



# 1ST DAY OF SCHOOL HELPFUL REMINDERS

**WE CAN'T WAIT TO START ON SEPTEMBER 8!**

## **Gear**

Please make sure your device is charged and ready to go. Make sure you have basic supplies needed to begin class (paper, pencil, etc.). Also, make sure any clothing on-screen is school appropriate.

## **Schedule**

The official learning platforms are Seesaw and Microsoft Teams. Make sure your student is able to log in before the first "bell" (instructions are available at [www.usd259.org/myschoolremote](http://www.usd259.org/myschoolremote)). Classes will turn on Tuesday morning, and students will be expected to join starting at their scheduled time (7, 8 or 9 a.m., depending on school bell schedule).

## **Technology**

If you have trouble logging in, please call 316-973-HELP (4357) to resolve your issue. This help line is staffed from 7 a.m.-5 p.m.

## **Grab & Go Meals**

Meal service is available for our remote students. Families are encouraged to reserve meals in advance for pick up each Thursday at one of the 5 pick-up locations in the district between the hours of 5-6 p.m. Each registered child will receive food for 5 breakfast and 5 lunch meals each week. If you need assistance applying for free/reduced meals, please visit our website at <https://family.titank12.com/> or call us at 316-973-2178. More information available at [www.usd259.org/remotefood](http://www.usd259.org/remotefood).

## **Self-Care**

Practice self-care as caregivers and with your students. Take advantage of scheduled breaks. Get plenty of sleep. Incorporate exercise and physical activity. Eat well. Stay socially connected through virtual technology.

## **Contact Info**

Ensure your ParentVue account is updated with your email address and/or phone number to receive updates and alerts from your school and the district. Update your account any time these change during the year.