

# From the Social Worker's Desk



## Carnegie – Dewey - Green Oaks - Twin Lakes

Celia Del Toro Vargas 916-426-2849 – [celia.deltorovargas@sanjuan.edu](mailto:celia.deltorovargas@sanjuan.edu)

ALTHOUGH WE DO NOT KNOW HOW LONG-DISTANCE LEARNING WILL LAST, WHAT WE KNOW IS THAT IT WILL NOT LAST FOREVER. BUT WHATEVER LONG IT LASTS, WE SHOULD MAKE THE BEST OUT OF IT. LET'S CONTINUE ENCOURAGING CHILDREN TO ATTEND THEIR ZOOM CLASS MEETINGS AND COMPLETE AS MUCH CLASS WORK AS POSSIBLE. **PARENTS:** I KNOW THIS IS ALL NEW AND VERY CHALLENGING FOR YOU AND YOUR STUDENT, JUST KNOW **I'M HERE** TO SUPPORT YOU BOTH. AND PLEASE REMEMBER CHILDREN TAKE CUES FROM OUR BEHAVIOR AND ATTITUDES, SO IT IS IMPORTANT TO HAVE A **POSITIVE ATTITUDE**, REMAIN CALMED, CONFIDENT AND OPTIMISTIC EVEN WHEN THINGS GET CHALLENGING. BY BEING ABLE TO MANAGE OUR OWN EMOTIONS, CHILDREN WILL BE WILLING TO ENGAGE IN DISTANCE LEARNING AND MORE LIKELY TO STAY FOCUSED ON THEIR LEARNING.

**I'M CONFIDENT THAT WE WILL OVERCOME THIS CRISIS TOGETHER.**



**Sacramento Public Library is offering support for homework. One is daily from 1pm-11pm, you can use this link**

<https://www.saclibrary.org/Education/Students-Educators/Homework-Help>

**The other one is Wednesday 3:30pm-5:30pm use this link**

[HomeworkZone@saclibrary.org](mailto:HomeworkZone@saclibrary.org)

**Distance Learning attendance supports your student's achievement. Every day a student misses school, he/she is at risk of falling behind academically. Not only is the missed day lost, but the return day is also spent catching up. Every day a student attends school is also a lesson in responsibility and commitment. During Distance Learning, a student will be marked absent for the day if there is no evidence of one or more of the following:**

- **Participation in online activities**
- **Participation in synchronous classroom activities**
- **Completion of asynchronous activities/assignments**
- **Contact between employees of the school and students or parents/guardians regarding instruction or participation in daily activities**

**For questions or concerns contact Attendance Department (916) 979-8604**

## The importance of Routine During Distance Learning

Routines eliminate power struggles: You don't have to tell them what to do or "boss them around" because this is just the time we do this (brush teeth, house chores, school work, etc.)

Routines help with Cooperation: Children know what comes next. Know the transitions, thus power demands are reduced.

Routines helps children be responsible: Once children get a routine down, they will need less reminders from parent, which increases children's competence and sense of pride. Kids who feel more independent have less need to rebel and be oppositional.

Routines help parents be more consistent in their expectations: There is less fighting and nagging when expectations are clear.

### Tips for creating a routine:

Be clear with expectations

Use positive wording: Use "Use your inside voice" instead of "Stop yelling."

Be a teacher: Teach expected actions and behaviors.

Acknowledge appropriate behavior: Be sure you acknowledge and praise appropriate behavior.

### **Positive Behavior Support for Families during Distance Learning**

Video Sean Bollinger, Behavior Specialist, and his team have created a video with all San Juan families in mind, with the purpose of supporting parents and caregivers creating home routines using proven techniques to encourage students to show respectful, responsible, and healthy behaviors at home. The video is featured on the SJUSD Covid19 site, under "Family Recourses"- Family Tips and Family Training Tabs or at

<https://www.sanjuan.edu/Page/1659>

Be sure to check out samples of daily routines, behavior charts and other supporting materials.

I'd be happy to assist you developing a behavior expectation and routine plan for home. Reach out!

## Social/Emotional Corner

### Positive Attitude

**Defined simply as looking for the GOOD in all circumstances.**



Positive Attitude Video

<https://youtu.be/31X58sZYhZA>

Always sees the good in a situation.

Tries to find a solution to the problem.

Takes time to appreciate the little things.

Is happy with what they have.

Takes responsibility for their actions.

Understands the need to listen to other people's opinions and thoughts.

