Greetings, North Park Students, Faculty, and Staff:

If you’ve been paying attention to the Covid-19 numbers in Chicago, and the nation, you’ve noticed that cases are surging. But just because our region seems to be headed in the wrong direction doesn’t mean we can’t double down and finish the semester Viking strong! In fact, it’s all the more reason to be extra vigilant about washing hands, wearing masks, and maintaining physical distance. We’re all in this together!

Changes to the Academic Calendar for Spring

To promote wellness and to keep the educational progress of our students on track, the Executive Committee of the North Park University Board of Trustees has endorsed changes in the Spring academic calendar recommended by the Campus Reopening Task Force.

- The Christmas break will be extended, and the first day of Spring semester classes will be Tuesday, January 19, 2021.

- In order to accommodate travel restrictions and reduce government-required quarantining, Spring Break will be modified from a full week off to a few individual days spread out during the semester to give everyone a break, dates to be determined.

- Good Friday, April 2, 2021, will be observed and the campus will be closed. But Easter Monday will be a full academic day.

- The semester will conclude as planned on Friday, May 7, 2021.

Many colleges and universities across the country are making similar changes. The decisions are being made now to give everyone ample time to plan. Our guiding principles remain: To protect the health and wellness of the campus community, and to ensure the educational progress of our students.
Next in our ongoing series of North Parkers speaking about what they are thankful for is Caleb Bowron, a Junior from St. Paul, Minnesota. He is grateful to be able to attend in-person nursing clinicals, despite the ongoing pandemic. [Watch his video here.](#)
Even though their official season has been postponed to the second semester, the football team is back at work and staying sharp at practice this fall! Masking and social distancing made the drills a bit different, no doubt, but Vikings adapt #TheRightWay!

**TIP OF THE WEEK**

While it’s smart to stay informed about Covid-19 by checking reliable sources (Think [CDC.gov](https://www.cdc.gov) and the World Health Organization at [WHO.int](https://www.who.int)), constant monitoring of news can increase anxiety. Try limiting your news consumption to a certain time frame and time of day (say, 20 minutes in the afternoon). Also, be careful about what news you share: There’s plenty of disinformation out there. Make sure your news comes from reputable sources.

**Keeping you in the loop**

The University is [reporting all cases](#) that involve campus community members beginning August 1, 2020. As of today six cases have been confirmed in the past seven days; 10 cases in the past 14 days; and 87 since August 1.

Until next week: mask up, keep your distance, and stay healthy!