

STAYING SAFE, HEALTHY AND ON TRACK AT HOME

Stop the spread of COVID-19 and do the 5!

1. Wash hands often.
2. Cough into elbow.
3. Don't touch your face.
4. Stay more than 3 ft. apart.
5. Stay home if you feel sick.

If your child is feeling anxious or upset by all the changes that are going on, emphasize that quarantines and social distancing are just precautions to keep everyone healthy, and that all your child needs to do is keep learning and maintain good hygiene practices. **We will get through this together!**

Get the Most Out of Homeschooling

- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in free time.** Allow time when your child has something he/she would like to do, including just relaxing and unwinding.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher(s) if you have any questions.

Working from Home?

Here are some free learning resources to help supplement schoolwork schedules while you work.

- **ParentToolkit.com**
- **KhanAcademy.org**
- **Coolmath.com**
- **Science360 app for IOS and Android**
- **NASA Visualization Explorer app for iOS**
- **Middle School Math Planet app for iOS**
- **SAT Word Slam Free app for iOS**