

November 2020



Accredit Memo from MNSAA

Thank you for your valiant efforts keeping learners and staff safe in your schools. The challenges you are facing every hour of every day are undoubtedly often discouraging. Yet, MNSAA sincerely believes your leadership is essential and is supporting all the learners, staff, and families you serve. You have our support for your effort.

In this edition of our monthly newsletter you will find the following information:

- [Strategies to Return to Calm](#)
- MNSAA's [Modified Onsite Visits](#) in 2020-21
- [2020-23 Board of Directors](#)

Best wishes for safety and peace of mind and heart during the next holiday weeks,

Sarah W. Mueller
Executive Director



STRESS INCREASING IN SCHOOLS Simple Strategies to Stay Calm

Edutopia recently published a series of short videos that offer 'rapid resets' to help teachers and students calm their minds and bodies so they can get back to learning. Simple strategies that intentionally change the body's focus to a physical sensation helps the brain know it is safe.

Try these resets to bring back a sense of calm:

- [Take a walk](#)
- [Push a wall](#)
- [Take a sip](#)
- [Do heavy work](#)

When breathing slows, heart rates come down and muscles relax, the brain can begin to process information again.

[Learn more here](#)

MODIFIED ONSITE VISITS Onsite Visits in 2020-21

We had hoped for a safer climate to return to Minnesota this year. As we now understand that the novel coronavirus will continue to impact our schools into the unforeseeable future, it has been decided that all onsite visits for the remainder of this academic

Help slow the spread



Wear a mask



Wash or sanitize your hands often



Stay 6 feet from others

STAY SAFE MN

year will go forward with our defined modified protocols. This format allows for fewer people in your school for significantly less time.

[Find options for your modified visit here.](#)

Contact your Team Chair or [Director Mueller](#) for more.

November is a good month to...

If your school hosted an onsite visit last winter/spring, the **required response** to the onsite Team Report and **revised/updated School Strategic Plan** are due by Dec 31st.

Does your school need to file a *Letter of Intent* to renew accreditation? Due Dec. 31st.

Celebrate with gratitude! Share your gifts!



BOARD DIRECTORS Service through 2023

Thank you for your over-whelming affirmation of the slate of candidates presented to our Association schools for a three-year term of service. The following directors are currently providing leadership and guiding Minnesota's premiere accrediting association:

Dr. Mary Adrian (President) Principal, Holy Spirit School, St. Paul
Ms. Martha Laurent (Vice President) Principal of Holy Name of Jesus School, Wayzata
Mr. Andrew Hilliker (Treasurer) Principal & Director, Diocese of Crookston
Ms. Vicki Kalina Marvin (Secretary) Principal, St. Odilia School, Shorevie
Ms. Marsha Stenzel (Associate Director) Supt. of Diocese of Winona-Rochester
Mr. David Fremo (Associate Director) Supt. of Diocese of St. Cloud
Ms. Regina Ashley (Governance) Principal, Divine Mercy School, Faribault
Ms. Julianne Blazevic (Development) Principal, Stella Maris Academy, Duluth
Mr. Matt Cleary (Development) Principal of General Studies, Torah Academy, St. Louis Park
Mr. Nathaniel Kallies (Development) MS Principal, St. Croix Lutheran Academy, West St. Paul
Ms. Jodi Vanderheiden (Finance) Principal, Mary of Lourdes School, Little Falls

Thank you for participating!



Virtual Business Meeting

We were grateful that so many of our Association leaders stepped away from their responsibilities for several minutes to support MNSAA leadership by participating in the 2020 virtual Business Meeting. The tremendous support we received from our Association for the candidates we presented for service on the MNSAA Board of Directors was appreciated. If you were unable to join us and are still interested, you can view the meeting here: [2020 MNSAA Business Meeting](#)

