



BRISTOL BOARD OF EDUCATION
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March 15, 2020

Bristol Public Schools Community,

During the next few weeks it will be important to keep your child on a routine. The schedule below is a suggested schedule to help support you and your family as we transition into this week. The suggestions below allow for larger periods of work time for secondary students and shorter learning sessions for elementary students. The goal is to keep as normal a routine as possible.

Suggestions:

- Establish a common wake up time.
- Have breakfast. Get dressed. Complete your normal morning routine in the same manner that you normally would.
- Start supplemental learning time at the same time every day.
- Complete subject material in the same order every day. Dedicate a space for learning activities.

Resources

Use the resources in the BPS Supplemental Learning Packet online link at <https://www.bristol.k12.ct.us/>

Stay in contact with the school/district to be aware of any updates sent by BPS related to academic material or updates regarding school closure.

Visit our BPS website daily at <https://www.bristol.k12.ct.us/>

Use the suggested daily work planner. Have your child only complete the work suggested for that day. In the case your child completes assignments prior to the tenth day of closure, utilize this list of resources for other ways of engaging your child in productive activities: Study.com.

Resources	
Free Subscriptions	Amazing Educational Resources
Free Educational Media: Video Lessons, Apps, Books	Open Culture
Free Science Lessons, Activities and Resource Gr.1-8	The Science Spot
Resources for High School Students	10 Great Resources for High School
Virtual Field Trips	Discovery Education
Science, Geography, History, and World Culture	National Geographic Video Library
Tips for Reading Aloud	Why Reading Aloud to Kids Helps them Thrive
Teens	Helping Your Teen with Homework
Organization	Helping Your Child Get Organized
Online World Language Practice	https://www.duolingo.com/

Resources – con't	
SAT Practice - Mathematics and EBRW	https://www.khanacademy.org/
Social-Emotional Learning Activities	https://www.centervention.com/social-emotional-learning-activities/
Choir	https://linktr.ee/choirbaton
Elementary Science	https://mysteryscience.com/school-closure-planning
More Field Trips	https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR0FClpWyB-3JoB_WhMGhjxsl6Bd1BIMhtvLtPGE8o-D-oohOFOI7m3x_g

Health and Well-being

After each subject, get up and move around for a few minutes. This movement time should be longer for younger children and shorter for older students, however it should be at least 5 minutes for every student.

Remember to eat healthy snacks and a healthy lunch during the day. In fact, it is a great idea to pack the same snacks and lunch that you would normally have at school.

Finally, make sure you take time for some outdoor time if you have a backyard and/or can safely accomplish this goal. Depending on the age of the student, ensure that students get at least one to three large blocks of time (30-45 minutes) of free time to creatively explore and play on their own.

Item	Time	Explanation
Wake up	Normal	Get up at the same time you normally would: helps continuity.
Breakfast	Normal	Again, this should be the same time as normal: helps continuity.
Begin Supplemental Packet	20-40 minutes	It takes less time to complete lessons in intensive study, don't overdo it.
Break 1	5-10 minutes	Assists with maintaining health and well-being.
Continue with packet activities	20-40 minutes	Remember to study subjects in the same order you normally would.
Break 2	5-10 minutes	Be active. Have some water.
Art/Music/Creative time	20-40 minutes	Allow time for the arts.
Lunch	30-45 minutes	Ensure that some physical activity is allowed during this time.
Quiet time for all	20-40 minutes	All members of the household should have time to engage in an activity of interest.
Break 3	5-10 minutes	Get up and move around. Don't forget to have some water.
Last session for supplemental work	20-40 minutes	For most students this will be the final academic time of the day. Continue the pattern if necessary.
Break	5-10 minutes	A small snack may be needed
Health and Wellbeing	20-40 minutes	Time for exercise, dance, yoga, movement, play.

Adjust time frames to suit your child's needs. Children will most likely not need as much time to complete their work as they would have in the classroom.

We are Bristol Public Schools. We are Bristol All Heart. Take care of yourself. Take care of your families. Take care of our neighbors (follow social distancing).

We will be back together as soon as is safe for our community. Until then we will stay connected through alternative means- text, twitter, our BPS website, and School Messenger.

In Partnership,

Kate Carbone, Mike Dietter, Carly Fortin, Jill Browne, Sam Galloway, Kim Culkin

With support from Scott Gaudet - BAPS President, Mike Reynolds - BFT President, Chad Lockhart - Local 2267, Vanessa Janick, Local 3351