

Beacon BUZZ Week of December 7th



Updates

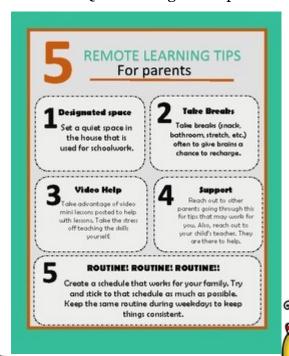
Important Upcoming Dates

December 8th

Parent University Meeting at 5 pm – Dr. Rafael Johnson

December 18th

Second Quarter Progress Reports



Reminders

If you are experiencing any technical difficulties please contact support: parent.support@hwschools.org or call (586) 217-2100

Visit our "Little Free Library" and pick up a book to read and keep when finished

Attendance

- School begins daily at 7:50am
- Charge your devices nightly
- If your child will be absent please call the main office
- Attendance is taken multiple times daily by all teachers



Social Emotional Learning



MANAGING CORONA VIRUS (COVID-19) ANXIETY

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

-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