

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

Have your student interview a relative and then have them create a biography about that person.

**Today's Community Resource:**

Charles City Regional Health Service: 804-829-6600

Grab and Go hot meal 11am-1pm behind CCHS Monday-Friday

**Today's Learner Support Strategy:**

Have your child give you a verbal example and physically show you an example of something they have learned

**TIPS FOR FAMILIES #5**

**Today's Mindfulness Tip:**

Close your eyes and spend one-minute thinking about the happiest day of your life. Try to remember as much about that day as you can

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

Adult need to know how to calm down and handle stress too. Kids need to see adults practicing strategies too:

Take 3 slow deep breaths

Count to at least 20

Think about what you want to do next



# 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**.