

Beacon BUZZ

Week of December 7th



Beacon Elementary
19475 Beaconsfield
Harper Woods, MI

Updates

Important Upcoming Dates

December 8th

Parent University Meeting at 5 pm –
Dr. Rafael Johnson

December 18th

Second Quarter Progress Reports

5 REMOTE LEARNING TIPS For parents

1 Designated space

Set a quiet space in the house that is used for schoolwork.

2 Take Breaks

Take breaks (snack, bathroom, stretch, etc.) often to give brains a chance to recharge.

3 Video Help

Take advantage of video mini lessons posted to help with lessons. Take the stress off teaching the skills yourself.

4 Support

Reach out to other parents going through this for tips that may work for you. Also, reach out to your child's teacher. They are there to help.

5 ROUTINE! ROUTINE! ROUTINE!!

Create a schedule that works for your family. Try and stick to that schedule as much as possible. Keep the same routine during weekdays to keep things consistent.

Attendance

- School begins daily at 7:50am
- Charge your devices nightly
- If your child will be absent please call the main office
- Attendance is taken multiple times daily by all teachers

Social Emotional Learning

MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids!!!

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Reminders

If you are experiencing any technical difficulties please contact support: parent.support@hwschools.org or call (586) 217-2100

Visit our "Little Free Library" and pick up a book to read and keep when finished