

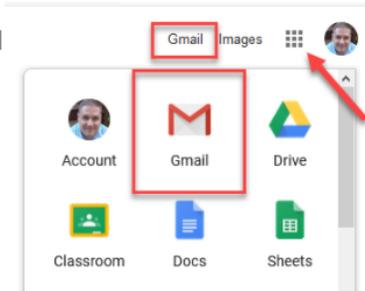
SOUHEGAN UPDATES

OCTOBER 19 – OCTOBER 23



SAU 39 AND GMAIL

SAU39 has been in the midst of a project to migrate all Staff/Faculty and Students to Gmail from Microsoft Outlook in an effort to make communication easier with the use of Google Classroom. On October 9th, 2020, your student made the switch and should be receiving all email communication at accounts.google.com. If they are signed in to www.google.com with their SAU39 account already within a browser (Google Chrome, Mozilla Firefox, etc.), they can also find Gmail as seen to the right.



How Gmail access is set up by grade level?

- Pre-k through 3rd grade will not have access to Gmail at all.
- 4th through 8th grade will be able to send and receive emails from only those within the SAU39 organization (@sau39.org or @student39.org).
- 9th through 12th grade will have full access to Gmail.

If you have any questions about the migration, please reach out to remotesupport@sau39.org.

VIRTUAL OPEN HOUSE

On October 20, 2020 at 6:00 Souhegan High School will host a virtual open house. We encourage you to join us for an informative evening. We will begin with a welcome from Souhegan High School administration. From there you will be able to navigate the agenda to learn more about your child's courses and teachers. We will conclude the evening with a live advisory session where you can link into a conversation with your child's advisor while learning more about the 2020-2021 school year.

Below is the link for the evening.

[Click Here for the Souhegan Open House link and agenda](#)

**Please note that this link is not live until Tuesday afternoon at 3:00pm.

October 20, 2020

6:00 pm: [Souhegan High School Open House Opening Remarks](#) (click for Zoom webinar)

6:05 pm: Families encouraged to visit websites and video via the agenda

7:00 pm: Live Session with Advisors

INFO CENTER

The Info Center is now putting out a monthly newsletter! [CLICK HERE](#) for the October Edition of the Info Center Newsletter!



CLICK ICONS BELOW TO FOLLOW US ON SOCIAL MEDIA



IMPORTANT DATES

- 10/20: SHS VIRTUAL OPEN HOUSE—6:00PM
- 10/26: SCSB MEETING—6:00PM
- 11/2: PARENT TEACHER CONFERENCE DAY—NO SCHOOL
- 11/4: PARENT TEACHER CONFERENCES—4:00PM
- 11/3: ELECTION DAY/IN SERVICE DAY—NO SCHOOL
- 11/10: PICTURE MAKE UP DAY
- 11/11: VETERAN'S DAY—NO SCHOOL OFFICES CLOSED
- 11/25-11/27—THANKSGIVING BREAK

MINDFUL MINI

Monday morning, the alarm goes off. We reach for our phone, check emails, calendars and social media. Immediately our brains begin firing in so many directions. What happened to the sweet dream and warmth of our covers? Gone in an instant. Well, we have a very easy way to start the day with a smile, literally. A morning smile in bed is one of the easiest mindful practices you can do. The fact that you smile relaxes your face. And a relaxing mind comes with it. In fact, when you smile, you are essentially throwing a feel-good party in your brain. The simple act of moving your facial muscles into a smiling position allows your brain to communicate more efficiently, as well as releases all of those happy neurotransmitters (i.e. serotonin, dopamine, & endorphins) that make us feel good. It may feel silly to smile for no reason, but once you start to smile, hopefully it prompts you to think of a reason and then BAM! Another feel-good party in the brain. So start each morning off with a smile this week, and see how you feel!



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Be well, Sheelu & Traci

Souhegan High School

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