



Helpful Information

1 message

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To: parents <parents@stbenedictnj.org>

Mon, Mar 16, 2020 at 4:11 PM

Dear Parents,

I hope that on this first day of "no on-site school" went well. I will be passing along information regularly that I hope will be helpful to you and your children as we all navigate this temporary new normal.

I am including a link to an article by Market Watch I read this morning that has some good advice on dealing with your daily life.

<https://www.marketwatch.com/story/playdates-are-out-schedules-are-in-what-experts-say-kids-should-and-shouldnt-do-as-the-coronavirus-outbreak-closes-schools-2020-03-16>

Some of the main points are:

- Social distancing is one important way to stop the spread of COVID-19. That means no playdates, visitors, hangouts.
- Children do best with structure. You can make a daily schedule, print it, and display it for your children to see. You can include fitness time, academic time, quiet time, screen time, chore time, etc. There is a good example in the article.
- Expect increased screen time. However, there are sources like Common Sense and Scholastic that can guide you toward new and educational sites.
- There are good ideas for things you can do together with your children.

On another note, please be mindful of how much information your child is hearing regarding this current crisis. Keep any information age appropriate and reassure them that this is temporary and something that we will get together as a family and community.

I will be updating my website on a regular basis with helpful information. Look for the "Guidance" tab under "About Us". I will be available if you have questions or concerns that you think I may be able to help with. I am keeping you all in my prayers.

Take care,

Noreen Potterton

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