

---

# ANNIEVILLE NEWS

---

Meeting the needs of all our students

---

## Essential Service Worker?

If you need child care because you're an Essential Worker please email the district, [ESW@deltasd.bc.ca](mailto:ESW@deltasd.bc.ca)

## District Updates

Get the most up-to-date information here.

## 5 Steps to Managing Stress & Anxiety

This social isolation can impact people in different ways. If you or a family member is struggling, check out this quick lists of ways you can help. (Translate documents available, too.)

## Kids Help Line

Great tips and resources for kids and families along with ways for kids to access counselling 24/7.

## Food Security

If you or someone you know needs support to access sufficient food, please contact Mrs. Kwasnicki at the school.



## Week Three Check In

I hope this letter finds you all well, healthy and slowly finding ways to adapt to this *New Normal*. It's heart warming to see all the wonderful ways our Annieville community is coming together to connect, from the growing collection of hearts on our fence with positive messages of support to the colourful posters in windows and on our sidewalks thanking our Frontline Workers.

In the coming week, teachers will continue to connect with students using online platforms like Google Classroom, video conferencing and phone calls. Just like during regular school time, it's important that we connect with all our families at least once a week. If you're having any troubles, (internet, cell phone, issues with devices) please let either your child's teacher or the office know so we can help.



---

## Things to Consider with Virtual Learning

---

- Only take and post photos or videos of your child.
- Be aware that, when your child is attending a virtual meeting others can see into your home. You might want to set the camera up in a position that gives you and your family privacy.
- Here are two helpful links from the Delta Police Department: [Internet Safety for Kids](#) and [Protect Kids Online](#).

---

## Continuity of Learning

---

As remote learning continues we are developing routines to keep the learning going. We want generally to follow these guidelines of time:

**K-1 up to 1 hour a day**

**Gr 2-3 up to 90 minutes a day**

**Gr 4-7 up to 2 hours a day**

---

## Learning at Home

---

We know helping your child, or perhaps children may present different families with a range of challenges. Your responsibilities to care for your family, make sure everyone is safe and healthy try can feel pretty stressful during times like these.

Try to be patient. The most important thing for you to remember is that you are your child's **Parent** not their teacher! Learning happens **everywhere**. Know that your child will continue to learn and this *Learning at Home* can be an opportunity for your children to begin to really understand who they are as learners.

### Here are some simple guidelines:

#### 1. **Set up a Routine**

Get up and go to bed at the same time throughout the school week. Get dressed for the day. Have a mealtime schedule.

#### 2. **Space to Work**

Pick a place in the house where your child will do their virtual learning, with a table or desk and a chair that keeps them at a good height for writing, drawing or working on a device.

#### 3. **Be Involved**

Try to be patient with yourself and your child. Show interest in what they're doing. Give them positive feedback whenever you can. This will make it easier for them to hear any constructive feedback you or their teacher might need to give them.



---

## HAPPY BIRTHDAY WISHES (and Wishes we missed!)

---

TO:

MARIAH T   BELLA S   BRIANNA P   SHIBANI K   PRATEEK B   JILLIAN G   KADEN H  
KIERA H   AMARI L   KENZIE S   KILIONI V   KIRIT M   LUCAS H   MANMOHIT B  
FERNANDO J   BOWEN V   JEEHO S   PRAISE G   LANEY L   BRAYDENT T   ARIANNA H  
NATHAN P   JARED F   SUKHMANS S   NORAH D   ANGAD J   HOLLY F   SAYLER B  
NIKOLA K   ABBY C   AVERY C   KATELYN F   ALEXIS B   LUKE R