

A Note from Mrs. Mecher: Week of April 20-24, 2020

Hi Students & Families,

I hope Week 2 of Remote Learning went well. I have been logging in to the academic websites (RAZ Kids, Read Naturally Live, and IXL) that were suggested to those of you that I see for Reading, Writing, or Math. Please begin to log-on to those or continue to log-on to those during your Remote Learning time. I can use this information to monitor student progress and to plan for student learning. Please continue to do your best 😊

Please let me know if you need anything (kmecher@summithill.org).

Take care,
Mrs. Mecher

Read Naturally Live Update:

When the student gets to the Cold Timing or Pass/Hot Timing, the parent can click the Conduct Cold Timing or Conduct Pass Activities link and then enter the User ID "parent" and the password "summithill" to conduct the timings:

User ID: parent

Password: summithill

For Students:

- Please continue to work on any tasks that I have sent home with you. This is for those students I see for academics areas. Please keep aside. I will get completed work from you at a later date.
- Please refer to log-in information I sent to you in a previous e-mail. This will include some or all of these websites: RAZ Kids, IXL, and Read Naturally Live.
- There have been technical issues with Read Naturally Live. I am participating in a webinar next week, so I will share any tips that I learn. Also, our Special Education Director (Mrs. Leslie DeBoer) is working to see if we can troubleshoot from our end.
- Please continue to work on the tasks assigned by your other teachers.
- Please continue to reach out if you need any help.
- Continue to read daily.

Learn Something New:

CNN 10: <https://www.cnn.com/cnn10>

Mrs. Mecher's Teacher Page:

Visit www.summithill.org to view:

- Newsletter
- Downloads
- Cool Links



Movement Break Links:

Yoga, Mindfulness, and Relaxation	https://www.youtube.com/user/CosmicKidsYoga
Go Noodle	https://www.gonoodle.com/
Mindful Yeti	https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotIdKIUQCw
Mindful Littles	https://mindfullittles.org/category/mindfulnessactivities/



Family Resources (to support Mental Health during this difficult time):

Parents: Right click on blue hyperlink. Click "open hyperlink" to view resource.

- [IDPH: Call4Calm](#) - A free emotional support text line. Text "TALK" to 552020 or "HABLAR" for service in Spanish.
- [IDHS: School Based Mental Health Resources](#)
- [Coronavirus \(COVID-19\): How to Talk to Your Child](#)
- [Disasters and Scary Events: Helping Children Cope](#)
- [Helping Children Cope with Emergencies](#)
- [Manage Anxiety & Stress](#)
- [Returning to School After an Emergency or Disaster: Tips to Help Your Students Cope](#)
- [Talking to Children About Tragedies & Other News Events](#)
- [SAMHSA: Tips for Social Distancing](#) 📄
- [National Child Traumatic Stress Network](#) 📄
- [UNICEF - Dealing with Coronavirus Anxiety](#) 📄
- [A Trauma-Informed Approach to Teaching Through Coronavirus](#)

Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

- Emily W. King, Ph.D.