



# COUNTRY DAY

## CONNECTED

[CountryDay.net/go/ConnectED](https://CountryDay.net/go/ConnectED)

### **JENSEN'S JOURNAL**

Several Country Day parents are playing critical roles in the fight against Covid-19, and I would be remiss not to extend our gratitude for their efforts. We are so deeply grateful for your service, and please stay safe as you work to care for others.

#### **Routine**

Some parents have shared that it continues to be a challenge to settle into a daily routine that works for their family. Truth be told, most of us are still working on this. Remember, children thrive from the right balance of structure and independence. Once established, a child finds comfort in knowing the rules and having a degree of flexibility within those rules. Some examples to consider while creating a consistent and predictable routine:

1. Maintain a regular sleep schedule
2. Schedule consistent meal and snack times
3. Incorporate quiet/calm downtime that includes activities such as reading, puzzles, yoga
4. Identify time for school activities and academic practice
5. Allow time for social interactions with peers, siblings, or parents. *Children need to PLAY*
6. Embrace exercise and movement
7. Involve children in household chores such as cleaning their room, walking the dog, loading the dishwasher, or helping prepare meals

Start with manageable tasks and add things as you can. Feel free to contact your child's teacher or me if you need help finding a daily routine that works for your family.

#### **Dealing with Difficult Behaviors**

Being homebound has its challenges, but more often than not, we are finding ways to bond and support one another. There have been numerous examples of amazing moments that have left us in awe, but also instances of difficult behavior that exasperates us. I am sharing an article by Cincinnati Children's Hospital with some great reminders on how to foster positive behaviors at home.

<https://www.ucucedd.org/wp-content/uploads/2020/03/Addressing-Difficult-Behaviors-at-Home.pdf>

This situation is bound to be difficult and can easily blur the lines between parent, teacher, and employee. Establishing clear boundaries within these roles will help children internalize and work within expectations. Some children might even need visual cues to help, such as "in a meeting" sign, teacher hat, or student badge to remind everyone what role is occurring at a particular time. As they say, "never let them see you sweat." Your children are looking to you to help them navigate their new reality, and it is important to remember that your positive attitude is contagious.

#### **Remote Learning Disclaimer**

As part of our remote learning workflow, teachers are recording live sessions with students. This allows students who are unable to attend to view the reordered class asynchronously as well as give students the opportunity to review the class at anytime if requested. Faculty and staff who meet 1:1 with students are not recording these sessions, so adults may want to remain close by if they wish to monitor conversations. If you have questions about recordings, please contact me.



Join Zoom Meeting

<https://zoom.us/j/764638681>

Meeting ID: 764 638 681

**Monday, April 27**

**8:00 pm**

# Books & Conversation

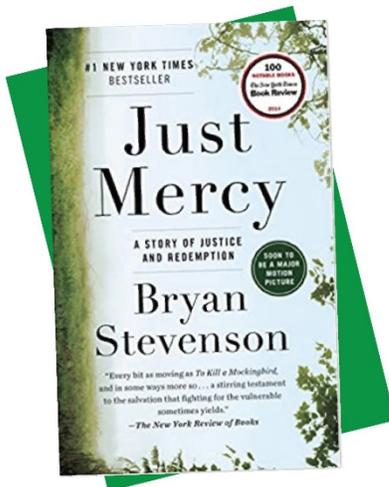
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RSVP today at [www.CountryDay.net/go/books](http://www.CountryDay.net/go/books)

Welcome to the fourth edition of Books & Conversation. Join fellow CCDS parents and faculty each quarter as a CCDS staff or faculty member leads us through one of his or her top literary picks. There's *bound* to be something for everyone (pun intended).

Join CCDS faculty member Angela Barber-Joiner to explore *Just Mercy*. Bryan Stevenson's #1 New York Times bestseller reflects on his life as a young lawyer when he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. One of his first cases was that of Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinkmanship—and transformed his understanding of mercy and justice forever.



**Tuesday, May 12**  
**6:30-7:30 p.m.**

**Zoom Video Conference**

*(You will receive a zoom video link after you RSVP.)*

*Bring your own drinks and snacks!*

Angela Barber-Joiner, graduate of Xavier University, earned a BA in Education and a MA in Clinical Mental Health Counseling. Angela is a 15-year teaching veteran at CCDS and the Director of Equity, Diversity, and Inclusion. In her EDI role, she oversees efforts to foster a climate and culture that promote the growth and success of all students. Angela is a life-long learner and a passionate advocate for promoting the social and emotional intelligence in her students and their families. Outside of school, Angela provides therapeutic services and is a board member at Greater Cincinnati Behavioral Health.

Nat Tracy-Miller can provide digital copies of *Just Mercy* to faculty and students. Please contact him at [tracemin@countryday.net](mailto:tracemin@countryday.net). Joseph-Beth is shipping, and Bookshop.org is sending profits to shuttered independent stores in the zip codes from which people buy.

RSVP today at [www.CountryDay.net/go/books](http://www.CountryDay.net/go/books)

Contact Tracy Ramirez at 513.608.2669 or [tbramirez@icloud.com](mailto:tbramirez@icloud.com) with any questions.