

Dear Parents and Guardians,

As we begin the process of having learning plans at home, you may be feeling overwhelmed. I want to assure you that this is going to be a slow transition. Your child's teacher will be providing activities for them starting on Monday; however, these activities are suggested activities and are not meant to be completed in one day or one week. Many of the activities are an exploration and a way to help create structure and normalcy. Please work on the activities that are best suited for your family.

As a province, we are providing a limited service model to our families. It is important that a typical school day is not attempted to be recreated at home.

Our children may be anxious during this time. They may hear everything that is going on around them and they may feel the tension and anxiety of others. They have never experienced anything like this before.

The idea of being off of school "indefinitely" may sound exciting. They maybe picturing what it looks like during summer break, but not the reality of being stuck at home and not seeing their friends. Over the coming weeks, you will likely see an increase in behaviour issues with your kids.

Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. There is a possibility you may see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and to be expected behaviour during these circumstances. The best support that we can provide for our kids during this time is to help them feel comforted and loved and to help them feel that everything is going to be okay. That could look like:

- Playing outside and going on walks
- Baking cookies and painting pictures
- Playing board games and watching movies
- Doing a science experiment together or finding virtual field trips of the zoo
- Starting a book and reading together as a family
- Snuggling under warm blankets and doing nothing

Try not to worry about them regressing in school. When we are back in the classroom, we will all get back on track, and meet them where they are. Teachers are experts at this.

Do your best to avoid arguments of doing school work or following a set schedule. Working slowly towards this new type of learning, new schedules and this new normal that we are facing at the moment.

One key thing I would like to stress:

- At the end of all of this, your child's mental health will be more important than their academic skills. Also, how they felt during this time will stay with them long after the memory of what specific tasks they did during these weeks has faded.

Please stay safe. Please connect with your child's teacher or the office if you have any questions or concerns during this time.

Regards,

Tiffany Hawkins

Principal

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School District No. 73 (Kamloops-Thompson)

CONNECTING STUDENTS TO THEIR FUTURE

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