

COUNSELOR CONNECTION

Dru Klein, Janet Goldstein & Jayna Dash

Harry Brown & Josh Schmader

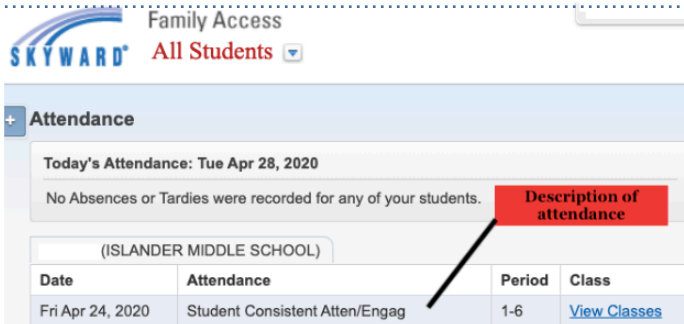


WHERE DID APRIL GO?

Not sure about you, but all of the uncertainty in March made us feel like that month was a zillion days long. Now, while we've been busy adapting to the new normal, April sure has flown by! We hope everyone is doing well and falling into some semblance of a routine. Now that we've completed two full weeks of online learning, we are hopeful that students and families are starting to get into a rhythm. In an effort to support any of the challenges you are experiencing, we wanted to provide some information we thought might help. We've included information about our attendance requirements, some tips about how to keep boundaries in place for screen time, and we've shared a couple of organizational templates. If you would like to have editable copies of either document we've included, email us and we can easily pass either (or both) along. As always, keep up posted about how we can support you and your students during these uncertain times. We are all in this together, figuring it out as we go, one day at a time!

HOW TO ACCESS YOUR STUDENT'S ATTENDANCE

To check your child's attendance, you can log into Skyward. Once in Family Access, open the attendance tab along the left blue bar. You will see a description of your child's attendance and then to the right of the description, there is a list of periods for which your child received that description.



If your student attendance tab shows a description of, "Student Not Attending/Engaging," that means their teacher is not seeing them participate in office hours or assignments.

SAMPLE ORGANIZATIONAL TEMPLATES

Name: _____
Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
8:00 to 9:00						
9:00 to 10:00	Period 1 9:15-10am				Period 4 9:15-10am	
10:00 to 11:00	Period 2 10:15-11am				Period 5 10:15-11am	
11:00 to 12:00	Period 3 11:15-12pm				Period 6 11:15-12pm	
12:00 to 1:00						
1:00 to 2:00		Period 4 1-1:30pm Period 5 1:45-2:15pm		Period 1 1-1:30pm Period 2 1:45-2:15pm		
2:00 to 3:00		Period 6 2:30-3pm		Period 3 2:30-3pm		
Work I need to finish and submit today						
Missing or late assignments I need to complete and submit:						

Monday: _____	Tuesday: _____	Wednesday: _____	Thursday: _____	Friday: _____
<input type="checkbox"/> Check Schoology <input type="checkbox"/> Check Skyward	<input type="checkbox"/> Check Schoology <input type="checkbox"/> Check Skyward	<input type="checkbox"/> Check Schoology <input type="checkbox"/> Check Skyward	<input type="checkbox"/> Check Schoology <input type="checkbox"/> Check Skyward	<input type="checkbox"/> Check Schoology <input type="checkbox"/> Check Skyward
Office Hours: 1st: 9:15-10:00 2nd: 10:15-11:00 3rd: 11:15-12:00	Office Hours: 4th: 1:00-1:30 5th: 1:45-2:15 6th: 2:30-3:00		Office Hours: 1st: 1:00-1:30 2nd: 1:45-2:15 3rd: 2:30-3:00	Office Hours: 4th: 9:15-10:00 5th: 10:15-11:00 6th: 11:15-12:00
Assignments Due Today:	Assignments Due Today:	Assignments Due Today:	Assignments Due Today:	Assignments Due Today:
Work To Do:	Work To Do:	Work To Do:	Work To Do:	Work To Do:
Other:	Other:	Other:	Other:	Other:

RETHINKING SCREEN TIME

Whether you were a family with “strict” screen time rules or not, we know that many of our routines and rules have changed (or “flexed”) during your time at home. We thought it might be helpful to provide some ideas to manage screen time as we continue managing lockdown together.



Knowing how much time our children are spending on screens can make some parents feel guilt. What is important to focus on during this unprecedented time is not how much time is being spent on the screen, but instead that limits for technology usage are still important. What limits look like in your family may look different from other families, but we encourage you, as much as possible, to preserve your family’s offline experiences.

It is important to sit down as a family to talk about what the limits are now and remind your student(s) that they will change again when life begins to return to “normal.” An observation some of our teachers have made is that some kids are on Schoology very late at night (sometimes as late/early as 3:00 a.m.).

One of our recommendations is that one of the limits you set as a family is that **all devices are being charged and are out of the bedroom at an agreed upon time.** Some families already have this limit in place, and checking back in with your student about healthy sleep routines with devices out of the bedroom is very important. Remember that **it can be helpful when parents model behavior they are asking of their kids.** It’s still good, for instance, for everyone to **eliminate screen use for at least one or two hours before bedtime to avoid impacting sleep cycles.**

As Counselors, and as parents, we understand that this is a very difficult time for everyone and we respect whatever limits and routines you have established for your family. We just wanted to make sure you were aware of some students’ late night use of technology and to provide some simple reminders to check back in with your student about your family rules and expectations around technology.

REMINDER: COUNSELOR OFFICE HOURS

The IMS Counselors are offering an **OPTIONAL** opportunity for **STUDENTS** to check in. We will each be on a zoom call, partnered with an administrator, again next week. Dru Klein will be online **Tuesday** from 10-10:30 (students with last names A-G), Janet Goldstein will be online **Wednesday** from 10-10:30 (last names H-O) and Jayna Dash will be online **Thursday** from 10-10:30 (last names P-Z). Students are encouraged to log on to ask questions, to say hello or to simply come for additional adult connection. **Zoom links are posted in the Schoology calendar.**

*Family conversation
starter:*

**QUESTION:
When the world gets
back to normal,
what’s the FIRST
thing you’re going to
do?**

Why???