









BACK TO SCHOOL CHECKLIST:

	<p>Create a schedule with structure and routine. Make sure students are getting to bed on time, waking up early and following the school schedule.</p>
	<p>Help model good hand and personal hygiene routines - Have them get used to wearing a mask, sanitizing hands at home, for when they do return to school they will already have a healthy and established routine.</p>
	<p>Work Space - Designate a workplace where students can do their schoolwork and homework throughout the day. This will help students to focus and know that it's time to do their work.</p>
	<p>Limit distractions - Limit distraction as much as possible while the student is doing schoolwork. Turn off or remove any electronics so that students can concentrate and give the teacher their full attention.</p>
	<p>School Supplies - Ensure students have all the appropriate school supplies they need to accomplish their tasks - https://albany.k12.or.us/parents/supply-list</p>
	<p>Plan a lunch routine. For free lunches through the GAPS school district go to: https://albany.k12.or.us/district/covid-19-closure-meals</p>
	<p>Practice Logging In. Be ready to log in 10 minutes before class begins. Student User Name: _____ Password: _____</p>
<p>K-2nd</p>	<p>K-2nd Grade Families: How to sign into the “Seesaw” program: https://help.seesaw.me/hc/en-us/articles/360041484471-How-does-my-child-sign-in-to-Seesaw-via-Clever-</p>
<p>3rd-12th</p>	<p>3rd-12th Grade Families: How to log in to the “Canvas” program: https://www.loom.com/share/fd918116f2a74b88bfc1c277e07b53db</p>
	<p>Questions: Give your student’s school a call, they will be more than happy to help you. School Name: _____ Phone #: _____</p>