

Hello parents and caregivers,

We hope that this email finds everyone safe and healthy. During these challenging times, we wanted to reach out to let you know that we are diligently working on plans to be as much of an assistance to you as we can be during this time.

During the extended closure, it is important that our students' and parents' mental health is also cared for and addressed. For that reason, we wanted to share some information with our families. We understand this has likely been a chaotic experience and many emails are likely being sent. Please take your time and review the materials at your own pace, they are meant to help.

Here are some recommendations for maintaining school work at home:

1. **Create and maintain a typical routine:** *Wake-up/go to sleep at reasonable times during the week and plan on completing schoolwork at similar times during the day.*
2. **Set small goals:** *Be realistic with yourself; allow yourself to take breaks and enjoy your day. Just be mindful of the likelihood you would go back to doing work after a long break. It is recommended to take shorter scheduled breaks when you're completing school work. For example, maybe plan on taking a 5 or 10 minute break for every 20 or 30 minutes of work. Or, if you plan on taking a longer break, plan a specific time you will return to work.*
3. **Ask questions:** *If you are struggling with something either academic or emotional, reach out to someone just like you would in the school building.*

[Click here for examples of what a schedule may look like.](#) Please think of it as a guide and not a mandate. We have also included several sites that you can keep as a reference or use to supplement your child's distance learning during this time.

Here are additional resources for parents:

- **Information and responding to COVID-19 health crisis:**
  - Maintain perspective, get info from reliable source:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - Healthy ways to view coverage on COVID-19:  
<https://www.apa.org/helpcenter/pandemics>
  - Tips for talking to your children about crisis:  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
  - <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
  - Coping with stress:  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>

- Taking care of yourself:  
<https://store.samhsa.gov/system/files/sma14-4894.pdf>
- Coping as a first responder:  
<https://emergency.cdc.gov/coping/responders.asp>
- Importance of maintaining a school routine at home:  
<https://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a>
- **Videos from professionals on how parents can help their children and themselves manage stress and anxiety during extended closure:**
  - <https://gozen.com/coronavirus-anxiety/>
  - <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronaviruses/>
  - Guided imagery to reduce anxiety or stress:  
<https://www.choc.org/programs-services/integrative-health/guided-imagery/>

### **Social-Emotional and supports while at home**

- [My Coronavirus Story](#)
- <https://ny.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/>
- <https://www.flocabulary.com/topics/social-and-emotional-learning/>
- <https://learn.khanacademy.org/khan-academy-kids/>
- <https://classroommagazines.scholastic.com/support/learnathome.html?caching>
- <https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

### **ReThink Parent Account and Social-Emotional Support**

- Register to have access to all videos, materials, and resources  
<https://www.rethinked.com/Home/TeamMemberRegistration?trainingProgramKey=78c97bcd81d446884157334338192de>
- <https://go.rethinkfirst.com/rethink-covid19>
- <https://go.rethinkfirst.com/rethinked-resources>

Please don't hesitate to reach out if you have a question or concern. Stay well!

Sincerely,

The Barnard Clinical Team

Hola padres y cuidadores:

Esperamos que este correo electrónico encuentre a todos seguros y saludables. Durante estos tiempos difíciles, queríamos comunicarnos con usted para informarles que estamos trabajando diligentemente en planes para brindarle la mayor asistencia posible durante este tiempo. Durante este prolongado cierre, es importante que la salud mental de nuestros estudiantes y padres también sea atendida. Por esa razón, queríamos compartir información con nuestras familias. Entendemos que esto ha sido una experiencia caótica y es probable que se envíen muchos correos electrónicos. Tomen su tiempo y revisen los materiales a su propio ritmo, son para ayudar.

Aquí hay algunas recomendaciones para mantener el trabajo escolar en casa:

1. Cree y mantenga una rutina típica: Despierte / duerma a horas razonables durante la semana y planee completar el trabajo escolar en momentos similares durante el día.
2. Establezca metas pequeñas: Sea realista con usted mismo; permítete tomar descansos y disfrutar de tu día. Solo tenga en cuenta la probabilidad de que vuelva a trabajar después de un largo descanso. Se recomienda tomar descansos programados más cortos cuando termine el trabajo escolar. Por ejemplo, tal vez planee tomar un descanso de 5 o 10 minutos por cada 20 o 30 minutos de trabajo. O, si planea tomar un descanso más largo, planifique un momento específico en el que volverá a trabajar.
3. Haga preguntas: si tiene dificultades con algo académico o emocional, comuníquese con alguien como lo haría en la escuela.

[Haga clic aquí para los ejemplos de cómo podría ser un horario.](#) Piense en ello como una guía y no un mandato. También hemos incluido varios sitios que puede mantener como referencia o utilizar para complementar el aprendizaje a distancia de su hijo durante este tiempo.

### **Recursos adicionales para los padres:**

Información y respuesta a la crisis de salud de COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.apa.org/helpcenter/pandemics>
- [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
  - <https://store.samhsa.gov/system/files/sma14-4885.pdf>
  - <https://store.samhsa.gov/system/files/sma14-4894.pdf>
  - <https://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a>
- **Videos de profesionales sobre cómo los padres pueden ayudar a sus hijos y a ellos mismos a controlar el estrés y la ansiedad durante el cierre prolongado:**
- <https://gozen.com/coronavirus-anxiety/>
  - <https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronaviruses/>
  - <https://www.choc.org/programs-services/integrative-health/guided-imagery/>

**Apoyos emocionales y otros apoyos mientras están en casa:**

- [\*\*My Coronavirus Story\*\*](#)
- <https://ny.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/>
- <https://www.flocabulary.com/topics/social-and-emotional-learning/>
- <https://learn.khanacademy.org/khan-academy-kids/>
- <https://classroommagazines.scholastic.com/support/learnathome.html?caching>
- <https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

**Cuenta de ReThink para padres, lecciones y apoyo social y emocional**

Regístrese para tener acceso a todos los videos, materiales y recursos:

- <https://www.rethinked.com/Home/TeamMemberRegistration?trainingProgramKey=78c97bcd81d446884157334338192de>
- <https://go.rethinkfirst.com/rethink-covid19>
- <https://go.rethinkfirst.com/rethinked-resources>

No dude en comunicarse si tiene alguna pregunta o inquietud. ¡Mantenerse bien y seguros!

Sinceramente,

El equipo clínico de Barnard