

# Family Engagement

## April 2020

Family Engagement is Necessary for Student Success!

### We Are in This Together

School online has come to Charlotte County—ready or not! Each of us—teachers, students, families—has learning to do. No one is expecting this go off without a hitch, so be forgiving and patient as we begin classes online together!

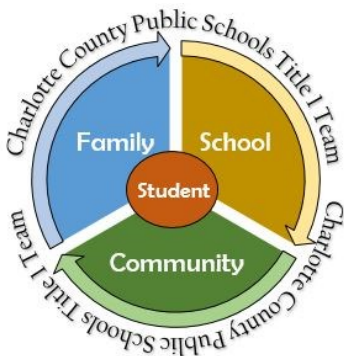
Every teacher in Charlotte County has Office Hours and will be in contact with families needing academic support. Every student has online course work to complete. Every family has the ability to support their learner and reach out for academic and technical support. Just do your best and remember to reach out for help if you need it! We are each doing our best during these challenging times and will need help with something some time.

### Schedules

Having a family schedule for the week may help you and your family during this time together. When children know what and when something is going to happen that knowledge creates a sense of calm and normalcy. And with any luck, will help end the constant cry of, "I'm hungry".

Having a family schedule may be a new idea for your house, but then again staying home 24/7 is a new idea too! On the next pages are examples and blank templates you can use. Try it for two week, make adjustments as you go, and see how it works for your family.

If your children are middle school or older, develop the schedule together. Their input will be important and may help with buy in.



### Access to Internet

Comcast is offering low-income families who live in a Comcast service area Internet Essentials. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. 1-844-380-534-6019

*Renee Wiley*

Title I Resource & Family Engagement Liaison

# Example Family Schedule

Time	Child 1	Child 2	Mommy	Daddy
7:00–9:30	Morning Relaxation, Breakfast, Brush Teeth, Get Dressed		Work	Help kids
9:30–10:30	iReady Rdg Reflex Math	ABC Mouse or Work with Mommy	Preschool work with child 2	Work
10:30–11:30	Outside Time		Work	Outside Time
11:30–12:00	Family Lunch Time			
12:00–2:00	iReady Math Science MyOn / AR	Nap Time	Work	Work
2:00–3:30	Playtime (No electronics)			
3:30–4:30	Free Choice Academics	Center Time with Mommy		
4:30–5:30	Playtime (No computers)		Work	
5:30–6:00	Clean Up and Chores			
6:00–7:30	Dinner and Family Time			

# Your Family Schedule

Time	Child 1	Child 2	Mommy	Daddy
7:00-9:30				
9:30-10:30				
10:30-11:30				
11:30-12:00				
12:00-2:00				
2:00-3:30				
3:30-4:30				
4:30-5:30				
5:30-6:00				
6:00-7:30				



# Your Family Schedule

	Child 1	Child 2	Child 3	Child 4	Mom	Dad
7:00						
8:00						
9:00						
10:00						
11:00						
12:00						
1:00						
2:00						
3:00						
4:00						
5:00						
6:00						
7:00						
8:00						

# Family Engagement

April 2020 volume 2

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## Feeling a Little Anxious?

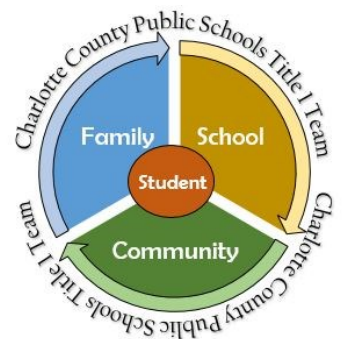
If you or your child are feeling anxious, you are not alone. During this time of Stay At Home, many of us are searching for balance—balance with the kids, learning, having fun, finding quiet time to just breathe. There are many unknowns right now, and uncertainty may add to anxiety. From 4 Ways to help Your Anxious Kid, author Jessica Grose writes, **“Label what’s happening.** Just acknowledging the recent changes to your children’s lives can feel validating, said Becky Kennedy, Ph.D., a clinical psychologist in New York City. “With young kids, you can keep an ongoing list of things that have changed and things that have stayed the same,” Dr. Kennedy said. Brainstorm this list verbally with your kids — for example, “You used to go to a school building, that has changed, but you still have Mommy tucking you in every night, that’s the same.” By doing so, it will make them feel less alone in their feelings, because they’ll know they’re not the only one noticing that things aren’t the way they used to be.”

NY Times Jessica Grose, full article:

[4 Ways to Help Your Anxious Kid](#)

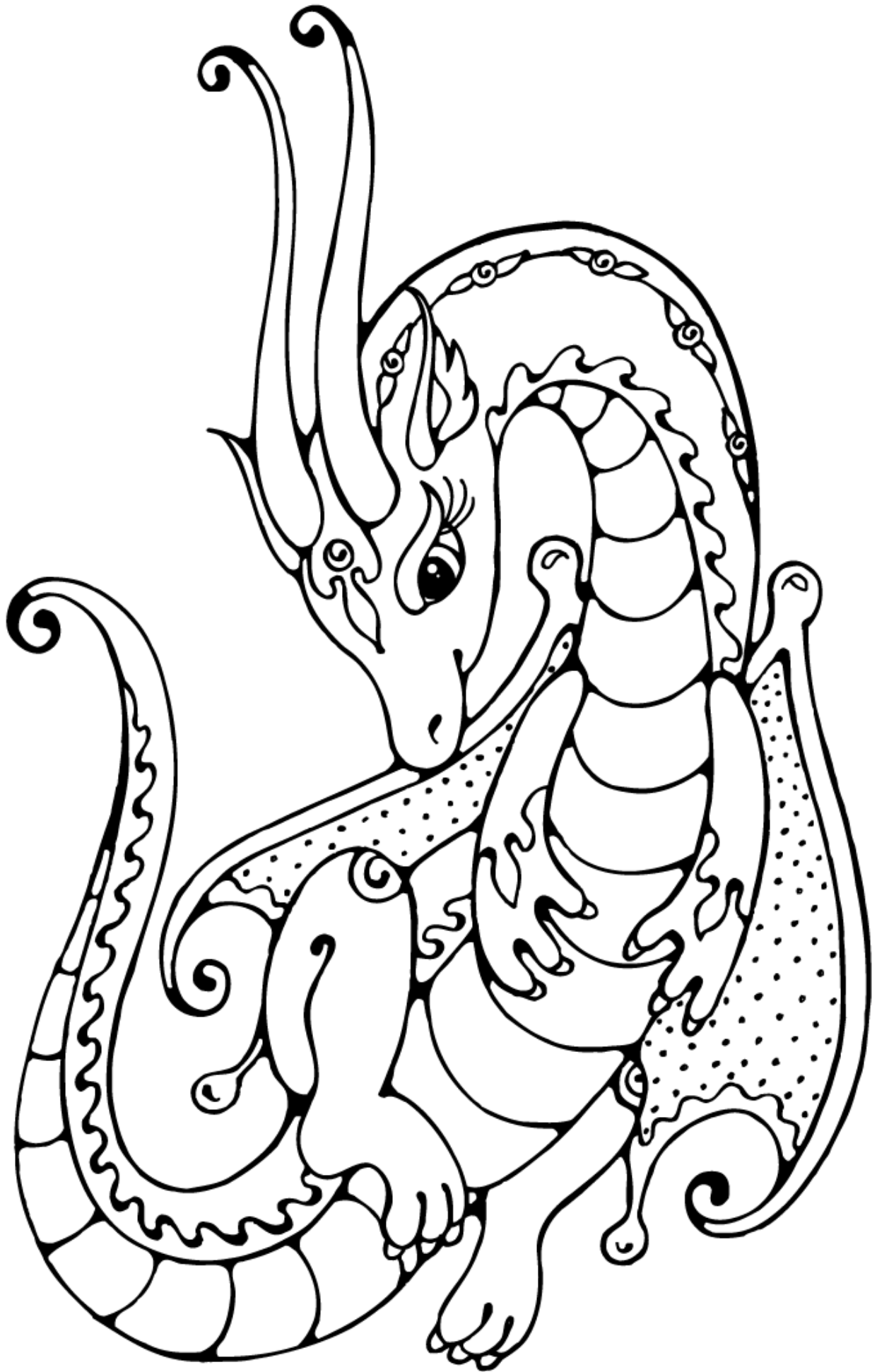
## Have Some Fun!

- Chalk drawing outside
- Blowing bubbles
- Build a blanket fort
- Read together
- Play catch
- Ride bikes, scooters
- Hopscotch
- Twister
- Board Games
- Bake, cook
- Make your own playdough
- Scavenger hunt (inside or outside)
- Craft together
- Play card games
- Color
- Paper airplane races



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# Family Engagement

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[How to stay creative and keep your family sane during lockdown – from one of the world's best teachers](#)

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## Parents can encourage creativity by...

**Asking questions:** Creativity is all about questioning: How can I? Why should it? What would happen if? How can I make this, or how can I change this? It's about making sure that children are always being asked those questions.

**Keeping everything:** Do not chuck anything away. Keep a bag with all the egg boxes and toilet rolls in a corner, because that's going to be a mine of incredible craft-making materials.

**Setting challenges:** What kind of musical instruments can you make today from what's in the bags over there?

**Giving them time:** The beauty is that the parents are in control of the time, for once. So you can give your child two hours to get on with a wonderful creative task, and they wouldn't have that in school.

**Finding online resources:** Use sharing resources like [Twinkl](#), [BBC Bitesize](#). And then there are the entrepreneurs, like Joe Wicks doing kids' exercise classes. There are also artists and designers sharing resources.

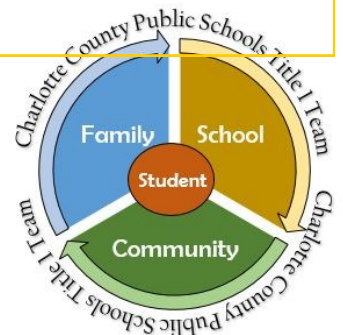
**Being creative with space:** Think about the space in your house. What can you change, what room could be theirs? What space is not utilized? What can you get rid of to make them a work area or for their equipment? That's a very easy thing to fix.

**7. Thinking outside the paintbox:** Creativity is not just about arts and crafts, it's also about the kitchen. What kind of lunch can they make for you while you're working?

Feeling guilty about your kid watching too much tv?  
Just mute it and put on the captions  
BOOM!  
Now they're reading!

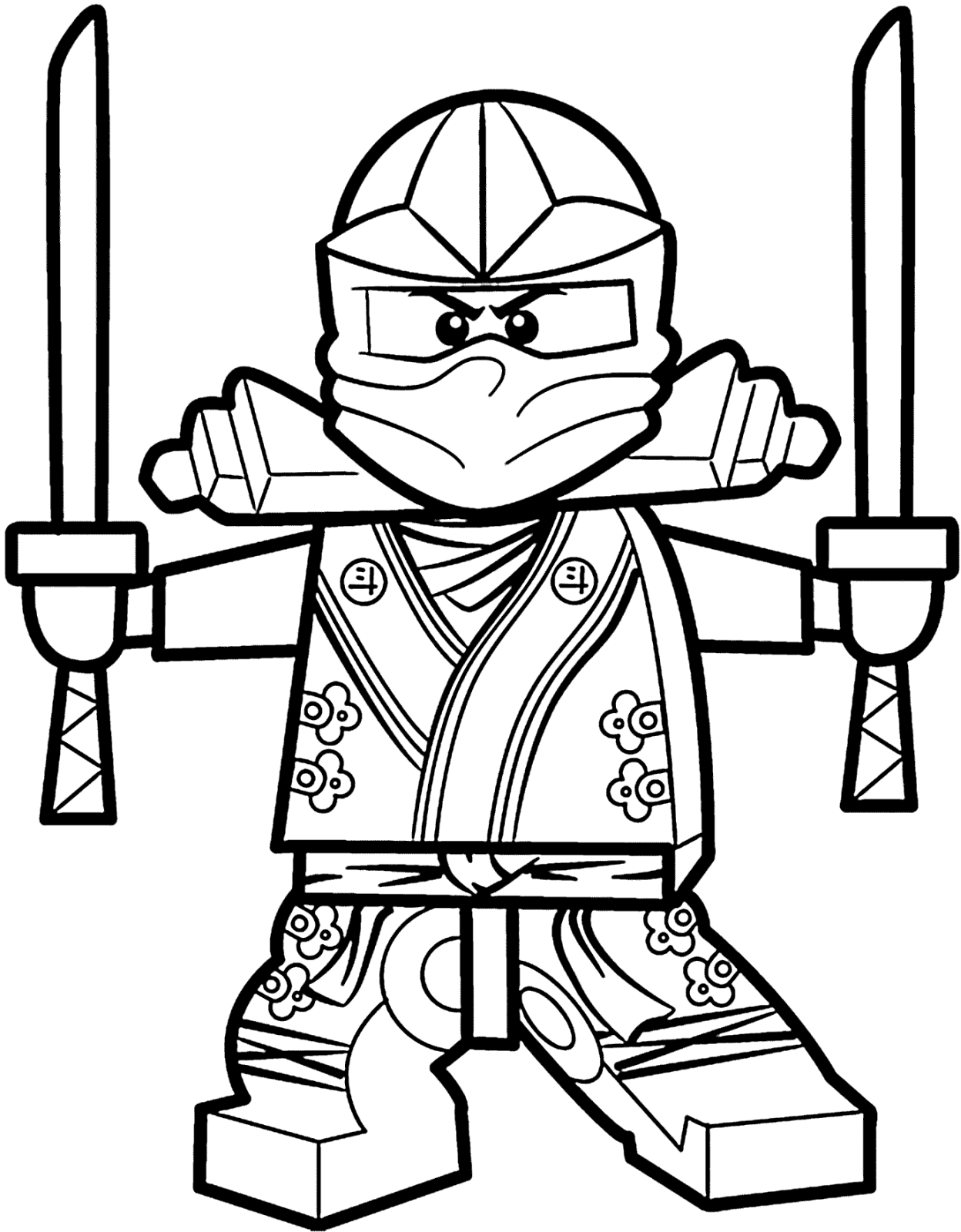
## Online Classroom Etiquette For Students & Families "Netiquette"

- Be kind with your words
- Think BEFORE you hit the send button (Would you want your grandma to read it?)
- Share only appropriate materials
- Use appropriate language
- Participate in discussions



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# Family Engagement

April 2020 volume 4

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**Draw a hopscotch design on the ground.** [Chalk](#) is the best drawing medium on asphalt, patio stones or concrete. The squares should be large enough to fit one foot and to make sure that a stone thrown into the square will not bounce out too easily. While there are variants on drawing the design, a common schoolyard design is shown here.[\[2\]](#)

It is common to designate the "10" section shown here as a rest or stop area. This is where the player can take a moment to turn around and/or regain their balance. Sometimes a more creative name, like "Heaven" is given to the space.[\[3\]](#)

**Throw a flat stone or similar object (small beanbag, shell, button, plastic toy) to land on square one.** It has to land inside the square without touching the border or bouncing out. If you don't get it within the lines, you lose your turn and pass the stone to the next person. If you do get it, however, go on to the next step.[\[4\]](#)

Hopscotch can be played with just one person. If that's your case, make up the rules as you see fit!

**Hop through the squares, skipping the one you have your marker on.** Each square gets one foot. Which foot you start with is up to you. You can't have more than one foot on the ground at a time, *unless* there are two number squares right next to each other. In that case, you can put down both feet simultaneously (one in each square). Always keep your feet inside the appropriate square(s); if you step on a line, hop on the wrong square, or step out of the square, you lose your turn.[\[5\]](#)

**Pick up the marker on your way back.** When you get to the last number, turn around (remaining on one foot) and hop your way back in reverse order. While you're on the square right before the one with your marker, lean down (probably on one foot still!) and pick it up. Then, skip over that square and finish up.[\[6\]](#)

**Pass the marker on to the next person.** If you completed the course with your marker on square one (and without losing your turn), then throw your marker onto square two on your next turn. Your goal is to complete the course with the marker on each square. The first person to do this wins the game![\[7\]](#)

Ashrita Furman holds the Guinness World Record for completing the fastest game of hopscotch, coming in at 68 seconds.[\[8\]](#) In case you were curious.

## Play Hopscotch

### Have Fun Together

Grab the chalk and try out some different Hopscotch boards. Work together to draw the boards—perfection is not needed!

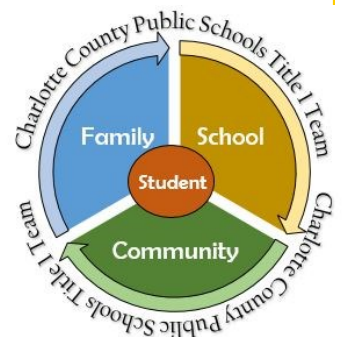
Draw chalk pictures, practice spelling, or leave messages for neighbors.

Keep a journal about your activities so that you can look back on this time together.

For more ideas, including a Time Capsule Journal from Long Creations, visit the CCPS Title I page:

<https://www.yourcharlotteschools.net/domain/4546>

Older students can create their own journals in notebooks or online.

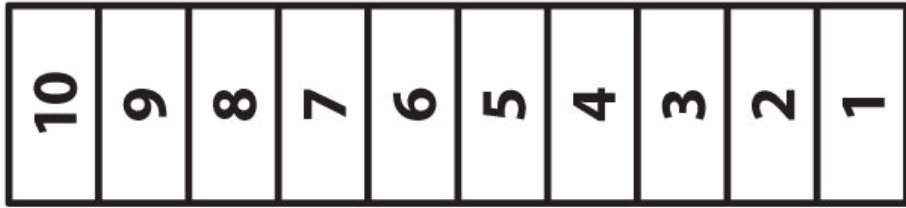
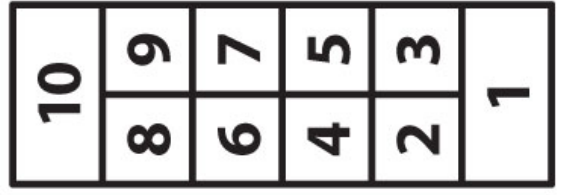
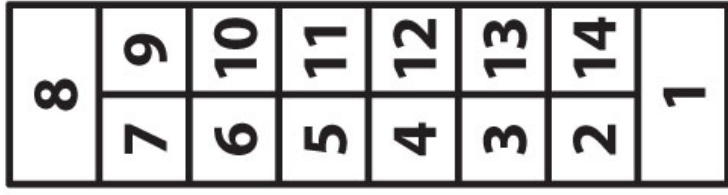
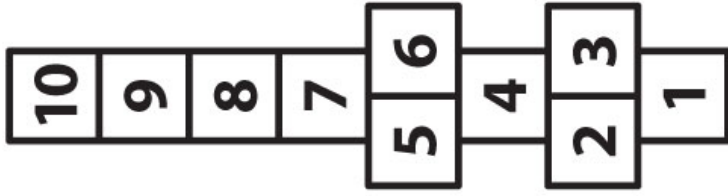
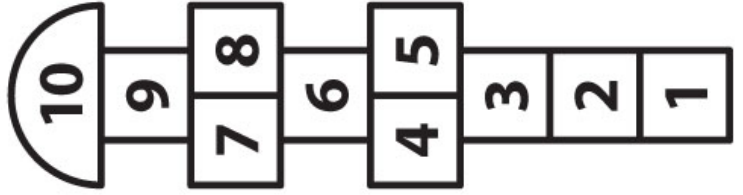
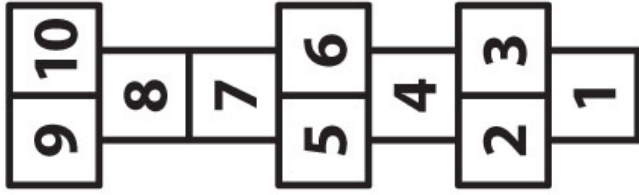
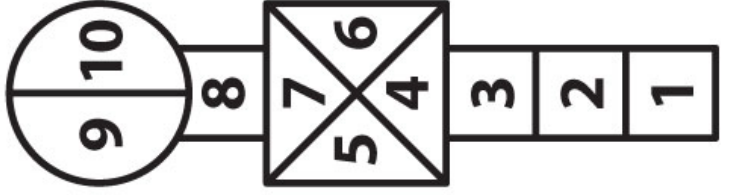
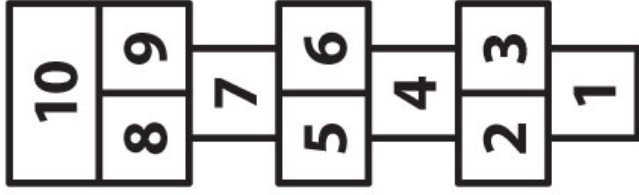
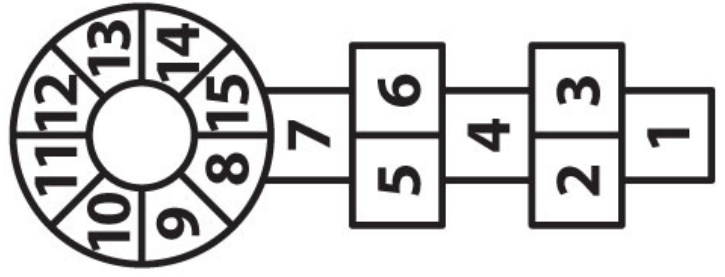
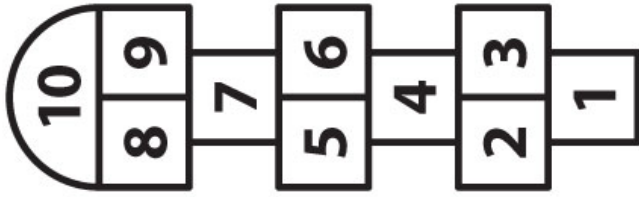


*Renee Wiley*

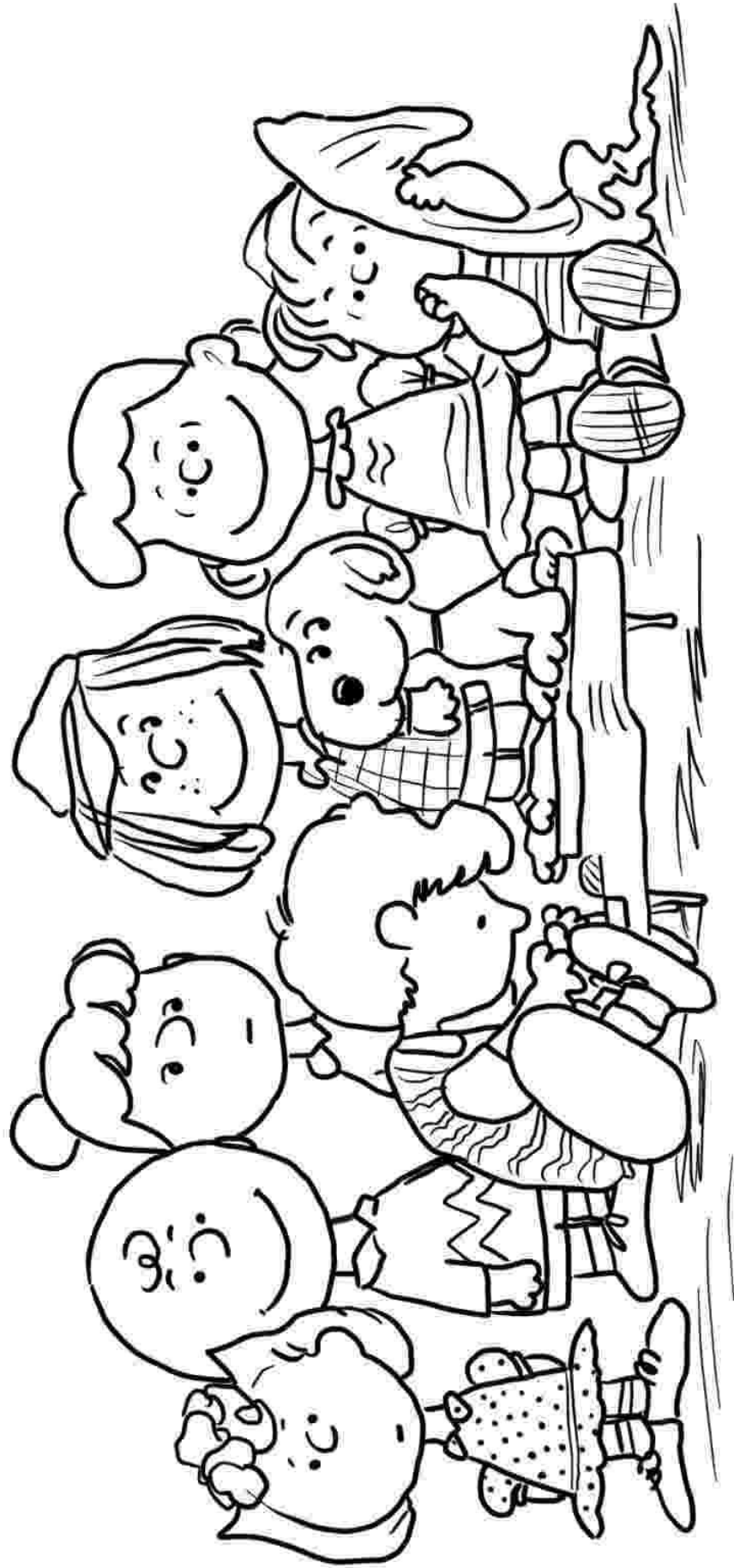
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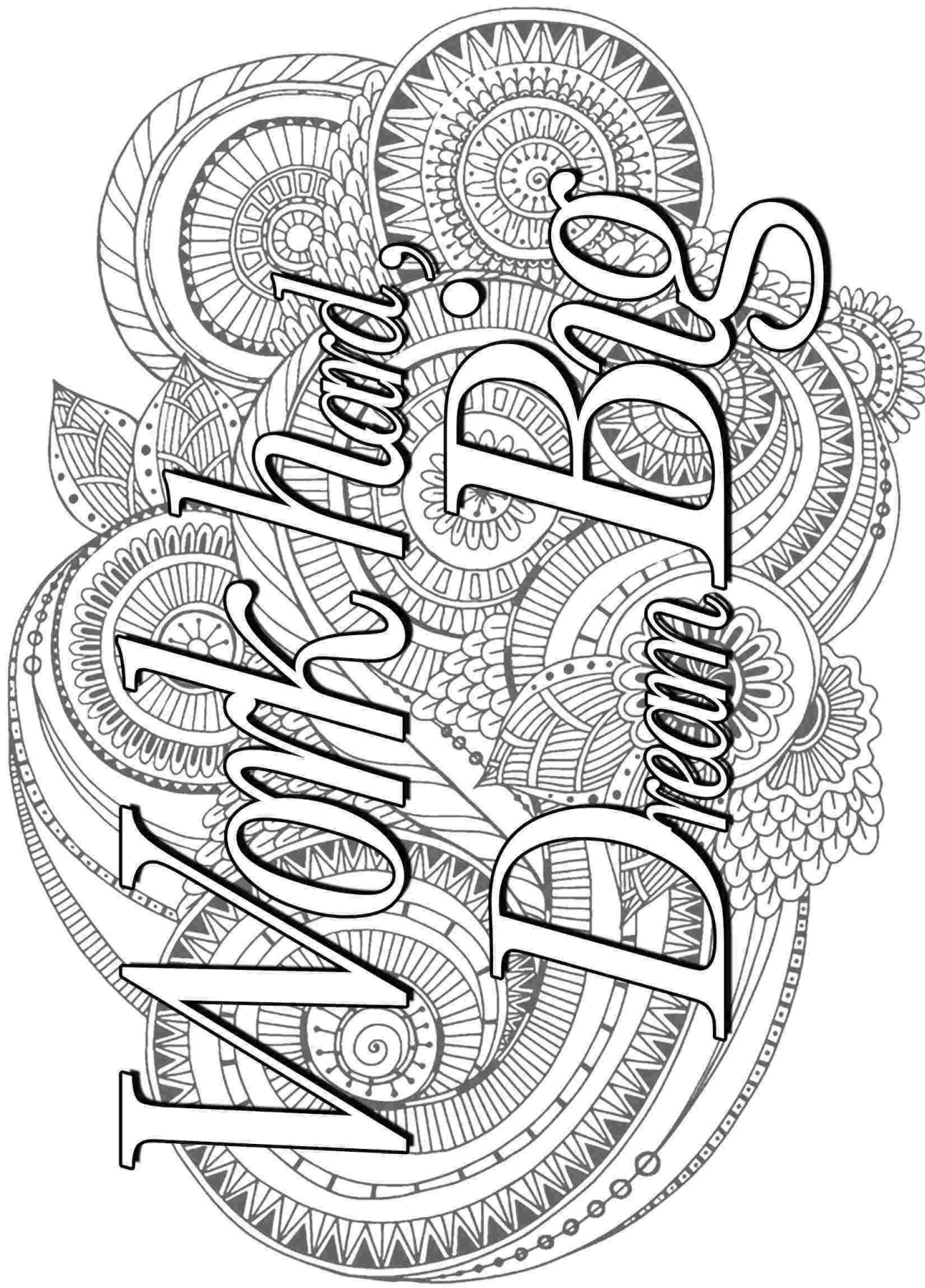
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For variations and more on How To Play Hopscotch visit: <https://www.wikihow.com/Play-Hopscotch>











# Family Engagement



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## No Brick & Mortar School This Year, but LEARNING Goes On!

By now you now that the school building is closed for the rest of the year, BUT remember learning is continuing. Teachers are online providing learning experiences and lessons. Children are still learning! Many students are still adjusting to the idea of learning at home, not seeing their friends, and trying to understand the why of it all. And that is to be expected. Many adults are still adjusting too. And that's ok too!!

Remember, how the adults in a child's life respond to this and any situation is what a child model's his/her behavior on over time. Take time to nurture yourself. Doing so can empower you to nurture your family better.

Remember to have routines and expectations for your children and yourself (they may be a lot different than the ones you had). Children like to know what to expect. It is calming to them. You modeling the use of routines and expectations is powerful!

## Having Fun Together

Finding "Whiners" in your house? Could be anyone...you, your kids, your spouse, anyone! It might be time for some fun and movement.

Follow this link to 87 Fun Ideas: <https://www.todaysparent.com/family/activities/fun-things-to-do-at-home/> .

Some of my favorites:

- Build a cardboard racecar
- Plant a garden
- Wash the car
- Take pictures and start a photo journal
- Make a time capsule
- Bake

It is important to stay mentally and physically active while staying at home learning and working. Remember to take care of yourself and those living with you.

If you need assistance please reach out to your school contacts. They will point you in the direction of support and assistance.

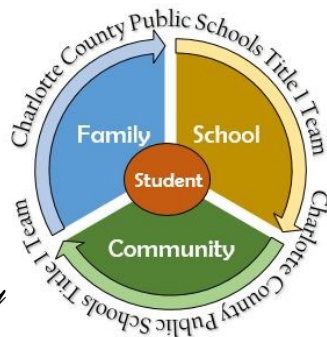
### *Tiny Victories*

(Credit to NYTimes Parenting)

Parenting can be a grind! Let's celebrate the tiny victories. I set up a camping tent in our backyard and my 3-year-old toddler has been playing in it for going on three hours!

-Ariane LeChevallier, Portland, Oregon

If you want a chance to get your Tiny Victory published, find us on Instagram [@NYTParenting](https://www.instagram.com/NYTParenting) and use the hashtag #tinyvictories



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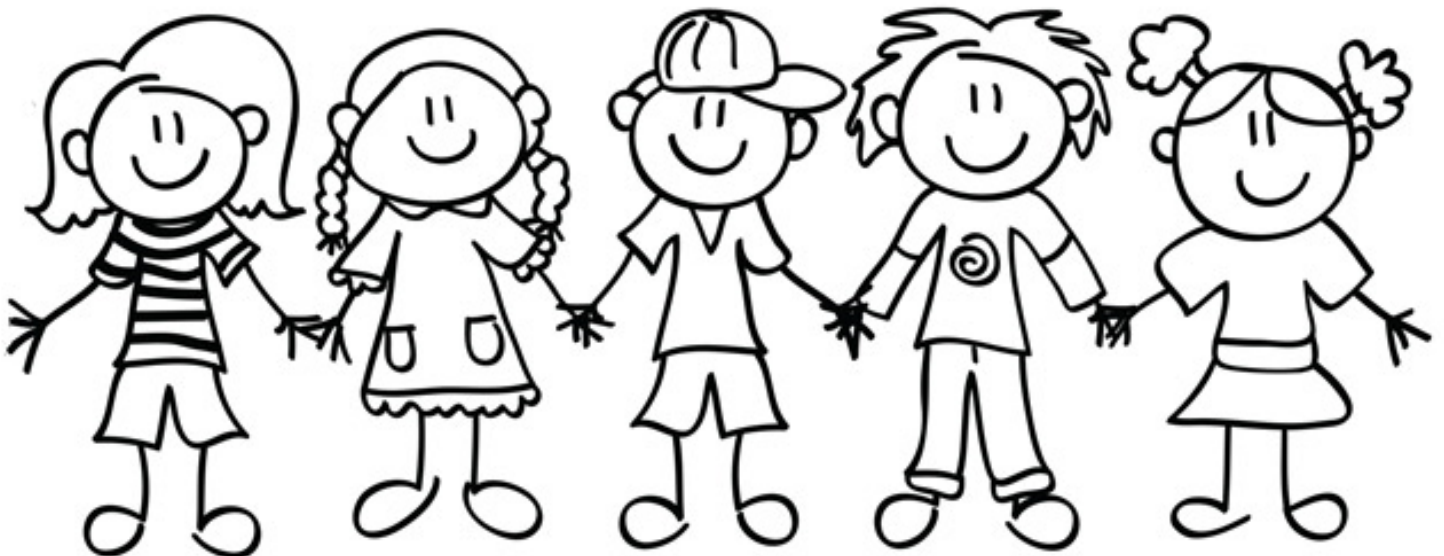




In a world  
where you can  
be anything,  
**BE KIND!**



In a world  
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**BE KIND!**







# Family Engagement

April 2020, Volume 6

Family Engagement is Necessary for Student Success!

## Juggling

We all juggle, every day. We juggle work, school, family, friends, responsibilities, health, and more. This is a "How to Juggle" edition.

The first thing to do is write down all the things you have to "juggle" and then prioritize your list, 1 being most important and 10 least important. If you have more than 10 items on your list continue numbering, remember the farther away from 1 the less important it is.

Really study your list when you are done. Is there anything that can be delegated to someone else? (Lucky you if there is!) Is there anything on the list that doesn't bring you joy and can be eliminated? Create a schedule to complete your items. This schedule may be daily, weekly, or monthly.

Consider Bullet Journaling. For a quick tutorial go to: <https://www.youtube.com/watch?v=fm15cmYU0IM>

### **Remember: keep it simple!**

Remember, we are all learning, every day. Whether we are staying home with our responsibilities or headed out to take on responsibilities in the community, each of us doing our best. Have grace and patience for others and yourself

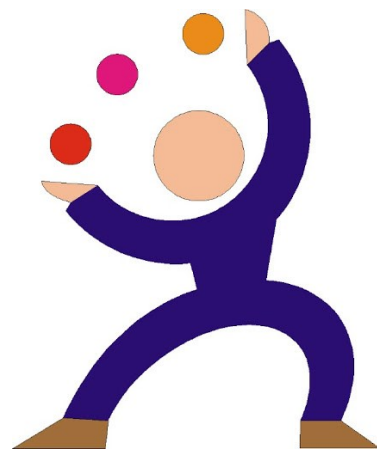
## Learn to Juggle -

Have some fun and learn a new skill a the same time! Juggling is a fun way to exercise your hand eye coordination skills. Families can learn together. Make videos while learning and share with your family in other places.

There are many tutorials on YouTube showing you how to juggle.

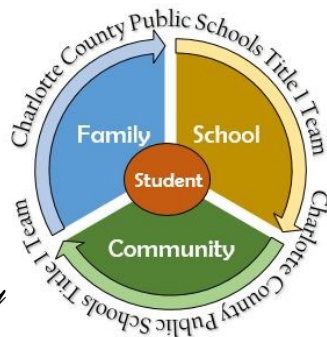
Taylor Tries is a simple tutorial and troubleshooting guide to juggling: <https://www.youtube.com/watch?v=dCYDZDlcO6g> .

You can make your own juggling balls with rice and balloons. See page 2 for directions.



## Feliz Cinco de Mayo

Cinco de Mayo (The 5th of May) celebrates the Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). In Mexico it is a relatively minor holiday. In the United States, Cinco de Mayo has become a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals.



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# Made Your Own Juggling Balls



1. Pour about half a cup of rice\* into an empty water or soft drink bottle (if you don't have a funnel, make one from the top of a second bottle).

\* The size of your juggling balls depends on the amount of rice you use.



2. Inflate a balloon to about the size of a grapefruit, twist the neck and stretch it over the neck of the bottle.



3. Turn the bottle upside down so all the rice falls into the inflated balloon – then remove the balloon from the bottle and let it deflate.



4. Cut the neck off the balloon – the rice will stay in the balloon.



5. Cut the neck off a second balloon and stretch it over the hole to seal the rice into your juggling ball.

You could use the ball like this, but they look heaps better if you add more balloons for some patterns and colour.



6. Cut the neck and a piece of the top off a third balloon and stretch it over the ball to get a single stripe of colour.



7. You can cut lots of very small holes in a balloon by pinching it between your finger and thumb and carefully cutting off the tips – remove the neck and stretch over a ball to make spotty patterns.





## Our New Normal

We have all, as a country, been going through some major changes recently, and individually as well. Some of us are working from home, some of us are no longer working. Our children are now doing school from home. We no longer go out to eat, head to the mall, or other places we used to go for fun. We are spending more time at home now than ever before. We are going through loss. Loss of a loved one, loss of our typical freedoms, and loss of our normal.



Now we are digging in and trying to figure out our new normal. As we go through this transition, it is vital to recognize that we are grieving, and it is okay...even healthy to go through the grieving process. As a parent, we need to recognize that our children are also going through the grieving process. As adults, we have likely been through difficult times before, experienced loss before, and navigated the unknown at some point as well. However, all of this can be quite new for our children. You may see children expressing their grief through acting out, withdrawing, or other unwanted behaviors because children often aren't able to recognize their own emotions or know how to manage them. It is important that we talk with our kids about the emotions, thoughts, and questions that they are going through right now. We need to make sure to listen to them, validate how they are feeling, and look for ways to comfort them and help them feel safe. It is also important to roll model self-care during this time. We can find our new normal together with our families.

For more information or resources please visit us online at [www.drugfreecharlottecounty.org](http://www.drugfreecharlottecounty.org) or find us on social media.



Facebook – Drug Free Charlotte County, Twitter - @DFCCTweets, Instagram - drugfreecharlottecounty





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