

# CVCS Mental Health Newsletter

February 2021

## Managing Remote Learning Behaviors

*"Supporting your child's well-being and mental health has to come first before any academic or curricular tasks. It's a win-win situation as when children feel happy, safe, positive and supported, they can learn and reach their academic potential."*

*-Fiona Forman*

So far this school year we have noticed a growing level of difficulty as it pertains to remote learning. Remote learning presents a great deal of challenges and many were unforeseen when we began the school year. A growing number of students have become more and more distant, agitated, and oppositional due to stress and a lack of direct instruction. These behaviors can be very difficult to manage at times especially if you are working or have difficulties understanding the material yourself. Hopefully the tips and resources in this Newsletter will help you navigate this difficult time.

### **Brought to you by:**

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If you are struggling and need support please contact the school for assistance.

### **Coffee Chit-Chat:**

#### **What challenges have you had with your child learning remotely?**

*"Staying on task and keeping him motivated have been the hardest challenges."*

*-Anonymous*

*"During the first semester it was difficult to figure out how to navigate the various platforms on the tablet. This led to confusion when trying to understand what assignments were due and when the assignments were due."*

*-Anonymous*

#### **What has gone well with your child learning remotely?**

*"I have learned that my kids can adapt well to learning in different settings, something that I would have not known without this experience. I definitely am in more contact with teachers than I have been in previous years. I think that a positive aspect of this situation is that communication is far more frequent than it was before remote learning."* -Anonymous

#### **What would you change about your son/daughter's experience learning remotely?**

*"I would not let him go completely remote again. That was a big mistake, they need to have that face to face connection with the teacher and their peers."*

*-Anonymous*

*"If we could start again, I think that the first couple of weeks could have been used for teachers to set up virtual sessions with parents to personally convey the expectations and to troubleshoot technology difficulties."* -Anonymous

### **Tips for Managing Remote Learning Behaviors:**

#### **Primary grade levels(Pre-K-2nd):**

- Post a visual daily schedule
- Take ALOT of breaks
- Do school assignments in 10-20 minute time periods
- Provide rewards for completion of work and positive behaviors

#### **Intermediate Grade levels(3rd-5th):**

- Check your child's email and Google Classroom first thing in the morning
- Create a quiet, organized work space for your child
- Provide "Brain Breaks" through the day
- Communicate weekly with your son/daughter's teacher to clarify demands

#### **Middle School(6th-8th):**

- Follow school schedule as best as possible to maintain routine
- Check email and Google Classroom for assignments and daily updates
- Remove distractions(i.e. Video games, TV, Cellphone)
- Use a school provided agenda to keep schedule and assignments organized

#### **High School(9th-12th):**

- Talk to your kids. Don't assume that lack of motivation is "laziness." Could be due to depression, anxiety, or dealing with personal issues.
- Request to check assignments before they are submitted
- Praise/acknowledge how well your child has handled increased responsibilities
- Allow them to have fun. The lack of extra-curricular activities has been hard on all students.