

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

Don't try to replace school.

Establish a schedule that works for you.

Set the ground rules early on.

**Today's Community Resource:**

Grab n Go lunch 11am-1pm at CCHS

Tiger Packs and Community Den distribution 11am-1pm this Friday, April 17

**Today's Learner Support Strategy:**

Math: Use tools to support problem-solving

Examples: calculator, ruler, number line, multiplication chart, things to count, math songs, etc.

**TIPS FOR FAMILIES #8**

**Today's Mindfulness Tip:**

Every hour take 10 seconds to stretch and take a big breath like a yawn

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

As adults supporting children through the closure you need to practice self-care:

Take a walk

Cuddle a pet

Engage in a hobby you enjoy

Spend time with family and friends



**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**.