

Laying the groundwork for Success



Notes from your Student & Family Support Services team

Welcome Back WUSD students and families!

It's safe to say each and every family within our WUSD community is starting this school year off much different than we had expected, and some of us may also feel unsure with how adequately prepared we are to support our students with the task that lies ahead: virtual learning. There are steps we can take, however, to support a smoother transition to a Fall semester online. **Let's start by engaging in conversation within our own homes.**

Set up an uninterrupted time as a family to discuss the changes coming up. This is applicable whether you have a Kindergartener or a Senior in high school. Create common and individual goals. Here are some suggested questions to ask not only of your student, but also yourself-

- *What are your expectations for online learning?*
- *What areas do you think you need the most help?*
- *What works best for you given the situation we are in? What do you believe will be successful for you?*
- *What are ways we can be flexible if things don't go the way we want?*
- *What are different ways we can problem solve when frustrated?*

⇒ Together, establish rules for your home learning environment. Post a schedule that includes snack breaks, energy breaks and includes time to socialize or decompress. Consider what is needed to stay consistent. **Discuss what it means to self motivate, persevere and rise up to challenges.**

By planning ahead, even if it is planning for the unknown and uncertainty, your family will respond better knowing you are working as a team with a shared goal. Planning ahead also lays the foundation that your student is expected to give their best effort, and reminds them that the work they do today has meaning for their future. These conversations plant the seeds for success, not just with academic achievement but personal mental health as well.

Our Student & Family Support Services team has staff dedicated to each school site to help support your student AND your family as we navigate this new learning environment together. As an ongoing effort, we will periodically send out these notes to provide you with helpful tips. . Please visit your [school website](#) to connect directly to your support staff.