

# FAMILY AND COMMUNITY ENGAGEMENT

## COVID-19 Information to Support At-Home Instructional Planning



For access to learning guides and resources visit: <http://www.scsk12.org/coronavirusfacts/>



### SCHEDULES

Creating a daily schedule together creates buy-in from your child.

### RESOURCES

Using resources that are available at home can support student learning.

### ROUTINES

Having a consistent routine for Monday through Friday can support student learning and focus.

## Tips to Help Families Create a Daily Schedule

- Wake up, get dressed and have breakfast at your normal time.
- Decide where everyone can do their work most effectively and without distractions.
- List the times for learning, exercise and breaks. If you are working from home, include your hours as well.
- Schedule time for nutritious lunches and snacks.
- Don't forget afternoon breaks as well!
- Have dinner together as a family and discuss the day.
- Enjoy more family time in the evenings by playing, reading, watching a movie or exercising together.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

Please visit <https://www.healthychildren.org/> for more information

## Printable and Digital Resources



Flexible digital curriculum that can also be printed.

Please visit: <https://gm.greatminds.org/en-us/knowledgeonthe go>



Daily projects and resources to keep children engaged

Please visit: <https://classroommagazines.scholastic.com/support/learnathome.html>



Information about creating structure and rules for children

<https://www.cdc.gov/parents/essentials/structure/index.html>



Online offerings from the Memphis Pubic Library

<http://www.memphislibrary.org/library-services-and-covid-19/>



Printable at-home activity packs to provide students with self-directed exercises and practice

<https://www.curriculumassociates.com/supporting-students-away-from-school>



Family toolkit provides a number of resources that can be used to support at-home learning

[https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20\(Published\).pdf](https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20-%20Families%20(Published).pdf)

For the most up-to-date COVID-19 information visit: <https://www.cdc.gov/>