



March 26, 2020

Dear Parents,

CRMS has always been about taking on challenges - asking students to step up from day one with Wilderness. Just as with Wilderness, we are venturing forth into new territory. Each of us is being asked to bring our best selves, show determination and initiative, take care of ourselves, and others and keep a sense of humor. These times are no different, and this new modality of Distance Learning will require all of that and more. Students will need to take charge of their actions, health, and accountability in a way that they may never have before. Parents, your routine has undoubtedly changed as well. Rest assured that the delivery and accountability of the CRMS program still rests with your student and our faculty and should not create additional responsibilities or worries for you.

At-Home Learning Environment:

As we all prepare to launch into Distance Learning next week, a few things to be sure are in place and understood are the following:

- Verify your internet bandwidth can handle video conferencing that is occurring in your household. Be in touch with CRMS IT at it@crms.org if you have any questions or need support.
- Keep a consistent daily schedule for your family. Please see the [Distance Learning Schedule](#), so you are familiar with your student's weekly schedule.
- Set up an appropriate at-home study space with your student(s).
- You will still be able to follow your student's classes and assignments via Canvas, as always. New for Distance Learning is the addition of a Daily Syllabus in each class. This will highlight the day's agenda, materials needed, and work for that day. Students will access this with their teachers at the beginning of each class.
- Be familiar with what we are asking of students to read [Expectation and Etiquette for Students: CRMS Distance Learning](#).

Staying Connected:

Everything we know about Distance Learning highlights the importance of maintaining connections. Student-teacher relationships have always been a CRMS strength, and we understand that our presence is more important now than ever. Trust that faculty and advisors will be reaching out to your students individually, and you remain welcome to contact us as the need arises. Advisors are still the best way to initiate contact with the school.

Students will have the ability to connect with CRMS adults and each other in a variety of ways:

- **All-School Meeting**- Kayo and AO are committed to maintaining the format of the all-school meeting, including senior speeches and opening talent. Mindfulness, accountability, gratitude, and the Braj award will also remain. We are looking forward to the fun of a “Hollywood Squares” type of format!
- **Advisory** - Advisors will be keen to know how advisees are doing both academically and in their overall well-being. This is an opportunity for a small group to get together and to share their experiences and humor.
- **Student Meeting Block and Office Hours** - All faculty will be available during these times. Students should use this time to either contact teachers with any questions or as a study hall to work. This is not free time.
- **Student Support Services** - Our Learning Specialists, School Counselor, and Nurse are all here and remain committed to supporting your student.
- **Dorm Meetings** - We hope to replicate the unique camaraderie of a dorm family by creating weekly dorm “house parties” for your boarding student.

Staying Healthy and Active:

It is critically important that we remain active and healthy during this time. We should strive to get outside as much as possible and move every day. We know the physical and mental benefits that arise from exercise. Being active daily has always been a part of the CRMS experience. During this time of Distance Learning, Active is going to take on a new form, and it will be different for each student. Every student will create and execute their own unique weekly Active Plan. Because students are spread across the planet in different time zones, in different places, and with different resources, each Active Plan has to be based on each student’s set of circumstances. Here are our expectations:

- Exercise a minimum of 3 times a week (we recommend 5 times if possible) and maintain a log to share with the advisor.
- Resources: For guidance, we have put together Active Resources that are housed in your student’s Canvas Student Life section. There is everything from a full range of at-home workouts, to yoga, to Crossfit WODs (Workouts of the Day) to climb-oriented training to running programs and more. Students can take advantage of this, or they may have resources of their own - bottom line get outside and move!

CRMS is a school built to support students in committing to a path of continued growth and learning, creativity and exploration, and engagement and connection. We are all learning and are in this together. CRMS is an amazing community off-line, and we can continue to do great things online. Let’s remember to be patient and supportive of each other in the process. We welcome hearing about what is working and what is not. You can expect to receive a brief survey weekly.

Nancy Draina, Academic Dean, Eric Krimmer, Director of Technology, Diane Hackl, Director of Active Curriculum and Jennifer Ogilby, Dean of Students will host a **Q&A Zoom session Friday, March 27th at 11:00 am MST** to help with any questions you may have prior to beginning the 4th quarter. Please email questions to Nancy Draina at ndraina@crms.org before

this session and log in to the following ID at the scheduled time: <https://zoom.us/j/147271365> or
Connect by Phone: +13462487799 or +16699006833 Meeting ID: 147-271-365

We are really excited to get back to working with our students and families. Stay healthy, and we will continue to be in touch.

Best,

Nancy, Eric, Diane and Jennifer