

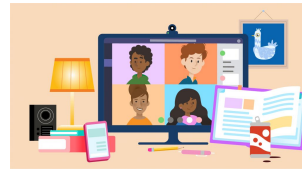
Tuesday Tips Newsletter

08/11/2020

Brought to you by the DUSD School Psychologists
Members of the District Mental Health Team



- Stay on MUTE and click the "RAISE HAND" button when you would like to contribute or speak.



- Video needs to remain ON and EYE CONTACT maintained with on-line teacher.



- No eating, chewing gum, or drinking in front of the camera.

- Inform the teacher at any time you NEED HELP either before, during, or after on-line instruction.

- Ask QUESTIONS if you have any.

Basic Parent Expectations To Support Their Child's On-Line Instruction:

- Assist your child with establishing a DAILY ROUTINE that begins with waking up and ends with going to bed. For example, divide the day into 30-minute increments where breakfast, lunch, dinner, bathroom breaks, class times, homework times, snack times, play times, etc. are scheduled.



Welcome back DUSD students, families, and staff! As we begin the school year with distance learning, our goal is to provide continuous educational opportunities and provide social-emotional support to everyone. Please reach out to your teacher/s or administrators if you or your students need support. We are here for you! Together, we've got this!

Distance Learning Expectations

Basic Student Expectations For On-Line Instruction:

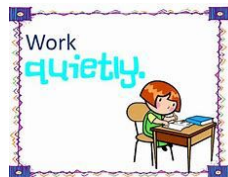
- Make sure to use RESTROOM before on-line instruction.



- Please show-up ON TIME at the scheduled time for your on-line instruction.



- Find a QUIET place, free of distractions from parents, pets, toys, TV, radio, siblings, cell phones, etc.



- Provide your child with a comfortable, dedicated SPACE for learning with minimal distractions and with all necessary school supplies available on hand.



- Check-in with your child's teacher ONCE-PER-WEEK via email, text, or any previously established communication platform.

- Ask your child's teacher QUESTIONS if you have any regarding behavior, homework compliance, attendance, etc.





5. Provide your child with tangible **REWARDS** and social **PRAISE** for when the daily routines are followed correctly.

6. Provide your child with **PHYSICAL ACTIVITY** on a daily basis; preferably outside the home.

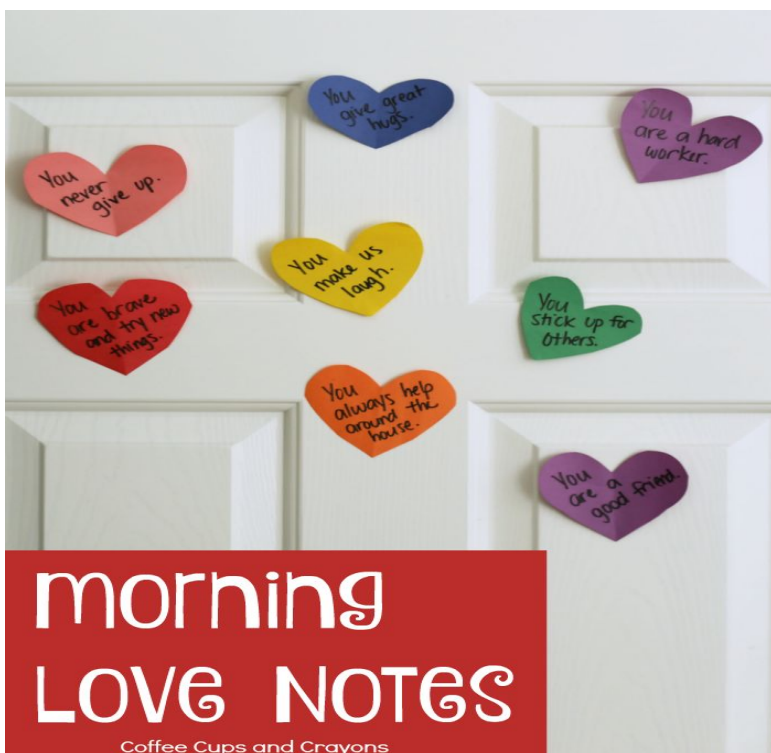


7. Familiarize yourself with the school district's **WEBSITE**: www.duesd.org for valuable informational resources available to your child.



PARENT CORNER

Leave a positive note for your child every morning to show them how much you care about them. It is simple, just cut a heart shape out of paper and write something you love about your child on it and tape it to their door or wall while they are sleeping. It's just a sweet way to make your kids smile and a great way to start the day!



**morning
LOVE NOTES**

Coffee Cups and Crayons

Example of a Daily Schedule:



**DISTRICT HOTLINE (661) 721-5000
EXT.00600**

**NATIONAL SUICIDE PREVENTION LIFELINE
1 (800) 273-8255**

ADDITIONAL RESOURCES:

The California Parent and Youth Helpline provides support and resource referrals to parent and youth during the current COVID-19 pandemic, **7-days a week from 8:00 a.m. to 8:00 p.m.** Call or text 1-855-4APARENT (855-427-2736) for services in English, Spanish and other languages.

For more information, please visit:

<https://caparentyouthhelpline.org/>

