



# Crookston High School

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Hello CHS Families,

This current situation and season is not easy. I want to share with you some basic and helpful tips on helping your student through the Distance Learning time.

One of the concerns we all have is the Mental Health of our students. With the current situation their social time with others outside the home is limited. How can you help?

Here is a short video of me talking about this (I shared a similar video with students in their google classroom as well): <https://youtu.be/0OwYzUF0An8>

The below tips can improve our Mental Health as well as our physical health:

1. **CREATE A SCHEDULE**- use the template on the next page to create a template for their day. Include a schedule for their Zoom-In days and non-color school days.
2. **SLEEP/HYGIENE**- Sleep is so important for our health. With the schedule you created, talk to your student about the importance of sleep. One important thing is to not use electronics before going to bed and keep the phone outside of the room if they are unable to not look at it. Same goes for TV's and video games.  
We also want to make sure students are keeping up their hygiene with showering regularly, brushing their teeth, etc. When we take care of ourselves we feel better!
3. **EAT WELL**- Eating a balanced diet is also important for our bodies to function best. Talk to your student about their eating habits, what are they eating? If it's junk food and sugar, they aren't going to feel very motivated.
4. **WATER**- We all need to drink water! Talk to your student about the importance of drinking water to help nourish their body.
5. **SOCIAL TIME**- Take time to be intentional with your students. Their social life is with you! It is important we all take time to put the phones down, all the electronics away and spend time together. Play a game, or try something new together. This is a great time to teach those life skills, cooking, laundry, chores, etc. And, there are a lot of resources out there on 'How To...', create something, cook, puzzles, drawing/coloring, learning an instrument, etc.
6. **MOVEMENT**- During the school day students have 5 minutes of movement scheduled into their day as they go from one class to the next, that's 35 minutes! Talk to your student about how they can add movement into their day. Going for a walk, exercise video via youtube- yoga, cardio, stretching, etc. Getting fresh air is important.

Please let me know if you have any questions or concerns about your student. I am here to help!

Mrs. Zimmerman

