

STAYING SAFE, HEALTHY AND ON TRACK AT HOME

Stop the spread of COVID-19 and do the 5!

1. Wash hands often.
2. Cough into elbow.
3. Don't touch your face.
4. Stay more than 3 ft. apart.
5. Stay home if you feel sick.

If your child is feeling anxious or upset by all the changes that are going on, emphasize that quarantines and social distancing are just precautions to keep everyone healthy, and that all your child needs to do is keep learning and maintain good hygiene practices. **We will get through this together!**

Get the Most Out of Homeschooling

- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in play and free time.** Allow time for fun and play time, including time when your child decides what he/she would like to do.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher if you have any questions.

Working from Home?

Here are some free learning resources to help supplement schoolwork schedules while you work.

- **ParentToolkit.com**
- **PBSKids.org**
- **KhanAcademy.org**
- **Funbrainjr.com**
- **Poptropica app for iOS and Android**
- **Vocabulary Spelling City app for iOS and Android**
- **Scratch Jr. for app for iOS and Android**

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- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in free time.** Allow time when your child has something he/she would like to do, including just relaxing and unwinding.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher(s) if you have any questions.

Working from Home?

Here are some free learning resources to help supplement schoolwork schedules while you work.

- **ParentToolkit.com**
- **KhanAcademy.org**
- **Coolmath.com**
- **Science360 app for IOS and Android**
- **NASA Visualization Explorer app for iOS**
- **Middle School Math Planet app for iOS**
- **SAT Word Slam Free app for iOS**

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If your teen is feeling anxious or upset by all the changes that are going on, emphasize that quarantines and social distancing are just precautions to keep everyone healthy, and that all your teen needs to do is keep learning and maintain good hygiene practices. **We will get through this together!**

Get the Most Out of Homeschooling

- **Stay organized.** Work with your student to find a way of keeping track of assignments and due dates that works for him/her. It might help to create a daily schedule if your teen has a hard time staying on task.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in free time.** Allow time when your child decides what he/she would like to do, including just relaxing and unwinding.
- **Be patient and adaptable.** There is an adjustment period for you and your student, especially if neither of you are used to this dynamic. Remember that some students are naturally more organized and self-directed than others, so this is a great opportunity to work on time management and independence with your teen.

Supplemental Resources

Here are some free learning resources to help supplement schoolwork schedules.

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- **SAT Word Slam Free app for iOS**