

1. We want to know if you and your children are OK. Please respond to emails and calls so we know how you are doing and if you need help.
2. Teachers are committed to responding to your questions in a timely manner. Email is the best method to reach them.
3. Teachers have set up an hour each day for "virtual office hours." This time is so teachers can help students with questions about content. The time will be posted in their email/posting coming out Monday. At the High School, Office Hours will follow [this schedule](#).

Grades

First and foremost, there will be no new graded assessments this week.

- At the Grammar School, Trimester 2 grades will be based on work already completed. All Report Cards will be sent home through Infinite Campus on March 27.
- At the High School, the schedule for third quarter grades remains the same. The quarter ends on Friday, April 3. High School students should complete missing assignments prior to the end of the quarter. Please check Infinite Campus and Google Classroom for any missing assignments This is only for work that the teacher deems is appropriate to allow the student a second chance and that can be done at home.

Technology

We will send out a technology update this weekend. This will provide information for families who do not have home wireless, do not have a home computer, or are struggling using our web-based programs. We appreciate your patience as we try to solve the biggest problems first.

Kindness

Be kind to yourself and your children. At times, everyone will feel anxious. Give your children (and yourself) time and space to work through those feelings. Here is a link to a web page that includes [some helpful advice and some additional resources](#) that our counseling team is contributing to.

Read Read Read

The best thing students can do with their time is to read and write about things that interest them. See the resources below for some online resources.

Suggestions

Here are some guidelines to structure your time for learning at home.

Big Picture

Think about what you and your family need today and this week. As much as you can, involve your children in these plans.

“Week at a Glance”

Consider the plans for each week in a chunk. Consider using a resource such as [this one](#). Preparing a week-long schedule will reduce anxiety and provide predictability.

“Plan for the Day”	<p>Maintaining a consistent daily routine is ideal. It is comforting and regulating to younger children. Teens may appreciate a little more sleep or rest time built into their schedule. Visual schedules help relieve some of the "what's next" that we may often hear at home. We encourage you to build a schedule with your child or teen that accommodates everyone's wants and needs including, academics, exercise, screen time, and free/social time, just to name a few. Here is a sample day long schedule.</p>
“Checklist”	<p>Using a checklist can help us to track our progress and see what we have ahead of us and give us a sense of accomplishment. Checklist samples: Daily Goal Setting Checklist, Simple To Do Checklist.</p>
Communication	<p>In the coming weeks, communication with your children may look different than what you have previously experienced. We encourage setting up a system for checking in with them daily about their emotions as well as how they will communicate academic frustrations. One simple tool is a Traffic Light. Check out this video for an explanation of how to use them.</p> <p>Teens - Sit with your child as they access their Google Classroom. Ask them about the assignments posted and their plan for getting assignments completed. Create schedules and to-do lists with your teen. Our current times will certainly add more stress to your teen. Persevere. Keep checking in often. They appreciate you checking in, even though they don't show it.</p>
Ask for Help	<p>We know that this situation is ever changing and we are all doing our best to keep up. If you have any questions about any of the resources above or about how to organize your child's day, please reach out to your child's teacher, your school guidance counselor, your principal, or me, Chip McGee, Assistant Superintendent at ecmcgee@methuen.k12.ma.us.</p>

Resources

Here is a list of high-quality resources for families looking to supplement beyond what teachers have shared. There is a huge amount of online material out there. These are ones we have reviewed and know are high quality.

[Khan Academy](#)

Free resource with online lessons and practice problems in math and all areas for students ages 4 - 18 and all levels.

[PBS Learning](#)

Free, standards-aligned videos, interactives, and lesson plans.

[Newsela](#)

Free interesting articles in all subject areas and at all reading levels. Many Methuen Teachers use this.

[Mystery Science](#)

Free K - 5 science material designed to engage students, achieve learning outcomes, and be easy to use. All of the activities are designed to use simple supplies a parent will likely already have at home.

[Google Arts and Culture](#)

Free digital arts and culture resources from Museums around the world.

[Zearn](#)

Free math lessons and activities for students to review previous math modules.

[Prodigy](#)

Free math games for children in Grades 1-8.

[Scholastic](#)

Free curriculum “journeys” for grades K - 12 built around a thrilling, meaningful story or video. Kids can do them on their own or with their families.

[Planning Materials](#)

Free materials from a colleague and mother in the Merrimack Valley.

[Learning without Tears](#)

Free instruction teaching handwriting.