More than likely your children will have online classes this year. Your role will be teacher and/or coach because you know that learning well is the key to so many future opportunities for your children. Research shows that a child’s good attitude is an important factor in how well he and she learns. A positive attitude comes from strong inner qualities like persistence and optimism. However, creating a positive mindset can be a challenge to many children who need and thrive on the social and emotional development attending school fosters.

To get your children emotionally committed to online learning, paint a vision of success and a better future. Teach them self-management skills to foster confidence and discipline: get them to wake up each morning at the same time, get dressed, have breakfast and ready for class.

You will need to create a physical environment that is best for studying and learning. Set up a place in your home where your children can focus, concentrate and study. Together, create a schedule that includes learning and personal goals and outcomes. Your children will learn persistence and independence by completing homework on time, asking for help with challenges, attending class every day.

You’ll be surprised and you’ll get a lot out of talking together about what they’re learning. Children need attention, care and encouragement. Get to know your child’s learning style. Help them organize, and review homework. When you focus on their strengths and celebrate their achievements, they will open up about their feelings and desires.

Reduce stress and anxiety. Most children are used to being physically active. Take time to exercise as a family. Go outside and play games in fresh air. Nature is a wonderful healer and play promotes learning. Encourage your children to stay connected by keeping in touch with friends by phone, Skype or FaceTime.

Online learning can be stressful for parents and children who are used to school. Some parents have created “learning pods”, where children attend online classes in small groups. It’s a way of sharing resources and support, especially for working parents.

HEALTH September 2020

Sooner or later your child will be returning to school in-person. Building your child’s immune system is a major defense against infections, flu, and illnesses.

Begin with a healthy diet with plenty of protein fruits and veggies, vitamin C and D. Train your kids to wash their hands a lot - when coming in from outside, before/after meals, using the bathroom, etc. To reduce stress, ensure that your child get plenty of sleep and exercise.

If you smoke, quit! Smoke produces a risk of SIDS, bronchitis, ear infections and asthma. Make sure your child is immunized on schedule.
Your Voice: N.J. SCHOOLS PLAN TO REOPEN

New Jersey’s 600 school districts, public and non-public schools, must certify that they can meet the Department of Education’s health and safety standards of students and staff in order for in-person instruction to resume.

School districts that cannot meet all health and safety standards for safe in-person instruction will begin their school year with all-remote learning. 180 New Jersey school districts will begin with all-remote learning.

School districts submitting plans to switch to all-remote classes need to have a justifiable reason and a plan to fix that obstacle by a set date.

Consideration will be given to schools that can’t meet COVID-19 safety requirements, including having barriers or social distancing measures in place in classrooms and issues with ventilation systems.

Have you completed the 2020 Census?

The deadline to self-respond is fast approaching (September 30, 2020). The Covid-19 pandemic has emphasized the importance of the numerous support programs that are funded using federal dollars – childcare, health insurance, WIC/SNAP, schools, Early Head Start and many others. These funds are determined based on Census data. Make sure that you and your child(ren) are counted in the 2020 Census. 1,2,3..Don’t Forget About Me!! Visit 2020Census.gov and complete the Census TODAY!!

Su Voz: LAS ESCUELAS DE NJ PLANEAN REABRIR

Los 600 distritos escolares de Nueva Jersey, escuelas públicas y no públicas, deben certificar que pueden cumplir con los estándares de salud y seguridad para la instrucción segura en persona comenzarán su año escolar con aprendizaje totalmente remoto. 180 distritos escolares de Nueva Jersey comenzarán con el aprendizaje remoto.

Los distritos escolares que presenten planes para cambiar a clases totalmente remotas deben tener una razón justificable y un plan para solucionar ese obstáculo en una fecha determinada.

Se tendrán en cuenta las escuelas que no pueden cumplir con los requisitos de seguridad de COVID-19, incluida la existencia de barreras o medidas de distanciamiento social en las aulas y problemas con los sistemas de ventilación.

Salud Septiembre 2020

Tarde o temprano su hijo regresará a la escuela en persona. Desarrollar el sistema inmunológico de su hijo es una defensa importante contra las infecciones, la gripe y las enfermedades.

Comience con una dieta saludable con muchas frutas y verduras proteicas, vitamina C y D. Enséñele a sus hijos a lavarse las manos con frecuencia, cuando entren del exterior, antes y después de las comidas, cuando vayan al baño, etc. Para reducir el estrés, asegúrese de que su hijo duerma lo suficiente y haga ejercicio. Si fuma, ¡deje de hacerlo! El humo produce riesgo de SIDS, bronquitis, infecciones de oído y asma. Asegúrese de que su hijo esté inmunizado a tiempo.