

## Thoughts for Students and Families

1. Be kind to yourself and your families. Everyone is stressed, even if they're playing cool. That includes your teachers. And that's OK.
2. Let's acknowledge that the quality of education will not be equal to regular school. Everyone will do the best that they can. These are not normal circumstances for anyone, but we are in this together.
3. Distance learning, when planned over a long period of time, can be really excellent. That's not the situation we are in. Thinking you can learn just as much as you normally do, or the same way, can make you feel bad. That's not being fair to yourself. Keep your growth mindset!
4. Your classroom will not be recreated, so you can't hold yourself to the same standards. Try your best, but don't be too hard on yourself. Communicate your struggles.
5. Stay in contact with teachers and School Counselors. Ask questions and express your concerns. Staff are here to support you. Please remember that we are all adjusting to these changes together. Your questions and concerns will certainly be addressed, but don't worry if it takes a little bit of time to receive an answer. Teachers and Counselors are doing their best and will connect with and support all of their students.
6. Some teachers will be more advanced with technology than others. Be kind, flexible and understanding. Everyone, including you, is just doing the best they can.
7. Focus on your learning. At the end of the day, you worked to gain more knowledge than you had the day before. Be proud of that.
8. While grades feel very important, they are not the current focus. Grades will be fairly considered and managed once we begin adjusting back to more normal routines. Please have faith that your teachers, counselors, and administrators have your best interests in mind throughout this entire process.
9. This can be a particularly difficult time for Seniors. Please know that we are understanding of your situation, and we are here to support you as you finish high school and transition to the next phase of your life. Talk to your teachers and School Counselor.
10. Consider how you will work best on your school work at home. Think about setting aside designated learning time, consider what breaks may look like and for how long, and create a positive learning environment for yourself. Also - think balance. You are not expected to work on school work all hours of every day.
11. Even though we are not currently all in the same building, we will continue to support each other. You are not alone. You may experience waves of different emotions - fear and panic or maybe even relief and joy to have a break from your normal routine. There are no wrong feelings. Be kind and gentle to yourself and to those around you. Be safe, but show love and kindness when you can. If you are struggling emotionally or physically, please reach out and ask for help. Your School Counselors, teachers, administrators, and PATH Counselors will help you find the support you or your family may need. We are in this together.