



Family Support Survey and Bringing Mindfulness into the Classroom

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Mon, Aug 24, 2020 at 8:33 PM

Dear Parents and Guardians,

Howard Gardner MI Charter School is planning for a safe and successful return to learning this school year for all of our students and staff. While a major focus has been on the physical health and safety of the students amid the COVID-19 pandemic, the social emotional and mental health needs have been something myself and Colleen, our school psychologist, have had our attention on since March 13th.

While you as parents and guardians have had to make the decision about which format (at school, or all remote) is best for your child(ren) it is important to acknowledge that some children will struggle to adapt to time away from friends and teachers while others will thrive. Because the virus has interrupted the daily lives of millions of Americans, schools are attempting to meet the needs of all students, including those that are vulnerable. It is not an easy task.

In June, the American School Counseling Association and the National Association of School Psychologists teamed up and released guidance for schools to help them plan to address the social emotional and mental health needs of students as they return for the 2020-2021 school year. Colleen and I created an action plan for the school, teachers, and students based on those guidelines which includes, but are not limited to, the "Mindful Classroom" program (which you can read more about in the attachment below), daily classroom meetings, relationship building, and identifying and intervening early for students that may be in need of more support.

To support our planning for identifying and intervening, we would appreciate your response to a short survey so we can understand your family's and student's needs during the COVID-19 pandemic. This information we receive will be confidential and will be used to address program needs and to provide support if needed.

Family Support Survey

The Survey will remain open until Thursday, August 27th at 12pm.

As always we appreciate your time and feedback and if you have any questions please feel contact either myself, Jade Volchoff, jade.volchoff@myhgsd.com, or Colleen Coolbaugh, colleen.coolbaugh@myhgsd.com.

In the meantime, we have attached some resources for parents from the National Association of School Psychologists and more information on bringing Mindfulness into the classroom.

Thank You
Jade and Colleen

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