A NEW REALITY, BUT WE ARE IN THIS TOGETHER!

To our dear students, we miss you very much and wanted to remind you all that we are still here for each and everyone of you, no matter the distance between us.

We have put together some helpful exercises, tips and resources for you.
Positive Affirmations are positive thoughts and statements that we tell ourselves to raise our self-esteem and boost our confidence. They are uplifting and can build a circle of positive energy which we can use during times of uncertainty to help with anxiety and stress.

How do you create a Positive Affirmation? Here are a Few Tips

1. Identify Negative Beliefs - What beliefs do you have that currently hold you back?

2. Challenge the Negative Beliefs - Write down something that counteracts the negative beliefs. This will be the foundation for your positive affirmation.

3. Write in the Present Tense. - Use words like “I am” and “I can” for example.

4. Keep it short. - The shorter and more concise, the more powerful it will be.

5. Give it Impact. - Fill it with language that empowers and inspires you.

An example of a positive affirmation is “I have all the tools to be successful.”

The best times to use positive affirmations are at the beginning and end of your day. Try repeating your affirmations before you get out of bed in the morning, or while you’re brushing your teeth at night.

As long as you repeat your affirmations at the same time each day, they’ll soon become habit.

Give it a Try. Remember to repeat your affirmations with meaning and intention everyday.
Let’s give a big round of applause for everyone in the Aviation HS family for working together in these unprecedented times, we will not lose hope and we’ll be together again soon!
8 Tips for Working from Home with Kids

All of us are changing our lifestyles to keep our families and neighbors safe. For many, this means combining work and parenting under one roof. Try these suggestions to keep your household as happy and productive as possible during this time.

1. Treat morning like you normally would. Have everyone get up at the regular time, eat a healthy breakfast, shower, and get dressed.

2. Create a schedule for your kids. Then, do your best to stick with the same routine every day, much like they would at school. That way, your kids will know what is expected of them.

3. Set aside a workspace for everyone. Designate a home office for yourself and a learning area for your kids.

4. Use nap time to your advantage if you have younger kids. Make it a time to place phone calls and have meetings. If your kids are older, be sure there’s plenty to keep them busy if they finish up their schoolwork early.

5. Set boundaries for your kids. For instance, let them know if the door to your home office is closed, they cannot disturb you unless there’s an emergency. If the door is open, they’re free to come and go.

6. Give your kids—and yourself—recess time each day. It will help ease tension and make it easier for all of you to focus on work.

7. Get help from your partner. Switch off with parenting and household duties so you can have uninterrupted time to get work done.

8. Accept that things might not go as planned. Be flexible and adapt. By working together, you can get through this!

What about Screen Time?

It might be hard to limit your kids’ screen time, especially if you need to distract them so you can get work done. It’s OK to loosen up screen-time restrictions to help everyone get through this time. If you’re concerned about what your kids are watching or doing on the Internet, make a list of approved websites they can spend time on. Many museums and zoos are offering virtual experiences so people can still enjoy them in the comfort of their own homes.

Staying Healthy & Positive

Tips for Parents & Caregivers

Even during challenging times, take steps to be your best for yourself and your kids!

1. Take time each day to do something for yourself, such as exercise, stretching, talking to friends, and reading.

2. If you’re feeling overwhelmed, give yourself a timeout, even if it’s just stepping into another room for a few minutes of peace and quiet.

3. Keep your sense of humor when things don’t go as planned. No one is a perfect parent—or a perfect child.

4. Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.

5. Count to 10 before you react when you get angry.

6. Ease tension with a smile or joke, or by changing the subject.

7. Listen to your child and show you value your conversations. Good communication can prevent conflict.

8. Schedule in family fun and fitness.

9. Learn how children mature so your expectations for your child’s behavior are realistic.

10. Make household chores part of your children’s day so less busy work falls to you.

Stay Healthy, Stay Connected

Take care of yourself by washing your hands often, not touching your face, getting enough sleep, eating well-balanced meals, and staying active. Aim for 30 minutes of moderate activity five days a week.

Positive social interactions help relieve stress, depression, and anxiety. Maintain a support system of friends and family—keep in touch via phone calls, texts, email, and social media. Open up about how you’re feeling. If you’re in a relationship, make time for your partner without distractions. And if you need help, ask!
**PARENT RESOURCES**

Below are some links to resources that can be helpful at this time:

Helping Children Cope With Changes Resulting From COVID-19:

To Request a learning device from the department of education:
https://coronavirus.schools.nyc/RemoteLearningDevices

For local food pantries
https://www1.nyc.gov/apps/311utils/providerInformation.htm?serviceId=1083

Weekly crisis management activities for parents and guardians
https://parents.cmionline.com/

Covid 19 Resources for people with disabilities
https://www1.nyc.gov/site/mopd/resources/covid-19-resources-for-people-with-disabilities.page

NYS Department of Health - Health Marketplace (application open now)
https://nystateofhealth.ny.gov/
utm_campaign=HomePage&utm_medium=organic&utm_source=socialmedia&utm_content=1584974952

Food assistance programs
https://access.nyc.gov/programs/emergency-food-assistance/NYC

Food Bank
https://www.foodbanknyc.org/get-help/For up to date city of NY coronavirus information https://portal311.nyc.gov/article/?kanumber=KA-03297

For legal assistance from LIFT
https://www.liftonline.org/

If you need to file for unemployment insurance
https://applications.labor.ny.gov/IndividualReg/Some families may be able to qualify for a rent freeze program https://portal311.nyc.gov/article/?kanumber=KA-02344

Debt relief for Military members
https://portal311.nyc.gov/article/?kanumber=KA-02519

Assistance and guidance for business owners

NYC Domestic Violence Hotline 1-800-621-4673 (HOPE)
Text WELL to 65173 or call 1-888-NYC-WELL