

# OHANA

means family.

Family means nobody gets left behind or forgotten.



**Dearest Queen Anne's County Families,**

**We hope this letter finds your family happy, healthy, and ready to start the 2020 - 2021 school year. We are so grateful for your patience as we start our year with distance learning. We know that this physical distance makes the "regular" school day seem very different, but our dedication and connection to you and your children will only grow stronger during this time. Please know that just as *Ohana* reminds us, "nobody will get left behind or forgotten," we will not leave anyone behind.**

**In order to adjust to the "learning at home" environment, we have provided some important ideas and strategies to get you started. Please don't hesitate to reach out with any questions. We are here to help. Most importantly, take care of each other. As Daniel Tiger says, "Things may change and that's okay. Today we can do things a different way." Your family's well-being is critical during this time. Make that your priority.**

**We are missing you, wishing you well and looking forward to connecting with each of you soon.**

**Take Care and Be Well,**

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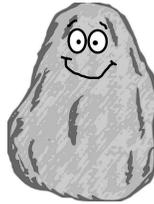
# Find Your ROCC

**R**outine

It's gonna be **O**kay

**C**onnection

**C**onsistency



**Routine:** Children thrive on routines. Try to create a daily schedule, so everyone knows what to expect. If it doesn't work, no stress. Reset and try again. Unpredictable moments are okay!

**It's going to be OKAY:** We know life feels anything but normal right now. We have to be patient, empathetic, and keep a sense of humor. We will get through this.

**Connection:** Now more than ever, in this time of social distancing and isolation, it is important to stay connected. Use everything this world has to offer to stay connected.

**Consistency:** You can create a "new normal" for your family by having consistent routines. Set up a designated work space in your home.

***“Chin up. We’ve got this!”***

**Just a few things to get you started...**

**- A Stress Ball**

**(Squeeze and let your worries fly away!)**

**- A Gratitude Journal**

**(Write things you are thankful for every day.)**

**- A Special Treat**

**(To remind you how special you are to all  
your teachers, friends, classmates, and  
family.)**