

June 1, 2020

# HCS Social Emotional Newsletter- Summer!

## OUR SCHOOL YEAR IS ENDING AND YOU ARE AWESOME

Hi Highland Students & Families,

It's been a challenging two months for all of us! We haven't been able to go to work or school and we've been missing our friends, family, teachers, and other important people in our lives. Despite not being able to be together at Highland, we have found new ways to spend time with each other and connect - classroom Zoom meetings, phone calls, 1-on-1 Zoom sessions with teachers, and more.

I have truly enjoyed connecting with students and parents via video each week and providing resources on Facebook. In doing so, I hope that I was able to provide support and positivity, while reminding you that you're all doing a great job!

Each of you has had to embrace change and grow, so give yourself a pat on the back for rising to the challenge and staying strong.

Take good care,  
Ms. Alexis, School Social Worker



Are you having  
difficulty meeting basic  
needs at this time?

Please reach out to  
me directly at  
[akramschuster@hcsmlake.org](mailto:akramschuster@hcsmlake.org) or at 414-376-  
0655 for local  
resources and  
assistance.

## SIX TIPS FOR COVID SUMMER WITH KIDS

### Maintain a Routine

Creating a routine for your child(ren) reduces anxiety and instances of misbehavior. For the summer, involve your kids in the process of creating their schedule for the day. Kids will feel more empowered and will be more likely to follow the schedule, since they had a part in creating it. Don't feel like you need to jam-pack your day with activities and make sure bedtimes & mealtimes are consistent.

### Reward Positive Behavior

Reward your child with positive praise when you catch them being good. You can leverage everyday things like screen time as a reward or give them a small prize for their positive behavior to motivate them.

### Limit Screen Time

We have all been exposed to significantly more screen time while being in quarantine. Make sure you plan some fun outdoor activities and creative indoor activities, like family game nights, painting, or working on a puzzle.

### Stay Connected

Take the time to continue to stay connected with others (both your children with friends and you with other parents, family, and friends). Schedule virtual play dates or do a drive-by visit.

### Incorporate Academic Time

Help prevent summer learning loss by integrating some fun activities like reading and online activities from MobyMax & ALEKS.

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## Summer Reads

Check out these great books about summer to get you excited for sunshine, playing outside, fort-building, popsicles, movie nights, and so much more!

[And Then Comes Summer](#) by Tom Brenner

[The Little Red Fort](#) by Brenda Maier

[The Truth About My Unbelievable Summer](#) by Benjamin Chaud



## Summer Support

The school year has ended, but I will be offering continued social & emotional support to Highland students and families via our [Highland Support Facebook Group](#) and weekly office hours.

**Ms. Alexis' Office Hours:  
Thursdays from 8:30-10:30am**

During this time, I will be available to families and students to provide a fun connection, assistance with obtaining basic needs and applying for benefits, behavior support, enrichment, and more. You can sign up for an appointment during these office hours on my [Google Calendar here](#).

Or you can contact me during that time at [akramschuster@hcsmkc.org](mailto:akramschuster@hcsmkc.org) or at 414-376-0655. Please don't hesitate to reach out!

## Six Tips for COVID Summer with Kids (Continued...)

### Get Help

The last few months have been a whirlwind and most of us haven't processed how the coronavirus has impacted our mental health. Take some time over the summer to check in on your mental health and seek support for you and your child if you need it.

**Summer Rules**  
**No TV/Electronics**  
**until you:**

- brush your teeth
- shower/get dressed
- make your bed
- pick up your room
- pick up another room
- do your chores
- help someone else
- read for 30 minutes
- be active for 30 minutes
- play for 30 minutes

## Fun Family Activity: Memory Wheels



For this activity, all you need is some paper and markers or colored pencils.

- Take some time to think about some of the great memories you have from this school year - they can be memories you made in school or memories you made with family when at home!
- Make a list of memories. Then choose 6-8 memories to put on your memory wheel.
- Display your memory wheel in your house or keep in a safe place to remind you of all the wonderful memories you have - even during an unexpected school year like this one!