



NEWSLETTER

The latest news and updates from Midfield City School District

PreK registration



Secure your child's spot **TODAY** – before seats fill up!

Severe Weather

Spring severe weather season is from March - May. Please, plan ahead and stay safe

School Days

April 6th - June 5th

Stay at home order



Alabama's current Stay at Home/Shelter in Place Order ends **April 30th at 5pm.**

Let's all do our part to keep COVID-19 from spreading.



Midfield Elem. 2nd graders show the academic and social uses for technology. Pictured left: Mr. Dunn's 2nd grade students meet for virtual breakfast before starting their online session! Pictured right: Mrs. Little's Littles engage during their session.

Message from the Superintendent

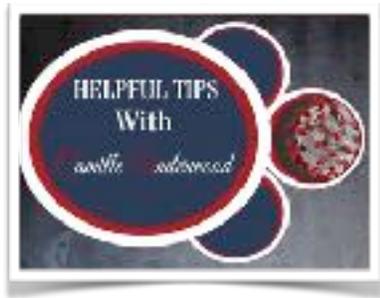
Dear Midfield City Schools Family:

We hope and pray you are staying safe and doing well under these challenging circumstances.

Week one of distance learning is in the books. The student & teacher interaction we have seen has been phenomenal. For the small number of students/parents who still need to pick up instructional packets, please contact your child's school to discuss the best methods for providing them. In the interest of keeping our MCS staff members healthy and safe, we have



Midfield City Heroes



Support for your emotional & mental needs is just a phone call away.

The much-needed resource comes thanks to Midfield City Schools' mental health professionals, **Camille Underwood and Stephanie Matthews**, who are making your mental/emotional health a priority.

Camille Underwood mans our **Family Support Line, (205-617-1824)**. It's a free service available to parents and students who may be frustrated or having a hard time coping with current challenges.

Both Underwood and special education director, Stephanie Matthews, also produce a weekly support video ([Click here](#)).

This week, they focus on the teaching, parenting, and loving with grace.

adjusted our meal distribution plan. Breakfast and lunch are now given out Monday's and Thursday's, with enough meals to last through the five day week. We have also added two extra bus routes for the grab and go meals. Visit our website for locations and times.

Friends, we know the COVID-19 crisis is complicating lives in ways we were not prepared to handle. The mental impact of isolation, closed businesses, physical distancing, and 24 hour news cycles all focusing on Corona are a recipe for emotional distress.

Add to that normal responsibilities such as work, finances, caring for your children, cleaning, cooking, and the list goes on. Some even face added complications, such as illness and loss of jobs.

This week's newsletter is devoted to your mental health. Let's take care of ourselves, not just physically, but emotionally. So that after the storm of COVID clears, we emerge the best possible version of ourselves.

"Turn your superpowers on."

Dr. Shun Williams - Superintendent of Midfield City Schools

Getting Through this

So, how are you doing...really? The mounting COVID numbers, the constant news coverage, self-isolation, business closures, and the list goes on. For most of us, life as we've known it pre-COVID has changed dramatically. If you're feeling stress, depressed, anxiety, or mood changes... you are not alone. In fact, according to mental health professionals, it's absolutely normal. Here are some bits of insight that just might help.

And, please - seek professional help if you need it.

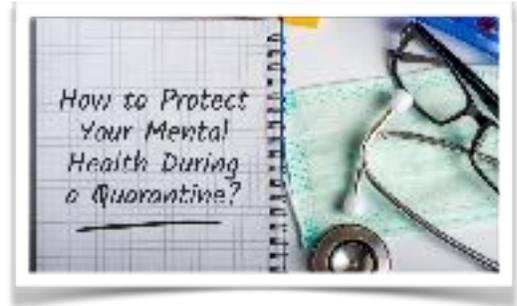


TIPS from the Pros

Turns out, there are plenty of things you can do to cope with the emotional stress you may be feeling at this time. Many of them are productive and FREE, once in a lifetime opportunities!

Check out this list from the National Alliance on Mental Illness (NAMI). For the full article, [click here](#) to go to their website, where you will find a wealth of information and resources to support you through this time.

Read on.



Find Things To Do/Distractions

Activities that distract you from current events can be helpful. Here are a few ideas:

- Household chores, such as spring cleaning, will give you a sense of purpose and accomplishment when completed.
- Free **online university courses** and courses through **coursera**, such as Yale University's most popular class ever: **The Science of Well-Being**. They offer a great learning opportunity.
- **Movies** are moving from theaters to online. Netflix is also a good option.
- TV programming has expanded during the crisis, particularly through streaming services like Netflix. You can also currently **stream** the Met Opera for free. The **NFL** and **NBA** are also offering complementary access to online streaming platforms.
- **Virtual** parishes, which the Pope and other faith leaders are offering, can help maintain religious connections.

*“Letting them know that someone still cares.”
Midfield High teacher delivers goodies and smiles to
students during COVID quarantine*

“Quarantine Survival surprises.” That’s what the chair of Midfield High School’s math department, Tamara Blackmon, calls the goodies she’s hand delivering to her students’ homes. Inside the brown paper bags are small, but meaningful gifts, like games, art & craft supplies, books, snacks, and hygiene items. She says the goal is to build their spirits and focus on their mental health during the worldwide COVID-19 crisis.

Need help focusing?
[Click here for
Rutledge Middle
School’s
Six Tips for Successful
Online Learning!!](#)

“I posted on Facebook asking Midfield students to find Amazon items that were \$20 or less. They were supposed to send me a Facebook message with a link to the item or a picture.” Blackmon spent hours locating the requests, some of which she could purchase directly. Others required a bit more creativity. So far, she’s managed to get items to more than 25 students, and she’s waiting for delayed items to arrive.



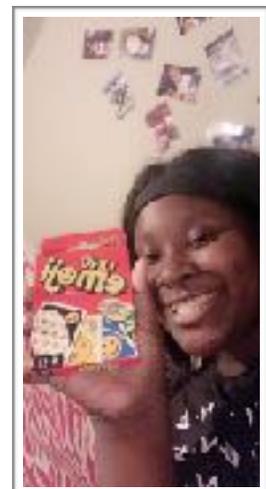
As the Coronavirus pandemic continues claiming lives near and far, Blackmon has found a small way to address the emotional needs of the students she serves. She calls them “her children.” And, health experts resoundingly agree the toll of the COVID health emergency can have major impacts on our mental health.

Alabama students are now in their fourth week away from school since the state closed public campuses last month. And, with two weeks left of the state’s shelter-in-place order, the students are also physically isolated from each other. Blackmon hopes the survival kits give students a way to occupy their time during quarantine, and reassure them that people care.

Blackmon admits it was also a way to see the young faces she misses. Driven around by her husband, she went door to door, handing out the bags herself. She says the screams of excitement, smiles, and even hugs showed her the gifts serve their purpose.

Blackmon says it was all made possible by a \$1,000 [amazon.com](https://www.amazon.com) education product voucher, from the Keep Kids Learning program - which she says will allow her to enrich the lives of more than 40 Midfield High students.

After hearing about the story, other businesses are offering to help as well.



Connect with us

- Website: midfield.k12.al.us
- Facebook: @Midfieldschools



Be serious about your safety

COVID19 Safety

<p>SOCIAL DISTANCE</p> <p>If you must go out, be sure to keep six to ten feet between you and others.</p>	<p>WASH OFTEN</p> <p>Wash your hands often or use alcohol rich hand sanitizer.</p>	<p>STAY HOME</p> <p>The best way to protect yourself and others is to stay home as much as possible.</p>
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