Matignon Minute: A Letter from the Headmaster

Take a look at today's important letter from Mr. Welsh with information regarding an upcoming online college admissions workshop, school vacation, and other important reminders!

This year, Matignon High School's Tradition of Excellence Gala will take place ONLINE! Join us on Monday, May 4th at 6:30 PM for our virtual event!

Celebrate Matignon's mission and support our tradition of excellence we continue to instill in our students. Click HERE for more information and to RSVP!

Important School Updates

- Reminder: Next week, classes will be held on Monday and Tuesday and the remainder of the week will be vacation. Classes will resume on April 27th.

- While we are pleased to be able to continue learning in this time by using remote learning technology, there have definitely been challenges in this transition. To help support students academically during this time, we wanted to inform you that Matignon High School has a program known as the Academic Resource and Mentorship Society (ARMS) led by Mr. Chartier and Mr. Murphy. This program was available to select students when school was meeting in-person and now it is being extended to the whole Matignon student body online. As part of this program, students are able to receive individualized assistance with skills such as time management, organization, and studying. Mr. Chartier is available for any students on Wednesdays between 11:00am-12:00pm and Mr. Murphy is available from 1:00-2:00pm. They can be contacted by students initiating a Google Hangout chat with them at that time. Thank
you and please feel free to contact Mr. Chartier (chartier@matignon.org) or Mr. Murphy (mattmurphy@matignon.org) with any questions.

- **Important Reminder regarding Re-Enrollment**: We are in the process of re-enrolling your student for the 2020-2021 school year. Please review your current FACTS payment plan. If you have not applied for Financial Aid please do so as soon as possible. **Please also be reminded that a tuition down payment of $800 to confirm enrollment of your student is due on May 1, 2020 and will be automatically deducted from your account on that date.** Please contact [Eileen Gustin](mailto:eileen.gustin@matignon.org) in the Business Office as soon as possible if you have any questions or concerns related to this initial payment.

- During our time of socializing at a distance, we want to be mindful of those in our midst who have important needs. We are limited in the ways that we can reach out to one another, however we are not limited in the love that we can share. Please see the attached document with ideas for ways to continue your service hours virtually.

### Student Clubs and Athletics

- All students should take a look at their grade's Google Classroom! **Student council has been planning fun events for each grade!** Reach out to Student Council or Mr. MacDonald if you have any questions or event ideas!

- The yearbook is still in production and will soon be sent off to press. Seniors may still submit any pictures as soon as possible to [mlistro@matignon.org](mailto:mlistro@matignon.org)

- The Bullet Journal Club will be holding virtual meetings on Wednesdays at 1 PM. Students can reach out to [Ms. Zhang](mailto:ms.zhang@matignon.org) to get the Classroom code and Calendar event invite.

- Art Club and Photo Club will be posting challenges for the students to do on their own and upload to their classroom. Email [Ms. Cascio](mailto:ms.cascio@matignon.org) for more information! Follow the Photo Club’s Instagram [@MatignonPhotography](https://www.instagram.com/MatignonPhotography)

- Ms. Cascio and Ms. Arthur are holding live Spectrum club meetings! Reach out to join!

### Self Care during Self Isolation

- Take a look at this [newsletter from Guidance](mailto:guidance@matignon.org) regarding self care tips and resources during this time of self isolation.

- Read the latest [Newsletter](mailto:guidance@matignon.org) from our Guidance Department.

- Take a look at this [article](https://www.matignon.org/article)! Students from Harvard and MIT are giving FREE tutoring!

- If you would be interested in participating in a small group conversation and/or faith sharing group with some of your classmates please reach out to **Mrs. Lenn Johnson**! She will coordinate a time that everyone can virtually meet. The goal would be to have a space for prayer, processing, sharing and uniting together.

- Check out this [article](https://www.matignon.org/article) regarding helping teenagers...
cope with anxiety surrounding COVID-19

- If any families are struggling with food challenges, take a look at [CPS Emergency Meal Program](#)

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**More Helpful Tips!**

- **Take breaks** from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.