



Distance Learning: Student Support Services

Middle School Resources

Stay in Touch & Informed

Please click the links below to get contact information and school specific updates:

[Abbott Middle School](#)

[Canton Middle School](#)

[Eastview Middle School](#)

[Ellis Middle School](#)

[Kenyon Woods Middle School](#)

[Kimball Middle School](#)

[Larsen Middle School](#)

[Tefft Middle School](#)

COVID-19 District Updates

To access the **U46 Covid-19 Communication Page**, please [click here](#).

Meal Distribution: Please [click here](#) for an updated list of dates, times and locations.

For information on how to access **free WiFi**, please [click here](#).

Please [click here](#) to view how students mark themselves present (take **attendance**) each day.

Emergency Contacts

If you or someone you know is in immediate danger, call **911**.

If you or someone you know is having **thoughts of self harm**, please call the National Suicide Prevention Hotline (800) 273- 8255 or text message 741741.

For a complete list of **emergency local supports**, please [click here](#).

Community Resources

If you are looking for **local resources**, such as food pantries, legal services, health services, etc. please [click here](#).

Social Emotional Support Strategies

Challenge yourself daily by sticking to a [Mindfulness Calendar](#).

Below are guided **worksheets/activities** addressing **social emotional** topics that can be done on your own:

[Anxiety Coping Skills](#), [Healthy vs Unhealthy Coping Skills](#), [Triggers](#), [Mental Health Maintenance Plan](#), [Grounding Techniques](#), [Gratitude Journal](#), [Anger Coping Skills](#), [Stress Management](#), [Challenging Anxious Thoughts](#), [Time Management](#), [Negative Thoughts](#)

Health + Safety

Some students might be curious about what **social distancing** is and why we are doing it. For a great article (with video simulations) please [click here](#).

For another brief video demonstrating social distancing, [click here](#).

Wondering how **hand washing** can help? [Click here](#) to watch a 1 minute science experiment video!

For more information about COVID-19, you can visit the CDC website by [clicking here](#).

Looking Ahead: College + Career

While you practice social distancing as middle school students, you can still explore your options for the **future**!

Not sure where to start? Head over to [Naviance](#), where you can take various **career planning** and **interest inventories**.

If you have questions about college, check out **College Board's interactive step-by-step guide**.

For more **resources**, check out these [virtual college tours](#) and upcoming [virtual college admissions events](#).



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Healthy Habits

It can be hard to manage your time when your **learning environment** has recently changed. [Click here](#) for **time management** tips and make sure that you are maintaining good [self care habits](#).

Did you know that sleep deprivation can cause poor concentration and productivity? Be sure to **prioritize sleep** using these [tips for better sleep!](#)

Remember, even though this can feel a little uncertain, it's still important to maintain a [Growth Mindset!](#)

Staying Active

If you're used to being active, playing sports and having practices, there are still ways you can get moving at home! [Click here](#) to access free **yoga classes**. On a time crunch? [Click here](#) for 15 minutes of **yoga**.

Looking for something more intense? Check out these 30 minute [high intensity interval](#) classes, or [these](#) online fitness classes!

Check out [more creative ideas](#) on how to stay **active!**

Distance Learning Expectations

To get more information about **U-46 eLearning**, please click the links below:

[Distance Learning Student Expectations](#)
[Student Attendance & Reporting Absences](#)
[Information on Grading](#)
[Chromebook/ Technology Support](#)

During this time, **reassessments** are **highly encouraged**. For details on how to arrange this, or for classroom specific grading questions, please reach out to the teacher directly.

Staying Sane Long Term

This is the first time most of us are experiencing social distancing and sheltering in place. Below, we've provided ideas on how to stay "sane" during our time at home.

For **calming activities**, check out this [2020 Daily Calm Calendar](#) or free [guided meditation](#) for children and adults. For a helpful resource on **self-care**, please [click here](#).

If you'd like to set up a **calming classroom environment** at home, [click here](#) to access the eBook and **listen** to this [playlist](#).

Testing Updates

Please note that the Illinois State Board of Education has **waived all state and federal tests** for the remainder of the 2019-20 school year. This includes: Illinois Assessment of Readiness (IAR), Illinois Science Assessment (ISA), MAP testing and the Constitution Test.

Ideas for Parents + Families

Many parents and families are experiencing a drastic change in their **daily routine**. To help with structure, take a look at this [suggested weekday schedule](#) from Kahn Academy. For additional **supports** that parents and families can use, check out the links below:

[How Parents Can Support eLearning](#)
[Tips for Parents on Navigating eLearning](#)
[Supporting Kids During COVID-19](#)
[Teaching Life Skills to Teens](#)

Academic Resources

Although the classroom setting has temporarily changed, there are still plenty of options for students who need **academic support!**

For links to websites that can help with math, online tutoring, etc. please [click here](#).

Brain Break!

In need of a **brain break**? Check out the links below!

[Virtual Tours: Zoos, Theme Parks & Museums](#)
[30 At Home Brain Breaks](#)
["I" to the "L"](#)
[Tap this Way](#)
[Super Crazy Eights](#)
[Just One Breath Activity](#)