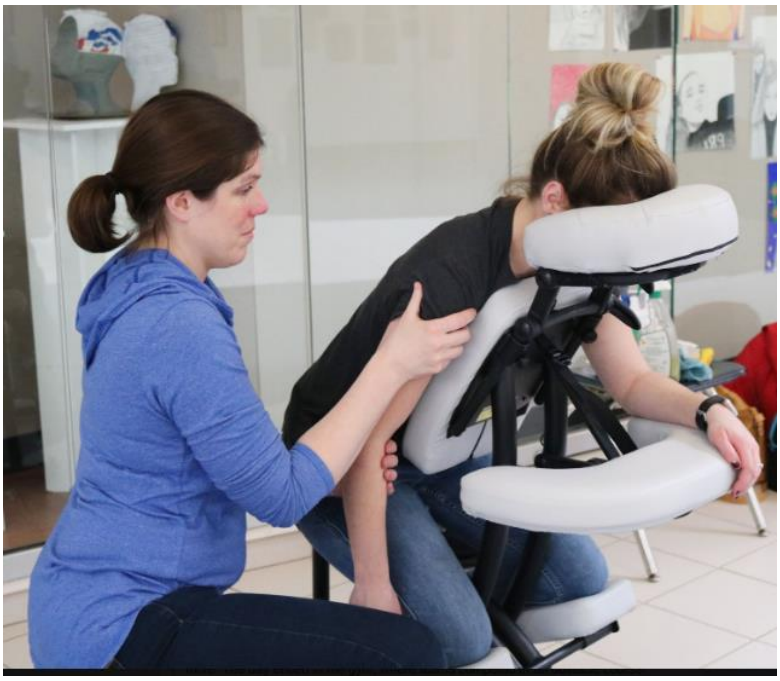
Board of Education Monthly Report
April 14, 2020
Robyn Roberts-Grant
Director of Health, Physical Education, and Athletics

1. Staff Wellness Day – March 13, 2020 - Pictures of some of the wellness activities.



Chair Massages

The Warrior Factory Obstacle Course

Team Scrambled Legs for the Obstacle Course Challenge

One of the Middle School Staff Teams

Chopped Culinary Workshop-Judges choosing the winner

Winners of one of the Chopped Culinary Challenges

First Annual Staff Chili Cookoff – It was delicious!

Curriculum Writing Class

Intro to Yoga Class

Painting Kindness Rocks

Wreath Making

2. High School Happenings during the Covid-19 school closure

- Each student in the high school received a postcard mailing from high school administration offering 4 challenges and an outreach for support with our contact information. Below is a sample of the postcard.

Dear NRW HS Students:

We miss our NRW family and hope all of you are well. We'd like to challenge each of you to use this time to grow as individuals. Go on the longest walk you've ever taken before. Watch YouTube tutorial videos to learn a new skill. Spend an entire day with a sibling. Write a letter to a family member or friend who you haven't seen in a while.

We hope you are able to spend lots of time with your families. You can see the three of us are relaxing with our own furry friends here. Please don't hesitate to reach out if you have any questions. Thank you, and be well!

Sincerely,
Sandy Jordan, sjordan@nrwcs.org
Jay Shetler, jshetler@nrwcs.org
Robyn Roberts-Grant, rroberts-grant@nrwcs.org

North Rose-Wolcott
Central School District
11631 Salter-Colvin Road
Wolcott, NY 14590

CR-SORT
NON-PROFIT
U.S. POSTAGE PAID
Wolcott, NY 14590
Permit No. 2

- All high school staff members received a “Thinking of You” card and a Cougar Strong kindness rock from the high school administrative team during the last week in March/first week in April.

March 30, 2020

To the NRW HS Staff,

Thank you for your patience and resiliency during this tumultuous time. We miss having our NRW Family together and truly look forward to when we are all back together again. Please don't hesitate to reach out to us at anytime, if you need anything.

Sincerely,

Sandy Jordan

Jay Shetler

Robyn Roberts-Grant

3. Using Social Media to engage the community and offer further support, ideas and information. Some examples:

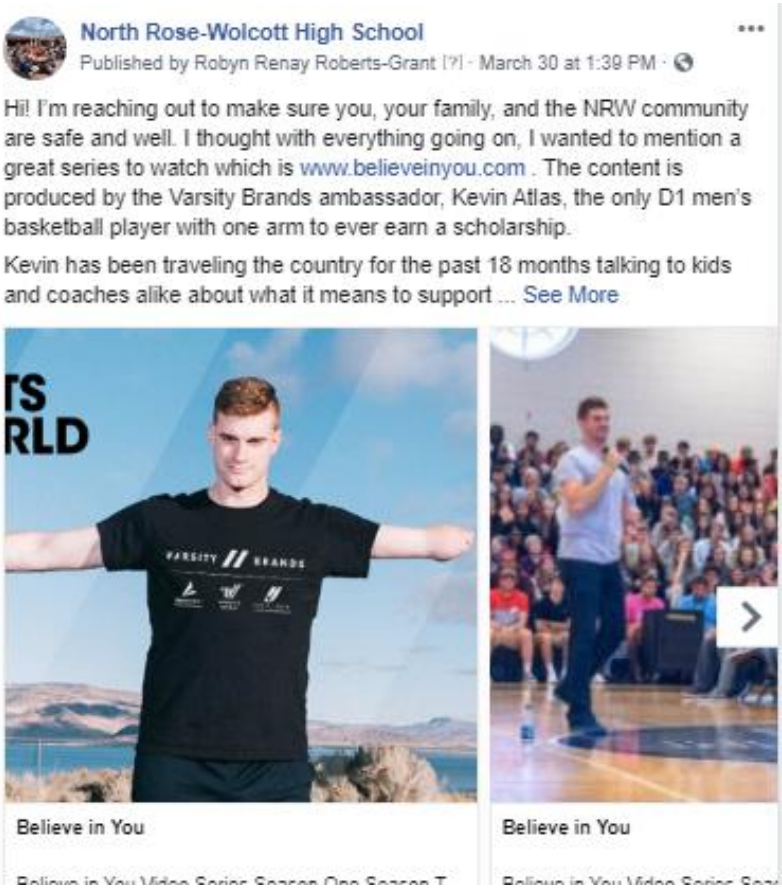
- There is a virtual career fair occurring on the NRWHS Facebook page, published by Mr. Wojieck, where each day a NRW Alumni is featured and answers various questions about their careers and lives since high school.

- A high school newsletter was written by Mr. Wojieck, with collected efforts of the high school staff, to update all stakeholders about department updates and information during the school closure. The link is: https://www.smore.com/hu2zp-welcome-to-nrwhs news?fbclid=IwAR2IzDFAntvWyQbJPSFSPkZvfs4joqwS8QgqbtrpHWdEA8DHJH9PJrlgL3I

- Coach "Duke Mitchell" has been providing the Varsity Outdoor Track Team with workouts and inspirational messages through Facebook.

- Ms. Wiktorowicz & Mr. Wojieck have been posting Spirit Weeks online. One of them is featured here:

- An inspirational online series called "Believe in You" was posted on March 30th. One English class at the high school is using the series for an instructional piece for student writing assignments.



- During this time, we have also experienced the loss of an incredibly amazing man and a NRW and Section V legend, Mr. Theodore Woods. His contributions to the world and this community were endless. He will be greatly missed.

https://www.legacy.com/obituaries/fltimes/obituary.aspx?n=theodore-robert-woods ted&pid=195844503&fhid=10754&fbclid=IwAR1H7FOLTuqP1ROc08hx5nWJgSI2tTf_AsTEnhYA9QUegjxAl63MP7tUaRI

- Lastly, we have been using Facebook & Instagram to promote kindness, thought provoking ideas, activities, scholarship info. & contests. We hope to continue to bring people together while we are social distancing. Thank you to all staff for your ideas and participation in keeping this going!

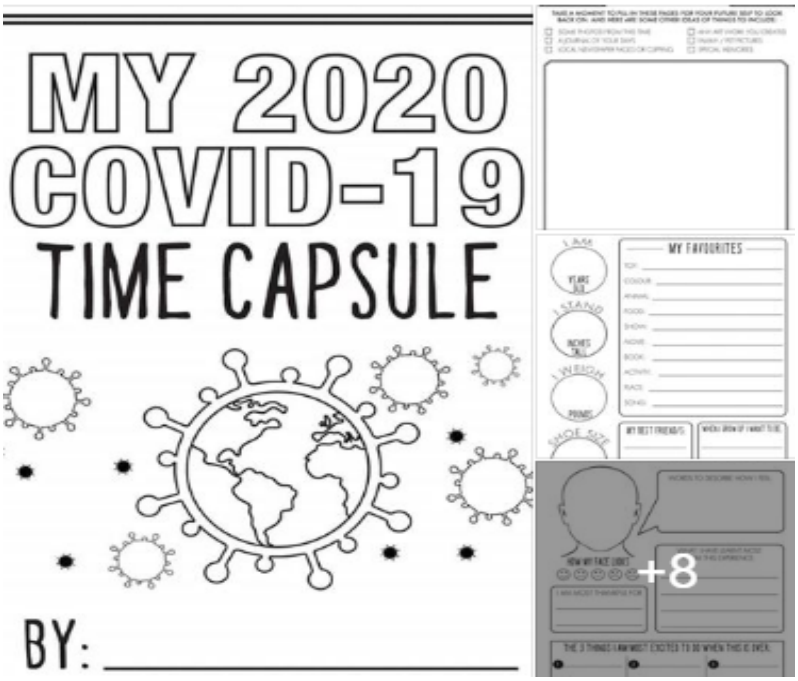
^^^ We recently received fantastic news that the Booster Club & the NRE Cougar Pride Parent Group are donating money for Cougar Strong T-shirts to promote more contests & community engagement.

A fun and meaningful activity for families to enjoy together!

North Rose-Wolcott High School
Published by Robyn Renay Roberts-Grant [?] · April 3 at 7:21 AM ·

Good Morning. This was shared with me and I'm posting this for parents for something to do with your children. You could print these or make your own. Nice thing for students to look back on when they are older.

>>>THIS IS NOW AVAILABLE FOR FREE. DOWNLOAD FROM DROPBOX ACCOUNT<<<
link below... See More



Scholarship Information for senior spring athletes!

North Rose-Wolcott High School
Published by Robyn Renay Roberts-Grant [?] · April 3 at 8:59 AM ·

Section V will still be awarding scholarships for the spring sport season. Please use the attached application form when sharing with your senior athletes. Please encourage senior athletes to apply. Thanks!

Section V Scholarship Application

(open to all students graduating in 2020)

Name: _____

School: _____

Sport: _____

Essay

Please respond to each of the following prompts. Each response should be 300 words or less. Please reference Section V's mission statement (below) in each of your responses.

"Section V is committed to excellence in interscholastic athletics while supporting an education based learning environment."

1. Interscholastic athletics is intended to be an extension of the classroom. What lessons have you learned from playing high school sports? (Include how your participation in interscholastic athletics has contributed to your personal growth.)
2. What role will these lessons play in your future endeavors? (Include how learning these lessons at a young age will prepare you for success in the future.)

Please attach

1. High School transcript
   a. Transcript should include Class Rank
2. High School activities resume
   a. Outline membership in activities governed by the school (Ex: Clubs, Honor
   b. Society, Student-Government) as well as activities not governed by the school (Ex: Job, Internship, Volunteer Work)
3. Letter of Recommendation from the coach of the sport for which you are applying