

In the Spirit of Helpfulness
Submitted by: Dr. Barbara C. Campbell, President
Connectional Lay Ministry Council

Considering the coronavirus, please get members, family, friends and others to **vote absentee**. We must turn out the VOTE!

Episcopal District Lay Leaders & Region Lay Leaders should lead the way in checking with voting their secretary of state's office to see when their primary will be held (it is a state by state occurrence). A number of states have already had Super Tuesday, and already voted in the primary.

On another note, ask parents to create a schedule for their child/children who will be out of school during the corid-19 crisis:

Parents & Guardians: Review the study material or work packets that was sent home by the school. Make sure the material was sent so that you can review. Do this for elementary, middle and high school students.

Plan which sections will be completed daily and if you work check the assignment when you return home. Make sure the plan covers all the material to be completed each day so that at the time school reopens your child can have their work completed.

Sample Schedule: (Keep it close to a school day schedule so that your child doesn't waste time).

7:00-8:30 - Daily routine (shower, bath, brush teeth, get dressed in comfortable clothes, don't allow lounging).

8:30-9:30 - Breakfast preparation, do dishes (age based).

9:30-11:30 - First Packet Assignment (Choose subject together they will work on).

11:12:30 - Lunch & Break.

12:30-2:30 - Return to class work.

2:30 - Plan afternoon schedule jointly.

Use this time in addition to computer assignments by the school, assign other assignments (current events, election information, statistics in our state and other places concerning the virus. Read newspaper, book or magazines.

Limit personal phone usage on home line and mobile.

Discuss safety issues: Use tissue for coughing and sneezing and flush used tissues, wash hands with soap and water frequently while they hum or sing the Happy Birthday Song slowly the traditional way, keep hands away from your face, use wipes to clean the phone.

Parents Have emergency contact names and numbers available-posted on refrigerator door or some other place.

Use this Sample or create your own, all children need a routine. Be safe and healthy.