***Sioux Valley High School***

***2320 Louise Avenue***

***Brandon, Manitoba R7B 2C6***

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***Director of Education/Principal: Mr. Kevin Nabess***

***Principal: Mr. Ward Pratt***

***Vice-Principal: Mrs. Kristin Hack***

March 26, 2020

Dear Parents/Guardians:

Todays’ world is changing very rapidly and is causing a lot of change and disruptions in peoples’ lives. This change is very different for everyone, especially with our students mind. The information coming from Health Canada is changing rapidly, sometimes hourly regarding updates. We suggest all parents keep a close eye on reports coming out daily and sometimes multiple times a day. Having your children constantly hear about this can be overwhelming so limiting them to this is suggested but using balanced knowledge about this is also crucial. Once we have more specific updates we will be posting them.

We understand that these days can be difficult to occupy the active mind of young children all day. Below are suggestions to help make this time easier for all. Having a routine makes the day pass easier and allows all to have a guideline to follow.

Before 9:00 AM

* Breakfast is finished and dishes are washed/put away
* All kids are dressed
* Beds are made
* Children help get one load of laundry going

From 9:00 – 10:00 “Active” Time

Try to keep the kids moving, pick a couple activities (about 20-30 minutes each) such as;

* Go for a walk (ensure no other people are around)
* Painting Snow (use diluted food colouring and paint brushes to paint the snow)
* Yoga (there are kids themes by “Cosmic Kids” on youtube including Frozen, Trolls, Hunting Pokemons, etc)
* Dance Party
* Beach Party (perhaps for younger kids) – all kids get dressed into their bathing suits, sun hats, and sandals. Fill the tub with COLD water. Have towels on the floor in the bathroom and serve iced tea or lemonade with iced cubes while the kids are playing in the tub.
* Daily Chore - recommendations for each age group are listed on the website below <https://realmomma.com/daily-chores-for-kids/>
* Teach your children how to spring clean outside - shovel snow, sweep the dirt and debris, remove all tree branches, etc.
* Teach your children how to spring clean inside - Pick a room in the house, clear out all items that don’t belong or are unwanted, disinfect all surfaces/objects, get all washable materials to the washing room/area, make sure that all items that are keepers are placed back in their spots. If the family does this, the entire house could be deep cleaned within a week or two!
* Host a family workout session (kids could be in charge of the workout or follow a workout video from the internet)
* Go outside and kick/throw a ball (soccer/beach/any type!)
* Play an active game (tag, hide and seek, kick the can, pillow fight, etc.)

From 10:00 – 11:00 “Academic” Time

Again, it is recommended not to do more than 20 – 30 minutes of one activity at a time (depending upon age of children)

* Homework package from your child’s teachers
* Read a book (with or without parents)
* Write a letter to Kunsi/Unkan or someone who just may be cheered up by receiving a letter. Writing can be an adventure for the imaginative mind of your child.
* Do a puzzle (crossword, wordsearch, logic, jigsaw, etc.)
* Learn a basic skill (depending on age of children) such as
  + Cooking Skills: The following website lists great skills that kids should know by their age group. Please work with your child to practice these great life skills. <https://www.williams-sonoma.com/recipe/tip/skills-by-age.html>
  + Cleaning Skills: How to clean out the oven, do laundry, wash dishes, etc.
  + Home Keeping Skills: Change a lightbulb, basic painting touch ups, mudding holes in the walls, small house repairs that kids can watch/learn from, etc.

From 11:00 – 12:00 “Creative” Family Time

Great time to spend time with the family all together!

* Colour a picture from a colouring book or make your own
* Draw a giant map of your dream family home and colour it
* If you have cardboard or recycling, create 3D models of anything! Pick a theme and make it into a contest
* Make a giant fort in the living room for inside camping tonight!
* Have a fashion show (All children get dressed up in the theme of your choosing such as “Monster”, “Superhero”, “Crazy”, “Ballroom”, etc. with the winner’s prize getting to choose the next activity)
* Get the kids to put on a play of their favourite movie and have them practice it to put on a show for the entire family
* Bake something (cookies, muffins, etc)
* Write a book together or individually
* Paint rocks for little kids to find this summer
* Play games (charades/Pictionary/Snakes and Ladders/ etc.)

12:00-1:00 Lunch Time, Clean up, and Pick the second chore of the day to complete

1:00 – 2:00 Quiet Time

Kids are to find something quiet to do such as;

* Have a short nap
* Finish something from the morning that wasn’t completed
* Clean out a drawer from their dresser
* Read a book
* Teach your kids to bead
* Watch a show (very quietly)

2:00 – 3:00 “Academic” Time

Use the morning list but also include electronics such as computer/iPad/phone. Some ideas for utilizing these electronics for academic usages are below.

* Email their teachers with questions about their homework
* Watch a Tedtalk on youtube
* Watch a how-to video on their homework topic from the school package
* Play educational applications
* Call an older relative and talk (ask about their experiences, tell them about their day, etc.)

3:00 – 3:30 (or longer) “Active” Time

Use the list from the morning or other ideas for spending time moving your body.

Our goal is to keep our minds, bodies, hearts, and souls happy, learning, occupied, and whole during this time. Some other tips include;

* Food: Please ensure that your children are getting the suggested amounts of food from each food group with an emphasis on vegetables and fruit. This will ensure that your kids maintain healthy vitamin and mineral levels in their bodies.
* Making meals together is always a fun way to spend time with your children, as well as baking.
* Activity: All people need to move so the suggested routine includes one hour of activity time in the morning and a half hour or more in the afternoon. Physical activity is so important to maintain healthy minds and bodies. Also, children are less likely to get into trouble when they have had a chance to burn their energy into something positive.
* Family: The routine takes time for teaching from an older generation to the younger generation. Please take this time to enjoy the skills that can be taught to the younger kids. Consider doing a video chat with an older relative as a family or let the kids talk one-on-one with them to keep all our families spirits connected. Also, during any of your activities, consider video chatting with friends/family to help them be included in these events.
* Listening to music and dancing is a fun body movement activity as well.

Due to the many changes happening in our world these changes are affecting not only the children but parents as well. There will be times when we do not understand what is happening.  Our advice is to listen to the updates on Health Canada. These updates include.

* Keep safe and isolate yourself at home,
* Practice safe hygiene and wash your hands
* Practice social distancing - keep at least 2 m away from others when out in the public

And above all keep calm. If you need to contact someone or need help the following people are available:

1. Sioux Valley Mental Health Worker: Mike Tugay: 1-204-316-0087
2. N.A.D.A.P Counsellor; Fred Eastman; 1-204-316-0062
3. SVHS Guidance Counsellor: Corinne Pratt-Harper: 1-204-512-5011 or

1-204-303-0100

1. SVS Counsellor: Joanne Chalmers: 1-204-483-0210

We hope these suggestions and ideas are helpful during this time. Keeping your child’s mind active is important. When this closure is over and we are back to school, it will be an easy transition for them to get back to the academics. We hope you all keep yourself safe and health. As Dakota people, we know that with the help of Wakan Tankan, we will get through this together.

Thanks,

Sioux Valley Education Administration