



Dear Families,
乐盟的家庭们，

I hope that this message finds you safe and well wherever in the world you may be. We find ourselves in an unprecedented situation, spread across the globe without our regular routines in place. It is with this in mind, that I wanted to get in touch with you, to reassure you that many of us (if not all of us) are feeling a little off-balance in dealing with the situation in which we find ourselves. In recent days, I have come across many valuable pieces of advice to support families in this uncertain time; whether that is managing the day-to-day living arrangements to helping children navigate the newness of remote learning and the added pressure that brings to family life.

我希望无论您身在何处一切都安好。我们现在正处于一个前所未有的境地，我们散布在世界各地并且脱离了正常的日常轨迹。正是考虑到这一点，我想与您们取得联系，我可以确认，我们中的许多人（如果不是所有人）在处理正在所处的局势时感到有些措手不及。最近几天，我收到了许多宝贵的建议，这些建议能支持我们的家庭度过这个不确定的时期；比如管理日常生活安排，以帮助孩子们适应远程学习的新鲜感和给家庭生活带来的额外压力。

Please take a few moments to read through the ‘hints and tips’ below, which may offer some reassurance and guidance as to how we can help each other during this time.

请花点时间阅读下面的“建议和小贴士”，这可以为我们在这段时间如何相互帮助提供一些支持和指导。

How to support your child with remote learning:

- Follow a schedule each day during the week to complete the activities – preferably in line with the school timetable.
- Use a calendar so that your child can mark off when they have completed assignments/daily tasks.
- Have a designated study space.
- For younger children, give them the opportunity to submit their own assignments and read the responses from their teachers
- If a task becomes overwhelming, stop and go back to it later. If it becomes unmanageable, simply leave it and your child can discuss it with their teacher on the return to school.
- Complete homework on the day it is assigned. Don’t leave it to the deadline, otherwise there will be multiple assignments to complete and your child could feel overwhelmed.
- Allow your child to take regular breaks; this includes moving about and moving to a different space.
- Use an online video exercise session to allow the opportunity for some exercise.
- Particularly for younger children, set up a reward system for completed tasks; for example, treats, family time (perhaps playing a board game), or a special weekend activity.

如何通过远程学习支持您的孩子：

- 在一周内每天按照时间表完成活动——最好是按照学校的时间表。



- 使用日历，以便您的孩子在完成作业/日常任务后可以进行检查。
- 有指定的学习空间。
- 对于年幼的孩子，让他们有机会提交自己的作业并阅读老师的反馈
- 如果一项任务变得无法完成，请停止，稍后再继续。如果它变得难以对付，直接别碰它，您的孩子可以返回学校之后再与老师讨论。
- 在指定的日期完成作业。不要等到最后期限，否则会有多个作业要完成，您的孩子可能会感到应接不暇。
- 让您的孩子定期休息；这包括走动和移动到不同的空间。
- 使用在线视频练习小节进行一些练习。
- 特别是对较年幼的儿童，为完成的任务建立奖励制度，例如，犒劳、家庭时间（可能玩棋盘游戏）或特殊的周末活动。

How to work as a family to make the most of this time:

- Cook together – choose some new recipes and get your child involved.
- Play board games as a family – choose a new one every day.
- Share the household chores – a good opportunity to teach your child some of the basics.
- De-clutter and tidy up – playrooms, bedrooms, basements!
- Read those books that you've meaning to.
- Take this time to brush up on your Mandarin or English.

如何充分利用家庭时光：

- 一起做饭-选择一些新食谱，让孩子参与其中
- 全家一起玩棋类游戏-每天选择一个新的游戏。
- 分担家务——这是教孩子一些基本知识的好机会。
- 清理和整理——游戏室、卧室、地下室！
- 读你想读的书。
- 花点时间温习一下你的普通话或英语。

This time can lead to uncertainty and anxiety for many of our community, old and young. Too much exposure to the media and too little time with family and friends may contribute further. It is important that we reassure our children that this current situation will not last forever and that life will return to normal. Again, I would like to share with you some tips I have read in recent days about how to help your family cope at this time.

这段时间，许多的社群里不管是老年人还是年轻人都会产生不确定性和焦虑。太多的媒体曝光和太少的时间与家人和朋友在一起可能会进一步激化。重要的是，我们要让我们的孩子们放心，这种现状不会永远持续下去，生活将恢复正常。再次，我想和你分享一些我最近几天读到的关于如何帮助您的家庭应对这个时期的技巧。

- Limit media and social media use – stick to reliable channels of information.
- Follow official guidance on hygiene and share this with your child – this will help them feel secure.



- Having routines and schedules as described above will allow for some normality at home.
 - Try to get outside for some fresh air.
 - Stay in touch with family and friends – they are the best support network.
 - Be honest with your child – allow them to express their concerns and talk through what is happening.
 - Reassure your child that whilst the current situation is uncertain, your family is secure.
-
- 限制媒体和社交媒体的使用——坚持使用可靠的信息渠道
 - 遵循官方的卫生指导，并与您的孩子分享这一点——这将帮助他们感到安全。
 - 如上文所述，安排好日常活动和日程安排将使家庭生活变得正常
 - 尽量到室外呼吸新鲜空气。
 - 与家人和朋友保持联系——他们是最好的支持网络。
 - 对孩子坦诚相待——让他们表达自己的担忧，并通过正在发生的事情进行交流。
 - 让您的孩子放心，虽然目前的情况不确定，但您的家庭是安全的。

If there is any way in which you feel our teachers can support you and your family at this time, then please contact the Heads of School who will be able to direct you. In the meantime, I wish you all the best and very much look forward to seeing you all again on Monday 2nd March.

如果您觉得我们的老师可以在这个时候为您和您的家人提供支持，请联系学校负责人给您进一步的信息。我祝你们一切顺利，非常期待 3 月 2 日星期一再次见到你们。