

Check-in from the School Counselor

Thursday, March 19, 2020

Hello, Parents / Guardians!

I hope this e-mail finds you and your child(ren) well. As I mentioned in my e-mail from Tuesday, please reach out to me via e-mail (rsole@stmargarets-rs.org) if your child needs assistance during this time, and I will send guidance and resources your way.

For this “check-in” from the School Counselor, I wanted to talk about resources and tips to support students during our remote learning period. Below are some tips to help you create a supportive and structured environment during this period of time:

1. **Be flexible!**
2. **Your schedule can be how you feel your child will learn best (chunks of work time or fluid schedule), but let your child help you create their schedule. Give them the chance to choose their activities and scheduled times.**
3. **Provide opportunities your child wouldn't normally get (for example, if your child learns best by movement, make their math lesson interactive...”Find me the same number of flowers as the sum of 2+2”, etc.).**
4. **Leave any comfort spaces at home as just that. If your child needs to decompress in their room, don't make that their “homework / e-Learning” space.**
5. **If you have more than one child, allow for opportunities for each child to work at different times, if necessary.**
6. **Keep one activity at the same time every day (it can be what your child needs most like break time or the tough subject being the first thing you work on).**
7. **If you plan to only work on a subject for 20 minutes, stick to that time limit, especially if it is a subject that causes your child anxiety or stress.**

Additionally, I am attaching a document that includes sample remote learning schedules, as well as links with apps and websites to support all types of learners.

I am sure your child is feeling many different emotions during this new endeavor. As I shared previously, I encourage parents to check-in with their child's emotions (either verbally or journaling). Watch for changes in behavior that may indicate when your child is feeling sad / mad / scared when they are saying “I'm fine” (as kids sometimes do). I would also encourage parents during this time to limit the media exposure that kids are getting (TV and social media). Unfortunately, the news and social media outlets are flooded with negativity at the moment, and whether we realize it or not, our children are processing everything they see / hear. This also includes children reflecting our reactions to the news. For any families that did not receive the attachment with the “kid-friendly” article about explaining Coronavirus, I am including it in today's message. To access the article, visit:

https://drive.google.com/drive/folders/1EC379sSZfj4fez3MeNvsQxBeRtLhn_f9.

I am also including the link to a "social story" to help younger students understand what is happening in our world: <https://odj291dvc2f1yylma1sfkyb5-wpengine.netdna-ssl.com/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>

As we embark on complete remote learning (including the teachers and staff!), I would once again like to thank you as the parents / guardians for your help and support during this time. Please tell your children I say "hello!" I do miss seeing and hearing them in the hallways, and pray that we will be back to the routine of our school day before we know it!

Take Care and Stay Safe!

Miss Sole
School Counselor (PS3-8th)
rsole@stmargarets-rs.org

Covid-19 Daily Schedule

Before 9:00 AM	Wake Up	Eat Breakfast, make your bed, get dressed, put pjs in the laundry
9:00 AM - 10:00 AM	Morning Walk	Family walk with the dog Yoga if it's raining
10:00 AM - 11:00 AM	Academic Time	NO ELECTRONICS Sudoku books, flash cards, works sheets, study guides, journal
11:00 AM - 12:00 PM	Creative Time	Legos, magnetiles, drawing, crafts, play music, cook or bake
12:00 PM	LUNCH	Say grace and eat lunch as family
12:30 PM - 1:00 PM	Prayer Time	Say a decade of the rosary as a family
1:00 PM - 2:30PM	Quiet Time	Reading, puzzles, nap
2:30 PM - 4:00 PM	Academic Time	ELECTRONICS OK iPad games, Prodigy, educational show
4:00 PM - 5:00 PM	Fresh Air	Bikes, walk dog, play outside
5:00 PM - 6:00 PM	Dinner	Say grace and eat dinner as a family
6:00 PM - 8:00 PM	Free TV Time	Kids baths
8:00 PM	Bedtime	Prayers and go to bed - All kids
9:00 PM	Bedtime	Prayers and go to bed All kids who follow the schedule and don't fight

Resource: St. Katharine of Siena School

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Resource: Alexandria City Public Schools

Website Resources for All Learners:

<https://www.usatoday.com/story/tech/reviewedcom/2020/03/18/free-educational-classes-and-programs-kids-home/5064311002/>

(USA Today article with different FREE resource / activity ideas for e-learning)

<https://www.controlaltachieve.com/2016/10/special-needs-extensions.html>

(This site provides a list of extensions on Google Chrome that can help learners who may be struggling. Examples include a voice-to-text app and a read-aloud app.)

<https://www.familyeducation.com/fun/21-free-educational-apps-kids>

(Family Education provides a slideshow of 21 apps / games that are educational resources in different subjects for your child(ren)).

<https://www.common sense media.org/lists/free-educational-apps-games-and-websites>

(Common Sense Media provides a list of appropriate apps for various age levels)