

School District of Niagara

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Hello, Badger Family

I would like to wish everyone a safe and healthy fall. 2020 has been a very unique and, in some respects, confusing year. While many things may be out of our control, let's try and take the reins of the things that we can control. I would like to give some advice while we navigate through these times.

If you are home and under a quarantine or isolation, try to establish a routine. Wake up the same time you usually do for school or work. Eat breakfast, log in to school, and make sure that you are present for your classes. If you do not understand something (even if it is not school-related), do not hesitate to ask. Be social. Of course, if you are under quarantine or isolation, you need to socially distance yourself, but make an effort to talk to your friends and family over the phone or via Zoom or Google Meet. Although we have to socially distance, it doesn't mean we have to be alone.

For your physical and mental health, find a project that you can start and complete. Goal-setting is important, and accomplishment and achievement result in satisfaction. Make sure to eat healthy and drink a lot of liquids, much like any other cold or flu season. Staying healthy allows for quick recovery and an armor to fight any illness.

To prevent falling behind, make sure to keep up on each of your subjects in school. This will allow for a quick return with minimal academic slide.

Remember, we are in this together, and "We Got This." Every story should have a hero. Be that HERO that perseveres these times, and conquer them like any other challenge.

My Best,



Nate Burklund

"Preparing and Educating Children for Lifelong Success"

District Phone Number: 715-251-4541