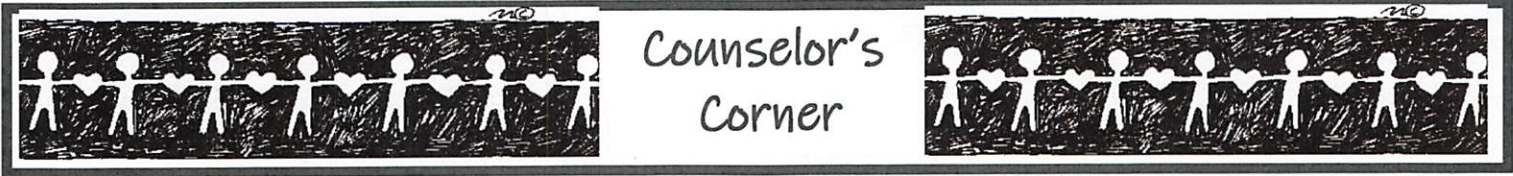


Holley-Navarre Intermediate School Home of the Seahawks



Counselor's Corner

Distance Learning - Special Edition

April 1, 2020

Be a Hero



- Honest
- Eager to Learn
- Respectful
- Optimistic

Live. Life. Healthy

Important Things to do Every Day

1. **Eat Healthy Foods:** Add fruits and veggies to your diet
2. **Exercise Every Day:** Exercising increases strength in muscles and bones and improves concentration for learning
3. **Limit screen time:** Too much screen time will overstimulate and distract the brain and children can become less interested in experiences less stimulating, like schoolwork
4. **Get a good night's sleep:** Sleeping well improves attention, behavior, learning, memory, and overall mental and physical health

From your School Counselor

During this statewide school shut-down, I am available to you during Monday thru Friday from 8:00 AM to 3:30 PM. You can reach me by sending an email to:

whitetm@santarosa.k12.fl.us

I will respond within 1-2 hours during my scheduled work hours.

Please access our website for resources for students and parents.

hnschool.weebly.com

If your student is experiencing some anxiety with this current situation, here are some coping strategies and ways to work through it together:

1. Listen to calm music.
2. Take deep breaths and relax.
3. Laugh and think positive.
4. Spend quality time with family.
5. Exercise!
6. Talk through situations and problem solve together.
7. Never give up!
8. Call me if you need anything!

Remember, make every day a great day or not....the choice is YOURS!

Ms. White



Suggested Daily Routine

Creating a routine schedule that works for you at home is vitally important to the overall happiness and success for children. Feel free to take this suggested schedule and make it fit to your family's needs and routines:

- 8:00—9:00 AM**
Wake up, make bed, get dressed, eat breakfast
- 9:00—9:40 AM**
Math Time
- 9:40—10:00 AM**
Morning Walk/Exercise
- 10:00-10:30 AM**
Reading Comprehension
- 10:30-11:00 AM**
Silent Reading: Curl up with your favorite book or magazine
- 11:00-11:20 AM**
Break/Walk/Play
- 11:20-11:40 AM**
Grammar
- 11:40-12:00 AM**
Journal Writing
- 12:00-1:00 PM**
Lunch -Listen to educational podcasts
Brains On/Forever Ago/Story Pirates
- 1:00-1:20 PM**
Chore Time—wipe down everything in kitchen, all door handles, light switches, bathrooms, work space
- 1:20-2:00 PM**
Creative Time—Listen to music, Dance, Sing, Draw or Paint
- 2:00-2:30 PM**
Science
- 2:30-8:00 PM**
Relax, go outside, work on passions, time with family
- 9:00 PM**
Lights, Time to Sleep