

Hi Everyone

My name is Jennifer Lall and I am the School Social Worker at McDonald. Here are some resources and guidance that you might find helpful while we are not in school.

Here are some suggestions that you might find helpful as we all deal with the change of routine.

Please remember to stay CALM!! Your children are going to take the lead from you. If you are calm, they will be calm.

Keep a routine going. Students need structure. It provides security and purpose.

Here is an example of how to do this at home.

9.00 wake up/eat breakfast/ help with dishes

9-10 go outside walk/ride a bike/

10-11 Academic Time pick one lesson work on it

11-12 Creative Time Make a picture/playdoh/music/read a book

12-1 Lunch time Help make lunch/eat/wash any dishes used

1-2 Academic Time pick a different task work on it

2-3 outside time chalks/walk/park

3-4 quiet time music/rest/puzzles

4-5 Any tasks to be complete at home cleaning, washing dishes, laundry

6-7 Help with dinner cook with your kids

Eat dinner

7-8 bedtime routine washing, reading, teeth

8.30-9 bed

This is only a suggestion; changes might need to be made to meet the needs of your family and that's okay.

Make as part of your routine for the students to help you. Parents are busy people and there are lots of activities that need to be done that students can do to keep things going.

Get students to cook with you. They can measure, peel or wash items.

Laundry, folding, pairing socks, gathering all the clothes to be washed.

Taking out the trash.

Here are some resources and activities that might help with students that feel overwhelmed and anxious.

Box Breathing Techniques:

1. Sit comfortably in a chair with both feet flat on the ground
2. Slowly exhale all the air you can
3. Slowly inhale for a count of 4
4. Hold your breath for a count of 4
5. Exhale for a count of 4
6. Hold your breath for a count of 4
7. Repeat these steps until you are ready to stop

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10. Make plans for the future, when this has passed (because it will pass):

- a. What friends will you want to meet up with?
- b. Where would you want to go?
- c. What is something you want to try that you haven't done yet?

11. Listen to music:

- a. Where were you when you first heard the song?
- b. What does it mean to you?

c. Do you know the words? If so, sing along!!

<https://www.psychologytoday.com/us/blog/creative-development/201802/5-mindfulness-apps-children>

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Basic Prevention Tips

1. Stay at home if you are sick
2. Cover your mouth and nose with your elbow when coughing and or sneezing
3. Wash your hands with warm soapy water frequently for at least 20 seconds
4. Avoid touching your eyes, nose and mouth
5. Remember social distance
6. Call first for medical assistance if you have concerns.

Keep active and I hope to see you back in school soon.