

March 24, 2020

Dear LIC HS Community:

As we embark on a Remote Learning journey together, we recognize that there may be challenges for both families and staff. A week ago, the idea of staying home may have sounded fun. But now that we are practicing social distancing we see that it can be difficult at times. Below are a few tips for staying physically and mentally healthy during these times.

Make a schedule: Even with remote learning taking place, your day may not feel as structured because you are in one location at all times. Make a plan for your day, including waking up, academic time, breaks, snacks, relaxation, and even bedtime. Seriously! Setting a tone for your day will help keep your head in the right space.

Clean your space: Just as we stress respect for your classroom in school, so too can you demand respect from yourself for your learning space at home. It's easy to stay messy in your room or at a desk. Take 5 minutes during the day and again at the end of every day, to put away unused books, throw out garbage, and tidy up. Working in a clean space will make your learning better.

Keep your mind busy: Complete homework assignments, projects and papers. Read a good book, draw, knit, do arts & crafts, makeup tutorials, crossword puzzles etc. The possibilities are endless.

Eat healthy foods: It's so easy to eat poorly when you are at home all day. Make an effort to have three meals a day and drink plenty of water.

Get fresh air: Even if you are quarantined or self- distancing here are ways to get fresh air and change of scenery. If you have a backyard you can go outside. Opening a window and looking outside can also do the trick.

Stay fit indoors: Working out releases endorphins which trigger positive feelings. This can seriously help one's health. Workout apps are available on all phones plus there is an abundance of workout videos on YouTube. Find a workout that you like and do it daily!

Be involved with others remotely: It's important to stay connected to friends and family outside of your home. Talk to friends, not only through the written word of WhatsApp and text but through FaceTime and other Visual Apps. Mr. Smart will be sending tunes through Pupil Path every Tuesday.

Please know that we are available to support remotely. Even though you can't come to our offices we are happy to set up individual meetings. In addition to your guidance counselors, social workers and sapis counselors are here to support. (See attached flyer.) Every day will bring something new, whether its Motivational Mondays or Wisdom Wednesdays, we are here for you. It's easy to feel overwhelmed with school work and home responsibilities. Remember its ok to email your teacher and ask for help or an extension. We are here to help and together we will get through this together.

Best wishes and be well,

LIC HS Guidance Department