



Deerfield High School Weekly Update

September 8, 2020. Issue 3.

Principal's Message

I am hopeful that over the long weekend, you were able to find some time to relax and safely enjoy some time with family and/or friends, whether that be remote or in-person - socially distanced, of course! I certainly know that everyone deserved a little break after navigating and adjusting to remote learning over the past three weeks. Kudos to each of you for a great start to the school year!

This week, we start with the first-ever - DHS 2020 Virtual Open House. Please find the details below, including a welcome video from the DHS Principal team.

Additionally, this week, you will receive a survey from the District regarding the start of this school year. We look forward to hearing your feedback so that we may continue to enhance our students' educational experience during these challenging times.

All my best,
Kathryn Anderson, Principal

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Watch the video above to hear from the DHS Principal Team regarding our DHS 2020 Virtual Open House event including details on navigating Schoology.

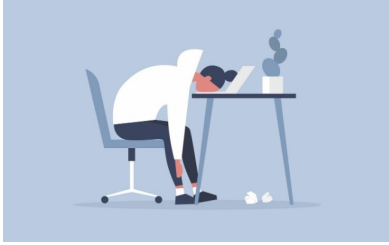
Virtual Open House

Today - **Tuesday, September 8** - we invite you to meet our teachers at our DHS 2020 Virtual Open House event. After school, starting at 3:30 p.m., we encourage parents/guardians to visit their student's Schoology class pages to hear from each of their teachers. Teachers will introduce themselves, discuss the course curriculum, and detail what to expect for the remainder of the course.

Counseling Corner

Combatting "Zoom Fatigue"

Feeling overwhelmed or burnt out during this strange time of



remote learning? You're not alone! Here are some tips and tricks to help you combat the new phenomenon called "Zoom fatigue".

- Take frequent breaks away from your screen.
- Try to focus on the task at hand only.
- Consider turning off the "show myself" option.
- Turn on your light.
- Get outside and get moving!

[Read More Here](#)



CCRC: Senior Newsletter

Reminder about the first [CCRC Senior Newsletter](#) that was sent on September 1. It is FULL of information and links to help the Class of 2021.

Follow the CCRC on Instagram @DHSCCRC.

Teacher and Staff Feature

Thank you to our students and families who reached out to share good news about our teachers and staff!



Shout out to **Mr. Bleck!** Mr. Bleck has creatively developed a way for his students in ceramics class to engage in the curriculum from their homes!



Shout out to **Ms. Hemmila!** Ms. Hemmila has provided ongoing support and guided collaborative efforts with students and families!