

TIPS FOR QUARANTINED STUDENTS

ACADEMICS WHILE YOU ARE HOME

- Access your teachers' lesson plans and email through the lesson plan/email link on the BVHS homepage.
- Keep your teachers informed as your circumstances during quarantine could change.
- Utilize Google Classroom every day to keep track of what is missed in your classes. This is where you can find videos, guided notes, assignments, etc.



- Set aside time for school work every day .
- Do your best to keep your school routine.
- Upon returning, schedule times to take your tests and quizzes you were not able to complete during quarantine.
- We recommend scheduling 2 or fewer assessments each day. Don't try to take them all on the day you return.

PERSONAL & SOCIAL

- It is common to feel isolated during this time. Your mental health is important. Counselors are available to connect with you through email, phone, or zoom.
- If you are starting to feel overwhelmed, create a list of tasks that need to be completed for each class. You will start to feel better once you are able to complete tasks. Focus on one thing at a time.
- Social connection is important even during quarantine. Check in with your friends, talk to your parents, etc.
- Make the same amount of space for relief and joy as you do disappointment and sadness.
- Stay active by trying to implement 30 minutes of exercise a day.
- If the weather is decent, try to get some fresh air (open a window, go for a walk, sit outside to do homework...).
- Make sure to take brain breaks (off screen): learn something new, color, complete a puzzle, cook/bake, build something.
- Drink water and limit "junk food."
- Do your best to stick to your sleep routine.

Resources

Need to talk? Simply text "icare" to 898211 available 24/7 and 365 days/year.

Additional quarantine resources can be found on the BVHS School Counselor Website at www.bvhscounselors.weebly.com.