

Hello Mitchell Woods Families!

In these times of physical distancing and staying at home we are faced with many challenges, one of which is on-line schooling for our children. As I've done my best to help my children keep up with the school-work and thrive emotionally and mentally I have done a fair amount of reading in search for advice on how to best guide them through. I've condensed what I've learned into 4 "Tips & Tricks" and thought I'd share them with our community in hopes that it would help alleviate some of the pressure we're all feeling.

It is so true that even though we are physically apart, we are all in this together. I look forward to seeing our school come back together, but in the mean time, stay safe and know that your school council, staff and administration are thinking of you and wishing your families all the best.

Amanda Dawson  
Chair of School Council

#### **Tips & Tricks For On-Line Learning During COVID-19 Isolation:**

1. **Establish a routine.** This is to be a guideline to how your family's day will go but make sure to remain flexible. If it's a nice day, go outside more; if kids are tired, have a nap in the afternoon; if they're enjoying reading their book, keep reading... The point is to have a basic structure to your day so your children know what is expected of them and to provide some predictability in this uncertain time.
2. **Make time for outdoor play or free time inside.** Kids need breaks. They can't continue working for hours straight, break up the work in doable chunks of time. Forcing your child to do more than they can do puts pressure on everyone and no one wins.
3. **Be kind to yourself.** This is new territory we're in. Some of us have jobs, some of us are stay-at-home. Either way, it's hard and new, not to mention we're all a little coronavirus-stressed.
4. **Do what you can.** If there's too much to do stick with the basics of Math and Language. Communicate with your teachers so they know what your child is able to do and how they can support your child's learning.

Information mainly taken from:

A Common Life: YouTube Video Blogger

Devin Almonte Blog: <http://www.devinalmonte.com/the-5core-blog/the-covid-19-virtual-learning-crisis-9-tips-for-staying-sane>