



## Start Second Semester Strong!



Walnut Creek Middle School Counselors:

Jennifer Burdgick: All of 6<sup>th</sup> grade and 8<sup>th</sup> grade (last names A-K)

Angela Lentz: All of 7<sup>th</sup> grade and 8<sup>th</sup> grade (last names L-Z)

# Our Path

## 1. Keep a consistent schedule

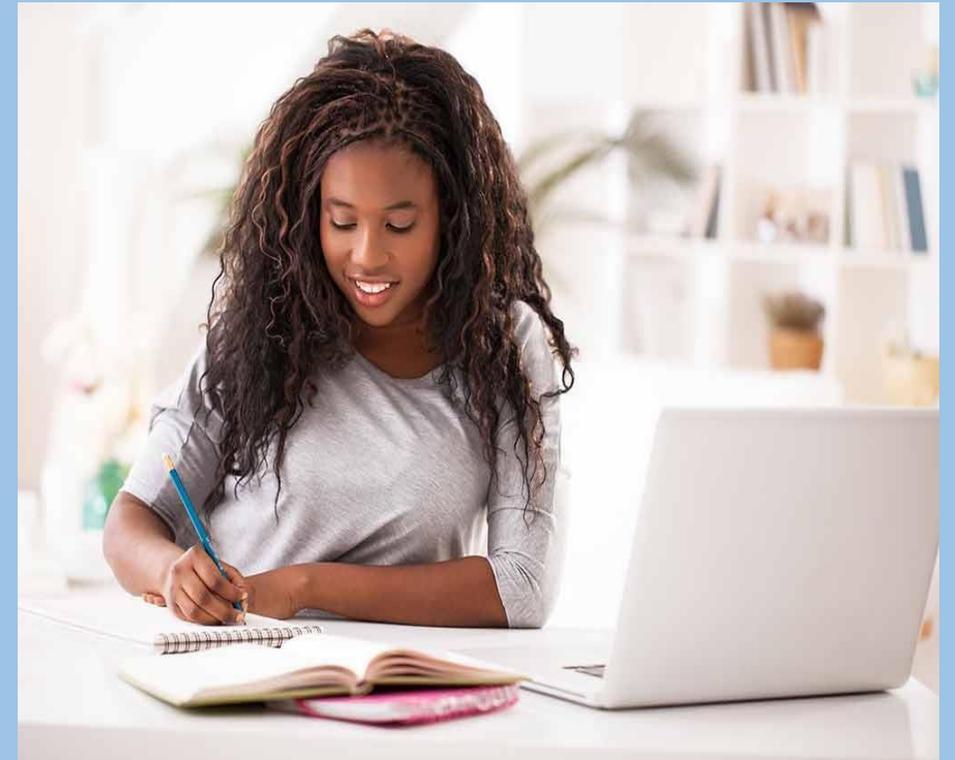
- Wake up at the same time every day
- When teachers give you a break, get away from the screen and move!
- Take a break from 2-3 PM, get a snack, and schedule a consistent homework time every day

## 2. Find ways to still connect with friends and family

- Facetime, video games, Zoom lunch/dinners, playing outside while social distancing
- If possible, take advantage of intramural sports and any clubs we are allowed to offer after school*

## 3. Find ways to move every single day

- Walks with a friend/family member/pet
- Exercise/stretching videos or meditation/mindfulness videos



# Partial In Person Return to Learn



## 1. Keep a consistent schedule

- Although students do not report every day, they should still be waking up at the same time
- Pack your lunch, 2 facemasks, water bottle, and your personal device the night before you will report to school

## 2. Homework

- Take a 30 minute break when you get home from school. Eat a snack and complete homework during scheduled homework time

## 3. Get involved at school!

- Take advantage of intramural sports and any clubs we are allowed to offer after school

# Ways to help all of our students

## 1.If your student is sick, call the attendance line

- Do not send your student to school sick
- Allow them to zoom in if they are feeling up to it

## 2. Plan for the week

- Print the A-B Block schedule and hang it in a place everyone in the family will see (ex. on the fridge)
- Leave time for breakfast in the morning

2021	February					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 A A-K	02 B 1/2 Day L-Z	03 A L-Z	04 B A-K	05 A A-K	06
07	08 B L-Z	09 A L-Z	10 Student Count Day MS/HS Students Blocks 1-6, A-K in Buildings	11 B A-K	12 A L-Z	13
14	15 No School	16 No School	17 No School	18 No School	19 No School	20
21	22 B L-Z	23 A A-K	24 B A-K	25 A L-Z	26 B L-Z	27
28	01 A A-K	02 B A-K	03 A L-Z	04 B L-Z	05 A A-K	06
07	08 B A-K	<b>Notes:</b> A – Periods 1-2-3, B – Periods 4-5-6 A-K Days Highlighted in Blue Half Day Release – HS 10:15am, MS 11:10am, EL M-Th 12:30, F 12:00pm Student Count Day – MS/HS Students Attend All Classes				

Revised 12/21/2020

## 3.Understand that we are all going to have good days and bad days

- It's important to recognize that our students are trying to process EVERYTHING during very formative moments in their lives. Give them credit for handling it the best that they can. If they are having a bad day, it's ok to take a break.

#### **4. Do something fun together**

- This will look different for every family depending on your comfort level
- Ask your student what they would like to do
- Create a list of the three things they miss the most and try to come up with a creative way to do that as a family

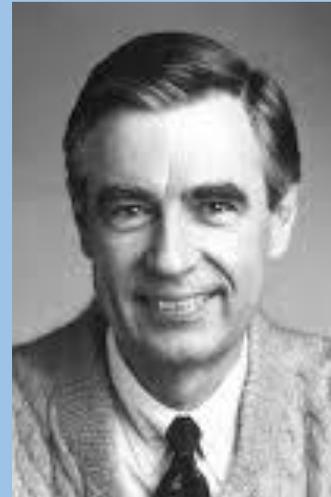


***In the near future, we won't have this time together again. Make the most of it!***

## 5. Tell your student how proud you are of them!!!

-When this is over, what do you want your student to remember about living through this pandemic when they are in their 20's, 30's, 40's? What skills are they learning now that will help them in the future? Try to look for the silver linings and tell your student how proud you are of them! What do you want to share with them that you most likely wouldn't have if the pandemic never happened? Now is the time to take a step back, reflect, and focus on what we are thankful for.

Corona has proved that everything around us is so temporary. Things our lives revolved around ...work, gym, malls, movies, society have all gone for a toss as we are learning to live without them. It has taught us that in the end it's your own home and family that keeps you safe.



"When I was a boy and I would see scary things in the news, my mother would say to me,

'Look for the helpers. You will always find people who are helping.'

To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."

~Fred Rogers

**When we look back and reflect on this time, we want to be proud that we did the best we could day-in and day-out and that we showed grace and compassion towards each other.**

## Resources:

### Stretching/Exercising:

Relaxing Stretching Workout - [https://youtu.be/a9WC\\_eLmP30](https://youtu.be/a9WC_eLmP30)

Brain Break - <https://youtu.be/DS8yeXFeEPA>

Yoga in the Classroom - [https://youtu.be/bQ\\_uOLiyqj8](https://youtu.be/bQ_uOLiyqj8)

Study Break Routine - [https://youtu.be/JH8\\_TSCi-2Y](https://youtu.be/JH8_TSCi-2Y)

Yoga for Teens - <https://youtu.be/7kgZnJqzNaU>

Yoga for Kids by Home Fitness – app available for Android and iPhone

### Mindfulness/Meditation:

3 Minute Mindful Breathing Meditation - <https://youtu.be/SEfs5TJZ6Nk>

Teen Mindfulness Meditation - [https://youtu.be/w\\_bmCKMrLYs](https://youtu.be/w_bmCKMrLYs)

Mindfulness App – available for Android and iPhone

### WLCSD Resources:

<https://sites.google.com/teachers.wlcsd.org/wlcsdselsite/home>

-Along the top there are tabs for De-Stigmatizing Covid-19,

Middle School, High School and Adult Resources

-You can also contact your student's School Counselor.

Contact information is on every school's website

# 20 YOGA POSES FOR BEGINNERS

