

Five Starter Plays to Support Family Well-Being During the School Year

Amid the COVID-19 pandemic, restarting school poses new and significant challenges to students and caregivers alike. Whether you are a parent, guardian, or caregiver to school-age children, you play a critical role in their health, no matter when or how schools reopen.

Communicating with school leaders and staff is important while navigating this time. This checklist will help you strengthen communication and relationships with school staff and work together to make sure your children are safe and healthy, whether school is in-person, virtual, or both.



1. Connect with teachers and staff

- Find out what your school is doing to [ensure student health and safety and engage with families](#).
- Talk with school staff about your needs and how they can communicate effectively with you.
- Share concerns with staff in a spirit of collaboration.
- If you don't feel comfortable sharing your questions and concerns with school leaders, talk with a trusted teacher, staff member or family liaison.



2. Support mental well-being

- [Talk with your kids](#) about school as well as their [emotional wellbeing](#).
- Find out how your school is supporting mental health and collaborate with them on [student mental health support plans](#).
- Share [these additional resources on resilience](#) with them.
- [Give yourself a break](#) (even if it's just 5 minutes)!



3. Keep your family safe

- [Talk to your kids](#) about COVID-19 and their safety.
- Participate in forums about reopening, as you're able. Your voice matters.
- Prepare for safely restarting school with this [helpful checklist](#).



4. Find support for fundamental needs

- COVID-19 has made it hard for many families to meet basic needs. [Take this survey](#) to see if you qualify for assistance.
- Communicate your employment, housing, food, or other needs to school staff or other parents. Having a support system is key.



5. Make time for physical activity

- Advocate for your school to include physical activity in the school day, no matter where students are.
- Try [these fun activities](#) to supplement your school's physical education program.