

Getting Back to Learning at the Virtual School

Created by: Student Services
Illustrator: Rebecca Murrell



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Learning and Living in Faith

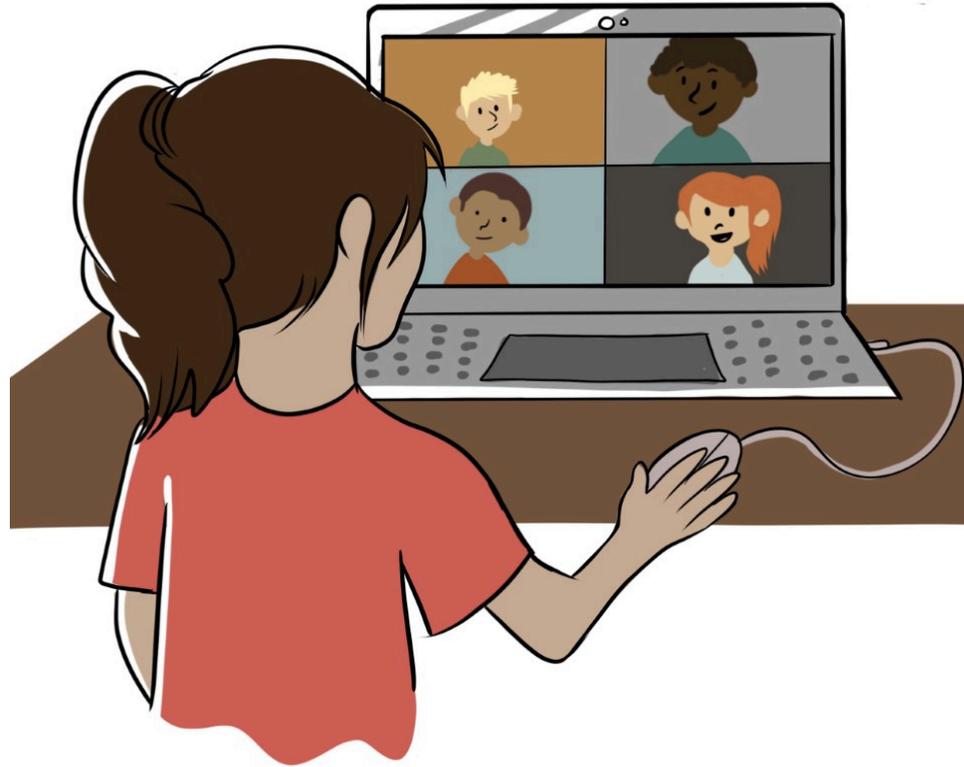
Every year, after the summer vacation, I go back to school. I start a new grade, I have a new classroom, and usually I have a new teacher. It is good to see my friends and teachers when I go back to school after the summer.



This fall, I will be going to a virtual school. This means that instead of returning to my school building in the fall, I will be learning using my computer. I will have a virtual class, so I will be able to see my new teacher and my classmates on the computer screen.



I may not know my teacher and many of the students in my virtual class, but it will be fun to learn with other kids and to make some new friends.



If I feel worried or scared about the changes, I can talk to my family. If I have questions, I can ask them. They might not know all of the answers, but we can find the answers together. If I have questions about my learning, I can also contact my teacher. My teacher is always happy to help me.



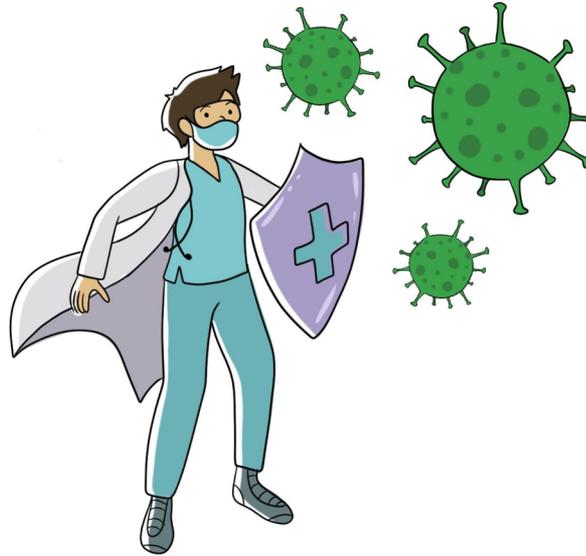
I might have a lot of different feelings about learning at the virtual school. I might be excited to make new friends and meet at new teacher and also worried about what might be new and different. These feelings are okay.



If I feel worried, there are things that I can do to help me stay calm and ready for learning, like:



Talk to my friends
and grown ups about
how I feel



Remember that grown-
ups are working hard to
keep everyone safe



Squeeze and then
relax each of my
muscles



Take big belly breaths



Say a prayer



Focus on what's in the room with me - things that I can see, hear, and touch



Think about things I am grateful for



Do some of my favourite activities



Listen to music



Spend time with my family



Imagine my calm place

These ideas will help me to be ready for learning. We will work together to have a good time at virtual school!

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If you have questions about this
resource, please contact:

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