



Olga Hugelmeyer
Superintendent of Schools

September 9, 2020

Dear Parents/Guardians,

As a reminder, Friday, September 11th is the first day of remote learning for students of Elizabeth Public Schools. Classes will be in session between the hours of 8:20 a.m. until 12:39 p.m. for grades Pre-K- 8 and 7:30 a.m. until 12:22 p.m. for grades 9-12. Your child's classroom schedule is available in the PowerSchool Parent Portal.

Please keep in mind that students must log in to their computers every day starting at 8:20 a.m. for grades PreK-8 and 7:30 a.m. for students in grades 9-12. Attendance will be taken at the beginning of each instructional period, daily. Students will participate in teacher-led daily interactive on-line lessons using video conferencing. All teachers will meet regularly with their students following the schedules sent in our previous communication. We recommend that your child practice logging in prior to the first day of remote instruction.

Below is some information to help prepare your child for remote learning on Friday, September 11:

- **Resources**

- PowerSchool Directions can be found [here](#).
- Login to Outlook mail [here](#), using your child's district email and password.
- Powerschool Unified Classroom – Student will need to login to Microsoft using student email and password.
 - [How to Access Powerschool Unified Classroom](#)
 - [Powerschool Unified Classroom Help and Support](#)
- Free Internet provided by Altice/Cablevision. Please select “optimumwifi” as your WIFI connection. It will work on any device that has been provided by Elizabeth Public Schools.
- For general help, please communicate with your classroom teacher.
- For technology help, please email: HelpDesk@epsnj.org

- **Daily Classwork**

- Each student in grades PreK-12 must login daily using their district username and password to complete their assignments.
- If your child is unable to login independently, we ask that a parent/guardian assist their child with the login process.

Office of the Superintendent of Schools

- **Supporting Your Child During Remote Learning**

We encourage the following suggestions to help combat stress and anxiety and to maintain a healthy mind and body:

- **Supporting Your Child's Academic Success**

- **Create routines that works for you-** Talk through with your child what a day looks like and what is expected; being co-owner of a routine helps increase their buy-in on implementing it. Try to maintain normal routines as much as possible. Include time for snacks, brain breaks, and movement.
- **Help your child to be prepared-** Having all the necessary tools and materials and a physical space that work for them will help with the effectiveness of their routine. Set up their work area similar to their classroom setting. Help them get ready to do their work, and if there is a live online session, help login in advance so there is less last minute stress. Walk through instructions with them. Help them set up checklists of what is needed and calendars of meetings and due dates.
- **Monitor communications from your children's teachers-** These may come through email, their learning platform like PowerSchool Unified Classroom, or a text-based system like Remind. Some may come to parents and some to students, depending on their age and the nature of the message. You should have access to both.
- **Set times to check in with your children-** Check at the beginning of the day to see what's ahead and ensure they feel prepared. Ask them to share at regular intervals during the day. At the end of the day, check in to see what they worked on, what they turned in, and what is in store for the days ahead.
- **Be flexible and resilient-** What your child needs to make their day more successful may vary from day to day (ex. more or less frequent check-ins). Listen, discuss, and adapt. We're all in this together!

- **Supporting Your Child's Mental and Physical Health**

- **Be aware of your child's emotional support needs-** Learning, whether in person or remote, is just as much about the heart as the brain. Children need to feel safe and comfortable to learn, and they readily pick up on how adults are feeling. Model calm and establish a new normal. School counselors can help.
- **Monitor how much time your child is spending online-** Schools do not want students staring at computer screens all day. Teachers will share schedules and expectations with you. Once you are aware of this you can set limitations on non-school use of screentime.
- **Connect socially by phone/computer-** make time for unplugging and destressing by connecting with others. You can also use virtual tools to connect with family and friends near and far, but remember to give yourself some screen down time. It is also important to be mindful of the acceptable use policy pertaining to district technology devices and the ways in which your child is using any technology device.
- **Set rules around and monitor online interactions-** Students will often go online to remain connected with friends. Schools have rules about safe, respectful, and appropriate online conduct. Parents must also be aware of what children are doing on their computers beyond school work, particularly over social media.

- **Be mindful of news consumption-** Watching the news can be a source of stress and anxiety. Be aware of the amount of news you are watching and limit your child's exposure. Our district website has information about how to talk to your child about the news.
- **Stay physically active-** There is an entire online community offering creative ways to move and reduce the anxiety of being at home all day. Getting some outdoor time while maintaining social distancing can also be comforting. Try to get at least 30 minutes of movement/activity into each day.
- **Find and maintain support-** If you and/or your child are struggling, our guidance counselors are here to support. You can also find resources to help you on our reopening plan webpage (www.epsnj.org/2020start) in the right hand column.

Remote learning resources and all necessary information pertaining to our reopening plan can be found on the Elizabeth Public Schools Reopening Together webpage (www.epsnj.org/2020start). On this page, you will find our reopening plan, Superintendent communications, and remote learning resources, as well as information on special education, meal distribution, safety protocols, computer device distribution, and parent virtual academy workshops. We recommend visiting our Reopening Together webpage to stay informed on the latest information about remote learning and the status of the reopening of schools.

Thank you once again for your valued partnership, cooperation, and support. We look forward to welcoming you to the start of teaching and learning and another successful school year on Friday.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Olga Hugelmeyer', with a long, sweeping flourish extending to the right.

Olga Hugelmeyer
Superintendent of Schools