

JPS NEWS LETTER



COVID-19 CHANGES THE FACE OF EDUCATION

On the afternoon of Sunday, March 15, 2020, Governor Sununu made the announcement that changed our lives in a significant way. Suddenly, our teachers and students had to adapt to *remote education*. In true JPS Bulldog fashion, our community pulled together to make it work!

Now we have received the disappointing, though understandable, news from up above that remote learning will continue through the end of the school year. We at JPS all miss the students like crazy and can't wait until we can all join together again in person! In the meantime, we are working VERY hard to provide the best education we can. Thank you all for your support and your input as we navigate this new territory.

As always, please feel free to contact Jessy at 848-9958 if you have any concerns, questions or ideas to share—we are in this together!



A FAMILY AFFAIR:
4th grade JPS student shares Literature Out Loud time with his little brother



EDUCATION FROM A DISTANCE
Top: Class photo of upper middle school created with a comic maker program called Pixton
Bottom Left: Using digital art to make connections to content area vocabulary
Bottom Right: Using Nearpod drawing tools to let students show their knowledge of syllable division

HEALTH IS PRIORITY #1

JPS staff are in constant contact. A daily conversational theme has been how much we miss and think about our students. Given our kiddos work with us specifically because they struggle with emotional and behavioral regulation, we are keenly aware of how these changes could be impacting them, and as an extension, their families.

Check out the invitation on page two. Lynn Lyons is a phenomenal speaker with extensive experience working through anxiety with children and families. She is offering a video conference with advice for parenting during a pandemic. I highly recommend taking advantage of this free opportunity!

In the meantime, following are a few things to keep in mind during this world-wide stressful event:

- **VALIDATE & KNOW THE SIGNS**
It's normal to have lots of big, confusing emotions right now. Normalize and model expressing feeling in safe ways. Monitor for signs of depression or emotional/ mental decline. Major changes to temperament or sleeping/eating patterns, loss of interest in activities or hobbies, and increased isolation are red flags.
- **TRY TO KEEP A SCHEDULE**
Kids thrive on routine.
- **KEEP MOVING & GET OUTSIDE**
Fresh air and exercise can work wonders on mood!
- **SET LIMITS ON SCREEN TIME**
Build a fort, plant a garden, create some art, do a puzzle, make up a dance routine, take a nature walk—technology is amazing, but it's not everything!
- **GET SOCIALLY CREATIVE**
Kids are undoubtedly missing their friends. Try to keep kids connected while keeping social distance a priority.
- **KNOW WHEN TO SAY NO**
You know what you and your family can handle. If you are not able to participate in everything JPS is offering, it's OK to come up with an individualized plan. Just keep the communication flowing!
- **TAKE CARE OF Y-O-U**
If you are not taking care of yourself, it will be near impossible to take care of your family. A soothing bath, long walk, nap, time to read, yoga/meditation, a heart-to-heart with a friend...what helps keep you well?
- **LEAN ON US**
We are here for you—please don't hesitate to reach out

Community Invitation:
*Parenting Through a Pandemic:
The Do's and Don'ts of Being Stuck in the House*
with Lynn Lyons, LICSW



Please Join Us
Thursday, April 30
7:00-8:30 pm
For a Special Online Zoom Event with
Lynn Lyons, LICSW



***"Parenting Through a Pandemic: The Do's and
Don'ts of Being Stuck in the House"***

Where?

Online: Zoom Event

Join Zoom Meeting

<https://us02web.zoom.us/j/86138895854?pwd=SFk2Y0czSEFKUldkYkw2L1BGSVJYZz09>

Meeting ID: 861 3889 5854

Password: 002284

When?

Thursday, April 30, 2020

7:00-8:30PM