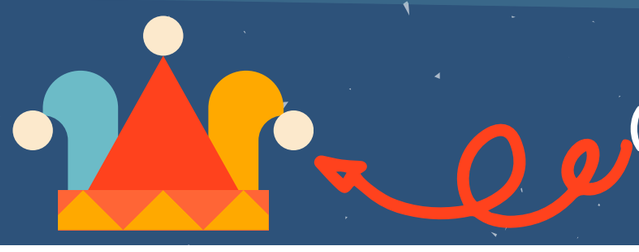
Back-To-School

For Parents & Guardians

How do we get our students to thrive without the school setting? Home is quickly turning into the new classroom and parents/guardians now have another hat to wear. This resource sheet is here for those moments when the hat just doesn't feel like it quite fits.



Understanding The Academic Success Goals of your Child

This site consists of grade specific guides that give you clear academic expectations according to your child's grade level. This will help you understand the goals that your child's teacher is aiming to accomplish, which ultimately will have you (parents/guardians) on the same page as your child's educators and less uncertain about what is expected from your children on an academic level. (Guides also available in Spanish on site)

CLICK HERE

How To Talk To Your Kids About COVID-19

This site provides ways to stay in communication with your children during this unprecedented time.

CLICK HERE

This is a cute informative video giving details about the effects of the virus, and help lessen your child's fear surrounding it. After all, the more you know,the less frightening things can become!

CLICK HERE

Helping Your Child Navigate Their Way Through Distance Learning

This is a comprehensive video for children who are aiming to adjust to distance learning. Not only does it teach them what to expect, but it also provides them the necessary tools to stay on track with their goals in a non-traditional setting.

CLICK HERE

Getting Creative: Helping Your Child Cope With Isolation and Stress Due To The Pandemic

Here is a lengthy list of (85!) activities your child can utilize in order to maintain their mental health, help lift their spirits if they are feeling down, or just fun activities to do with your kid(s) anyway!

CLICK HERE

Take A Listen

This is a podcast discussion on the impact Covid-19 is having on students going back to school and their families. Amalia Chamorro, Associate Director of Education Policy, discusses the drastic changes families have faced and will continue to face during the pandemic. Remembering and hearing that you're not alone in this can be helpful and uplifting.

CLICK HERE

CLICK HERE

(En Español)

Finding Balance In Your Day

This is a printable handout you can fill out to help organize your day-to-day living. Having an organized daily schedule can reduce stress as well as help provide a good example for your kid(s) in understanding the benefits of following a schedule to optimize their (and your) use of time.

CLICK HERE

Created by Caytlin Trichter, 2020

Additional Resources

Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline:1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chatexternal icon or text: 8388255

In the case of a medical emergency, please call
911

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