



West Valley School
Above and Beyond
The West Valley Way

4/10/2020

Dear Parents,

It is probably very tempting and not a bad idea to create a minute by minute schedule for your kids during their learning time at home. You are receiving lessons from teachers and supplementing with your own materials at home, too. You are limiting the time spent in social media and TV, but here's the truth...

Our, your kids are just as scared as we are because of the Coronavirus. Kids hear everything we are saying and the information coming from the various news outlets. When they take in all of the information and have to formulate their own thoughts, this can create fear, anxiety and tension. None of us have ever experienced anything like this in our lifetimes. While the idea of being home from school for the past 4 weeks may sound awesome to the kids, staying locked up in their homes probably doesn't. They haven't been able to spend time with friends and do the things they would normally do.

Over the next few weeks, you may start to see an increase in behavior issues with your kids. They may start to feel more anxious, angry and protest more because they can't do the things they would normally do. You might see more meltdowns, tantrums and oppositional behavior in the next few weeks. This is pretty normal and can be somewhat expected under these tough circumstances.

What kids need to feel right now is loved and comforted and that everything is going to be OK. This might mean that you need to discard the perfect schedule you came up with and just spend more quality time with your kids. If the Coronavirus has done nothing else, it's given us the opportunity to spend more time with our families. Take advantage of this time and find ways to connect with your kids and put the academics away when you sense increased frustration. Go outside and walk the dog, shoot baskets, bake cookies, or watch a movie; Play board games, do a coloring book, or do a virtual field trip with your kids. Maybe even just snuggle under a warm blanket and do nothing at all.

Don't worry so much about your kids and how they are doing academically. Almost every single kid in America is in the same boat right now and if they regress a little bit academically, our staff will make sure they are up to speed when they are able to come back to school. Don't argue with your kids about doing their work, or yell at them if they are not following the schedule you have for them. If they are resisting the two hours of work you want them to do, have them start with an hour.

Here is one thing I would like to leave you with. When this is all over and we get back to normal school and life, your kid's mental health will be more important than their academic skills. The memories they keep from this experience will last far longer than the academic skills they learned. Keep that in mind going forward and soon this will be nothing but a distant memory.

Thanks and have a Happy Easter!
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