

Today's Learning at Home Ideas:

Include in your daily schedule:

- 2 or 3 outside times
- Quiet times
- Meal and snack times
- Special subjects like movement, art, and music

Today's Community Resource:

WiFi access available in the CCES and CCHS parking lots 7am-7pm

Tiger Packs and Community Den distribution today 11am-1pm available for all families

TIPS FOR FAMILIES #9

Today's Learner Support Strategy:

Let your child work with an adult, sibling, call a friend, call a teacher, or other helper to work on subjects more difficult for them

Today's Mindfulness Tip:

Set one goal for the day and say, "I can..." when finished say, "I did this!"

Today's Social-Emotional Support:

Take advantage of the supports available to you to help support you and your children

- Online resources
- School support staff
- Community-based supports



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**.