

## WESTERN PLACER UNIFIED SCHOOL DISTRICT

600 Sixth St, Suite 400, Lincoln CA 95648  
Ph: (916) 645-4078 Fax: (916) 645-9267

**Board of Trustees:** Paul Long  
Brian Haley  
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Kris Wyatt  
Damian Armitage

**Superintendent:** Scott Leaman  
**Director of Special Education:** Susan Watkins

Dear Elementary School Students and Families,

The school psychologists at LCE, FSS, TBE, CCC, FRE & COES wanted to take an opportunity to reach out to you during this challenging time to assure you that we are still here for you. Although we miss seeing our students every day, and interacting with them in ways that are familiar to us, like many of you, we are finding new ways to connect, support and help. To this end, some of us are using Google Voice to connect with you, Zoom to meet with colleagues and many other online platforms that are helping us help you.

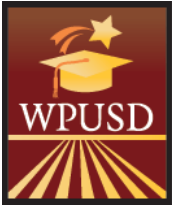
### GRADES

As many of you may know by now, grades will not be negatively impacted as a result of this break from school. Students' grades can only go up from the Trimester 2 grades that are currently in Power School. All elementary school students will be promoted to the next grade. ***Grades CAN still go up based on work completed during the closure, but they cannot go down.*** Therefore, this is a great opportunity for students to improve their grades. At the end of the day, we want students to try their very best to progress their learning in preparation for next year. Teachers are here to support the best they can.

### BEING SUCCESSFUL WITH AT HOME LEARNING OPPORTUNITIES

While working and studying from home may seem exciting and cool at first, it can be challenging to be productive at home. Here are several productivity tips to make the most of your working hours.

- **Establish a Routine:** While doing school work when you feel like it seems great, a lack of routine can be the enemy of productivity. Set hours for your child to focus on important tasks. Remember to maintain a school-life balance. School and work shouldn't dominate your family life. Have a time when your child turns the computer off and focus on things he/she enjoys.
- **Take Breaks:** Prior to the school closure, your child was used to being at school all day, moving to different locations on campus and chatting with friends throughout the day. It is important to realize how draining sitting in front of a computer and being home all day is for everyone. Make sure to give yourself and your child breaks. Get up, take a walk around the house, get a glass of water, or pet your dog. Mindful breaks will make your working hours more productive.
- **Designate A Place To Work:** Using your bed as a desk is not productive. If possible, set up a desk and make it the spot where your child gets work done. If you do not have a desk, a kitchen table will do. While your child works, try and minimize distractions around the house.
- **Get Ready For Your Day:** Similar to lying in bed, wearing pajamas can decrease your productivity. Getting up and changing into real clothes sets the tone for the day. Similarly, having your child get up in time to eat breakfast, brush his/her teeth, and wake up will all help get them in the right frame of mind.
- **Over Communicate:** Communication is critical when doing online work and online school. When children are in an in-person class and don't understand something, the teacher may notice behaviors that indicate your child is confused or unclear about what is being taught. That type of noticing doesn't happen online. Help your child as they learn to advocate for themselves and communicate that they are struggling and need assistance. As parents it is important to communicate with your child's teacher about the progress that is being made by your child and any questions you or your child may have. Please email or message teachers. They are there to help you and will get back to as soon as they can.



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- **Working While Homeschooling:** Here is a link to an article with some suggestions about working from home while also trying to support your child with their school work.  
<https://www.happilyfamily.com/working-while-homeschooling-7-tips-that-actually-help/>

## STAYING CONNECTED:

Feeling socially connected, supported, and able to express one's self is important. As social distancing is put into place, we encourage all students to stay connected with friends, family and teachers. Practice social distancing NOT social isolation. Let's continue to be creative and engage with others to stay connected and most importantly, take care of our own well-being.

[Rooted in Love, A Call to Action Video for students](#) --- For Elementary level parents to watch

[Making Social Distancing Easier for Parents & Teens](#)--- This articles is written for parents of Teens, but many suggestions are appropriate for all age students.

## MENTAL HEALTH/SOCIAL/EMOTIONAL RESOURCES

This has been the craziest year. To better help you and your children with any social/emotional concerns, the following are great resources to access.

[Mental Health Resources](#) --- This is a phenomenal link to resources!! Please open it and check-it out.

[Feelings of Grief](#)

## PARENTING

<https://www.loveandlogic.com/collections/classes-and-conferences/products/love-and-logic-parenting-online> \*\*Love and logic is offering free parenting class during the month of April\*\*

<https://makesociallearningstick.com/>

\*\*Highlight the link and click "open hyperlink" to open links. Or copy and paste in your browser\*\*

Lastly, as we move into additional weeks of our closure, rest assured we are here for you. We are only an email away. Please don't hesitate. Stay well.

Sincerely,

The Elementary School Psychology Team

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