



29 March, 2020

| Due Date                   | Step                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| Sunday<br>3/29<br>11:59 PM | <p>❑ <b>Step 1: Make sure you've done <a href="#">Friday's (March 27th) survey</a></b></p> <p>The survey can be found in the <a href="#">Walden 9th-12th Community Classroom</a>.</p> <ul style="list-style-type: none"> <li>Remember, you will be doing a survey every Friday in order to help teachers assess your learning, as a part of your attendance record, and as a part of your class credit.</li> <li>Look for this coming week's survey to be posted on Classroom on Friday, April 3.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Daily                      | <p>❑ <b>Step 2: Use the "Checklist for Successful Distance Learning"</b></p> <p>We know that distance learning can be overwhelming. In order to help you succeed in distance learning mode, we've prepared some resources to help you:</p> <ul style="list-style-type: none"> <li><a href="#">This checklist</a> is a guide to help you avoid as many issues as possible by preparing for your school day each evening.</li> <li>The daily class schedule is posted <a href="#">here</a>.</li> <li>Visit <a href="https://support.h-wire.com/student-resources">https://support.h-wire.com/student-resources</a>, a website prepared for students and families containing how-to videos on many tech-related issues.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Daily                      | <p>❑ <b>Step 3: How are you doing?</b></p> <p>It is especially hard for teens to be cut off from their social support network. It is also stressful for families to deal with so many challenges and uncertainties while trying to support their students' education from home. We know that many Walden families are working hard to keep themselves and their loved ones safe and healthy, to manage lost wages, jobs or other shortages, and to deal with lots of other stressors. Here are some helpful tips to consider while you carry out your distance learning adventure:</p> <ul style="list-style-type: none"> <li>A daily routine can be very helpful in times of stress. The loss of your school routine might be increasing feelings of anxiety. Consider getting help from a parent, a friend, Erin, or one of your teachers in creating a routine that works for you!</li> <li>Be sure to check in with friends and family members and share your concerns. Also, reach out to someone you know and make sure they're okay--service to others can really boost your mood. Remember not to isolate yourself, and ask for help if you notice that you are feeling more sad or withdrawn than usual.</li> <li>Consider getting more involved with the Walden virtual community this week. Here are some fun options:</li> </ul> |

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|                          | <ul style="list-style-type: none"> <li>○ Participating in Yoga Nidra (a relaxation and laying down yoga that anyone can do) with Elizabeth on Google Meet at using the code <b>WaldenYoga</b> on M and Th at 11:30.</li> <li>○ Proposing a WaldenCommunity activity to Emily or Shelby, or posting your ideas on the Walden Community Classroom.</li> <li>○ Don't forget to check in with teachers and let them know how you're doing--they worry about you a lot!</li> <li>○ What has been helping you? Share your ideas with Hannah or your mentor group leader so we can post them on our official Walden Instagram!</li> <li>○ Check out the official Walden Instagram for updates with Hannah @WaldenCharterSchool</li> </ul>                                                                                                                                                                                         |
| Daily                    | <p>❑ <b><u>Step 4: Academic Check In: How is school going?</u></b></p> <p>If you have missed some live classes or some deadlines for turning in assignments, remember that your teachers know that it is more difficult right now to get things done. We realize that school is harder when you don't have your normal school routine or in-person help from teachers. Walden teachers are maintaining flexible policies in order to ensure that you can learn as much as possible right now. If you're not sure how you are doing in class, or what to do:</p> <ul style="list-style-type: none"> <li>● Check your google classroom.</li> <li>● Email your teachers.</li> <li>● Create a virtual study group or homework accountability chat with a friend or family member.</li> <li>● Ask a person you feel comfortable with to help you brainstorm solutions for getting back into a good learning routine.</li> </ul> |
| Daily                    | <p>❑ <b><u>Step 5: How can your school community support you right now?</u></b></p> <p>The feedback from your <a href="#">Friday survey</a> and reflection help us to know what is helping you so we can keep doing those things. We're also interested in what we could start doing to help our students even more, as well as what might be confusing or not helpful. We love reading your feedback, so be sure to tell us how school is going for you!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| April 6th-<br>April 10th | <p>❑ <b><u>Step 6: Get Ready for Spring Break!</u></b></p> <p>Spring break is from Monday April 6th-April 10th. Use this time to relax with your family, catch up on school work (if necessary) and get some well deserved R&amp;R!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |