



Colorado Rocky Mountain School

Dear Students,

It is such a different world than when you left us two weeks ago. We hope you are taking care of yourselves and your family and staying healthy. We know how hard social distancing can be, especially as a teenager wanting to enjoy Spring Break with friends. These are not easy times, but we are excited to welcome you back in our new Distance Learning format! While it will be very different from what you have experienced before, we have no doubt that as CRMS students, you will rise to the occasion and do so with energy and enthusiasm. You will need to take charge of your actions, health, and accountability in ways that you may never have before. CRMS remains committed to delivering engaging academic experiences, supporting you, and helping you maintain your sense of well-being. This is a real opportunity for you to focus on sleeping eight hours or more each night and self-initiating an exercise routine that helps your well-being as well as your academic focus. All of this is so important as we venture forth on this new online adventure.

Here's what your first week is going to look like:

Before Tuesday, March 31:

- Make sure you've taken a good look at [Expectation and Etiquette for Students: CRMS Distance Learning](#).
- Reach out to your advisor by email or text if you are nervous or have concerns about anything.
- Get yourself on a sleep schedule--bedtime and wake-up time--that aligns with the [CRMS Distance Learning Schedule](#). This is especially important to those of you in different time zones since the schedule is based on Mountain Daylight Time (MDT).
- Check-in with your family: Is your internet bandwidth set to support you with distance learning tools like video-conferencing?
- Set up your study space appropriately (See details in expectations linked above)
- Pick a time to test your Zoom connection: Make sure Zoom is working and contact IT for help as needed. Join Eric in his Zoom Room to test your laptop, microphone, camera, and connection. Student Zoom Testing Room will be open on Monday, March 30th, from 12:00-2:00 MDT and again on Tuesday, March 31st, from 10:00-12:00 MDT. Click on this link during one of these Zoom Room times to get started:
<https://zoom.us/my/ekrimmer>
- Start to think about what your fitness resources and schedule can be. More on this below.

On Tuesday, March 31:

8:00 Wake-up and jump into your morning routine just as you would on a regular school day: Breakfast eaten, teeth brushed, bed made, dressed (no jammies on Zoom!), and ready to go by 9:00 am.

9:00 Student Meeting Block - this hour is set aside for you to get yourself oriented and to explore Canvas. As always, during SMB, students should feel free to reach out to teachers and advisors (more on *SMB below).

- Log into Canvas. Read through all of the documents in the “Q4 Distance Learning” module Eric created for you in each of your canvas courses. Make note of any questions you have so you can follow up with your advisor or teachers or before class starts. You will find important information, including:
 - A Welcome page from your teacher-with instructions specific to online learning for that class. This also includes information about office hours, the best way to contact your teacher.
 - Zoom Classroom Connection with a link that allows you to connect with your teacher by Zoom during class, SMB, and office hours.
 - CRMS Schedule for Distance Learning
 - CRMS Expectations and Etiquette for Students
- Notice that on the top left side-bar of this Canvas page there is a link for “Zoom Classroom”. This is another place that holds the link you need to connect with your teacher and class.
- Look at Canvas for each of your classes. You will notice a “Daily Syllabus” module has been added to each course. The daily syllabi for the first few days of classes are posted in each course. This a detailed lesson plan outlining what you will be doing each day and what materials you’ll need to get it done. If you miss a class or are having trouble connecting via Zoom, you can always go here to see what is needed. For today, look to see what materials you should have ready to go before the start of each of your classes.
- Look at your Student Life course on your dashboard. You will find some new resources including an updated faculty directory with your teachers’ Zoom link, an ASM tab that will connect you to these meetings, and Active Program resources. More on each of these later in this document.

10:00-12:00 Log in to Zoom. If you have not already done so, join Eric in his Zoom Testing Room to test your laptop, microphone, camera and connection. <https://zoom.us/my/ekrimmer>. Make sure it is working and [contact IT](#) for help as needed. If you are already set with Zoom, feel free to invite some of your friends to a Zoom meeting and show off your study spaces!

12:00 Lunch. Take a break, stretch, eat, relax

1:00 All School Meeting - You can find our online ASM by going to the Student Life course in Canvas and clicking the ASM link. This is going to be awesome!

2:00 Period A. Your first Zoom class! As always, your job is to log into Canvas and Zoom prior to the start of class. The Zoom Classroom Link on the upper left side of Canvas is the easiest way to join your class. Don't be tardy!

3:00 Advisory & Active Plan. Your advisor will invite you and the other advisees in your group to a zoom meeting (keep an eye out for this email) where you will get a chance to see everyone again! In this meeting, you will be reconnecting with everybody and sharing with everyone your Fitness Plan. Be sure that you come to the meeting prepared to discuss what your plan to stay active will be! Read below to find out what Active is going to look like this quarter.

Wednesday, April 1st

9:00 *SMB. On our new distance learning weekly schedule, there are four SMB times scattered through the week. These are required study hours where the entire community is engaged in academic work. You should be present in your study space, engaged in academic work, and ready to respond to Zoom or calls from your teachers. During SMB teachers are available by Zoom or telephone. We get that you only had one class yesterday so today's SMB may be slow.

10:00-4:00 See the [Distance Learning Schedule](#) and carry on.

4TH QUARTER ACTIVE PLAN:

During this time of Distance Learning, Active is going to take on a new form, but it needs to remain a vital component of your daily life - exercise and getting outside are fundamental actions we can take to maintain our well-being both physically and emotionally. A Fitness Plan will be different for each one of you because each of you will create and execute your own unique weekly Fitness Plan. Due to the fact that you are spread across the planet in different time zones, in different places and with different resources, your Fitness Plan has to be based on what is available to you and during a time that works for you.

Here is the expectation: Some form of exercise a minimum of 3 times a week for 30-60 mins (we recommend 5 times/week if possible) that you log and share with your advisor.

Schedule: You will see on the Distance Learning [Schedule](#) 9am time slots for Fitness on Mondays, Thursdays and Fridays. This time may work for you or it may not. It may work better for you to exercise after class at 4pm or another time. The Fitness Block is meant to be a placeholder for you to figure out when you will get outside and/or get some exercise. Some of you may choose to do something every day, which is awesome and ideal for your well-being! But remember everyone must do a minimum of 3x/week.

Resources: Active Leaders have put together Fitness Resources that are housed in your Canvas Student Life section under Active. 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. You may also have favorite resources you already use - that's great - share them with us and we can get them up on Canvas. Please be sure that you plan responsibly and respect all social distancing and health recommendations in place during this time - getting outside daily is really important to your physical and mental health but outdoor activities still require social distancing and being risk-aware so that you choose activities well within your ability and not risk injury that may require any sort of emergency system response. Their hands are full enough! This doesn't need to be complicated - just get outside and move!

Weekly Fitness Plan/Log: You will create your fitness plan for the week during Advisory meetings. You will create a copy of [Fitness Plan/Log](#) and fill in your plan for the week - when and what you plan on doing and then record what you actually did throughout the week. This will be shared weekly with your advisor.

As Dave Meyer would say, "Don't Cheat Yourself". You are in charge here, you are the one that can follow through or not, you are the one that can be all in and reap the benefits or not. Challenge yourself and make this the best part of every day!

And moving forward:

Distance Learning is new to all of us. We feel confident that we will get it right: you'll have the same great teachers you are used to, you'll collaborate with your friends during class, and you'll enjoy learning. However, there will be glitches--guaranteed. Be patient with us, yourself, your computer, and the world-wide-web. By the end of the week, you can expect a survey from each of your teachers so we can make adjustments as needed. Your feedback then, and always, will be appreciated.

SMB, ASM, advisory and dorm meetings remain a key part of our school while we are Distance Learning. This is because more than anything, we value relationships and know these are key for remaining connected during this time.

CRMS is a school built around relationships, hard-work, engaging academics and a culture of excellence. Your teachers have worked hard through the break to move these values into a distance learning platform. We want you to have classes where you engage in robust discussions, tackle real-world issues, collaborate, problem-solve and create. We are an amazing community off-line and we can continue to do great things online. We appreciate the shift in mindset each student needs to take on at this difficult time. Thank you for continuing to bring your strengths, your enthusiasm, and your love of learning to our school.

Zoom you soon!

Our Best,
Diane, Nancy and Jennifer