



VERTUS WARRIORS

4 easy to dealing with the Coronavirus and your student.

Step 1. Don't Panic!

Whether you're concerned about the coronavirus itself, or about the idea of your children staying home from school for an indefinite period of time, it's essential to remain calm. Speak with your student about what's unfolding in clear terms and separate rumors from reality. Make sure it is an age-appropriate conversation and make sure you discuss the following:

- Schools are closing in an effort to slow the spread of this virus in the wider community, even as kids have so far shown milder symptoms than adults.
- Since many schools have unclear timelines for when they will reopen, it's also important to reinforce that, in the grand scheme of things, even a few weeks off will one day be a "remember when" story and nothing more. If we wash our hands often and practice social distancing, we will be okay.
- It's important that you stay on track so that when the schools do open we are ready.

Step 2: Organize your time (structure is king).

Think about what defined schedule will work for your family. Research shows that children are more likely to thrive with predictable, consistent routines at home that provide, among other things, a sense of security, and help their social and emotional well-being. This source of stability will be even more critical during what may be a prolonged period without the structure of a normal school day. Decide what aspects of the daily routine will stay the same, and use your kid's regular schedule as a starting point. Wake-up time shouldn't slide too late, despite what your student might prefer. Even if you allow them to sleep in a bit, make sure they are up, dressed, and ready by whenever their first class would typically begin.

Don't forget every student should be working on Edgenuity.

45 minutes per class every day!

After that, use the school schedule to frame the day. ***Don't forget 45 minutes per day per class.*** For example, ***if your student has 4 classes they should be on Edgenuity for at least 3 hours every day. (4 classes x 45 minutes)***

Also try finding different quiet places they can work throughout the day; perhaps morning study time is at the kitchen table, but midday reading is on the front stoop and afternoon study time is in the den.

Serve lunch at the same time as it would be at school, and encourage your child to use that break to catch up with a friend using FaceTime to provide more personal social engagement with peers. Likewise, keep other activities on schedule.

Step 3: Understand the normal emotional responses to a crisis.

Before you judge your reaction or the reaction of others to this crisis, understand which feelings are typical in this kind of a scenario. The following are all normal responses, and they may play out differently for each of us:

- Fear: Is my family safe? Will we be okay?
- Anger: Why didn't they prepare us for this? How could that person possibly be posting all of those cheery tweets? People back home just don't understand!
- Confusion and Frustration: What is my role as a teacher now? Where are we going to live? I have no idea how I'm supposed to juggle all of this!
- Guilt and Self-Blame: I'm not comfortable with digital technology and I feel guilty that this is affecting my teaching. I should be back in China where my students are. I'm not being the kind of parent I'd like to be right now. I should have had a better plan.
- Shame and Humiliation: I see colleagues online who are thriving, and I'm embarrassed to admit that I am not. I feel humiliated because I'm not sure how much longer I can financially support my family under these circumstances. I'm embarrassed to say that I'm weary of going back to school.
- Sorrow and Grief: I didn't get to say goodbye to my friends and students, and now I don't know if I'll be okay.

Step 4: Plan for the future.

While we all know the importance of being in the moment, during times of crisis it can help us to plan for something positive in the future. It gives us a sense of hope and an understanding that if we are having a difficult time right now, it is only temporary.

1. Please let your student know that Regents Exams are still coming and they need to be prepared to pass these exams. How do they get prepared they may ask? By working on Edgenuity and mastering the subject content.
2. Graduation is still coming and all students need a minimum 22 credits and 5 Regents Exams to walk across the stage. This is a great time to get ahead of the games when this is over.
3. You are not in this alone you have access to your Preceptor and teachers. We are just a call, text, or email away.