



R.K. Finn Ryan Road Elementary School

498 Ryan Road Florence, MA 01062



3/16/2020

Dear Ryan Road Families -

We are thinking of you all in this bewildering time. It goes without saying that we will be missing you all tremendously, and look forward to resuming our lives together soon.

All very best wishes,

Ryan Road Elementary CARE Team

Sarah Madden, Lisa Safron, Clara McCoy, Vickie Brown, Chris St. George

Talking with your Children about Covid-19:

We know that children take their cues from parents in times like these. Staying calm and focusing on brief discussions of specific concerns regarding your child's daily life tend to be most useful. Limiting news media is important and as much as possible shielding our children from our adult conversations is helpful.

Here are a few resources which may be useful:

- NASP resource for speaking with children: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource) (This link is available in multiple languages)
- PBS resource for talking with children: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Dealing with Stress:

We recognize that this may be a very stressful time for adults and children. Here are some potentially stress busting ideas/activities:

- Walks in Nature
- Reaching out to family and friends through mail or online/Facetime/phone calls
- YouTube offers music resources - just search for the type of music you find calming
- HeadSpace and Calm are apps that some find useful

We hope you reach out to your faith communities and social supports.

Community Supports:

- Comcast is offering free internet service for two months for individuals who are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI. <https://www.internetessentials.com/covid19>
- The Northampton Survival Center, 265 Prospect Street, (413) 586 6565
<https://www.northampton-survival.org/>
- The Gazette is providing free online access to articles related to Covid-19:
<https://www.gazettenet.com/>
- Crisis Services (596 -5555) is available as a resource for anyone who would benefit from a conversation with a mental health professional regarding any type of concern.
- Pioneer Valley Workers Center offers resources in the community.
<https://pvworkerscenter.org/about/>

The Northampton Public Schools website will post updated information as it becomes available. A possible home schedule to consider:

Ideas and Resources for this Time at Home:

Although this time is certainly unexpected and disorienting, it is also an opportunity to rediscover family time. Here are a few ideas for that family time - Board Games, Card Games, Creating a Family Diary to Document this Time (for looking back later), Creating a family blog to keep in touch with extended family, reading together.

We know that children benefit from structure and routine. With that in mind we are attaching an image of a Home Schedule you might want to consider during this time.

The following resources may be useful as well:

- Storyline online is a free literacy program with actors reading stories to children:
<https://www.storylineonline.net/>.
- ABCs to ACTs offers a variety of free activities and resources:
<https://fromabcstoacts.com/>
- This is a link to a list of virtual field trips compiled by Mrs. Fahrney:
<https://docs.google.com/.../2PACX-1vTbUBsKt4U5tR-eXC8b2bo.../pub>
- This is an arts and culture website compiled by Google with links to a number of activities: <https://artsandculture.google.com/>
- This is a list of resources for a range of activities you might find interesting and useful:
<http://www.amazingeducationalresources.com/>

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight