

TIPS FOR
"SHELTERING IN"

APRIL 2020

Hall County Schools WELLNESS

healthy minds, healthy bodies



STAY CALM

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"Kids are always learning. What they are learning right now is how adults respond."

Josh Starr



Learning and working from home can have its challenges in these uncertain times. We hope these tips help guide parents and students with scheduling their day, provide ideas for family time, physical fitness, mental wellness practices and community news. Also, click [this link](#) for a website devoted to Parent Resources for Digital Learning.



STAY ACTIVE

"Exercise not only changes your body, it changes your mind, your attitude, and your mood."

Unknown



STAY CONNECTED

"When physical distancing is deemed necessary, social and emotional connectedness is even more critical."

Karen Niemi





empty seats.

hearts full of emotions

THAT DISCOMFORT YOU'RE FEELING IS GRIEF...

The Harvard Business Review wrote an article discussing the work of David Kessler, who co-wrote with Elisabeth Kubler-Ross, *Finding Meaning of Grief through the Five Stages of Loss*. With screen time going prime time in our lives, the uncertainty of when we can pick up where we left off in our relationships and normal routines creates a variety of emotions. Our world has changed and although we know it's temporary, it doesn't feel that way with loss of normalcy, economic fears and disconnection. We are not used to feeling this large cloud of grief at one time. The 5 stages, more like fragmented waves, can be felt as shock, denial, anger, frustration, bargaining, depression, experimental and integration. Check out this article that shares ways to manage each stage of grief as it relates to you and your family members as each one of you may move back and forth with these feelings. Click [here](#) to see all Five Stages of Loss.



REDUCE STRESS

Breathing Tutorials for
Adults & Students

Adults: [Click Here](#)
Students: [Click Here](#)

A CASEL OF SUPPORT!

CASEL gives social & emotional learning support for parents & caregivers. Click the logo below.



Educating Hearts.
Inspiring Minds.

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”

John Wesley



Use Daily Positive Affirmations

Tene Edwards, Self-Love Advocate and Author of Walk With Wings

Managing children, no matter their age, as we shelter-in-place can be difficult. There is schoolwork, arguments between siblings, teenagers who want to be with their friends, messes everywhere, and parents working from home with children brings even more complexity. But here is one amazing and actionable tip that will help families focus on the positive! Repeat positive, powerful affirmations three times together with your children.

♥ for example ♥

1. I cherish the extra time I get to spend with my family.
2. I am excited about creating more happy, unforgettable memories.
3. I focus on opportunities over obstacles.
4. I was created to blossom in my natural gifts and talents.
5. I love my body for all the things it is able to do.

Meals to Students during School-From-Home

The Hall County School District will continue to provide breakfast and lunch for all students on our bus routes, once a day. These meals are free. Both breakfast and lunch will be delivered together during this once-a-day delivery. Routes begin at 8:15am and most are completed by 9:00am. If your children require meals, please wait at their bus stop to receive delivery. Hall County School District families may also drive through any elementary school between 10:00am and 11:00am, Monday through Friday, to pick up student meals.

we ♥ care friday!

We recognize the added stresses of this unprecedented time, and our school district is committed to balancing School-from-Home academic programming with the needs of the families of our educators and students. Assignments and new lessons will not take place on Fridays. “We Care Fridays” will allow students time to catch up on previous assignments, do kind deeds for others while abiding by the established Shelter-in-Place Guidelines, seek tutoring support, or simply engage in a quality family activity.

TIPS AND TRICKS FOR SUCCESSFUL ONLINE LEARNING

SET THE SCHEDULE

- Wake up and get dressed, eat a good breakfast, then start the school day.
- Set a start and end time for each day to create boundaries (may vary day to day).
- Create a family schedule for the day or week and include times when parents have meetings or are unavailable.
- Designate "quiet time" once a day for everyone.
- Use timers to give a visual for the duration of a task or to provide structure in the day.

GET READY AND EXECUTE

- Identify a consistent room or area as the "classroom".
- Designate a "break" or "recess" area.
- Gather all necessary materials before starting a task.
- Use checklists to lay out tasks for the day and check off as you go.

CULTIVATE INDEPENDENCE

- Allow your child freedom in completing their assignments.
- Give space and provide help when needed.
- Schedule check-ins with your child to check for completion.

COMMUNICATION IS KEY

- Create a system of visual cues for when parents are available/unavailable or discuss your availability ahead of time with older students.
- Provide your child choices as frequently as possible.
- Communicate expectations clearly.

BE FLEXIBLE

- Take each day as they come and allow room to adjust.
- Every day is probably going to look different and that's okay!

THINGS TO DO

- [My 2020 COVID-19 Time Capsule](#)
- Getting bored? Click [here](#) for a list of free things that weren't free before Coronavirus.
- [Live views from the Georgia Aquarium](#)
- [What's Up: Skywatching Tips from NASA](#)



Talking to Kids About the Coronavirus

Kids worry more when they're kept in the dark

Rachel Ehmke, The Child Mind Institute

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Click this [link](#) for some advice from the experts at The Child Mind Institute.

Clark Howard's 7 Financial Tips

It is a difficult time for the economy, the stock market, and numerous industries - all likely impacting your job, finances and daily life - due to the coronavirus outbreak. [Here](#) are things you can do today to put yourself in a better financial situation.



Emotional Support and Additional Resources

The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link

**Georgia COVID-19
Emotional Support Line
866-399-8938**



Georgia
Department of
Behavioral Health
& Developmental
Disabilities



**Georgia Crisis
& Access Line**

1-800-715-4225
mygcal.com

Sponsored by the  Department of Behavioral Health and Developmental Disabilities

Georgia Crisis & Access Line (GCAL) is available 24 hours a day, 7 days a week, and 365 days a year to help you or someone you care for in a crisis



**CARES Warm Line
1-844-326-5400**

Substance Abuse Challenges
Call or text every day of the year
8:30AM-11:00PM



**COVID-19 Hotline
(844) 442-2681**

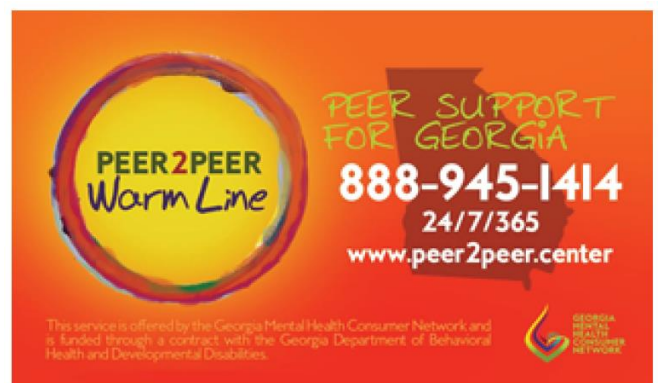
The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.

Peer2Peer Warm Line

Operating since the opening of the Peer Support and Wellness Center of Decatur in 2008, the warm line provides Georgians the opportunity to receive peer support over the phone 24 hours a day.

How to contact the Peer2Peer Warm Line

- Call 888-945-1414 (toll-free) statewide, or locally:
 - Decatur: 404-371-1414
 - Bartow County: 770-276-2019
 - Colquitt County: 229-873-9737
 - Henry County: 678-782-7666
 - White County: 706-865-3601



**PEER2PEER
Warm Line**

**PEER SUPPORT
FOR GEORGIA**
888-945-1414
24/7/365
www.peer2peer.center

This service is offered by the Georgia Mental Health Consumer Network and is funded through a contract with the Georgia Department of Behavioral Health and Developmental Disabilities.

