

## Ideas to Help Your Student Succeed in Remote Learning

- You and/or your child can **schedule a meeting** with a Counselor: [Microsoft Bookings](#)
- Students should **check their school e-mail, Skyward, and Teams** every day.
- **School days are until 3:30pm** on M, T, Th, Fri. The last 1.5 hours are for homework.
- **Use On-Demand Instruction time!** Many kids are struggling with their assignments. There is help! Teachers are standing by, ready to help your child and can give more individual attention during this time.  
Mon, Tues, Thurs, and Fridays — 2:00pm-3:30pm  
Wednesdays — 11:30am-2:30pm | Fridays — 10:10am-10:55am
- **Reboot laptops** once per week and check for **software updates in Teams**.
- **Wednesdays are a school day.** Ask your student to spend some time on assignments everyday including Wednesdays.
- **Encourage your child to use their laptop camera** during class. Lessons are more interactive and fun when you can see other humans. Students can blur their background for privacy. They can also set their icon as a picture of their face.
- **Chat feature in Teams are for academic use only.** We have reports of students making inappropriate or off-topic comments. Other students get distracted and it takes away from the lesson. Please use the chat feature appropriately.
- Students should **e-mail teachers** when turning in **late work**. Teachers don't receive notifications when missing assignments are submitted.
- **Set up workspaces the night before.** Charge laptop, clear off surface, have paper and pencils ready to use. **Do not study or work in bed.** Science shows us that our posture, focus, productivity, and sleep improve when we avoid working where we sleep.

Does your child need help with school supplies or food? Please e-mail or call your student's counselor.

¿Su hijo necesita ayuda con los útiles escolares o la comida? Envíe un correo electrónico a su consejero.



If you would like to help RHMS families in need, please contact [the RHMS PTSA](#). Please note, many corporations will match employee donations.

THE FAMILY  
*Character Dare*

QUALITY  
CATCH UP

FAMILY (C.A.R.E.)

Invest 10 minutes each day this week right when everyone gets home to sit together and share about your day. No distractions, just full attention to what matters: each other.

Use intentional questions like, "What was a high and a low today?" or "From 1-10, how was the day and how will tomorrow be better?" or "What's a snapshot from today you want to remember?"

## Your Counselors



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**Rose Hill Middle School**

**Home of the Royals!**

(425) 936-2460 (Press 4)



**#RHMSstrong Tips**

**Feeling Anxious?**

*Click on links*

- Try [Deep Breathing](#)
- Go for a quick Walk
- Try a [Mini-Meditation](#)
- Listen to a [Soothing Song](#)

Disclaimer: LWSO does not formally endorse these resources.