

English Learner Parent Support

ESC REGION 11 ENGLISH LEARNER SUPPORT • Vol. 1 Issue 3

Resources to Help Your Child with School at Home



With a few simple steps, you can support your child and family during this challenging time.



5 Things to do

1. Keep routines as predictable as possible for your child.
2. Share facts about COVID-19 that your child understands.
3. Make time to listen to your child and encourage your child to share his or her feelings.
4. Make time for your family to play and relax.
5. Reach out for support when you, or your child, need it.

COVID-19 Support: Mental Health Resources

TEA has information for a variety of mental health resources that are available 24 hours a day, 7 days a week. Unless noted, resources are appropriate for all ages. These resources include:

- COVID-19 Mental Health Support Line
Texas Health and Human Services Commission (HHSC)
1-833-986-1919
Translation available in Spanish
- National Suicide Prevention Lifeline
Crisis support for people thinking about suicide
1-800-273 TALK (8255)
Spanish Line: 1-888-628-9454
TTY: 1-800-799-4889 (Deaf and hard of hearing)
- National Crisis Text Line
Counseling support by text
Text "HOME" to 741741 - English only
- Information and Referral Line
Comprehensive locator and service for social supports, including food, housing, money, legal, and additional mental and behavioral health services.
2-1-1
Translation available in Spanish

Helpful Responses for Families

Safety is the brain's most basic need, followed closely by connection. When we feel unsafe or disconnected, our brains downshift from the higher centers responsible for learning and problem solving to the lower reactionary centers. Here are tips and resources to make your family feel safe and connected:

Use this link:

<http://bit.ly/covidresources21>
to access resources for:

- Helping younger children manage stress and emotions
- Maintaining healthy and strong family connections
- Establishing routines for success during the "new normal"
- Ways to empower children to contribute at home
- Ways to shift your perspective to find the positive during these challenging times



Stay Connected...



For more information, contact Melanie Yocom at myocom@esc11.net or 817-740-7563 or Gabriel Verrone at gverrone@esc11.net or 817-740-7542.

Resources to Help Your Child with School at Home



Scan the QR code to find information about supporting your child and family during COVID-19



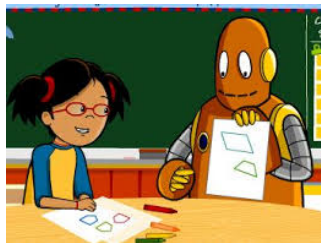
Scan the QR code to learn more about mental health resources



Scan the QR code to find more responses and resources for your family to the ongoing pandemic

How to Help Your Child with Math at Home!

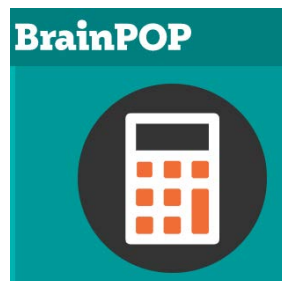
Digital learning is here to stay, and one of the good things to come out of the pandemic is greater access to technology and an understanding of how to use it! Check out the resources below to help your child at home with math.



BrainPOP Jr.

BrainPOP Jr. has lots of fun and engaging videos for elementary-age students explaining many different math concepts including: addition and subtraction; multiplication and division; fractions; measurement and data and MUCH more

Use this link to access BrainPOP Jr. <https://jr.brainpop.com/math/> (Please note that some of the videos require a paid subscription, but many of them are also available for free on YouTube.)



BrainPOP

For older students in Middle and High School, BrainPOP has videos that help explain tough mathematical concepts such as: algebra; data analysis; ratio, proportion, and percent; probability and MUCH more!

Use this link to access BrainPOP

<https://www.brainpop.com/math/>

(Please note that some of the videos require a paid subscription, but many of them are also available for free on YouTube.)



Khan Academy

Similar to BrainPOP Jr. and BrainPOP, Khan Academy offers TOTALLY FREE videos for every grade and every subject, including math! Use this link to access Khan Academy:

<https://www.khanacademy.org/math>



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