



CANTON COLLEGE PREPARATORY SCHOOL

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April 20, 2020

Dear Spartan Parents/Caregivers,

We understand that a lot is being asked of you right now. School closed with a moment's notice, and we are waiting to hear if and when schools will be able to reopen. There are still a lot of unknowns, but we want you to know that we see you, we hear you, and we empathize with you. We are all right there in the trenches with you trying to figure out how to create some structure as we proceed together during this complicated time. As a parent who is working from home and also trying to take care of my son, I can share a few tips that may help ease your own frustration:

Chunk the work.

- Complete your own work in intervals and take 15-30 minutes off as needed.

Work side-by-side.

- No matter what age your kids are, provide them with "work." For younger children, this might be a favorite game, puzzle or app, while you complete your own tasks.

Find time to work off-hours.

- If possible, shift your schedule to take care of your own responsibilities for a few hours early morning or at night when the kids are asleep or winding down.

Mix the scenery.

- Work outside or at a park. This allows your kids an opportunity to run around and you can still get a little work done.

Collaborate on ground rules.

- Draft an agreement to help your kids work together and minimize arguments. This can help hold them hold each other accountable during moments of discord.

Connect on social media.

- Join parenting groups on Facebook to connect with others facing the same challenges so that you don't feel alone.

Leave space for grace.

- You're only human and you shouldn't expect to win every battle, especially in a time like this. Be kind to yourself and your kids.

The resiliency and adaptability you've shown has inspired all of us at Canton College Prep. We take our parent support very seriously. Use us as a resource! Feel free to call the school or email your child's teacher any time you have a question!

Serving you,

Darryl Lindsay, Principal

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SPARTANS WILL.