

Dear PCS Students, Families, and Staff,  
Hello! I hope you are well! Some ideas and encouragement coming your way. Take what delights you and leave the rest. :)

**1. Shout outs:**

**Staff:** Awesome job getting everything set up for our students and families to be successful learning from home. Thank you for the extra hours and energy and care you continue to put into making this work. Most of all, thank you for your huge hearts, compassion, and passion. I have had the pleasure of visiting all the PCS campuses throughout the county and it is clear to me how much each of you truly cares about the students and families with whom we work. I am proud to be part of such a heart-felt, genuine community.

**Students:** The same can be said of the students and families of PCS; you are a special bunch of passionate, caring, honest, and quality people. **Students,** You're doing great! I am so impressed with your dedication to your academics and your ability to be self-motivated. Thank you for reaching out to your teachers when you need help and being cooperative with your families when they encourage and nudge you to be on task. Keep up the good work!

**Families:** I know you are adjusting and figuring out how to navigate all of this and support your students and staff. Thank you for all your effort! I'm hearing from many of you that you are finding unique solutions and embracing this new way of learning on top of working (or the stress of not working), household responsibilities, and all the numerous stressors of this time. You are amazing! Please know how much we appreciate you!!

**2. What is working:** I've gotten some great feedback about what is working for individuals and families at this time. Thank you for those of you who have shared. If any of you have more tips to share about what is working for you and/or your family, I'm still happily collecting ideas. Here's what I've gathered so far:

**Screen time limits:** From one of our beloved parents: "I was worried about knowing how much screen time/phone time was too much during this unique time. Instead of putting a time limit on screen time, I gave my kids a checklist of 5 things they need to check off before they are free to turn on the screens. They are

#1) homework ( yes they can use the computer to do this )

#2) Chores ( Pick up your things/ spaces. Take our trash/recycling/ Bring in 6 pieces of wood )

#3) Exercise ( 20 minutes preferably outside in the sunshine!)

#4) Creative ( art, music, baking, crafting, chalk drawings)

#5) Social ( engage with someone. play a game, practice a dance?, Build a fort )

I have found this keeps them busy most of the day and when they finally plop down with their screens I feel good about all they have participated in that will help them grow into healthy strong kids!"

I love this idea for screen time or any other treat we might want to set as a reward for ourselves or our kids. Each of our lists of tasks to accomplish before we get our treat will be different. I actually get excited about the treat *and* the

feeling of accomplishment of checking things off my list. Be sure to give credit to yourself and your kids for all of the successes.

**Playfulness/dancing/Mary Poppins:** Several families have shared different versions of dance parties and making chores playful and fun in their households. A common trick I'm hearing is playing some good music and having a dance party while cleaning up as a family. Everyone participates during a set amount of time. (You'll be amazed how much you can accomplish in 20 minutes!). Even if it's not chore-related, try blasting some fun music and moving your body.

**Gratitude/Presence/Recognizing this gift:** The other thing I'm hearing a ton right now is how grateful families are to be together and recognizing that they would not have otherwise gotten to spend this kind of time with their loved ones, especially getting to see their children during this particular phase of development.

- 3. Find time for yourself:** This is one that some people are figuring out and some people are really finding to be a struggle. I just want to support you to find a way to do what you need to do to take care of and connect with yourself. You may have to ask for support with this one but it will be totally worth it. We all deserve to have some time alone, even you busy parents. We will be better with our loved ones if we get the time we need apart. It's okay to need some time with yourself!

Warmly,  
Becky