



# Fact Sheet

## Learning from Home: Support for Families

Revised August 4, 2020



**The health, safety and well-being of students and staff is a top priority as schools are reopening.** SGDSB recognizes the unique challenges that COVID-19 has placed on individuals and families. Many of us are concerned about our physical and mental well-being. We understand that learning will look different considering our circumstances and want to provide resources and support to our students and families for the upcoming 2020-2021 school year.

We understand the importance of addressing the well-being of our students and communities through the integration of culturally relevant pedagogy, celebrating Indigenous culture, learning about self-regulation, implementing positive behaviour strategies, engaging in self-care and building social emotional skills. We are all together as we strive to engage in learning no matter the environment.

### Tips to Manage Learning from Home

You are not your child's educator. These are stressful times and we are all required to adapt. It is okay that this is challenging. Make sure that you are reducing pressure on yourself and your family. Make sure that you are reaching out to your school principal and school staff when you need assistance or are feeling overwhelmed. Review the following tips to aid you in managing learning from home.

### *Take care of your mental health*

Make sure you are practicing self-care, coping with stress in healthy ways and taking care of your mental health and the well-being of your family. Reach out to community services if you are needing extra support.

### *Focus on nutrition, sleep and exercise*

Eat a well-balanced diet at regular intervals throughout the day. Utilize Canada's Food Guide. Avoid excessive caffeine and alcohol consumption and try to cook healthy meals together as a family.

Practice good sleeping habits. Have reasonable bed and wake up times. Avoid leaving tasks until late evening and late online or screen activities. Find relaxing activities to wind down. Sleep and nutrition are important in maintaining a healthy body and good immune system.

In North-Western Ontario, we can still practice social distancing and get outside. Plan for regular outdoor activity! Go for a walk, hike, snowshoe, go play in the back yard, shovel. If you have difficulty getting out, you can do yoga

Reach out to your child's educator and review challenges.

Connect with other parents to see what they are doing to navigate challenges.

Ensure that you are prioritizing your well-being and your family's mental health. These are challenging times and we need to focus on balance and access our resources as needed.



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inside or a workout routine in your living room. Get the whole family involved!

### *Develop a routine*

We are not in times where it is business as usual. Working/learning from home has plenty of distractions. A good strategy is to set a routine for your whole family with a regular wake time, bed time, nutrition breaks, family breaks, exercise breaks and blocks of time for work. The best time to get work done is early morning, especially if you have children at home.

### *Exercise your brain- limit or reduce screen time*

It is important to take a break from screen time, especially social media and news broadcasts. Keeping our minds stimulated is important to mental well-being. Learn a new skill, do something creative, do an online course, read a book or engage in professional learning.

### **SGDSB: Fundamental and Core Beliefs**

\*Well-being, health and safety continue to be our primary focus. Prioritizing relationships and fostering connections are important.

\*We are still in a pandemic and we are working to minimize risk. Risk cannot be eliminated.

\*We have all encountered unique challenges during the COVID-19 pandemic. We must be aware of this and practice from a trauma informed approach.

\*We are focused on careful planning and making intentional decisions. We will continue to be flexible and respond to the needs of our families and communities following the direction of provincial and federal governments.

\*We are all adapting. We are entering a new normal where education looks different, the world looks different, and we are different. We are committed to learning, relationships and well-being regardless of the environment.

**MENTAL HEALTH SERVICES, RESOURCES & SUPPORTS**

COVID-19 has, and will continue to impact the mental health of people everywhere. At Superior-Greenstone District School Board, we want information on mental health and COVID-19 to remain top of mind and encourage everyone to be intentional about taking care of their overall well-being. During stressful times taking a proactive approach and knowing where to turn for information and support is essential. Take care of yourself, and each other.

**BE INTENTIONAL ABOUT YOUR WELL-BEING**  
**PRACTICE WELLNESS EVERYDAY**

**Community Mental Health Services**

- North of Superior Programs  
1-877-895-6677
- Bilico Anishinabek Family Care  
1-833-919-4240
- Mental Health and Addictions Nurses (for students only)  
1-800-626-5406

**Phone and Crisis Services**

- Kids Help Phone  
1-800-668-6868
- Crisis Support Line  
1-888-269-3100

**Online Resources and Support**

- School Mental Health Ontario  
<https://smho-smso.ca/covid-19/>
- COVID-19 Youth Mental Health Resource Hub  
<https://jack.org/covid>
- Children's Mental Health Ontario  
<https://www.cmho.org/covid19>

### **TIPS FOR MENTAL HEALTH**

- 1. DEVELOP A ROUTINE**
- 2. PRACTICE SLEEP HYGIENE**
- 3. EXERCISE EVERYDAY**
- 4. FOCUS ON HEALTHY EATING AND NUTRITION**
- 5. EXERCISE YOUR BRAIN: LIMIT SCREEN TIME**
- 6. STAY CONNECTED WITH FRIENDS AND FAMILY**
- 7. REACH OUT FOR SUPPORT WHEN YOU NEED IT**



\*We will continue to learn to understand and manage stress: our own first, before we can help our students, families and co-workers manage theirs.

\*We are all constantly learning and moving towards personal growth and well-being.

\*We will be providing learning opportunities with careful consideration to where our learners are at. We will place emphasis on embedding social-emotional learning in all environments.





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## Learning from Home: Support for Families

Ontario Government Learn at Home Resources:

[https://www.ontario.ca/page/learn-at-home#resources\\_parents](https://www.ontario.ca/page/learn-at-home#resources_parents)

School Mental Health Ontario

<https://smho-smso.ca/parents-and-families/>

Self-Regulation

<https://self-reg.ca/>

Sleep Hygiene and Routine

<https://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>

Nutrition

<https://foodguide.canada.ca/en/>

Exercise

[https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016\\_2.pdf](https://csepguidelines.ca/wp-content/themes/csep2017/pdf/Canadian24HourMovementGuidelines2016_2.pdf)

Mindfulness

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Maintaining Balance: Staying Connected to Land, Culture & Language

<https://oneca.com/documents/Maintaining%20Balance.pdf>

**DEVELOPING A ROUTINE: A GUIDE FOR KIDS**  
building consistency at home

A daily routine is very important for kids to thrive in life! It is especially important during these times, as many of us have new and different challenges due to the COVID-19 pandemic. With some parents working from home, and kids learning from home, having a routine can help us ALL manage our day, reduce stress and make sure that we are all getting what we need! Routines can help kids feel grounded and relaxed. In fact, knowing what to expect during the day, at mealtimes, mornings and bedtimes can bring a sense of relief during stressful times. Routines have to be based on your family's needs. Consider your unique situation!

**TIPS**

- Plan out your family's routine and write it down.
- Sit down as a family to develop your routine so that everyone has input.
- Keep routines regular even on weekends and holidays.
- Make your routine predictable so things happen in the same order each time and we know what to expect each day.
- Have a regular sleep schedule with bedtimes and wake up times.
- Make sure you are eating healthy foods at meal time.
- Schedule exercise and outside breaks every day.
- Make time for school work during reasonable hours.
- Schedule time for FUN, PLAY and family time.
- Routines with pictures or visuals are great!

helpful websites

- <https://anotherfarfromhome.com/daily-routine-for-kids/>
- <https://www.pricelessparenting.com/chart-for-kids>
- <https://www.todayparent.com>

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