



LMS and HHS Social Emotional Newsletter



Tips for Homeschooling During COVID-19

Create a schedule. Be flexible. Plan around meal times, work schedules, and take time for activity breaks. Keep your child engaged by thinking in short time blocks.

Designate a study space that is specifically for studying. Make sure space is free from distractions.

Set reasonable goals and expectations. Talk with your child and their teacher to determine a plan that works best.

BE PATIENT. Keep in mind the rate at which your child learns best.

Stay connected with teachers. We are here for you and your child!

Set limits on electronics.

Consider offering rewards for completion of assignments. Incorporate incentives such as at home movie night, one-on-one parent/child time, or family game night.

Give yourself a break! Don't forget to schedule time for yourself each day!

<https://www.devry.edu/blog/tips-for-homeschooling.html>

Supporting Kids with ADHD During

the Coronavirus Crisis

Structure the day.

Post a schedule.

Utilize checklists.

Allow for frequent breaks.

Keep areas free from distractions.

Alternate activities from less desired to MOST desired.

Provide positive attention and feedback.

Childmind.org

Did you know...



- **Electronics/bright screens** should be avoided at least one hour before bedtime

Sciencelife.uchospitals.edu

- **Teens average attention span:**

14 years old: 28 to 42 minutes

16 years old: 32 to 48 minutes

Blog.brainbalancecenters.com



Virtual Classroom Etiquette

- Remember this is a virtual classroom. Be Kind. Actions Matter.
 - Remember good classroom guidelines like taking turns, being patient and listening to others.
 - Please wear appropriate school attire when attending a virtual classroom.
- Set up for your Virtual class in a quiet area that is free from distractions.
 - Be aware of your background and background noises.
- Mute your microphone as soon as you log in.
- If you need to talk to someone who is not in the Virtual class mute your video so as not to distract other learners.
- If you would like to speak or answer a question during the Virtual class use the "Raise Hand" button or "Chat" feature. (Your teacher will give specific guidelines as to how they would like you to communicate during the class)
- If you are using the "Chat" feature remember that it is public for the whole class to see. You should always be respectful when communicating and be aware of who your audience is.
- Have all of your supplies for the class ready to go and in front of you so you don't have to move around and distract other learners.
- BE POSITIVE AND HAPPY! Enjoy the learning.

Tricia Coffman, Media Specialist, Limestone Middle School

*A little **reading** is all the **therapy** a person needs sometimes*

Libby is an app for eBooks and audio books that can be utilized through your public library. If you have a library card it is easy to get started. Just add your card and library to begin and you are all set. You can browse many titles through this app. You can search a broad range of books from kids to adults.

If you do not have a library card and you live in the Limestone area, email Lynne Noffke for details on how to obtain a card. lnoffke@limestonelibrary.org

If you do not live in Limestone you are still able to obtain a card. Right now the library is offering a free library card until June 5. If you live in Salina Township (Bonfield) you would need to contact Fossil Ridge Library.

Here is a link to Limestone Township Library website with more information on the library card. <http://www.limestonelibrary.org/>



Resources to Help You and Your Child Manage Stress or Emotional Concerns

VIDEOS:

<https://www.youtube.com/watch?v=X462OPGZQt4> – Body Scan Meditation

<https://www.youtube.com/watch?v=bDOX2WJEjUM> – 5 Tips for Your Mental Health

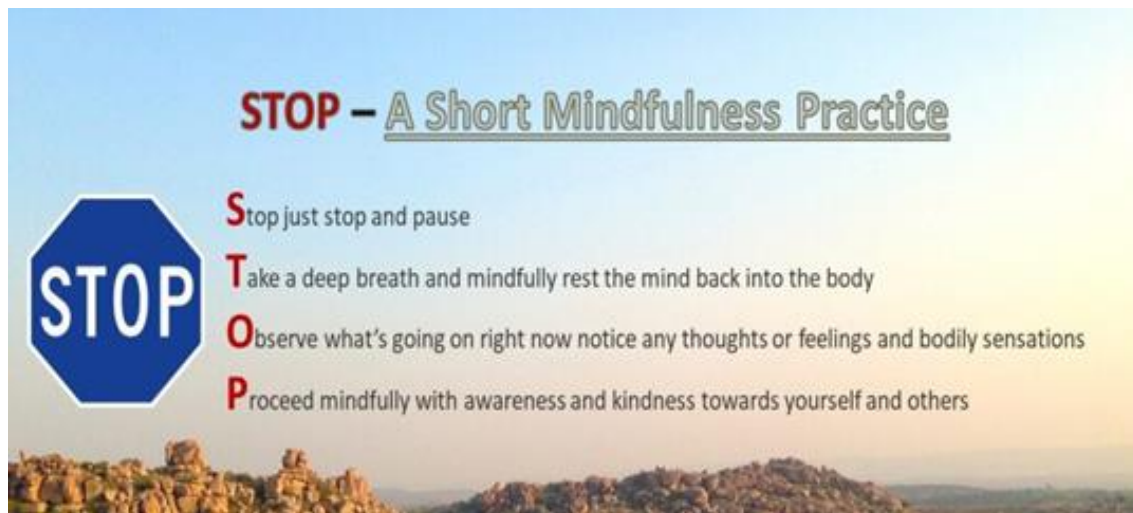
BOOKS:

Joey Pigza Swallowed the Key by Jack Gantos- For middle school kids about a boy who has ADHD

The Happy Kid Handbook by Katie Hurley LCSW- For parents about how to help their child manage emotions

PODCASTS:

<https://weillcornell.org/news/podcast-covid-19-information-for-parents-and-children> - COVID-19 Information for Parents and Children



MINDFULNESS!...It works!

Five-minute breathing: <https://www.mindful.org/a-five-minute-breathing-meditation/>

Belly breathing: <https://www.youtube.com/watch?v=c3YyjUmDapc>

Square breathing: <https://www.youtube.com/watch?v=j5BbZfjhTHo>

Body scans: <https://www.youtube.com/watch?v=X462QPGZQt4>

Crisis Support

- Contact your child’s pediatrician or mental health provider
 - Kanihelp.org/resources
 - In the event of an emergency, call 911 or call your local emergency room
- For more information, email your building mental health support clinician:
- Limestone Middle School: Kristina Hubly, hublyk@hcsud2.org
 - Herscher High School: Julia Daly, dalyj@hcsud2.org

THRIVE DURING A PANDEMIC WITH A Growth Mindset

Look for the lessons.

Remember that frustration is normal & helps you grow.

Recognize that it's the journey, not the end result that matters.

Give mistakes & failure a chance to teach you.

Focus on the good.

Strive for growth, not perfection.

Continue setting goals & challenging yourself in new ways.

Instead of comparing your situation to others, recognize your own personal growth.

Credit: Brandy © TheCounselingTeacher.com

DAILY MENTAL HEALTH REMINDERS

<p>Get Dressed</p> <p>Doing so will make you feel more productive - even if you're just putting on comfortable clothing.</p>	<p>Eat New Healthy Recipes</p> <p>If possible, eat a variety of food and try different recipes to keep your body healthy and make your day interesting.</p>	<p>Be Creative</p> <p>Try doing something new or bringing back an activity you used to enjoy. Getting creative is a great way to keep your spirits up and your mind relaxed.</p>	<p>Stay Connected</p> <p>Despite social distancing, stay connected. Call/text/video chat to help yourself and others feel less isolated.</p>
<p>Fix Your Hair/Makeup</p> <p>Even if you are not going anywhere, this routine can help you feel "normal" in uncertain times.</p>	<p>Get Fresh Air</p> <p>Fresh air will help you feel less cooped up or "stuck" in your home. Getting outside would be best, but even standing at a window is beneficial.</p>	<p>Unplug</p> <p>Everyone everywhere is talking about the pandemic. Turn off your devices and get some well-deserved time away.</p>	<p>Reach Out</p> <p>Mental health is always important, but it's especially vital at times like this. Reach out if you need to and check in with family and friends. We're all in this together!</p>

b4 u post,

is it: TRUE? HELPFUL? INSPIRING? NECESSARY? KIND?

👍 leave a (+) footprint

Remember,
most of your stress comes from the way you respond, not the way life is. Adjust your attitude, and all that extra stress is gone.

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