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# Navigating Your Child's Academic and Emotional Needs during COVID-19

— *April 3, 2020* —

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# Presenting Today:

Kerri Dunn, *Guidance Counsellor (SS)*

Krista Koekkoek, *Director of Guidance (SS)*

Allyson O'Grady, *Director of Academic Support (SS)*

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# Today's Agenda:

1. Common Humanity
  2. Supporting learning at home
  3. Supporting wellbeing
  4. Available school support
  5. Q & A
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# You are a parent & You are human

- Give yourself permission to honest, open and vulnerable
  - We don't know how to do this! You are allowed not to know.
  - You don't have to do this alone
  - You are allowed to make a lot of mistakes
  - You are allowed to be overwhelmed.
- Back to basics
  - This is not a normal crisis
  - Keeping the big picture in mind; safety and health
  - More playtime, downtime and family time
  - Simplify

# Supporting Learning at Home

- Allow our children to **manage themselves**, their own schoolwork, their digital life and their other responsibilities with supportive language.
  - “How are you doing?”
  - “Do you need help with anything?”
  - “Who can you reach out to at school for help?”
  - “Can I help you make a plan?”
  - “This is new - let’s figure this out.”
- [TCS Ergonomics @ Home \(Video\)](#)

# Supporting Learning at Home

- **Time Management**

- Use alarms or timers to help your child remember when it's time to start a task (Try the [POMODORO method](#))
- Break down tasks and the steps to complete tasks, with time estimates.
- Encourage your child to use Edsby, their [SS Schedule](#)/ [JS Schedule](#), and [Planner Pages](#).
- Help your child gather the things needed to complete a task before they begin the first step.
  - [Getting Started Checklist \(JS\)](#)

# Supporting well-being

- Your child will be feeling just as you do (without the frontal lobe development)!
- They will need our **authentic connection** and our **calm**
- Limit conversation about COVID-19 (but don't not talk about it!)
  - Humour, fun and normalcy are needed
  - Share funny/challenging moments with them (common humanity)
  - They will need distractions, healthy habit reinforcement (homework, books, exercise, movies, connection with friends/family, sleep, etc.) and flexible routines

# Supporting well-being

- It is the ultimate test of us being able to sit with our child in their feelings and listen.
  - We can't fix this. We don't know when it will end.
  - What would it be like to stop talking and truly listen?
- Let's try not to be dismissive!
  - Feelings are healthy and normal (especially given so much uncertainty).
  - ~~"It's going to be fine"~~ -> "That makes sense given what's going on."
  - ~~"Don't worry about it"~~ -> "I hear you. How can I best support you?"
  - AVOID "...but..."



# Available school support:

- Your child's homeform teacher (JS) / advisor (SS)
- ["Where can I go for extra support"](#)
- Academic Support Department
  - [Junior School](#)
  - [Senior School](#)
- Guidance Department
  - Guidance Counsellor (JS) ([Mrs. Reid](#))
  - Academic Counsellors (SS) ([Mr. Bailey](#), [Mr. Brooks](#), [Ms. Dunn](#), [Ms. Koekkoek](#))
  - Social-Emotional Counsellors (SS) ([Ms. Dunn](#), [Ms. Koekkoek](#))
- School Leadership
  - [Jennifer Wyatt, Head of Junior School](#)
  - [Kristopher Churchill, Head of Senior School](#)

# Q & A