

# Pinewood

PREPARATORY SCHOOL

Hello Pinewood Community!

As we settle into our new normal of virtual learning/working from home due to the Coronavirus the Pinewood Guidance Office wanted to reach out with our support. We will update our website content weekly to help you. Here is our Top 10 List of ways to adjust to this change:

1. **Hold a family meeting and discuss this change.** Change is hard and it may be a little bumpy at first but it will get better with time.
2. **Create a daily schedule for each child in the family.** Let the kids help with this schedule! Routine and predictability are very important when adjusting to change.
3. **Have the kids help create their new learning environment!** Remember to limit the number of things that may distract them. Older students might want to move around the house to do different assignments. This feels familiar to them as they change classes seven times a day.
4. **Create incentives for work completion.** For younger ages, stickers, smileys on a chart, or a reward from the treasure box go a long way. As children get older, things like electronic time or extra outside time will be helpful.
5. **Take breaks!** If your child is becoming frustrated with a lesson and they are starting to shut down, let them take a break. They will hear you better when they are calm.
6. **Don't forget to exercise and allow time for outside activities.** Getting their energy out helps them to focus on their lessons.
7. **Stay POSITIVE!** Children often take their emotional cues from their parents. If we panic, they panic. If we look at the bright side of things, it will help them to do the same.
8. **Sleep and proper nutrition are very important when dealing with change and stressful situations.** Keep your child and yourself on a good sleep routine and eat healthy food.
9. **Avoid overexposure to media coverage of this event.** It becomes overwhelming and children have a hard time processing all this information if they overhear it.
10. **We are here for you!** We are in this together! Please reach out if you have questions or just want to chat about something. Right now email is the best way to reach us:

Anna Bright: [abright@pinewoodprep.com](mailto:abright@pinewoodprep.com) / Brendan Diffley: [bdiffley@pinewoodprep.com](mailto:bdiffley@pinewoodprep.com)

Look for more information on virtual Guidance Counselor office hours - coming after Spring Break!

Challenge of the day: *Do you have a neighbor who is shut in their house right now? Call them or leave a note and ask them to come to their porch at a certain time. Stand an appropriate distance away and sing them a song, tell them silly jokes, act out a short skit you wrote with a sibling or play a musical instrument. It will put a smile on their face and will make you feel good too!*

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