

WE ARE ... HEALTHY. SAFE. HAPPY. SPARTA.

SELF-CARE is CRITICAL RIGHT NOW!
Here are some brief tools that we hope will help.

FOR PARENTS:

[Reducing Parenting Stress During Quarantine](#)

FOR EVERYONE:



Making School at Home Work

School has started again - how do you make home and school all happen and keep everyone happy? Here are a few suggestions, pick and choose what works for you and your family.

- Establish Structure
- Create a Schedule
- Deal with Frustration

Structure Why is structure/a schedule important?

- Routines promote a sense of security and help develop self discipline. We all fear the unknown. Routines help us know what to expect, and decrease our anxiety.
- Benefits of routines:
 - Reduce power struggles
 - Reduce stress and anxiety, helping kids cooperate
 - Help kids learn to take charge of their own activities. Over time kids learn what to do. This can give a sense of mastery and competence.
- Routines can help a parent develop strong connections to their kids. These traditions can foster security as well as cooperation.
- Schedules help build consistent expectations.

How does a parent create a schedule?

- Involve your student in making the schedule. Giving them choices makes them more willing to participate in the schedule.
- If your first plan doesn't work, that's OK. Try different schedules until you find one that works for your student.
- Adjust to your student's learning style. Does your student work best going straight through the work or breaking it up into smaller chunks?
- Take breaks when needed. We all need them.
- Be flexible. If your child wants to work on a writing task first on a particular day, even though math was on the schedule first, that's fine.
- Schedule fun activities and down time.
- Look for different learning options. Learning does not have to occur sitting at a table.



- Make a cake and cut the recipe in $\frac{1}{2}$ to make a small cake, next time double the recipe and make 2 cakes or make chocolate chip cookies. Cookies are a great treat to announce the end of school activities.
- There are many learning options in your home and use those learning moments whenever they occur.
- Learn yoga with your kids, it is a great way to reduce everyone's stress.
- Don't underestimate games as a learning tool - taking turns, managing feelings, being a good sport, wanting to do well, and just having fun. These are all worthwhile and support family bonding.

What happens when my student or I get frustrated?

- This certainly can happen, especially in the current situation. Here are some suggestions:
 - Reread the directions.
 - Do one step at a time.
 - Take a break. Sometimes we have to get away from the activity for a while. Allow your brain to rest. Physical activity can help. Try doing something fun.
 - Go on to the next problem or activity.
 - Connect with your student's teacher and explain what is happening. We are here to help.

Here are some websites that may help

[Why Kids Need Routine](#)

[4 Keys to Establishing Schedules and Routines for Online Students](#)

[9 Tips for Parents Navigating Online Learning with their Children due to Coronavirus](#)

[Schools Closed? How to Make a New Home Routine](#)

[We are All Teachers Now: Resources for Parents and Kids Cooped up at Home](#)

[An Elementary Teacher's 8 Tips for Teaching Your Kids at Home](#)

[Activities for Students](#)



SAS MENTAL HEALTH TEAM

For your K-5th Grade Student(s):

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IN CASE OF MENTAL HEALTH EMERGENCY

If you or your students are in need of intensive mental health support during this time, below is some helpful information:

Forest View Assessment - 800-949-8439

Pine Rest Assessment - 616-455-5490

Network 180 Access Center - 616-336-3909

National Suicide Prevention Lifeline - 800-273-8255

OK2SAY -855-565-2729 or Text OK2SAY (652729) or email ok2say@mi.gov

COVID-19 SPECIFIC RESOURCES

From KentISD - Mental Wellness and COVID-19

Salvation Army Emotional Support Hotline

Online Support Groups

Headspace for Michiganders - Mindfulness and More

WE'RE ALL IN THIS TOGETHER!! STAY HEALTHY!!