

Dear Meredith Parents and Families,

As we near the end of the fall semester, your student's health and safety remain our top priorities. We appreciate the fortitude and adaptability our students have demonstrated to help keep our community safe during the pandemic. They have largely adhered to our **community standards** and embraced new ways of learning and living, allowing them to have a successful semester despite a global health crisis.

Winter Break

As the extended winter break approaches, and following CDC and N.C. Health and Human Services' recommendations, we strongly encourage everyone in your family to get a flu shot. **We also remind resident students that flu shots are required in order to continue living on campus.** We need everyone to continue adhering to safety practices so we can have a healthy and successful spring semester.

In addition, the North Carolina Department of Health and Human Services has issued additional **guidance for the Thanksgiving holiday**. No matter where your student spends her holiday break, it is imperative that she follow safety guidelines to help prevent the spread of Covid-19. Doing so will help protect her own health as well as the health of her family, friends, and loved ones.

Services for Students

There is no doubt that the pandemic has brought new challenges to us all, including to our students. Meredith offers services to help your student manage any academic or personal issues that may arise.

- **Learning Center** provides free tutoring by trained peer tutors, including new **embedded tutors**
- **Counseling Center** offers several options to support students coping with a variety of issues
- **One-on-one strengths coaching** by StrongPoints® staff can empower your student to use her strengths and build resilience
- **Office of Career Planning** provides resources to help your student prepare for a successful transition from college to career

Not sure which one is right for your student? Consult this **complete list of resources**.

Deep-Cleaning Buildings on Campus

The holiday break offers an ideal opportunity to clean buildings while most students and employees are away. During this time, facilities staff will be spraying disinfectant with an electrostatic sprayer after cleaning, which allows them to cover the area more thoroughly and quickly. The aerosolized spray cannot be used when the building is occupied as it may impact those with other respiratory conditions. As is customary, all cleaning products used are on the EPA list of approved disinfectants.

According to Sharon Campbell, director of facilities services, although the virus is believed to expire after 72 hours, this is another precaution Meredith is taking to make the residence halls as clean and safe as possible.

Spring 2021 Calendar

While it is our intent to return to a more traditional academic calendar, planning for the spring semester is ongoing. As previously announced, we anticipate beginning spring semester classes on **Wednesday, January 13, 2021**. We also intend to hold spring break from Monday, March 15 through Sunday, March 21, but that could change depending on disruptions from COVID-19 or, for that matter, winter weather. Consequently, circumstances may require us to revise the academic calendar at any time during the year, so **we strongly encourage your student not to make non-refundable travel plans for spring break**. In fact, we strongly discourage any travel over spring break. The College will not be sponsoring any spring break travel.

See the [complete spring calendar](#).

Financial Assistance During COVID

We understand that the shifts in the economy have personally affected many of our students and their families. As always, students and their families should be in touch with the Office of Financial Assistance to discuss any changes to your income status.

Contact finaid@meredith.edu or (919) 760-8565.

Questions

If you have questions about the College's spring semester plans, I encourage you to email them to covidupdates@meredith.edu. While we may not be able to respond individually to every email, we will post answers to the most commonly asked questions from students and their families in the **FAQ section** of our Staying Strong website.

We are grateful for you all and acknowledge every blessing for which we offer Thanksgiving—primarily our health, common sense, support for each other, and perseverance to overcome this pandemic and thrive in pursuing our goals.

President Jo Allen, '80