



March 30, 2020

Dear Students,

We have missed seeing you, and we hope your family is staying well during these unprecedented times. As you know, our community -- and the privilege we have every day to spend time together -- is one of Nobles' greatest strengths.

With this in mind, and as we get ready to launch virtual classes, we thought it would be helpful to offer a series of fun [Zoom-based workshops and gatherings](#) this week to get you warmed up to the idea of virtual learning and re-engaged with the Nobles community. Click on the links in the spreadsheet to join the meetings via Zoom at the times when they are offered.

While every one of these is entirely optional, we encourage you to drop into as many sessions as you'd like. Here is what will be available to you (a block schedule for the week with links to the Zoom meeting follows at the end of this note):

AFFINITY GROUP MEETINGS A2A, B2B, S2S, Kehilla and Q2Q will all offer meetings this week. If you are a regular attendee of Q2Q, Ms. Sokoll will reach out to let you know when the group will meet. If you want to be invited to Q2Q please reach out to Ms. Sokoll directly.

CLASS MEETINGS On Friday morning at 10:30, join your class Deans as we check in with you, share information about the first week of classes and reconnect as a class group. If you make it to anything, please do your best to check into your Class Meeting!

DEI DROP IN HOUR Come by on Friday afternoon to catch up with the folks in the DEI Office.

MIDDLE SCHOOL "CANDY BOWL" Swing by Ms. Hamilton's virtual office to hang out, chat, and play games

NAME THAT TUNE Come by to play a classic music guessing favorite with Dr. Wilson

PHYSICAL WELLNESS CLASSES including Intro to Running, Intro to Bodyweight Fitness, Yoga, and Full Body Stretching

TRIVIA AND BOOK CHAT LUNCHEAS WITH THE LIBRARIANS What are you reading? Do you have recommendations to share? Didn't read anything and just want to chat? Come discuss your latest over virtual lunch and test your knowledge of topics ranging from Harry Potter (duh!) to current events.

VIRTUAL STRESS BUSTERS to help you feel happy and calm

Recently, I watched [a video put together by the Tufts Psychology Department](#) (led by Professor Sam Sommers, whom you might remember spoke to us in assembly about a year ago). I loved when one of his colleagues shared that many psychologists prefer the term “physical distancing” over “social distancing” because it is critical to stay social and connected even when we cannot be together. The week’s activities have been assembled in that spirit.

On behalf of the whole Virtual Community Engagement and Wellness Team, we look forward to seeing you this week!

If you have any questions, please don’t hesitate to reach out to me.

All the best,

Kate Boyle Ramsdell