



Bel Aire Website

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Dear Bel Aire Families, Caregivers, and Students,

I hope all Bel Aire families are safe, healthy, and adjusting to at-home learning and social distancing. At this time, families should have received an email from teachers with the [RUSD At Home](#) link (password is RUSD and case sensitive).

I have a few important messages, but the first is that **this is a learning opportunity for all of us**, and we are all working hard to meet the shifting needs of our community. Your patience and flexibility is appreciated. Here are a couple additional reminders:

### **LEARNING FROM HOME BASICS**

School facilities have closed, but **learning should continue from home**. Teachers and specialists have been busy preparing meaningful assignments and activities for students to complete, and will continue to be available via **daily (virtual) office hours from 10:00 am - noon by email**. Updates will be posted by 10:00 am each day. It is important to note that our **teachers have done an incredible job putting together a thoughtful plan** while they were working full-time in classrooms. We will continually revisit our plans and make changes as necessary and we understand families may need to make real-time modifications. **Do the best you can, and please be respectful and patient in your communications.**

### **STUDENT EXPECTATIONS**

CA Ed Code requires that students are provided with **at least 4 hours of schoolwork each day**. Teachers and specialists will be keeping that guideline in mind as they create the plans for each day. \*Please be sure to **save and submit all lessons** upon our return to school.

### **PARENT SUPPORT**

We encourage you to spend some time establishing your at-home school routines and expectations with your child. Make sure your child has a place to complete school work. Discuss what activities could be fun when it is time for a break. Our collective message to students is that school and **learning will continue**; it is the location and method of delivery that has changed. Please reinforce this message with your children. Additionally,

try to assuage anxieties by **limiting student exposure to negative or scary media messaging or adult conversations**. Perhaps most importantly: please **practice social distancing** (see below).

## **PRACTICE SOCIAL DISTANCING**

Please follow **strict social distancing** practices and **limit in-person interactions** which include a lot of ordinarily healthy activities like: playdates, shopping, group exercise, travel, sporting events, and other group activities or social gatherings. **The reason school facilities have closed is to minimize contacts with others to help prevent the spread of COVID-19.** See articles below for additional perspectives.

## **STAY CONNECTED**

Please continue to check email daily to stay current with district and school communications. **Your child's teacher will remain your primary point of contact** for teaching and learning and will probably yield the most timely response. Reach out to school office staff and administrations with other questions, but please understand we are doing our best to respond in a timely manner. We are reading and listening, and working full days, but due to higher than average volume of emails, please be patient as you await a response. Bel Aire staff emails are linked [here](#).

## **DISTRICT LEADERS ARE ENGAGED & PAYING ATTENTION**

Our district leaders continue to be in close contact with Marin County Health and Human Services and Marin County Office of Education to obtain the most current guidance related to the Coronavirus/COVID-19. **We will continue to share new information as it becomes available.**

## **CARING FOR OUR COMMUNITY**

Many of you have reached out with questions about how we are serving community members that do not have access to technology or who depend on school lunches. This was an early consideration, and **we have thoughtfully addressed these concerns with families needing support.**

## **FAMILY & SELF-CARE**

We are facing a lot of rapid changes and uncertainty. With that comes fear and anxiety. **This is a time to care for yourselves and your families**. I will continue to share resources, but you have to land on something that works for you and your family. Self-care choices are personal, but below are a couple suggestions to get your thinking:

- model respectful communication and interactions
- communicate a positive outlook
- do not engage in stressful battles around home learning assignments
- take breaks
- modify as necessary
- get enough sleep
- eat well and make healthy choices
- scale back
- manage your expectations
- expect lots of change
- ask for help
- decide what matters most, and cherish that
- thoughtfully and deliberately practice relaxation throughout the day

- connect *virtually* with friends and family for social support
- adopt an at-home exercise routine and/or go for a hike
- reflect at the end of the day; acknowledge something that was difficult & let it go, then consider three things that went well

## ADDITIONAL RESOURCES

I share these as resources understanding there present some conflicting viewpoints, but the information is intended to present a **range of suggestions as we all determine what makes sense for ourselves and our families.**

- Parenting podcast with transcript: [Coronavirus And Parenting: What You Need To Know Now](#)
- Vox Parent Article: [What to do With Your Kids When Schools are Canceled](#) *(Note: I share this article somewhat reluctantly because it is slightly dismissive of our 'school-at-home' message, but there are some reasonable suggestions in here)*
- Fox HomeSchool Article: [Home School Teacher Offers Parents Tips Amid Closings Due to Coronavirus](#) *(Note: This advice suggests a much more structured approach than the Vox article, but again, find something that aligns with your family's needs)*
- CNN Health Article: [Parents: Take Social Distancing Seriously and Limit Playdates and Other activities](#)
- Vox Social Distancing Article: [What are the Rules of Social Distancing](#)
- NY Times Social Distancing Article: [I Practiced Social Distancing... It Works](#)

Please be safe and take care of each other. Remember that we are all in this together. As I read in my own google search about how to parent during this time, “be compassionate — toward yourself and your children. We have never experienced anything like the current crisis, and all of us are pioneers.”

Sincerely,  
Lexie Cala



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