



Tidioute Community Charter School

Providing a World -Class Education in a Small Town Environment

“Working Together to Accomplish More”

December 16, 2020

Dear Families,

I know that the switch to virtual or remote learning has been a challenge for both parents and students at TCCS. Our teachers and staff are very proud of students for having great attendance daily. I know from my standpoint as the MH Therapist I am talking with both students and parents/ guardians who are stressed and struggling at times to balance life at home while we are remote. I wanted to share some tips for you hoping that there might be something that you can implement to make your life easier. We need to be positive and realistic .

1. **Have structure** - I know this is super hard in these times, however some structure is important for students. Have your son or daughter get up just like they would for school, make them get dressed and eat breakfast as usual. Have your students work at a table, desk, or some other place where they need to sit up. The body and its ability to adapt to some physical changes are amazing. Putting on clothes from our pajamas is our body's cue it's time to get to work. Leave the blankets on the couch or the bed! If you are like me, snuggling under a blanket laying down tells me I need to nap. We want to get through the work and be done, then nap/play, etc... Remind your student during work time to treat it just like they were in school. “Would you lay down? No, then we need to practice that at home as well.”
2. **Take small breaks - A person's** average attention span is about 10 minutes before our minds start to wander. It is ok to take a break, 2-3 minutes is a good time frame. The key is to return to work. Use a timer and let your student know that is the expectation to return to work after the short break. If it takes 15 breaks to complete the work, that's ok. Our bodies and minds need the extra time. We are 9 months into a pandemic and we are running on our very low reserves.
3. **Allow feelings to occur** - Allowing you and your student to have an “emotional drain off” is so important. When we are very emotional most of us want someone to listen; we typically aren't able to process and be logical. Allow the feelings to happen, create a timeline of what occurred, and then offer the opportunity to figure out what other strategies you could have used. In the heat of the moment when everyone is heavy with emotions, the logic goes out the window! Don't get caught in the power struggle.
4. **Make some time for physical activity** - 10 minutes does the body a world of good. Get outside, take the dog for a walk, use a treadmill, go play together. Just get off the couch and move together! It will create a bond as well and an opportunity to talk about what's going on.

241 Main Street * Tidioute, Pa 16351
Phone (814)484-3550 Fax (814)484-3977
www. Tidioutecharter.com

5. **Find something to fill YOUR emotional bank account** - No, this doesn't mean cruise through Facebook, tik tok, or snap chat! During this time we are often finding ourselves in the rabbit hole that is social media and awake hours later feeling worse than before. Move away from the screens (iPad, phone, or tv) and find something that you want to do or that will make you feel better. Craft, read, exercise, organize that closet that has needed it. Something. The few minutes you spend on YOU will pay off in larger returns with everyone else in your home.
6. **Ask for help** - We are all here to help you. Should you find that something isn't working or that you just need a few minutes to talk, let us know! If we can't help we certainly can point you in the right direction.
7. **Think positive thoughts** - Use positive talk, I am happy, I am a good student, I can do this. Praise yourself and others.

We hope that a few of these tips will help you. Again, we're here to support you and your student. If you need our help please feel free to reach out to us and we will be more than happy to help! Email us, call us. We care about you and all TCCS families. **Food pick up days at school are Tuesdays and Fridays.**

Merry Christmas, Happy Holidays.

Stay Safe and Healthy!

Kelly MacDonald
TCCS MH Therapist