

Roberto Clemente Charter School

College: It's what we do!
Middle / High School

March 18th, 2020

Roberto Clemente Charter School MS/HS
136 South Fourth Street
Allentown, PA 18102
610-439-5181 x456

Dear Parents and Guardians,

We hope that this message finds you and your loved ones safe and healthy.

We are reaching out to you in order to provide our students an opportunity for academic growth and enrichment during this closure while also providing our students a sense of normalcy. Staff members have been working hard to prepare and organize materials to get to students. Please direct your students to their teachers' Google Classroom. Google Classroom can be accessed through a computer or tablet. For phones or devices requiring apps, simply search for the Google Classroom App in the Apple Store or Play Store. The app is free.

Students will receive about 2 hours worth of materials to sharpen and enhance their understanding of content that has already been taught by their teacher. It is important not to lose the momentum in our students' learning so that we may hit the ground running when we return back to school. When creating a plan, teachers have kept in mind the technology students have access to at home and students should be able to complete the work given with a smartphone that has access to the internet.

Please be aware that students will be held to the same standard of **student conduct** when they interact and communicate with their teachers and fellow classmates online. They should conduct themselves in the same manner which exhibits proper and appropriate communication in our digital classrooms as they would in our regular classrooms.

To help you and your student with this process you can do the following:

- establish a routine
- set up a time each day for your student to work
- set up a 'work place' that is quiet or has limited distractions. Ex. Kitchen table
- provide positive feedback and encourage your student to work through the given enrichment opportunities

To help you and your families to help you have a conversation with your children, please see the letter attached from our guidance department.

1. Stay Positive
2. Stick to the facts



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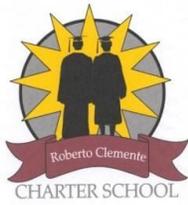
3. Consider Media Consumption
4. Eliminate Stigma
5. Boost Your Coping Strategies

This is a difficult and unprecedented time for all of us and we appreciate your cooperation. Please stay safe and healthy during this time and we will continue to communicate with you as new information develops.

Best wishes,

Ms. Morales, Principal

Mr. Andrews, Assistant Principal



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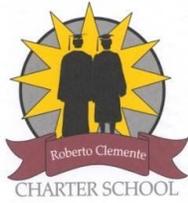
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Dear Parents and Guardians,

The coronavirus (now officially named COVID-19) has been declared a public health emergency by the World Health Organization (WHO) and uncertainty around this can bring about fear and worry with our students. It is important to remember our children are looking towards us for reassurance and cues on how to react and respond.

Five strategies to build resilience and have reassuring conversations with kids are:

- 1. Stay Positive:** Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Changes to the environment and routines can create unease. Having calm, panic-free discussions can ease emotions around these changes. Check-in on how your child is feeling and acknowledge and address their worries rather than ignore them.
- 2. Stick to the facts:** It is important to have thoughtful conversations regarding the coronavirus to distill anxiety, worry or fear. Look at the facts. Consider your child's age, processing, and emotions to determine how to frame these conversations to ensure your child understands. Let them know that the United States is doing everything they can and you are up-to-date on current information. If they have additional questions you can look to find the answers. Check-in on what your child is thinking and address their worries. Discuss that not everything they hear or see is real. It can also be comforting to be reminded that doctors around the world are looking for ways to address the coronavirus and highlight positive news as well.
- 3. Consider Media Consumption:** When looking online, consider the source and fact check to prevent fake news; think before you share. Be mindful of how much media you are checking and minimize how often you are reading stories. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle.
- 4. Eliminate stigma:** It is important to be aware of how the coronavirus is explained to your children to avoid any person or group being blamed. Also, to communicate that if someone has a fever or cough does not mean this person has the coronavirus.
- 5. Boost Your Coping Strategies:** When anyone has change or uncertainty this can create some levels of worry or anxiety. When this occurs, it is important to use positive coping strategies to manage those emotions. As every person is different, so too are our coping strategies. Regardless, it is important to practice positive strategies to calm down or modify our thinking to improve our outlook and overall well-being. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, movies, create a gratitude list, meditation,



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yoga, coloring, exercise, cooking/baking, talking to a friend or family member or doing other activities that are fun or give you joy and make you feel good.

We at RCCS are here to help you and your family. If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue conversations and providing care for your child. If you find that additional support is needed, please reach out to Ms. Hankin, School Counselor, who can refer you to outside Counselling or to schedule time with you or your child to make a plan on how to support him/her during this time.

Kindly,

Ms. Hankin
Guidance Counselor