



## **Epping School District Mental Health and Wellness Newsletter Keeping Children Motivated During Remote Learning**

April 29, 2020

Dear Epping School Community,

It is hard to believe that we have been at this for over six weeks now! As remote learning continues it is inevitable that some students are going to have a hard time staying motivated. Without the daily social interactions, the immediate positive feedback from teachers and the smiles from others passed in the hallway, many children may feel like remote learning is getting harder as the weeks go on. It certainly requires a different kind of energy and a lot of self-discipline. While it may be tempting to reduce expectations knowing how challenging this has been for them (and for you, too!), keeping your children engaged in school right now is important for a few reasons. Of course it is important because we do not want our students to fall behind in terms of their academic skills, but it is also important as the structure and routine helps children feel safe and secure. In addition, the stress of falling behind can become debilitating for some children. Lastly, staying involved in school will help to keep your children feeling connected to the school community. Research shows that a sense of school connection is vital to children's academic and social/emotional development. For this week's newsletter, we offer some tips on how to help keep your children engaged. Please understand, these are merely suggestions for those of you wanting to find ways to help motivate your children. The hope is to alleviate some stress, not add to it! As always, feel free to reach out with any questions or for additional support.

Sincerely,  
Sarah Wagner and the Epping Counseling Department

### KEEPING CHILDREN MOTIVATED DURING REMOTE LEARNING

#### ☆ Support social and emotional needs

- When children are feeling anxious, worried, stressed or sad, their brains are not going to be functioning at maximum capacity. They are going to have a hard time learning and getting work done.
- Be sure to check in with your child frequently and encourage them to talk about how they are feeling.
- If schoolwork is adding to stress and anxiety, take a break and come back to it later



#### ☆ Set weekly goals and celebrate accomplishments

- At the beginning of every week, sit down with your children and together decide a couple of realistic goals to accomplish for the week – maybe your child is behind in a class and needs to get caught up, maybe there is a big project to complete.
- When you children have accomplished the goal – celebrate! Try celebrating with a special treat or a fun family game of your child's choice.



- ☆ Allow breaks and time for play
  - Breaks are essential to refresh our brains and renew our energy. It will be even more meaningful when those breaks include a fun activity or time to just play



- ☆ Change the focus from grades to effort and engagement
  - When parents praise effort and engagement in school it helps build students' intrinsic motivation (meaning they are motivated to do an activity for its own sake or for personal satisfaction rather than to avoid punishment or gain a reward)



- ☆ Get engaged with their academics
  - Ask them questions about what they are learning
  - Participate in some of their learning activities

- ☆ Find opportunities to give positive feedback
  - Children are used to getting regular feedback from teachers many times throughout a school day. Remote learning may feel less motivating when children are not getting that immediate positive feedback.
  - When you praise your child, be specific, such as *"you did such a nice job getting all those math problems done,"* or *"I really enjoyed how descriptive this sentence is."*



## RESOURCES FOR SUPPORT

Families First is offering opportunities for parents to connect with other parents online to help decrease the feeling of social isolation we are all facing. These groups are informal with no agenda except for sharing stories and ideas, venting frustrations and reminding ourselves that we are not alone as we get through this challenging time together.



Tuesday Evening Parent Recharge  
weekly at 6:30 p.m.  
Join Zoom Meeting  
<https://zoom.us/j/540259112>  
Meeting ID: 540 259 112

Thursday Morning Parent Recharge  
weekly at 9:30 a.m.  
<https://zoom.us/j/334557303>  
Meeting ID: 334 557 303

### Counselor/Psychologist email and office hours:

#### **EES**

Julie Kratimenos: [Julie.kratimenos@eppingsd.org](mailto:Julie.kratimenos@eppingsd.org),  
9:00am-12:00pm

Marianne McDonough: [mmcdonough@eppingsd.org](mailto:mmcdonough@eppingsd.org),  
8:30am-10:00am, 2:00pm-3:30pm

### Community Resources:

Dial 211 for statewide resources

Waypoint confidential support and advice for families: 1-800-640-6486

Kathy Stanley-Berting: KStanley-  
berting@eppingsd.org, 8:00am-10:00am, 1:00pm-  
2:00pm

**EMS**

Sarah Wagner: swagner@eppingsd.org, 8:30am-  
10:00am, 1:00pm-2:30pm

Nick Degruttola: ndegruttola@eppingsd.org, 9:00am-  
12:00pm

**EHS**

Sarah Wagner: swagner@eppingsd.org, 8:30am-  
10:00am, 1:00pm-2:30pm

Julie Morin: jmorin@eppingsd.org, 9:00am-10:30am,  
1:00pm-2:30pm

Melora Bisallion: mbisaillon@eppingsd.org  
10:30am-1:30pm

Seacoast Mental Health Center: 431-6703  
and 772-2710

Unemployment assistance: [www.nhes.nh.gov](http://www.nhes.nh.gov)

Suicide Prevention Hotline: 1-800-237-TALK  
(8255)

Crisis Text Line: Text 741741

Community Partners: 516-9300

HAVEN: 994-SAFE (7233)