

## Letter to all parents and custodians from 31.03.2020

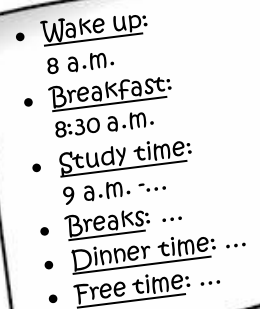
Ladies and gentlemen,  
schools have been closed for the third week now. This is a peculiar situation for us all.  
Through this letter, we want to offer you support and some tips on:

- how to organise your day with your children
- how to study at home
- what to do in case of problems, concerns, and questions

### Organising your day

If going to school has created a fixed routine for your day, then that is probably missing now. This creates an unusual situation for you and your child.

**TIP:** Brainstorm with your child how you can organise your day without school! Write down everything that should be done and when.

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- Wake up:  
8 a.m.
  - Breakfast:  
8:30 a.m.
  - Study time:  
9 a.m. - ...
  - Breaks: ...
  - Dinner time: ...
  - Free time: ...

### Studying at home

Your child has received some materials from his/ her school to study at home. If you have any questions concerning these materials, then simply call the school.

**TIP:** Discuss with your child where the best place for him/ her is to study in the apartment.

After that, check all the assignments due and decide which should be done today.

Do not forget to schedule in breaks.

Let your child show you his/ her finished assignments.

For more tips on studying at home follow these links:

<https://schuleonline.bildung-rp.de/unterstuetzung-fuer-eltern-und-schueler.html>  
<https://schuleonline.bildung-rp.de/handreichung-onlinegestuetzter-unterricht.html>

### Problems, concerns, and questions

On the following pages you will find some helpful links.

We wish you and your family all the best and much strength.

Best regards

## Problems, concerns, and questions

The following information can be helpful to you and your child and is free of charge. There is also no identification needed.

BDP-Corona-Hotline: 0800 777 22 44 (free)

[https://www.bdp- verband.de/aktuelles/2020/corona/bdp-corona-hotline.html](https://www.bdp-verband.de/aktuelles/2020/corona/bdp-corona-hotline.html)

Telefon-Seelsorge (*pastoral telephone service*): 0800-1110111 / 0800-111 0 222 / 116 123 (free)

<https://online.telefonseelsorge.de/>

<https://www.internetseelsorge.de/>

Nummer gegen Kummer (*telephone help line*): 116 111 (free and anonymous)

[https://www.nummergegenkummer.de/kinder-und-jugendtelefon.html#log\\_in](https://www.nummergegenkummer.de/kinder-und-jugendtelefon.html#log_in)

Bundeskonferenz für Erziehungsberatung e.V. (*youth counselling*)

<https://jugend.bke-beratung.de/>

Help line “violence against women“

08000 116 016 (free and anonymous)

School psychological counselling centres

<https://schulpsychologie.bildung-rp.de/schulpsychologische-beratungszentren.html>

Leibniz Institute for Resilience Research (LIR)

<https://lir-mainz.de/news/coronavirus-pandemie-empfehlungen-zur-staerkung-der-psychischen-gesundheit>

## Tips for organising your day

General tips and suggestions

<https://www.bildungserver.de/Kinderbetreuung-in-der-Corona-Krise-12757-de.html>

Corona explained, child-friendly

<https://www.youtube.com/watch?v=kU4oCmRFTw>

<https://www.unicef.de/informieren/aktuelles/blog/coronavirus-acht-tipps-mit-kindern-darueber-zu-sprechen/212392>

Materials and videos for at-home learning

<https://www.planet-schule.de/>

<https://materialwiese.de/>

Ideas for keeping children entertained

<https://www.familie.de/kleinkind/kinderspiele/>

<https://www.albaberlin.de/news/details/reaktion-auf-coronavirus-albas-taegliche-digitale-sportstunde-fuer-kinder-und-jugendliche/>

<http://vimeopro.com/plrlp/sportchallenge>

Dealing with fake news

<https://www.klicksafe.de/service/aktuelles/news/detail/coronavirus-covid-19-umgang-mit-panikmache-und-fake-news/>