

**TIPS FOR FAMILIES**

**Today's Learning at Home Ideas:**

Play "Multiplication War" with a deck of cards. Just flip two cards and multiply. Whoever has the highest product keeps the cards.

**Today's Community Resource:**

CRISIS: dial 911

Grab n' Go  
breakfast/lunch  
11am-1pm at  
CCHS

**Today's Learner Support Strategy:**

Use games to teach and reinforce the academic skills and help develop students' social skills.

**Today's Mindfulness Tip:**

Keep a daily "gratitude" list – make at the beginning of day and reflect on it when upset about something.

**Today's Social-Emotional Support:**

Acknowledge your child's feelings. Help them to name their feelings. From there you can help your child develop skills to manage their feelings.



**Charles City Public Schools**

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Please check the Charles City Public Schools' Facebook, Twitter, and website for weekly "**Tips for Families**".

For counseling support or someone to talk to, but not crisis or an emergency, contact our School Social Worker, **Mrs. Stephanie Leek at 804-301-1871**, or the Supervisor of Special Education, **Ms. Kristina Williams at 804-393-0264**.