



# John Eliot School

## Bulletin

May 15, 2020

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Principal, Karen Bourn  
Assistant Principal, Mona Maas  
<http://eliot.needham.k12.ma.us>

## Principal's News

### A NOTE FROM OUR GUIDANCE COUNSELORS

Here are some tips and reminders from the counseling staff during this time of remote learning.

#### Routines and Structure

Routines and structure help us reduce unhelpful habits, increase effectiveness, and support motivation. Plus, during the COVID-19 pandemic, relying on routines and structures at home help to support feelings of normalcy.

- Let your child know that you and their teachers continue to expect them to be engaged with schoolwork and participate in classroom meetings. Have a routine for when this occurs.
- Encourage outside time with physical activity as part of a daily routine.
- Have daily happenings that your child(ren) and you can rely on - an afternoon walk, a consistent quiet reading time, afternoon "recess" and other movement breaks, family dinner, etc.
- Be flexible with routines. Information and regulations are changing frequently. Adapt your routines. It is better to have routines that can change and be flexible, than no routines at all.

#### Control the Controllables

The pandemic has taken away some of our autonomy and has made it difficult to plan ahead too much. This can be difficult for many of us (ourselves included!). But, we cannot always control everything around us, as much as we long for its stability.

- Build in choices whenever possible. Children like to feel in control (at times, and some more than others!). If a child has three tasks to complete, let them choose the order. It still gets the tasks completed, but the child is allowed to have some level of control.
- Monitor and limit the time your child spends being exposed to the news.

- Consider establishing a time of the day that is set aside to talk about news related to coronavirus events so that conversation about this feels contained.
- Look for and comment on good news that is reported.
- Remind and model for your child mindfulness practices and staying in the present with their thoughts.

#### **It's okay to not always be okay**

- Be honest and open about concerns your family may be facing and provide realistic reassurances to your child.
- Listen to their concerns. Be empathic with your child about the losses, boredom, worries or other feelings they may be having.
- Reassure and discuss with your child the things that your family is doing to stay safe and healthy.
- Remember and share what we are grateful for.
- Looping back to the first item, having good routines and structure will help motivate us so that we can build good habits, stay grateful, and be positive.

Feel free to reach out to us if you have significant concerns about your child. We are here to help provide support and resources for your family.

Stay safe, stay healthy!

Mrs. Sullivan, Mrs. Vullo, and Mr. Aronson

#### **PARENT OPEN HOUSE MAY 21**

Eliot school will host another open house featuring the guidance counselors, Jen Sullivan, Monique Vullo and Ben Aronson on Thursday May 21 at 4:30 pm. Please RSVP using the following link: [Guidance Open House](#)

#### **TECHNOLOGY SUPPORT TO FAMILIES**

As part of the enhancements to the district's Remote Learning Plan, the Needham Public Schools will be offering, on a limited basis, remote technology support to families. If you or your child is having difficulty accessing learning resources, experiencing issues with hardware, or grappling with any other technical issue that is preventing them from participating in remote learning, we are here to help.

To access remote technical support for your school-issued device, please send an email to [techhelp@needham.k12.ma.us](mailto:techhelp@needham.k12.ma.us). Include the following information in the body of the email:

Your Name

Student's Name

Grade

School

Type of Device (e.g. Chromebook, iPad, Laptop)

### Brief description of the Problem

A member of our tech support team will contact you via email to arrange a time to troubleshoot the matter with you. The team is available 9:00 AM-4:00 PM on Monday through Friday on days when school is in session. You can expect to receive a response from a tech support team member within 24hrs. Our goal is to ensure that your technology is up and running and your child is able to resume participating in remote learning as quickly as possible.