



Kenowa Hills Public Schools
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Kenowa Hills Mental Health Newsletter

A Word From the District Mental Health Team:

During this unprecedented time, we want to make sure you are taking care of yourself and your family. We are stronger when we take care of ourselves together.

Recognizing Signs of Elevated Stress That Lead to an Increase in Anxiety

- Excessive worry
- Stomach ache
- Insomnia
- Nightmares
- Inability to do everyday things
- Loss of appetite

Ways to Cope With Elevated Stress

- Do not have the news on at all times
- Spend time away from electronics
- Spending time with family
- Maintain a normal routine as much as possible
- Expose kids to age appropriate information
- Go for a walk or participate in physical activity

Ways to Talk to Your Child About the Virus

- Ask open ended questions
- Listen to your child's concerns
- Be honest: Provide age appropriate information
- Tell your child how they and their friends can stay safe
- Dispel myths
- Offer reassurance
- Keep kids busy
- Normalize your child's routine
- Allow kids to talk to their friends
- Offer ways to help and take care of their community

Resources

Free education subscriptions

[Click here for Free Education Resources](#)

CDC article highlighting anxiety with Coronavirus:

[Click to read Article regarding Anxiety and COVID-19](#)

Resources

Tips for Families: Talking About Coronavirus

[Click to read article on how to talk to your kids about the Coronavirus](#)

Anxiety Tips:

[New York Times- Teen Anxiety](#)

[How to talk to your child about coronavirus](#)

[Virus Anxiety](#)

[Finding Help! Coronavirus anxiety helpful resources](#)



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8:30 AM	Rise and Shine! Make your bed, brush your teeth, put on your clothes.
8:30 - 9:00	Eat and Relax Eat a healthy breakfast, and clean up after yourself! Feel free to catch your favorite cartoon before you start your day.
9 - 10:00	Academic Time (options) * Do activities provided by your teacher * Do an electronic assignment or program, if appropriate * Read for 30 minutes and do Math Facts for 30 minutes * Parents check email/Facebook or Canvas for information
10 - 11:00	Creative/Specials Time (options) * Do an activity from a specials class (Art, Music, Spanish, STEM, PE) * Crafting, drawing, legos, play music, put a puzzle together, etc.
11 - 11:30	Eat and Relax Eat Lunch, and clean up after yourself! Catch a favorite show if you have time!
11:30-12	Chores Dishes, laundry, vacuuming, picking up, etc. Help around the house and perform chores laid out by your family. Do your role in helping the household!
12 - 1:00	Quiet Time Read, rest, or be creative
1 - 2:00	Academic Time (options) * Do activities provided by your teacher * Do an electronic assignment or program, if appropriate * Read for 30 minutes and do Math Facts for 30 minutes * Parents check email/Facebook or Canvas for information
2 - 4:00	OUTSIDE! Play outside and get some fresh air!
4 - 5:00	Relax / Tech Time
5 - 6:00	Dinner- Help prepare and clean up
6 - 7:00	OUTSIDE! Play outside and get some fresh air!
7 - 8:30	Prepare for bed * Bath/Shower if needed * Last call for a snack * Get ready for bed * If 1-3 are complete, TV/Tech time
8:30	Bed time! Read for 30 minutes if not tired *NOT TECHNOLOGY*
9:30	Lights Out and Sweet Dreams, Knights!

Elementary Suggested Schedule





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Before 9:00 AM

Rise and Shine!

Make your bed, brush your teeth, take a shower or bath, put on clean clothes.

9 - 9:30

Time to eat!

Eat a healthy breakfast, and clean up after yourself!

9:30 - 10:15

Get Active!

- * Head outside: yardwork, shoot hoops, take a walk (bring the dog if you have one), etc.
- * Inside: Chores, practice an instrument, do a crossword, etc

10:15 - 11:45

Time for School!

- * Log into Canvas. Check your course work and get started!
- * 1st hour (30 minute minimum)
- * Connect ~send a quick email to your Connect teacher; let her/him know how you are doing
- * 2nd hour (30 minute minimum)

11:45 - 12:15

Lunch ~30 minutes

12:15 - 1:30

Time for School!

- * Log into Canvas. Check your course work and get started!
- * 3rd hour (30 minute minimum)
- * 4th hour (30 minute minimum)

1:30 - 2:00

Break

Get active, call/text a family member or a friend, have a snack, etc

2 - 3:15

Time for School!

- * Log into Canvas. Check your course work and get started!
- * 5th hour (30 minute minimum)
- * 6th hour (30 minute minimum)

3:15 - 5:00

Break/Free Choice

- * Outdoor time
- * Quiet Time (puzzle, nap, read)
- * Home Chores (clean room, take out garbage, pet care)

6 - 6:30

Dinner- Help prepare and clean up

7:00

Relax!

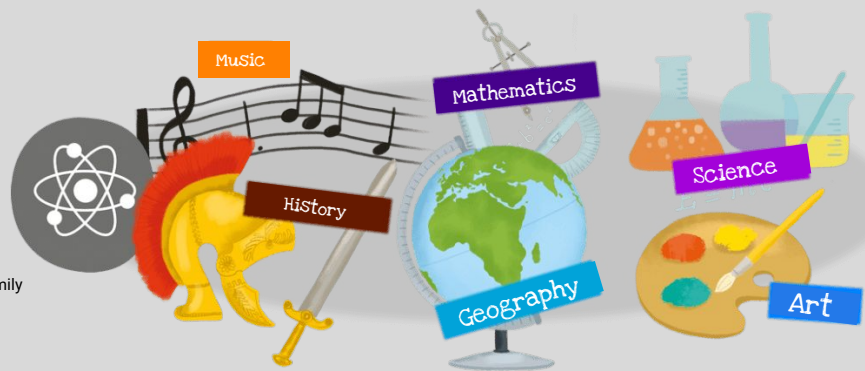
Read (aim for 30 minutes), play a game, call and/or text family and/or friends, watch TV/move, etc

7 - 8:30

Prepare for bed

- * Pajamas on
- * Brush teeth
- * Go to bed

Middle School Suggested Schedule





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SUGGESTED HIGH SCHOOL SCHEDULE

Kenowa Hills HS



SOME IDEAS FOR BREAK TIMES:

- *Log on to Khan Academy (SAT practice)
- *Update your Resume
- *Research Scholarships & Create a Google Doc of ones you find
- *Start writing scholarship essays
- *Research careers on Career Cruising
- *Journal
- *Work on Missing Work
- *Organize around your house
- *Help with chores
- *Get some fresh air!

**BY 9:00
AM**

Make sure you're ready for the day! Make your bed, brush your teeth, take a shower & put on clean clothes. Getting ready will make you more motivated to get things done!

**9:00-
9:30 AM**

Have a healthy breakfast! If your family needs assistance with food, please check out our Facebook for Food Delivery info.

**9:30-
11:15 AM**

Clean up from breakfast. *Activity Time*
Get outside, do something active. Practice an instrument, do a puzzle, do some chores. Get your body moving!

**11:15 AM -
12:15 PM**

Check with your 1st and 2nd hour teachers on Canvas / School Email. Work on those hours.

**12:15-
1:00 PM**

LUNCH TIME!
Clean up after. Your parents/guardians will love that!

**1:00 -
2:00 PM**

Check with your 3rd and 4th hour teachers on Canvas/School Email. Work on those hours.

**2:00-
3:00 PM**

Break Time
Text some friends, check in on family, move a bit!

**3:00-
4:00 PM**

Check with your 5th and 6th hour teachers on Canvas/School Email. Work on those hours.

4-6:00 PM

Break Time

**6:00-
7:30 PM**

Dinner Time! Help prepare and clean up dinner. It is a great time to learn how to cook or try a new recipe.

**7:30-
9:00 PM**

Relax, unwind for the day. Read a book, chat with family. Limit screen time if you're not feeling tired. Too much screen time before bed makes it difficult to fall asleep!



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SOCIAL DISTANCING BASICS



SOCIAL DISTANCING: the practice of reducing close contact between people to slow the spread of infections or diseases

AVOID	CAUTION	SAFE
Group gatherings Sleep overs Playdates Concerts Theatre outings Athletic events Crowded stores Malls Workouts in Gyms Visitors at home Mass Transit-Systems	Grocery store Take out Pick up medications Play in the park Travel	Take a walk Go for a hike Yard work Play in yard Clean out closet Read Listen to music Cooking Family game night Go for a drive Video Chat

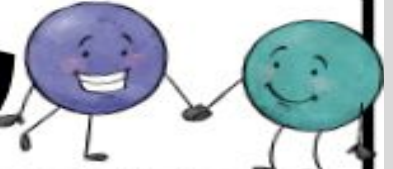


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Things **YOU** can do for **YOUR** Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30