

LAKE-LEHMAN SCHOOL DISTRICT

Special Education Department

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Dear Lake-Lehman Families,

Structure at Home

The current status of our world has undoubtedly caused change for your household. For your child(ren)'s sake, it will be extremely important to re-establish structure and routine in the upcoming weeks. Here are some guidelines for attaining normalcy and routine for your child:

- Identify a space, such as a dining room table, that could become the study space. It is beneficial to make this space different from a bedroom or other location with distractions.
- Develop a structured schedule for completing school work. This structure will begin to form a routine.
- Eliminate other distractions, such as cell phones and television, from the environment.
- Ensure some "brain breaks" and exercise opportunities within the work times. The balance of mind and body will be especially important given the stress and anxiety of this global pandemic.
- Reinforce the importance of consistency in sleep patterns. We want to avoid "summer mode" when some students stay up very late and then "sleep until noon."
- Reach out with questions. We want students and parents to ask for help or direction if they need it. Our teachers and staff will be available via email and/or online during the school day.

Remember: we are here to offer support, as we ask for patience and flexibility during these challenging times. There will certainly be obstacles ahead but we will work together to overcome them!

Sincerely,



Tina Antonello-Portee

Director of Special Education