



CITYSIDE COVID QUARANTINE COMMUNICATION AND GUIDELINES

* WHAT TO DO IF YOU ARE QUARANTINED *

We are so sorry that you have to quarantine, and we want you to know that we are here to support you during this time. Your teachers, Mrs. Huizenga, Mr. Turner, Mr. Roskamp, and/or Mrs. Brown are prepared to help you while you are at home. We ask that you take the first few hours to get situated for remote learning and understand that our staff is using the first few hours to prepare to support you during this time.

If you haven't already, please let someone in the office know that you are in quarantine, and we will mark your absences for the length of the quarantine, so that your parent doesn't have to call every day. Once you get a return to school date from the Health Department or know the return date, please let us know that as well so we'll know when to expect you back.

We know that this shift in your education was not expected and you may be wondering, "How am I supposed to keep up with my classes now?" Below is a list of recommendations to keep you on track and connected for when you return to school.

Your first step should be to email your teachers to begin a dialogue about your learning during this time.

What does learning look like during quarantine? We wish we could replicate the classroom experience while you are at home, but there are so many aspects of instruction that we cannot do remotely. Our staff is committed to providing you with opportunities that are consistent with what is happening in the classroom, but it may not be the same as what is occurring in the classroom.

Most teachers will provide instruction through Google classroom or email. A few may choose to Zoom or provide a Google Meet with you. We know that learning during quarantine will not be the same as it would if you were in the classroom. Our teachers will work with you to keep you on track, but also provide modifications to assignments when necessary. *Students will be expected to make up assignments and assessments that were not able to occur during quarantine within 2 weeks of returning to school and are responsible for communicating with their teachers to schedule make-ups. Some assignments may be exempt at the teacher's discretion if they cannot absolutely be replicated in a quarantine situation.*

PLEASE reach out to your teacher regularly. They want to know what you are struggling with or what additional information you need. It is important that you advocate for yourself.

Quarantine Resources: If you are struggling or need support, tell someone. **You are not alone.**

- Crisis Counselor Text Line - **Text HOME to 741741** & Michigan Mental Health Warmline - **(888) 733-7753**
- Suicide Prevention Online Chat - <https://suicidepreventionlifeline.org/chat/> & National Suicide Prevention Lifeline - **1-800-273-8255**
- United Way 2-1-1 is available to provide resources to people who are in need while in quarantine or isolation or visit <http://www.call-211.org/>
- Tutors (FREE tutoring from GVSU: <https://www.gvsu.edu/k12connect/>)
- Other Ottawa County resources: <https://www.miottawa.org/health/ochd/pdf/HealthResources.pdf>
- ZPS Cares: email: zpscares@zps.org// [ZPS Cares Form](#)//Call 616-748-4509

Student Expectations

- Communicate with each of your teachers the reason you are going to be out of school; email is a good starting point.
- Organize
 - Your time: Sticking to your school schedule will help. Being away from school is very unstructured. Also, find time to workout, read a book, listen to music, watch a favorite TV show in addition to doing homework, studying, and note-taking.
 - Your school work: Use a planner and stick with a system. If you need help with a system, ask for support.
- Follow every class, every day.
 - First Priority: Check Google Classroom and email daily. (Check email several times a day during school hours.)
 - Synchronous learning: if your teacher offers a Zoom or Google Meet, and you are able to join from home, do so! (Not all teachers will be able to offer this option.)
 - Keep on pace as much as possible and if assessments are offered digitally, you are responsible for taking them on time.
 - Reach out to a friend/classmate in your class through email during the day or a phone call after school to see from a student's perspective what you may need to know.
 - Email the teacher for clarification if needed.
 - Keep in mind that teachers are teaching full time so that they will need time to post work and respond to questions.
- Use your resources if you need help academically or emotionally. This is not easy and there are lots of feelings to manage. Don't try to handle it alone.

Teacher Expectations

- Communicate with students that we are here to support you and what the best way to stay on track in our classroom is.
- Post assignments/lessons/expectations by the start of each hour/block to Google Classroom.
- Communicate any synchronous learning opportunities.
- Respond to student/family emails as soon as possible.
- Keep on-line resources up to date.
- Consider exempting students from non-essential activities/assignments when appropriate, balancing rigor and support.
- Contact your family if there is a concern.
- Let Mr. Roskamp, Mrs. Brown, Mrs. Huizenga or Mr. Turner know when a student may need more support.

Parent Expectations

- Acknowledge that this is hard for everyone.
- Help the child navigate through the student expectations.
- Promote the student sticking to the school day schedule for consistency.
- Communicate with teachers about specific questions related to their course if the student hasn't been successful.
- Contact other resources for support as needed:
 - Family
 - Peers
 - Counselors
 - Administrators
 - Ottawa County Resources:
<https://www.miottawa.org/health/ochd/pdf/HealthResources.pdf>