



## LEN WOOD MIDDLE SCHOOL

School District No. 83 (NORTH OKANAGAN-SHUSWAP)  
3700 Patten Drive  
Armstrong, B.C. V0E 1B2  
Telephone: 250-546-3476 Fax: 1-250-804-7789  
[www.lwm.sd83.bc.ca](http://www.lwm.sd83.bc.ca)

---

### **Dear LWMS Amazing Parents!**

We wanted to let you know that we are thinking about your family at this time. Many of us are trying to balance work with teaching our own children and we keep thinking about the extra pressure this must be for our families at this difficult time. Many families may be feeling financial pressure as well. You may notice you are experiencing a variety of difficult emotions and feelings: stress, sadness, anger, loneliness, anxiety and even grief. Please know these are common emotions to have right now; you are not alone with these feelings. It is so important as parents, that you are connecting with others and accessing support if needed. Remember, at LWMS we are a community. At this point, teachers are focusing on student connections, so as a parent, if you feel you need more teacher connections call or email. Please reach out to us if your children or family are needing support.

Many parents and students are concerned about how this time will affect next year's school progress. Please remember that all of BC is in the same situation. All students will need extra review and teaching for missed concepts. Teachers are aware of this and will make adjustments to their curriculum next year or when we return.

What matters MOST at this time...is that your child feels connected to their family, friends and class. The data tells us that missing school for a period of time will not have a significant negative effect on your child. When students return to school the gains will be quick. Again, ensuring your child is feeling safe and connected is most important so that when school returns they can be focused on learning.

Please know that our staff knows you are not teachers....your job IS NOT TO BE A TEACHER! Please know that home learning is not meant to replicate school! Your child does not need to be doing school from 8:00 am -2:00 pm. It should be a portion of their day, if you choose. See suggestions below that are fun learning opportunities, if needed. If you are struggling to support your child's learning ...remember this is optional! Let the teacher know. It is OUR JOB to support your child. Please email or call the school and let us know about the struggles....this should not be an added stress for your family!

### **THINGS TO DO:**

- 1) Stay calm....if we miss 10 weeks of school.....we believe in our learners;they will bounce back
- 2) **Create a routine. If you choose learning opportunities, then have a routine that includes a bit of school time but take breaks when needed. Get outside and enjoy nature!**



## LEN WOOD MIDDLE SCHOOL

School District No. 83 (NORTH OKANAGAN-SHUSWAP)  
3700 Patten Drive  
Armstrong, B.C. V0E 1B2  
Telephone: 250-546-3476 Fax: 1-250-804-7789  
[www.lwm.sd83.bc.ca](http://www.lwm.sd83.bc.ca)

- 3) Talk, talk, talk, listen, listen . listen..to your child. Checking-in with your child to see how they are doing/feeling. Make them feel safe and ensure they have connections to others.
- 4) Email your child's teacher if they are struggling. Do not feel stressed about school work as we are here to help...it's our job...
- 5) Read, Read, Read with your child and talk about the story
- 6) Focus on connections with your family, create safety and belonging (through meaningful activities like, cooking, baking together, games, bike rides, family walks, modeling down time like reading, doing puzzles.
- 7) Encourage your child to spend time out of their room, go outside (vitamin N-nature) and even to watch a movie together
- 8) Encourage children to email/reach out to their teachers if feeling overwhelmed or confused
- 9) If it works for your family, pick and choose learning opportunities that fit your lifestyle and your child's passions. Be creative and think outside of the box....engagement is most important.

### THINGS TO AVOID:

- 1) You do not need be the learning police
- 2) You do not need to demand sustained concentration until completion
- 3) If you are not skilled at school work, please ask for more teacher support
- 4) Do not worry or stress about the impact of this situation on learning. Teachers will make adjustments...we are in this together.

**We hope this letter helps you feel better, and know you are part of our Amazing EXTREME TEAM!** We are a community. Reach out and seek allies or help if needed. Our school is the hub of response and recovery! It is a place to reach out for emotional recovery and to promote social togetherness. In the end, this is as important as any academic gains!

In every tough situation, there are hidden gifts. Look for the silver linings....one of them for sure is the gift of time with your family.

Let us know how we can support you!  
LWMS Staff

**"WHERE GREAT MINDS MEET"**