



KWMS MTSS Resources

Date: 04/06/2020

Hello Panther Community!

We are hoping you are staying safe and healthy! We MISS YOU ALL so very much!

We are sending this flyer with resources you can use and link to, in support of different areas of need during these trying times. Please know we are here to support and we care!

Online Learning Etiquette

[Netiquette](#) A link to help middle school students be kind and create a comfortable distance learning environment.

[Rules of netiquette](#) Another link. Not as middle school friendly, but has some good information



Caring for Ourselves and Others:

Social Emotional Articles for Parents

[How to Help Someone with Anxiety or Depression During COVID-19](#)

[How to Support a Loved One Going Through a Tough Time During COVID-19](#)

[How to Talk to Your Kids About Coronavirus](#)

Social Emotional Apps for the Family

[Calming](#)

[Journaling](#)

[Meditation](#)

[Breathing Techniques](#)

[Sanvello for Stress & Anxiety](#)

[Headspace](#)



Structuring my day at home: Recommendations for Parents and Students

- [Learning Routines for Children](#)
 - This link provides a printable, fillable document to assist your student in structuring their day. It also provides opportunities and ideas for brain breaks and activity breaks.
- [Time Management Tips for Students](#)

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- This link provides simple tips for students to reference when structuring their day and managing their time.
 - [Supporting E-Learning](#)
 - This link suggests 5 quick tips and strategies that parents can employ to support their student's online learning.
 - [Navigating Online Learning](#)
 - This link outlines 9 pieces of advice for parents when navigating online learning.
 - [Using Positive Reinforcement](#)
 - At school, we utilize PBIS strategies to encourage positive behavior choices. This link provides information as to how you can use positive reinforcement to improve behavior at home. Further, you can explore the following tips on how to [Create an Effective Reward System](#) for your student's developmental level.

A note from the Assistant Principals:

Hello Panthers,

We want to remind you of expectations we live by at Kenyon. One of them is to "Be Kind". When engaging in your e-learning activities and platforms, remember to be kind to others. You show kindness by being mindful and respectful to everyone, including your teachers. Your teachers and resource staff are working really hard to continue to educate you. Please take this seriously. We care and want to make sure you are successful.

Mr. Fleming and I, Ms. Mattei, believe in you, and will be monitoring your interactions and work online. We really hope to see the great students we know you are.

Thank you for your kindness and respect!

We are Kenyon Woods!

Other Helpful Links

Resources for food distribution, household cleaning and personal care products and emergency resources for rent, utilities and medical needs at [The Salvation Army of Elgin COVID resources](#)

Access to social/emotional resources and activities, community resources, helpful websites and mindfulness resources as well as ways of connecting with your School Social Worker at [Miss Goldsteins Social Work Site](#)