



UPLANDS ELEMENTARY

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Good evening Families,

I wish the message that I was sending you right now was our usual, Welcome Back after Spring Break on behalf of our staff. We all wish that this welcoming was an in-person greeting, but for now, that has been suspended. I can tell you we all miss seeing your children and can't wait to connect with you/them through email, phone and/or MS Office 365 (more info about that to come).

We recognize that this is a difficult time for everyone. There are so many changes that we are all trying to navigate and learning at home is going to look different for everyone. It is not our intention to replicate the learning that occurs in classrooms. We are going to do our best to keep connected with you and continue to support your child with their learning. While it is easy to be overwhelmed with the challenges and stress COVID-19 is placing on all of us, this time may also provide an opportunity to engage in learning as a family that includes play, talking, exercise and the outdoors.

It is reasonable to expect elementary aged children to have about an hour a day of learning. Less for our younger learners and possibly a bit more for our older learners.

Here are some things that you can do to support your child until a learning plan is put in place by your child's teacher (mid-April):

- daily reading – with them, to them, independent reading
- daily writing – what we are all experiencing is history in the making and having your child record their thoughts, feelings, gratitudes each day will be something that they will look back on in years to come
- daily exercise and time outside
- strategies to get to the green (calm) – 60 second fix/deep breathing
- family games
- and if any of this is too much, because we recognize parents are still working/working from home/caring for preschoolers/etc. at the same time as having school-aged children at home, then just do what is manageable.

Thank you for not contacting your child's teacher at this point. They are busy this week learning a new platform, MS Office 365, collaborating in teams to prepare for continuity of instruction and beginning to make contact with you and your children. You can expect to hear from them by April 9th.

Because we are missing your children, we would like to have an opportunity to see them, from a distance this Friday. So Friday, April 3rd, 1:00-1:30, we will line the front and the side of the school. It is our hope that those who are able to can drive by or ride bikes by and give us a wave. We will all follow the social distancing recommendations. You can let them know that we will have some special guests standing along side us to greet them too.

During the current Covid-19 pandemic **our school and the School Board Office will remain closed to the public.**

For up-to-date information check the **school district's website** <http://cmsd.bc.ca/> and our **Uplands Elementary School website:** <http://uplands.cmsd.bc.ca/>



We look forward to welcoming you and your child(ren) back to school when it is safe to do so. In the meantime, stay healthy.

Kind regards,

Pat Mouland