



# VERTUS WARRIORS

## **WE ARE COURAGEOUS**

*We do not falter in the  
face of fear or obstacles*

*We face challenges  
without excuses*

*We are strong enough  
to ask for help*

*We never give up*

**The Vertus Creed**

When a Vertus family first sees the opening of our Vertus Creed **“We Are Courageous”** and the words of affirmation that follow, they often express how aptly it can apply to their student’s academics. However, during these fearful times we currently find ourselves in, I often find myself referring to the Vertus Creed on a regular basis. As parents and guardians, we have to be courageous for our students during these times. In our last newsletter we discussed “The coronavirus and your student in 4 steps” and for quick review they were :

1. **Don't panic**
2. **Organize your time (Structure is King)**
3. **Understand the normal emotional responses to a crisis.**
4. **Plan for the future**

However, as Governor Cuomo extends school closures and the news becomes more and more ominous, we must

assess our plans and reevaluate. It may be getting more difficult for you to plan for the future. It also may be getting more difficult for you to be courageous. There seems to be an outstanding question of how do I be courageous? I for one think our Creed gives great guidance. It’s a simple formula:

***How to be Courageous = Facing obstacles and fears (-) Excuses (+) Asking for help (+) Don't give up***

In this letter we have included a list of resources for you and your family. To assure you that we continue to educate our young men from a distance, please be assured that their academic program has been largely uninterrupted. They should continue to work on their core classes on Edgenuity for at least 45 minutes per class per day. Classroom teachers have uploaded their class materials to Edgenuity as well, and students can ask for help through email. Your student’s Preceptor will continue to reach out and facilitate any other requests or needs you may be experiencing during this difficult time.

The Vertus Family has united to ensure that you and your family can get academic and emotional support during this health crisis. Please do not hesitate to reach out to the school with any questions or concerns. We will continue to monitor the situation and communicate any new news and developments with you as soon as we have them. Stay safe and stay healthy.

James Daniels, Director of Student Culture

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| <p><b>Youth Service</b></p>      | <p><b>The Center For Youth</b><br/> 905 Monroe Ave., Rochester, NY 14620<br/> (585) 271-7670<br/> Crisis Nurseries<br/> Permanent &amp; Transitional Housing<br/> Emergency Shelter<br/> Safe Harbour<br/> Street Outreach<br/> Nook – Food Security Cupboard</p>  |
| <p><b>Food services</b></p>      | <p><b>R-Centers: Monday – Friday from 8 am to 8 pm -</b><br/> 1. Adams Street - 85 Adams St.<br/> 2. Avenue D - 200 Avenue D<br/> 3. Carter Street - 500 Carter St.<br/> 4. Tyshaun Cauldwell - 524 Campbell St.<br/> 5. Frederick Douglass - 999 South Ave.<br/> 6. Flint Street - 271 Flint St.<br/> 7. David Gantt - 700 North St.<br/> 8. Trenton and Pamela Jackson (Clinton- Baden) - 485 N. Clinton Ave.<br/> 9. Thomas Ryan - 530 Webster Ave.</p> <p><b>Schools: Monday – Friday from 8 am to 2:30 pm - East</b><br/> 10. Upper &amp; Lower School - 1801 East Main St.<br/> 11. Dr. Freddie Thomas Campus 625 Scio St.<br/> 12. The former Jefferson High School 1 Edgerton Park<br/> 13. - James Monroe High School - 164 Alexander St.<br/> 14. John Williams School No. 5 - 555 Plymouth Ave.<br/> 15. Wilson Foundation Academy - - 200 Genesee St.<br/> 16. School No. 42 - 3330 Lake Ave.</p>  |
| <p><b>Pregnancy Services</b></p> | <p><b><u>Women's Care Center</u></b><br/> 3252 Lake Ave., Rochester, NY<br/> Offers confidential, non-medical support services for women and adolescents who are pregnant. Self-administered free pregnancy test kits Peer counseling and referral to other agencies Referral for free ultrasound Maternity and baby clothing (up to size 2T) Emergency diapers and formula, limited to once every three months Baby items when available (pack n plays, strollers, high chairs)</p> <p><b><u>East Rochester Community Resource Center Program</u></b><br/> <u>Town/Village of East Rochester</u><br/> 333 E Chestnut St., East Rochester, NY<br/> Temporarily expanding hours - 9:00AM-5:00PM M-F.<br/> Provides a food pantry that includes baby food and formula. Offers clothing. Provides household goods such as Bedding/Linen and Kitchenware. Offers furniture - based on availability, some appliances available or will assist with obtaining. Offers prescription assistance. Offers transportation assistance.</p> <p><b><u>The Crisis Nursery of Greater Rochester</u></b> (Center for youth)<br/> 905 Monroe Ave., Rochester, NY 14620<br/> 585-473-2464<br/> The only program of its kind in the Greater Rochester region – delivers free, temporary childcare during family emergencies, including (but not limited to): medical emergencies, unexpected illness, accidents, unemployment, mental health episodes, unexpected death, domestic violence, homelessness, legal issues, unstable/unsafe housing.</p> |
| <p><b>Mental Health</b></p>      | <p><b>Rochester Community Mobile Crisis Team</b><br/> 601 Elmwood Ave., Rochester, NY 14620<br/> Main: 585-529-3721 (RCMCT Office)</p>   |