Matignon Minute: A Letter from the Headmaster

Take a look at today’s important letter from Mr. Welsh with information regarding Remote Learning, COVID-19, and overall Matignon updates!

Please read through the entire letter as it answers questions surrounding AP exams, Prom, Graduation, and general school news.

Important School Updates

- Be sure to follow Matignon High School on social media! We will be posting regular updates, glimpses into virtual classrooms, fun challenges, and much more! Connect with us on Facebook, Twitter, Linkedin, and Instagram - and don't forget to like and share!
- Mr. Welsh held an Instagram Q&A on Wednesday. Watch the full Q&A under our "Highlights" HERE!

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 in the Business Office as soon as possible if you have any questions or concerns related to this initial payment.

We invite you to join us during this time of prayer, sacrifice, and almsgiving through our daily reflection blog. Every day, a member of the Matignon family will post a different reflection. You can find the Matignon Lenten Reflection blog HERE! We are still looking for students, parents, faculty, staff, and alumni who would like to contribute to the MHS Lent Reflections blog. If you are interested, please contact Mr. Chartier.

Interested in taking free, live AP review courses? Take a look at the AP Youtube channel! These mobile-friendly classes are designed to be used alongside work that you and your teachers may be giving at school.

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

- **Spring student-athletes**: If you haven't already, please fill out the Spring Athletic Survey sent out by Ms. Dugan ASAP! If you have any questions about athletics, please contact Mr. Lahiff.

- 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

- Art Club and Photo Club will be posting challenges for the students to do on their own and upload to the classroom. Email Ms. Cascio for more information! Follow the Photo Club’s Instagram @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 regarding self care tips and resources during this time of self isolation.

- 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 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

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