



A new day is an opportunity to make a new connection!

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MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids


- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

“Perfect is the enemy of good.” - CT Attorney Tom Mooney

How to Support Home Learning in Elementary Grades: A first and second grade teacher shares his home learning plan for his students and how he is engaging their families. By John S. Thomas



“At many times throughout their lives, children will feel the world has turned topsy-turvy. It’s not the ever-present smile that will help them feel secure. It’s knowing that love can hold many feelings, including sadness, and that they can count on the people they love to be with them until the world turns right side up again.”

- Fred Rogers

District Highlights Last week continued to be dominated with work related to our response to Coronavirus (COVID-19). [Please see our website for more information related to our response to the virus.](#) I continue to be inspired by our Hebron Public Schools Team as well as our community of educators across the state, nation, and world.

Remember to take time during this process to stay connected with family and loved ones. Use electronic tools and good old fashion phone calls to support one another. This week we mobilized to serve over 70 breakfast and lunches to families, began preparations for facilities work at both schools that will take place while we are out, and delivered 116 devices to families so they can continue to learn at home with digital tools. Our educators began to prepare enhancements to our Interim Educational Opportunities. A huge thanks to everyone that made these things happen! A huge thanks to families who are working hard to implement learning activities at home! We are all working together and I know we will get through it. Oh, and we launched our new Facebook Page on Friday. [Check it out here!](#)

Professional Development Corner! If you have not tried the TED Radio Hour by NPR start with this one: [Slowing Down](#). If you are looking for something to do, check out [the archives \(scroll down\)](#) of Bright Futures for other podcast and book recommendations.



Do you have a resource, quote, or article to share? District committees can also communicate news via this newsletter. Just email me at tbaird@hebron.k12.ct.us. Have a great week!