



# ENGLISH LEARNER PROGRAM NEWSLETTER

## VIRTUAL AT-HOME DISTANCE LEARNING:

"TIPS FROM A VETERAN ONLINE TEACHER" BY PAM ABBEY

Did you know that there are online schools throughout Ohio? They have been around for almost 15 years. Their students participate in online learning every day just like you are doing now. There are teachers who work at YCSD who once taught in the online setting for Elementary, Middle, High school, and even College! These teachers have created a list of tips for you and your scholars to find success in online learning.

1. **Communication is Key** - make sure you are having daily conversations, texts, or emails with your teachers! They are eager to help you!
2. **Keep a schedule!** Set your alarm clock just like it is a regular school day. Plan your day, when will you take a break, when is lunch, what kinds of activities will you do? This consistency is what students live for in a school setting. Let them know what to expect each and every day.
3. **Have fun!** Online learning can open a new variety of websites, games, and reading activities for our scholars that even they hadn't experienced before. Learn and work together and have fun with the whole family!
4. **Be Flexible!** Some days are hard and long. Give your child a little flexibility. Let them walk around while listening to their teachers read aloud or give them a few extra breaks. But don't stray far from the plan or the habits will be hard to get back.



## Are your kids "bored"?

Have them engage with PBS Kids. There are many educational resources made available to you!

**Click below** to see the many activities your children can do from home:

<https://wviz.ideastream.org/schedule/wviz#page=schedule&day=20200422&provider=Broadcast>

<https://westernreserve.pbslearningmedia.org>

5. **Be patient.** This is new to almost everyone involved. Give yourself some grace. Step back, take a few breaths, then power through. And if all else fails, CALL THE TEACHERS!

## HOW TO READ AT HOME WITHOUT AN OPEN LIBRARY

- Did you know that the library of Youngstown and Mahoning county is totally available online? It sure is! Just visit <https://www.libraryvisit.org/>
- Don't have a library card? Get one here. <https://www.libraryvisit.org/online-registration/>

Reading 10-30 minutes a day with your child can help them become stronger and more fluent readers! The skill of reading is so transverse that you can do it in any language and they will still learn the important skills of reading!

## READING AT HOME

### Make time for reading

During the busy summer months, it can be hard for you and your child to find a chance to read. Set aside a quiet time each day for reading, and remember to include "reading time" when planning summer activities. (RIF)

### Keep different kinds of reading materials at home

To stimulate reading at home, keep reading materials throughout the house, including newspapers, magazines, and brochures. Keep some fun things on hand too, like word games, puzzles, or the kids' section of the newspaper. This will increase your child's access to books and printed material, providing more opportunities to practice reading. (RIF, LCA / FNSB Public Library)

### Beat boredom with books

Help your child find books that she finds interesting — especially on rainy days! These might include non-fiction books, fun fact books, arts and crafts books, hands-on activity and project books, or cookbooks with kid-friendly recipes. (RIF)



## Daily Life and Coping with our "New" Norm (COVID-19)

*We understand how stressful this current worldwide pandemic can be for everyone. We would like to provide you with resources that may be helpful to you and your family. Stay safe and may you and your family stay healthy!*

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

If you or someone you know feel overwhelmed with emotions of sadness, anxiety, depression, or feeling like you want to harm yourself or others, seek help immediately by calling the number below:

### **DISASTER DISTRESS HOTLINE:**

1-800-985-5990, or text TalkWithUs to 66746

### **NATIONAL DOMESTIC VIOLENCE HOTLINE:**

1-800-799-7233

## Read aloud every day

Try to find time each day to read aloud to your children — even the older ones. Reading aloud benefits children and teens, particularly those who are struggling readers. Read aloud in different places, from the porch to the park. And don't be afraid to use silly voices and act out the story! (CCLD, Scholastic Inc., RIF)

## Encourage your child to learn new words

Introduce your child to new words every day. Talk about what these words mean and how they are used. (LCA / FNSB Public Library)

## Write away

Keep writing materials handy such as pencils, paper, and crayons so that your child can practice writing. Encourage her to write letters or postcards to friends and relatives over the summer, to keep a journal, make a summer scrapbook, or to write stories and poems. Ask your child to help you when making shopping lists or copying a recipe. (LCA / FNSB Public Library, CCLD)

## TRANSITION FROM MIDDLE SCHOOL TO HIGH SCHOOL

1. **Be patient.** It won't feel "normal" at first, but as you learn your way around your new school and get used to the new people and routines, it will.
2. **Think positively.** Rather than worrying about what could go wrong this year, think about all the great things that could go right. You have so many new opportunities. You are smart enough. You are good enough. You are enough.
3. **Get involved.** Find out which co-curricular activities in the school are in tune with your interests. Joining a team or a group is a good way to meet like-minded people and make new friends.
4. **Keep in touch with your old friends.** Old friends are great. They make you feel safe and secure. However, try not to let your old friends get in the way of making new friends. If you are spending all your time communicating, or

## CDC Tips on How to Protect Yourself and others of COVID-19



- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Click link below for more information on hygiene:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

hanging out, with old friends, you won't have a chance to welcome all the great new people into your life.

5. **If you're not sure...ask.** Staff are aware that everything is new to you. They won't mind you asking for help and it's a lot better than that yucky feeling of being lost or unsure.

6. **Write things down.** You will be getting lots and lots of new information from teachers, the IT department, library staff and many other parts of the school. Nobody's memory is that good. Don't panic too much though, if it is really important, it will be repeated.

7. **Focus on setting small goals and achieving them.** Your goals to start with might be taking the right books to class, working the lock on your locker, or going a whole day without getting lost. Later your goals can be about academic results or leadership, service or co-curricular opportunities. Research shows that if you write down your goals you are more likely to achieve them. I repeat...you are smart enough. You are capable.

8. **Eat properly and sleep properly.** Any anxiety you have will be made worse by poor diet and sleep hygiene (Yes...we call it hygiene. Weird!). On the other hand, great sleep and great diet help set you up to be the best you can be. Your brain needs nutrition and rest, so help it out.

9. **Practice gratitude.** The Emmons study shows us that people who practice gratitude every day are 25% happier than those who don't and they also have less stress, greater resilience and better social relationships. Stating something you are grateful for would be a great way to start and end each day as you transition through this period of life. Maybe do this with whoever picks you up or drops you off to school, or quietly to yourself on the bus.

10. **Be kind to yourself.** You will make mistakes and that's okay.

However your child reacts to change, starting high school is a big deal for them...and for you. Take the time to enjoy it. Photograph it. Smile. This is one of life's big moments.

## How to make a cloth mask Tutorial from CDC



The CDC is now recommending that individuals who go out in public to wear a cloth mask so that they do not infect others.

**Click link below for tutorial on how to make your own face cloth mask:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



**Stay Home:  
Go out for work or necessities ONLY**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>