



OFFICE OF THE SUPERINTENDENT OF SCHOOLS
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Serving The
Timberlane Regional School District
Hampstead School District

April 5, 2020

Dear Hampstead school community,

We have just finished our third week of remote instruction and the hope is both Hampstead families and staff members are beginning to adjust to a new “normal” as we continue to navigate through the COVID-19 pandemic. I trust that many of you are settling into new routines that work best for your families and households.

The Center for Disease Control offers some great advice about dealing with some of the stresses associated with the coronavirus and I’d like to share a few of those tips:

- Take breaks from watching, reading, or listening to news stories, including social media as hearing about the pandemic repeatedly can be upsetting.
- Take care of your body by eating healthy, well-balanced meals, exercise regularly and get plenty of sleep.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children.¹

Another great resource for positive parenting through COVID-19 can be found at:
https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx

I know I have said this before, but it warrants repeating: the Hampstead school community has proven to be a community who truly cares about one another; who has, time and time again, shown great support for the teaching staff who take sincerely their responsibility to educate our students. I believe strongly that our schools house some of the most talented educators and support staff in the state. As Superintendent of Schools I find myself, once again, impressed with their ability, talent and resolve to meet the challenges set before them. In a very short time, and with little warning, our schools have undertaken the charge to reconfigure entirely the delivery of instruction from the classroom to online and remote learning. A task this size requires the commitment and talents of many people – our educators, administrators, technology specialists, and others. Our stakeholders are truly dedicated to the mission of providing meaningful learning opportunities for all students and as time goes on, those opportunities will only improve.

Staff members or parents who need assistance in the delivery or receipt of instructional and educational services, with school meals, or anything else, should reach out to their building principal. They are prepared to respond and address your needs.

Please remember that April vacation begins on April 27 through May 1st. There will be no remote instruction during that time. Thank you all again for your ongoing support. Stay home and stay safe.

Sincerely,

Dr. Earl Metzler,
Superintendent of Schools

¹ www.cdc.gov