

March 23, 2020

Dear Humanities Students:

I hope this message finds you and your loved ones well and in good health, enjoying some unexpected free time away from the rigors of your academic studies.

More than anything else, I want to encourage you to take care of yourselves. Please pay careful attention to your emotional and physical health. Find activities that bring you joy. Avoid excessive consumption of news about the coronavirus. Stay connected with friends and family through social media and the Internet. Try to remain as optimistic and positive as you ordinarily are.

During the next 2 weeks the WHS Administration is making arrangements for **optional, ungraded learning opportunities** for all students. Please be on the look out for further communication from the school regarding the specifics. During this period teachers will be preparing to launch more class and core-specific on-line learning activities to begin at some point thereafter.

In the meantime, I urge you to devote at least *some portion of the day* to engaging in activities that stimulate your mind, and activate your great creativity and curiosity. Many of you are readers ... use the time to read a good book. Many of you are artists and musicians ... draw, paint, create something of beauty, and listen to some good music (I'll leave that for you to define). All of you are thinkers ... consider writing in a journal, watching a documentary film, or writing a letter (by hand) to a friend or relative. Stay connected. Drop me an e-mail if you'd like.

I'm looking forward to seeing you again sometime soon. I miss your energy and positivity, and wish you and your family only the best.

Best regards,

Mr. Kaufman