

Bristol Public Schools Community,

During the next few weeks it will be important to keep your child on a routine. The schedule below is a suggested schedule to help support you and your family as we transition into this week. The suggestions below allow for larger periods of work time for secondary students and shorter learning sessions for elementary students. The goal is to keep as normal a routine as possible.

**Suggestions:**

- Establish a common wake up time.
- Have breakfast. Get dressed. Complete your normal morning routine in the same manner that you normally would.
- Start supplemental learning time at the same time every day.
- Complete subject material in the same order every day. Dedicate a space for learning activities.

**Resources**

Use the resources in the BPS Supplemental Learning Packet online link at <https://www.bristol.k12.ct.us/>.

Stay in contact with the school/district to be aware of any updates sent by BPS related to academic material or updates regarding school closure.

Visit our BPS website daily at <https://www.bristol.k12.ct.us/>

Use the suggested daily work planner. Have your child only complete the work suggested for that day. In the case your child completes assignments prior to the tenth day of closure, utilize this list of resources for other ways of engaging your child in productive activities: Study.com.

	Resources
Free Subscriptions	<a href="#">Amazing Educational Resources</a>
Free Educational Media: Video Lessons, Apps, Books	<a href="#">Open Culture</a>
Free Science Lessons, Activities and Resource Gr.1-8	<a href="#">The Science Spot</a>
Resources for High School Students	<a href="#">10 Great Resources for High School</a>
Virtual Field Trips	<a href="#">Discovery Education</a>
Science, Geography, History, and World Culture	<a href="#">National Geographic Video Library</a>
Tips for Reading Aloud	<a href="#">Why Reading Aloud to Kids Helps them Thrive</a>
Teens	<a href="#">Helping Your Teen with Homework</a>
Organization	<a href="#">Helping Your Child Get Organized</a>
Online World Language Practice	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a>

SAT Practice - Mathematics and EBRW	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>
Social-Emotional Learning Activities	<a href="https://www.centervention.com/social-emotional-learning-activities/">https://www.centervention.com/social-emotional-learning-activities/</a>
Choir	<a href="https://linktr.ee/choirbaton">https://linktr.ee/choirbaton</a>
Elementary Science	<a href="https://mysteryscience.com/school-closure-planning">https://mysteryscience.com/school-closure-planning</a>
More Field Trips	<a href="https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR0FClpWyB-3JoB_WhMGhjxsl6Bd1BIMhtvLtPGE8o-D-oohOFOIl7m3x_g">https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR0FClpWyB-3JoB_WhMGhjxsl6Bd1BIMhtvLtPGE8o-D-oohOFOIl7m3x_g</a>

## Health and Well-being

After each subject, get up and move around for a few minutes. This movement time should be longer for younger children and shorter for older students, however it should be at least 5 minutes for every student.

Remember to eat healthy snacks and a healthy lunch during the day. In fact, it is a great idea to pack the same snacks and lunch that you would normally have at school.

Finally, make sure you take time for some outdoor time if you have a backyard and/or can safely accomplish this goal. Depending on the age of the student, ensure that students get at least one to three large blocks of time (30-45 minutes) of free time to creatively explore and play on their own.

Item	Time	Explanation
Wake up	Normal	Get up at the same time you normally would: helps continuity.
Breakfast	Normal	Again, this should be the same time as normal: helps continuity.
Begin Supplemental Packet	20-40 minutes	It takes less time to complete lessons in intensive study, don't overdo it.
Break 1	5-10 minutes	Assists with maintaining health and well-being.
Continue with packet activities	20-40 minutes	Remember to study subjects in the same order you normally would.
Break 2	5-10 minutes	Be active. Have some water.
Art/Music/Creative time	20-40 minutes	Allow time for the arts.
Lunch	30-45 minutes	Ensure that some physical activity is allowed during this time.

Quiet time for all	20-40 minutes	All members of the household should have time to engage in an activity of interest.
Break 3	5-10 minutes	Get up and move around. Don't forget to have some water.
Last session for supplemental work	20-40 minutes	For most students this will be the final academic time of the day. Continue the pattern if necessary.
Break 4	5-10 minutes	A small snack may be needed.
Health and Wellbeing	20-40 minutes	Time for exercise, dance, yoga, movement, play.

Adjust time frames to suit your child's needs. Children will most likely not need as much time to complete their work as they would have in the classroom.

We are Bristol Public Schools. We are Bristol All Heart. Take care of yourself. Take care of your families. Take care of our neighbors (follow social distancing).

We will be back together as soon as is safe for our community. Until then we will stay connected through alternative means- text, twitter, our BPS website, and School Messenger.

In Partnership,

Kate Carbone, Mike Dietter, Carly Fortin, Jill Browne, Sam Galloway, Kim Culkin

With support from Scott Gaudet -BAPS President, Mike Reynolds- BFT President, Chad Lockhart- Local 2267, Vanessa Janick, Local 3351

Comunidad de escuelas públicas de Bristol,

Durante las próximas semanas será importante mantener a su hijo en una rutina. El siguiente programa es un programa sugerido para ayudarlo a usted y a su familia a medida que hacemos la transición de esta semana. Las sugerencias a continuación permiten mayores períodos de tiempo de trabajo para estudiantes de secundaria y sesiones de aprendizaje más cortas para estudiantes de primaria. El objetivo es mantener una rutina lo más normal posible.

- Establezca un horario de despertador común.
- Desayunar y Vestirse. Completar su rutina de la mañana de la misma manera que lo haría normalmente.
- Comience el tiempo de aprendizaje suplementario a la misma hora todos los días.
- Complete el material de la asignatura en el mismo orden todos los días.
- Dedicar un espacio para actividades de aprendizaje.

### **Salud y Bienestar**

Después de cada materia, levántese y muévase por unos minutos. Este tiempo de movimiento

debería ser más largo para los niños más pequeños y más corto para los estudiantes mayores; Debe ser de al menos 5 minutos por cada niño.

Recuerde comer una merienda saludable y un almuerzo saludable durante el día. De hecho, es una buena idea empacar las mismas meriendas y almuerzos que normalmente comería en la escuela.

Finalmente, asegúrese de tomarse un tiempo al aire libre si tiene un patio trasero y / o si puede lograr este objetivo de manera segura. Dependiendo de la edad del niño, asegúrese de que los niños tengan al menos uno a tres bloques grandes de tiempo (30-45 minutos) libre para explorar y jugar creativamente por su cuenta.

Ajuste los plazos para adaptarse a las necesidades de su hijo. Lo más probable es que los niños no necesitan tanto tiempo para completar su trabajo como lo harían en el aula.

### Recursos

Use los recursos en el enlace en línea del paquete de aprendizaje complementario de BPS en [https://www.bristol.k12.ct.us/emergency\\_preparedness/continuation\\_of\\_learning](https://www.bristol.k12.ct.us/emergency_preparedness/continuation_of_learning)

Use el planificador de trabajo diario sugerido. Haga que su hijo solo complete el trabajo sugerido para ese día. En el caso de que su hijo complete las tareas antes del décimo día de cierre, utilice esta lista de recursos para otras formas de involucrar a su hijo en actividades productivas:

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Manténgase en contacto con la escuela / distrito para estar al tanto de cualquier actualización enviada por BPS relacionada al material académico o actualizaciones sobre el cierre de la escuela. Visite nuestro sitio web de BPS a diario en <https://www.bristol.k12.ct.us/>

Somos las escuelas públicas de Bristol. Somos Bristol todo corazón (All Heart). Cuidence, cuidena sus familias. Cuiden a sus vecinos (seguir el distanciamiento social). Volveremos a estar juntos tan pronto como sea seguro para nuestra comunidad.

Hasta entonces, nos mantendremos conectados a través de medios alternativos, mensajes de texto, Twitter, nuestro sitio web de BPS y El Mensajero Escolar.

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