



C.H.O.I.C.E.S.



South Gallia Middle School

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September 2020

Taking Care of Our Children During Trying Times

Since COVID-19 knocked all of us for a loop back in March and causing changes in many things that we do in our daily lives has brought on more stress for all of us including our children. With children starting back to school they will need your support more than ever so that they can cope with the stress of changes and the unknown. Below are some things that may help reduce stress for children as they start back to school.

- ◆ Routines—Try to establish a family routine. Routines help children by establishing some normalcy and a sense of security. It can eliminate some of the unknown which children fear. Routines can also strengthen family bonds by having routines that everyone does together such as eating breakfast together. Routines establishes a calmer household and expectations of family members. Children gain confidence and independence with routines when they know what they are supposed to do.
- ◆ Have Open Conversations— Encourage your child to talk about his day, about what they did, their feelings, how they feel about how school is going, etc. Giving your child time to talk about their day will start developing the security and support system your child will need in the future. Discussions are not just picking sides but guiding the child to see events and happenings through different points of view which could lead to being more cooperative. These conversations can be teaching moments by suggesting that an event could have been handled differently and resulted in a better outcome, that everything worked out and wasn't as a big deal as originally thought. Teaching them patience and caring for others will help them to build healthy friendships throughout the years.

Effective Ways to Improve Reading

- ◆ Encourage reading for enjoyment by being a reader yourself.
- ◆ Read the same book as your child and discuss each others take on the book.
- ◆ Check books out of the library. Experiment with different genres (mystery, romance, poetry, etc.)
- ◆ Increasing spoken vocabulary can increase reading comprehension. Learn and use a word each week. Work it into everyday conversations. Who can use it the most correctly?
- ◆ Set goals for reading.



New School Routines

- ◆ Wear mask
- ◆ Wash hands often
- ◆ Keep hands away from mouth, eyes, and nose
- ◆ Social Distance yourself
- ◆ Don't share food/drinks
- ◆ Stay home if sick



TOOLS FOR SUCCESS

how to be successful in school

-  Set Goals— They serve as a vision to accomplish.
-  Be organized— Get the supplies for class. Prepare the night before
-  Plan your time—for study and personal. Stick to it.
-  Do your homework. Ask for help when you need it. Take good notes
-  Have a positive attitude and **BELIEVE IN YOURSELF**

Afterschool starts on October 12, 2020. Monday—Friday 7:00 am- 7:45 am and Monday—Thursday 2:30 pm—5:30 pm each week. Transportation will be provided home. Take advantage of this great opportunity. Registration forms and calendars will be available in the office soon.