



May 5, 2020

Dear Teachers and Families,

This is the last letter in our six-week series for students, teachers and families. Thank you for sharing our notes with your children. We hope they have helped ease some of the stress of this challenging time. Our student notes this week focus on continuing to be a peacemaker by practicing our friendship skills until we can be together in school again.

When your children return to school, there will be an adjustment period. We know that being at home and being at school are very different. You can help make sure they are ready to return to the classroom by following these tips:

1. **Keep a consistent schedule.** Have regular mealtimes, bedtimes and waking times. A predictable schedule will help your children feel safe and stay healthy.
2. **Make time to read each day.** A love of reading and learning go hand-in-hand. Read to your kids, let them see you reading, let them read to you, read in everyday activities. Read, read and then read some more!
3. **Kindness and good manners matter.** The polite behaviors and words you encourage at home are evident in your kids behavior in the classroom.
4. **If you don't want them to say it, make sure they don't hear it!** We encourage you to make sure the screen time spent by your little ones is age-appropriate. Teachers often hear kids repeating things they have heard in movies and tv shows that are clearly meant for adult eyes and ears. Even if you think they are asleep, turn down the volume.
5. **Play with others!** Okay we get it, social distancing makes this especially challenging. If your child doesn't have other children to play with, guess what? You get to play!! This provides the perfect opportunity to teach them how to share, take turns, listen, express feelings and problem solve. Remember, play *is* the work of childhood. When we join in we can all have more fun.

We look forward to the time when we can safely work with your children once again.

Please follow us on Facebook or check out our website at mhawny.org for more resources and information. Stay safe...stay well!

Our Website: <https://mhawny.org>

Like our Facebook page! <https://www.facebook.com/MHAWNY/>

~ The BEST Team