

## Stanwood-Camano School District

### Family Communication

April 13, 2020

We hope you had a relaxing week with family over spring break. Today, April 13, you will be able to access learning packets electronically on our website or your school's website. If you are unable to access learning materials electronically, packets have been mailed to you. If you have questions about what your student(s) should be working on, our teachers are available by email and would be happy to hear from you.

Over the next two weeks, our staff will be preparing to launch new learning. The next two weeks' priorities are as follows: 1) Complete online learning training for staff; 2) Identify key concepts that we want students to have before moving to the next level; 3) Preparation of learning materials to be disseminated in a remote learning environment on April 27. All staff are working hard to make sure our students will have a high quality learning experience.

Here are some questions that came in over the past couple of days. There are also some tips for families provided by the Office of Superintendent of Public Instruction (OSPI). Also, please visit the [Learning Resources tab](#) on the district website. You will find a variety of Learning Resources for parents and students to use including virtual field trips, concerts, drawing activities, and TV shows and videos.

#### **Tips to help your student be successful in this new remote learning environment:**

Distance learning is new to most of us. We have created some tips that you might find helpful as you set up a remote learning program in your own home. With that said, we realize what is most important right now is to try to relieve the stress and anxiety that come with such an epidemic as the one we are facing right now. Please take care of the needs of you and your family first.

- Be patient – this is a new learning environment for everyone
- Be flexible – you may need to make periodic adjustments in order for learning to take place at home
- Limit distractions
- Make a space for learning to take place
- Utilize a schedule similar to a regular day of school
- Maintain breaks
- Have your student set goals for submitting work
- Check in with your student at the beginning and end of each day
- Encourage your student to reach out to their teacher(s) when they need more support
- Make sure your student is using technology responsibly
- Encourage exercise
- Check your email and the district website for updates from the school
- Keep in touch with other parents/guardians to get support and tips

The Washington State Office of Superintendent of Public Instruction provided the following information for school districts to share with families in their "Continuous Learning 2020" document.

# Roles of Families

## Keep Children Healthy

- Watch your child for any signs of illness
- If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, keep your child at home and away from others as much as possible
- Follow the [CDC's guidance on "What to do if you are sick"](#)
- Teach and reinforce everyday preventive actions
- Teach children to wash their hands and model by washing your hands or make handwashing a family activity
- Encourage your child to play outdoors—it's great for physical and mental health
- Take a walk with your child or go on a bike ride
- Use indoor activity breaks (e.g., stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused
- Review the social distancing guidance from the State Department of Health and plan to keep children away from large groups or in-person activities with friends

## Help Your Child Stay Socially Connected

- Help your child reach out to friends and family via phone or video chats
- Help your child write cards or letters to family members they may not be able to visit
- Review and use social and emotional learning resources from your school district, school, and [Collaborative for Academic, Social, and Emotional Learning](#) and [The Yale Center for Emotional Intelligence](#)

## Talk with Your Child About COVID-19 Impact

- Help children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear.
- Consider [Centers for Disease Control and Prevention \(CDC\) guidance to help adults have conversations with children about COVID-19](#) and ways they can avoid getting and spreading the disease, including the following:
  - Remain calm and reassuring
  - Make yourself available to listen and to talk
  - Avoid language that might blame others and lead to stigma
  - Pay attention to what children see or hear on television, radio, or online
  - Provide information that is honest and accurate

## Family Support for Continuous Learning

Families may want to think about the following as they support the continuous learning of their child:

- Stay in touch with your child's teacher and school
- Stay in contact with the educator providing learning opportunities to your child
- Consider your child's age group and adjust time, environment, and activities based on their learning preferences • Identify areas of interest to your child
- Look for ways to make learning fun

Recommended guidelines from OSPI for maximum student commitment each day are as follows:

- Pre-K: 30 minutes
- Grades K-1: 45 minutes
- Grades 2-3: 60 minutes
- Grades 4-5: 90 minutes
- Grades 6-8: 20 minutes per class (2.5 hours maximum per day)
- Grades 9-12: 30 minutes per class (3 hours maximum per day)