

PSYCHED ABOUT SCHOOL

Wallkill Central School District

Social-Emotional Learning (SEL) Newsletter by your School Psychologists

April 2021

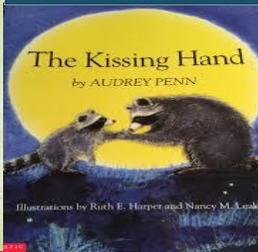
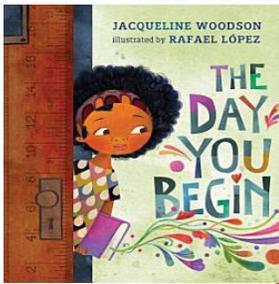
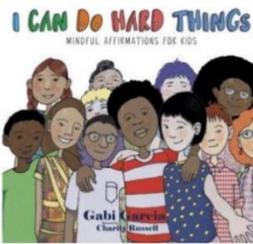
Topic: Helping Kids to Feel Prepared to Go Back to School

For Four Days In-Person Learning Mode

Being prepared is one of the best ways to reduce stress levels and promote school success.

Check out the tips below for some strategies to help your children feel & stay positive!

Books



1. Be Calm

Kids will take the lead from you—if you stay calm, it will reassure them.

2. Be Positive

Remind them of all the positives that will come from being back in school—seeing friends, teachers, in-person learning.

If they are worried about the virus, remind them of all the ways the adults at school will keep them safe and most importantly, remind them that they know how to stay safe too—regular hand-washing during the day; wearing masks; staying in their own space.

3. Validate!

If kids share any worries or fears about heading back, try not to dismiss or say, “don’t worry”. Instead validate how they feel about it and suggest talking about how to handle the situation. Then problem solve and plan or role-play.

4. Be Supportive

After being home for so long, children may struggle with separation anxiety and could become tearful, clingy, or act out. Reassure them you will miss them and think of them during the day.

Create a strategy that helps form a connection during the day – for example, draw a little heart on their wrist and one on yours and call it a hug button. If they’re missing you, they can press the hug button and know that you will be doing the same.

5. Talk About What to Expect

Support your child to be aware of the changes they may experience at school – the spacing between friends, the look of the lunchroom, hallway walking, etc. However, focus on the positives at the same time and reassure them that the changes are there to keep everyone safe!

PSYCHED ABOUT SCHOOL

Wallkill Central School District

Social-Emotional Learning (SEL) Newsletter by your School Psychologists

April 2021

Topic: Helping Kids to Feel Prepared at Home

For Virtual Learning mode

Being prepared is one of the best ways to reduce stress levels and promote school success. Check out the tips below for some strategies to help your children feel & stay positive!

1. Wake the kids up early!

- If your child isn't a morning person, wake him/her a little earlier, YES earlier, so their brain has more time to adjust.
- Try to be sure kids have time to eat & get dressed without rushing prior to the school day starting.
- Turn the tech on at least 10 minutes prior to the day starting so you can ensure there aren't any updates & so you can shut down and re-start if glitches arise.

2. Set up a clean & prepared workspace

A. Make a supply caddy

Organize school supplies in compartments that are easy to see and pull from. Here are some simple items you can use:

- A shower caddy.
- An empty shoebox. Create dividers using cardboard from the lid. Or you can just use plastic cups to keep supplies organized in the box.

B. Keep supplies Away from the Space UNTIL needed!

Kids – especially younger ones, can be easily distracted by just about anything. Having a pair of scissors to grab OR bright markers to play/draw with can take away from the lessons and distract from the work that your child needs to accomplish.

Ensure all your child has in front of him/her is the supply he/she needs for the present subject – example – a pencil and math fluency workbook.

3. Block out Distractions

- Use a folding presentation poster board or a tall piece of furniture to block off space.
- You can also make a screen out of a tall cardboard box.
- Invest in headphones so your child can pay attention to the computer and not the noise around the home.

4. Pre-plan breaks when possible prior to the day starting

- Have snacks picked out so that kids don't waste break time deciding what to eat.
- Prepare lunches ahead of time so kids also have time to get outside for some fresh air or exercise!