

Dear Students and Parents,

I hope your first few days of remote learning is going well! We are all figuring out how to navigate this new normal, working from home, being isolated from family and friends, and not knowing the true impact this is going to have on us and our world. I would like to share a few suggestions to help you during this time:

- **Keep a consistent routine:** Operate as you normally would, as if you were leaving the house for a normal school day. Get up at the same time each day. Stick to your normal morning routine, eat breakfast, shower, etc.
- **Make a daily schedule:** Include downtime, playtime (physical activity), family/social time, and school time in your daily schedule. See the recommended schedules from our Division Heads, which are attached in my classroom.
- **Playtime:** Stay physically active. This will boost your current mood, keep anxiety at bay, and keep your self-confidence up. Many of you aren't able to participate in extracurricular activities right now, but you can keep up your daily practice so that you don't fall out of the habit. This includes staying in shape for a sport, staying in the habit of playing a musical instrument or another personal talent.
- **Downtime:** Use this time to learn a new skill such as cooking, drawing, sewing, etc. Think of the times you've said to yourself, "If I only had the time to do _____." Now you have the time, so do it! You can also use this time for journaling, personal reflection, and prayer.
- **Family/Social time:** Just because we cannot physically be with our family and friends doesn't mean we still can't see them. Find ways to engage with people, so that you don't become withdrawn and isolated. Use facetime or other forms of technology during your 'brain breaks' to stay connected.
- **School time:** Plan for the time you need to attend your classes online and to complete assignments.
- **Take care of yourself:** Shower every day. Do your hair. Brush your teeth. Eat well-balanced, healthy meals and drink plenty of water. Doing these things will make you feel good about yourself & ready to be productive.
- **Manage digital distractions:** You might notice it is harder to manage digital distractions when at home. The first step is awareness. Make a list of all of the distractions that you face when doing school work. After reviewing your list, set aside time in your daily schedule for you to be on social media, playing video games, etc. so that you can separate this from school time. The second step is taking control into your own hands. During school time, turn off nonessential devices or put them in another room. You will be able to work more efficiently when you are in control of digital distractions. It feels much better when we can execute this control for ourselves, rather than having someone else (i.e. parents) control it for us.

Finally, please know I am available for you and I want to support you during this unprecedented time. Below is more information about what to expect from me.

What to expect from me during this time?

I have four children who are on eLearning. I am juggling this with working from home. Although my office hours will be 9:00am – 1:00pm, on school days, I will likely be available beyond those hours considering I will be dealing with some interruptions during the school day.

Email will be my primary form of communication. I will be responding to emails in a timely manner.

Please remember the following information in the event that you or someone you know is experiencing an emergency or mental health crisis.

In the event you or someone you know is in immediate danger, call 911. If you or someone you know is experiencing a mental health emergency that needs immediate attention, call 317-621-5700 or text IN to 741741.

Be well and stay safe,

Mrs. Mariani
School Counselor