



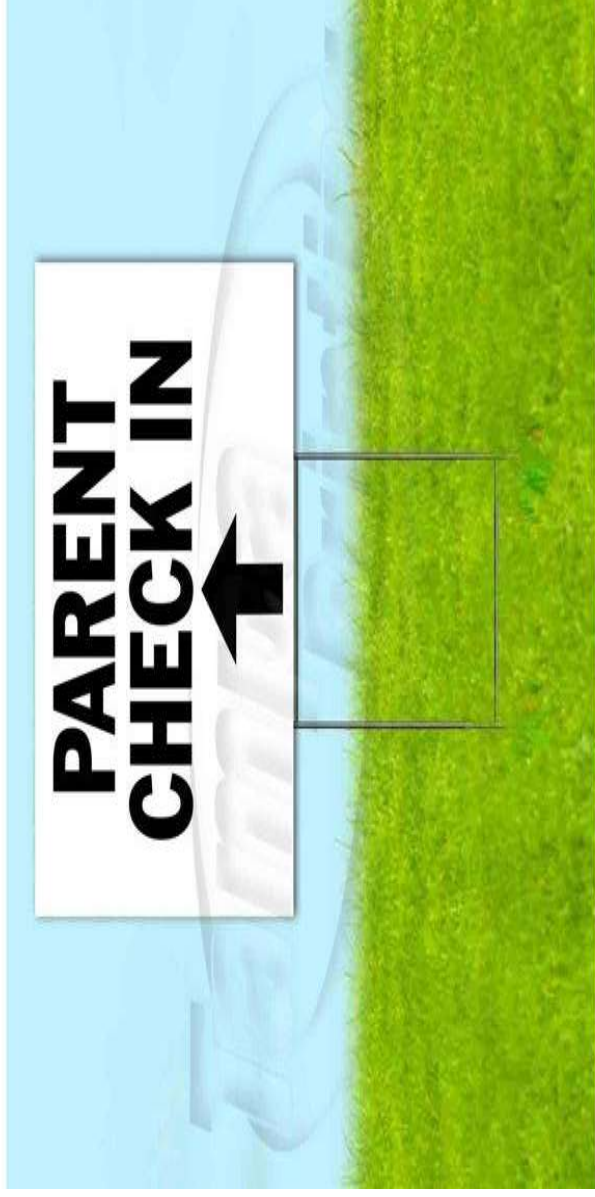
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# The Journey Back to In-Classroom Learning

Creating An Effective Environment for Learning At Home

# What Have We Learned?

- Going back to school during the pandemic has elicited a jumble of emotions for teachers, students and parents, who have both wanted to see kids back in school buildings but also have feared the risks because of Covid-19.
- Unsurprisingly, feelings about the return to in-person learning are complicated.
- While children have been less affected by COVID-19 compared to adults, children can be infected with the virus that causes COVID-19 and some children develop severe illness. Children with underlying medical conditions are at increased risk for severe illness compared to children without underlying medical conditions.
- School is certainly not the same as before the pandemic.

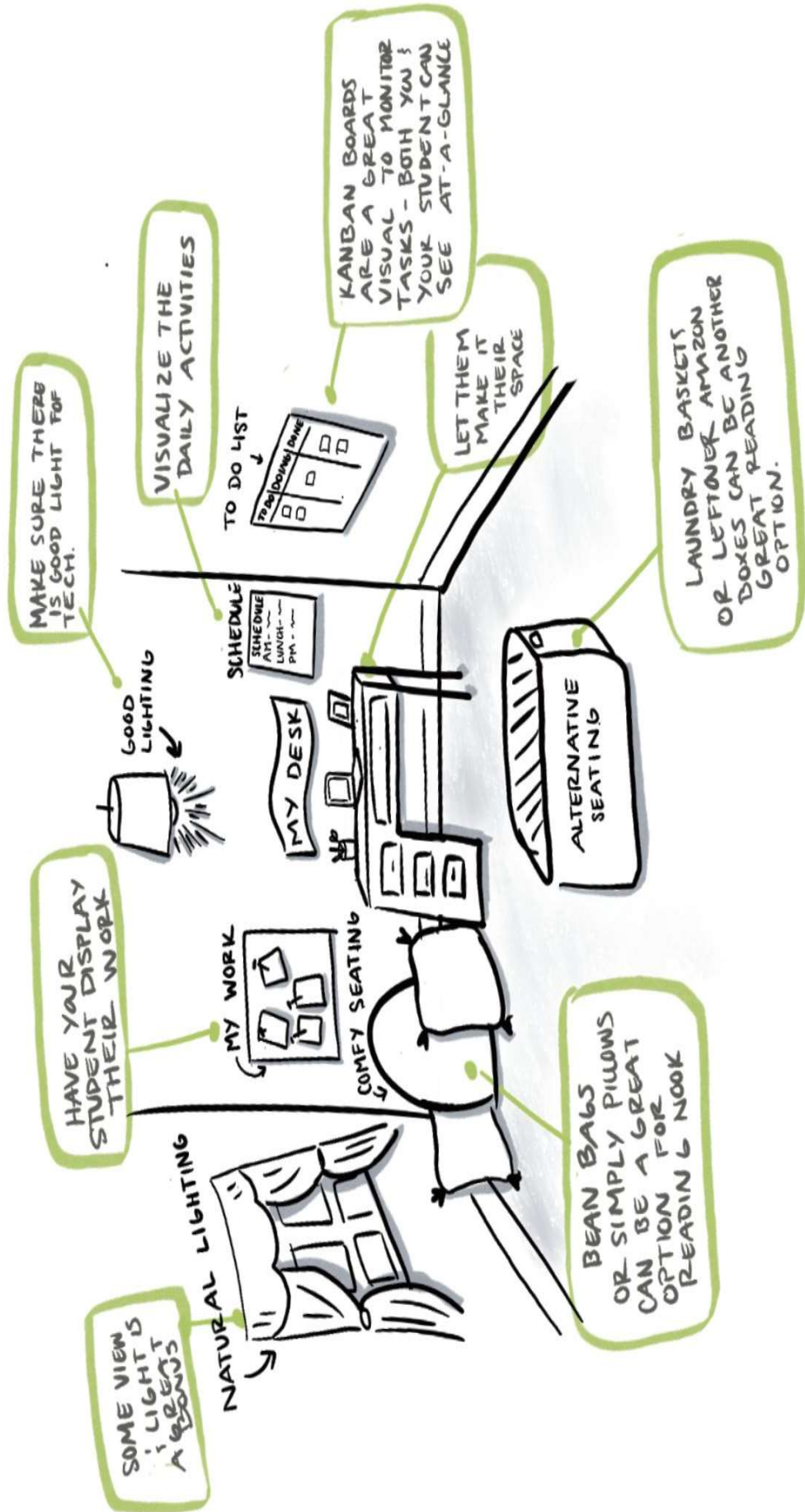


- How Do You Feel After 18 Months in the Pandemic?
- What Adjustments Are You Having to Make In Order to Ensure That Return to School Is Smooth?
- Take Time to Give Yourself Credit for All That You Have Done to Maintain A Sense of Normalcy During the Pandemic

# What Is Needed Beyond School Supplies

- Acclimate kids to changes ahead this year and frequently remind them of the need to stay safe.
- Find ways to make masks fun; get face coverings that are perfectly proportioned for kids and are exciting with patterns, print and pictures.
- Ensure that your student has access the internet from home. Reliable Wi-Fi or hard-wired Ethernet is a necessity this year.
- Consent to testing that will be provided at the school regularly.
- Children ages 12 and older can get vaccinated against COVID-19. It is more critical now than ever that we take measures to protect our children who are not eligible to receive the vaccine. The best way to protect them is to seriously consider getting a vaccination.

# What Is Needed Beyond School Supplies



# Help Kids Prepare Emotionally for Back to School

- **Always talk about school in positive ways.** Kids sense our emotions and feed off of them. If parents are expressing worry, their kids will feel that.
- **Put on a happy, yet realistic face.** Talk about all the things your kids have missed out on while they've been virtual, including friends, being able to ask a teacher a question in-person, lunchtime, recess, and after-school activities and clubs. Check-in frequently to see how these things are going.

# Prepare for A Healthy Year

- Now is the time to catch up on non-COVID-19 vaccines, have a plan for the flu shot when it's available, get the annual visit to the pediatrician done and any sports physical needed for older kids.
- If your child is 12 and older and has not been vaccinated for COVID-19, start that process now. Look for pharmacy locations that have the Pfizer vaccine, which is the only one with emergency use authorization by the FDA for kids 12-17.
- Ensure that your child(ren) have an ample supply of clean masks and that they are using them daily.
- Stock up on hand-sanitizers/wipes for backpacks and talk to kids about when they might need to use them, such as before and after eating, when touching things that a lot of people have touched, or before and after recess.
- Remind them to cough or sneeze into their elbows, not their hands, and practice that.
- Set up a plan for if your child is out sick or needs to quarantine. Who will stay at home with your child? What work arrangements can be made?
- Familiarize yourself with LPA's procedures around what happens when a child has been exposed to COVID-19 or has a positive diagnosis or a fever. These are ever-evolving, and communicated to you with each new incidence of the virus in the school.
- Be prepared for students to move to remote learning because of class quarantine, or the school going back to virtual learning if there is an increase in the positivity rate or multiple cases.

# Talk to Your Child about Health and Safety Protocols

- Mask Wearing
- Social Distancing
- Good hand washing and respiratory etiquette
- Encourage students to minimize the contact with other students by remaining in their assigned areas. Caution them to do not gather in the hallways together and to minimize student movement throughout the building.
- Any other strategies to keep them safe at school





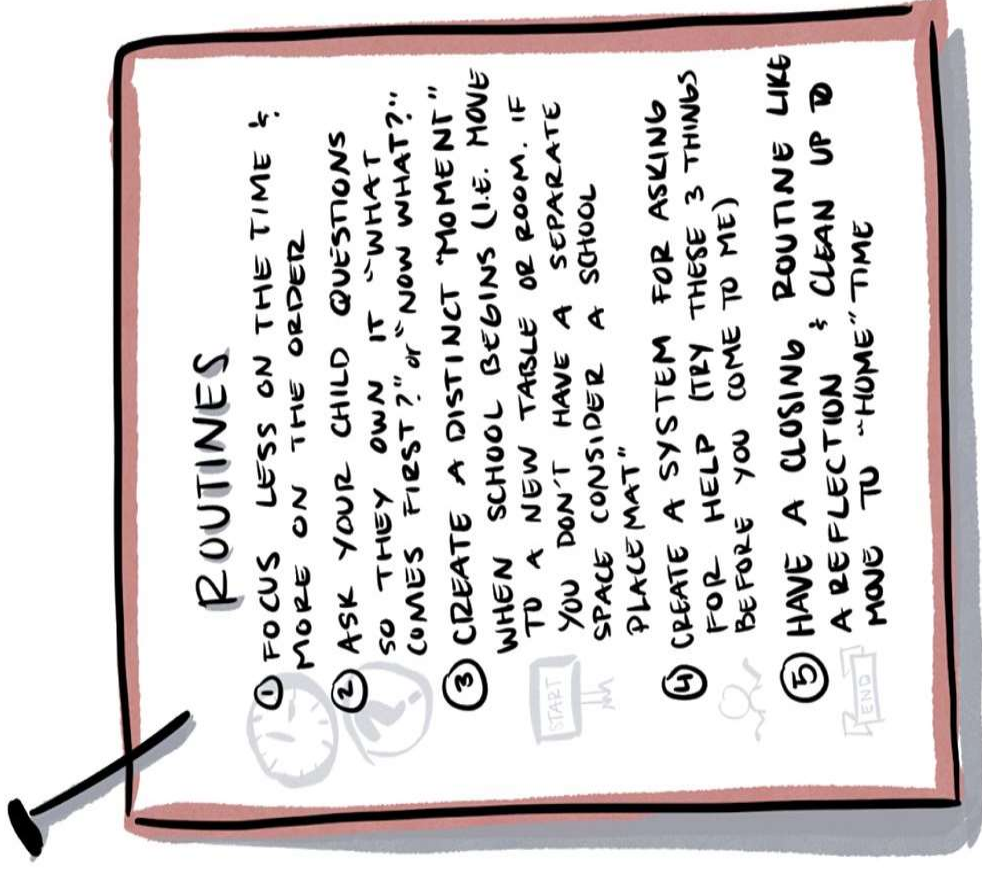
# The Experts Say Prepare for Anxiety

- This year LPA is placing a heavy emphasis on social emotional learning and helping students to rebuild bonds between other students than in previous years.
- Check in with your kids frequently about how they are feeling, without trying to be leading.
- While it's normal to be very tired at the beginning of school, look for exhaustion that doesn't go away, increased irritability, changes in sleep and appetite, nightmares and isolation as signs that you need to get your child help for anxiety or depression.

# 10 Tips for Parents

- Set up a daily family routine, including healthy eating and sleeping habits
- Provide a place and time at home for homework
- Check on assignments, homework and projects
- Talk each day with your child about his/her activities
- Promote literacy by reading to your child and by yourself
- Limit and monitor TV watching, gaming, social media and computer time
- Express high expectations and standards for your child's learning
- Attend parent-teacher conferences, Open House and Back-To-School events
- Participate in decisions that affect your child's education
- Tap into community resources with visits to a library, museum, zoo or theater and encourage participation in after-school clubs, sports and art activities

# Establish New "Homework" Routines



# Build Routines That Foster Independence

- Consider explicitly teaching your student what they can do when learning is hard. How do they get help? What should they try before asking you?
- Talking to your learner about this more explicitly can help them persevere when learning gets tough.
- To introduce this, when they bring a problem to you, turn it back on them, for example: what do you think you could do to find that assignment?
- Celebrate their attempts to solve a problem independently and give them space to fix things on their own. It might take a bit longer at first, but this is a skill that will serve them well in the long run.

# Finally, Take Care of Yourself

- **Take breaks from watching, reading, or listening to news stories**
- **Take care of your body**
  - Take deep breaths, stretch, or meditate
  - Try to eat healthy, well-balanced meals
  - Exercise regularly
  - Get plenty of sleep
- **Make time to unwind**
- **Connect with others**

THANK  
YOU!

...For Staying Ready to PIVOT As the Situation  
Dictates!  
Stay Safe and Be Blessed!!!



Get Ready for A New Normal!