



RESOURCES FOR HOMESCHOOL HEROES

For Parents, Teachers, School Leaders and Students who are making learning happen in extraordinary times.

Governor Gavin Newsom recently called on all California schools to develop plans for remote teaching for the remainder of the year. As challenging as these measures are, they are important to help our community stay healthy. We will continue to follow the advice and directions of health authorities during the COVID-19 health crisis. At the same time, we will help support families, teachers and students during these unprecedented times.

There are a number of actions you can take to guide and support your child during this time:

* **Establish Routines:** . Work together with your child to develop a daily schedule that includes wake-up times; learning, meal, and family times; and other activities.

* **Make reading a habit:** Reading specialists recommend that children read at least 30 minutes per day. Here are some great (free!) online resources:

Storyline Online [link: <https://www.storylineonline.net/library/>]: a collection of books read aloud by actors

Epic! [link: <https://www.getepic.com/>]: a digital library for kids 12 and under

Libby [link: <https://www.overdrive.com/apps/libby/>]: an app through which users can access e-books and audio books from local libraries

Scholastic Learn at Home [link: <https://classroommagazines.scholastic.com/support/learnathome.html>]: a compilation of daily reading and other learning projects

* **Exercise:** Exercise is as important for kids' emotional well-being as it is for their physical fitness. These resources include lots of suggestions for physical activity during the shutdown:

Move More at Home [link:

<http://www.iowahealthieststate.com/blog/individuals/coronavirus-covid-19-home-physical-activity-health/>]: a list of ideas for physical activities

Coping With COVID-19 [link:

<https://gretchenrubin.com/2020/03/coping-with-covid-19-children-exercise/>]: tips, suggestions, and resources for family fitness during the crisis

* **Communicate:** On top of all the disruption, these are frightening times that are filled with sometimes terrible news. Making time to check in with your child and giving them opportunities to express their feelings can help. This website offers activities that you can use to support your child during this time [link <https://www.gcsnc.com/Page/6417>]. If you or your child are in need of emotional support, reach out to Warm Line, a free, non-emergency resource [link: <https://www.mentalhealthsf.org/peer-run-warmline/>]. If you need food, use the School Meal Finder [link: <https://schoolmealfinder.hoonuit.com/>] or the California Association of Food Banks [link: <http://www.cafoodbanks.org/>], or contact other local support services.

* **Connect with others.** Using social media or the phone to keep and create connections can benefit both your kids — they and their friends need each other in times like these — and you. Connecting with other parents can help you cope and strategize. Remember, with more digital connection and increased screen time come some dangers. [Common Sense Media](https://www.common sense media.org/) can be a resource to research appropriate media for your child. <https://www.common sense media.org/>

These are not ideal circumstances — for learning, teaching, and so many other aspects of our everyday life. But we will rise to meet these challenges together. We hope that soon we will have new measures in place to carry our students through the remainder of the school year and that they will grow and thrive even under these circumstances.