

## Getting Started during the Suspension of In-Class Instruction Week 1: March 30 – April 3, 2020



Dear Ladysmith Primary Families,

As COVID-19 continues to change the way in which we spend our time and socially interact throughout our community, we want to support our families as much as possible. Our district staff have been working closely with the Ministries of Education and Health, our regional partners and community organizations to ensure a thoughtful, consistent, and cohesive response to this pandemic as we were preparing for the end of spring break.

The BC Ministry of Education is designing an *Integrated Planning Framework* for use by all districts in BC. This framework will support continuity of learning for our students. During the week of March 30<sup>th</sup> to April 3<sup>rd</sup>, there will be no instruction. Teachers, having just returned from Spring Break, will be planning and preparing for how to maintain this continuity of learning for all of our NLPS students and families. We will be making an effort to contact all our families to check in and to begin making connections in our new reality.

As we plan for the *virtual* return of students, below are some ideas which may help you provide some learning experiences for your child(ren) during the week of March 30<sup>th</sup> to April 3<sup>rd</sup>. We understand that your family will have many different priorities and that establishing a routine may be challenging. Your child(ren) will likely be missing their friends and will, perhaps, feel a bit confused or anxious about not being able to return to school. Please know that it is not our intention for everyone to “recreate” school at home. The table below outlines three approaches to learning for this first week back. It is our sincere hope that every family establishes an approach that is a good fit for them personally.

Option 1: <b>Relaxing for another week</b>	Continue spending time together playing, baking, riding bikes, and relaxing with books.
Option 2: <b>Flexible routine</b>	Choose an activity or two to provide some structure to parts of your day. There are some good ideas here: <a href="https://www.epsbtogether.ca/activities/">https://www.epsbtogether.ca/activities/</a> <a href="https://www.ontario.ca/page/education-ontario">https://www.ontario.ca/page/education-ontario</a> The BC Ministry of Education is currently working on resources that will also be shared.
Option 3: <b>Structured Routine</b>	Set up a daily schedule which provides some structure for you and your child(ren). A sample schedule is below.

These are uncertain times. Every week (sometimes daily) we are changing and adapting to our new reality. If you are seeking information to help you talk with your child about COVID-19, there is information available at: <https://keltymentalhealth.ca/covid/>.

School teams will be in touch toward the end of next week. We know these are exceptional and difficult times and we are doing our best to ensure you and your family are supported every way we can. We will be in touch with additional information as soon as it is available.

Thank you for your patience and understanding as we work as a community during these very challenging times.

Kind regards,

Darlene Crane, Principal, Ladysmith Primary School ([Darlene.crane@sd68.bc.ca](mailto:Darlene.crane@sd68.bc.ca))

## Option 3: Structured Routine

Reminder: Social distancing while out getting exercise – maintain a minimum of 2 metres from all people, other than family members that you live with.

8:00-9:00	<b>Wake Up</b>	Breakfast, make bed, tidy room
9:00-10:00	<b>Morning Walk</b>	Head out for some fresh air with the dog and family. <ul style="list-style-type: none"> <li>• If it's raining, wear rain gear or try some online yoga, dance or other online exercise <ul style="list-style-type: none"> <li>○ <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></li> <li>○ <a href="https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/">https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</a></li> <li>○ <a href="https://www.youtube.com/playlist?list=PLC2C841486EB885F1">https://www.youtube.com/playlist?list=PLC2C841486EB885F1</a></li> </ul> </li> </ul>
10:00-11:00	<b>Academic Time</b>	Non-electronic activities, for example: <ul style="list-style-type: none"> <li>• Write a story or keep a journal</li> <li>• Work on a sudoku book</li> <li>• Read a great book</li> <li>• Practice telling time or counting money</li> <li>• Play a math game with dice or cards <a href="https://www.weareteachers.com/math-card-games/">https://www.weareteachers.com/math-card-games/</a></li> <li>• Choose a science project to try out using household kitchen items <a href="https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff">https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff</a></li> </ul>
11:00-12:00	<b>Creative Time</b>	Legos, magnets, build a fort, bake some cookies, work on crafts, draw, paint
12:00 – 12:30	<b>Lunch</b>	
12:30 – 1:00	<b>Chores</b>	Help with the lunch dishes, wipe down door handles, light switches or desktops, help clean the bathroom
1:00 – 2:00	<b>Quiet Time</b>	Do a puzzle, read, take a nap, draw, listen to calming music/sounds
2:00-3:00	<b>Academic Time</b>	Electronics ok, for example: <ul style="list-style-type: none"> <li>• Math Prodigy (<a href="https://www.prodigygame.com/">https://www.prodigygame.com/</a>)</li> <li>• Online reading (<a href="https://www.getepic.com/">https://www.getepic.com/</a>, <a href="https://www.abcya.com/">https://www.abcya.com/</a>)</li> <li>• Online coding (<a href="https://code.org/">https://code.org/</a>)</li> <li>• Research a favorite topic (<a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a>, <a href="https://www.brainpop.com/">https://www.brainpop.com/</a>)</li> </ul>
3:00-4:00	<b>Afternoon Fresh Air</b>	Play in the yard, go for a walk, go bike riding