and self-advocate. When questions arise, email your teachers. It's way better than returning to class and saying you didn't know how to do something!



LET US KNOW IF  
YOU NEED ANY HELP!

## GROW YOUR SELF-DIRECTION MUSCLES!

We miss you and we're sorry that you're not in school. Take this time to flex those self-direction muscles and show that you can do it! Take initiative so that the adults around you will be impressed with how responsible you are!



# INFORMATION FOR PARENTS & GUARDIANS

- Sign up to be an observer of Canvas to keep up-to-date with your student's assignments and expectations (Directions on our website: [www.sau26.org](http://www.sau26.org))
- Check Powerschool for scores and grades
- Ask to visually/virtually see work in progress and completed work from your student
- Set up a regular schedule and stick to it
- Brain breaks are important
- Use timers and alarms to help keep track of time
- Double check that your student has fully "submitted" an assignment when submitting to Canvas. If it is on time, they should see confetti flash over the page!
- Reach out to your student's teachers—we're here for you!



## NEED SOME BACK UP RESOURCES?

Find resources for the following subject on the homepage and your teachers' Canvas courses.

- Math- Khan Academy, Math Antics, IXL
- Reading- No Red Ink, Flocabulary, IXL



**MERRIMACK  
MIDDLE SCHOOL  
(603) 424-6289**