

Back to School Night

Christina Sasson- HS Counselor

Kim Gerken- HS Counselor

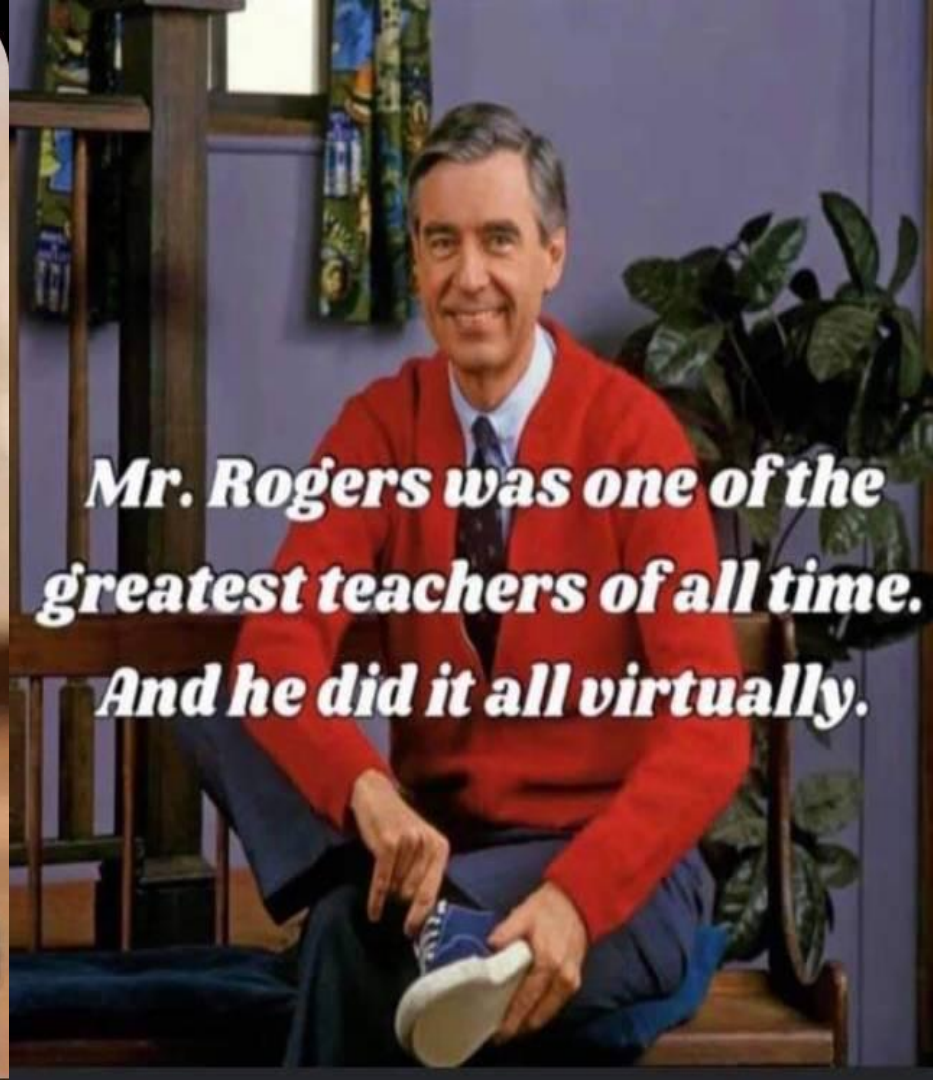
Marta Benito- HS Counselor

Derek Giorgio- MS Counselor

**THIS IS SUE.
SUE IS 31 YEARS OLD.**



**SUE HAS BEEN HOMESCHOOLING
HER 4 KIDS FOR THE LAST WEEK.**



***Mr. Rogers was one of the
greatest teachers of all time.
And he did it all virtually.***

Tools to Help You Stay Connected & Informed

- **Saddle Brook MS/HS (sbpsnj.org) Website**
 - Student Handbook
 - Virtual backpack
- **Genesis Website (<https://parents.saddlebrookschoools.org/saddlebrook/parents?gohome=true>)**
 - This is where you can access your child's gradebook for each class. It's important to check this site regularly so you are aware of where your student is with assignments and tests/quizzes.
 - Any issues please contact: parentaccess@sbpsnj.org
- **Google Classroom**
 - Every teacher has a Google Classroom for his/her class.
 - Calendar is very helpful!
- **Email**
 - Contact your child's teachers and/or counselor if you have any questions.

Creating Structure

- Set up an actual schedule with your child. Have a wake up time, a bed time and a lunch time.
- Having a set schedule will help build a routine and help your child stay on task.
- Help your child write out a weekly schedule with designated work time for online courses. Be sure to hang up the schedule in a noticeable place, like on the refrigerator or next to any other family master calendars, to help keep your child accountable and establish an effective routine.



Make a Space for Learning

- Dedicate a space for learning, either a table in the kitchen or a desk in another room. Students should not be laying in bed while attending Google Meet classes!
- The right work space can make a huge difference in optimizing focus and concentration.
 - Quiet space away from distractions like siblings, cell phones and the t.v.
 - Within reach of materials needed for learning (books, notebooks, pens/pencils etc....)
 - Near a power source to charge laptop



Review Expectations

- Go over what the school and teachers expect regarding online learning.
- Set some expectations of your own as well. What do you expect from your child during virtual learning? What distracts your child and how can this be avoided? What can they do in their downtime? Come up with a list of "must dos" and "may dos" together to cover the essentials and activities of choice.
- Communicate with your child's teacher, and encourage them to self-advocate for what they need. Model communication about your day, including the positives.



Get Help When You Need It!

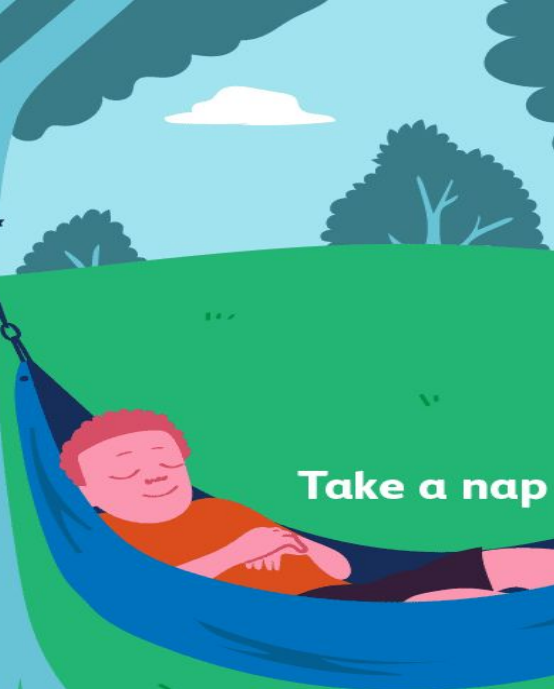
- You won't always know how to help your child. Think about who could help fill in the gaps -- look to family, counselors, teachers, and others for help. Sometimes having another adult help removes the tricky parent/kid homework battle dynamic and lets you go back to just being a parent.
- Communicate with the school about how things are going, leading with positives first. Everyone's doing their best, AND it's important for teachers to know what's working and not working for your child so they can get the help they need.



Tips to Relieve Stress



Exercise



Take a nap



Play with a pet



Meditate



Listen to music



Breathe in

Calm

School Counseling Staff

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KEEP

CALM

We're all in this

Together