

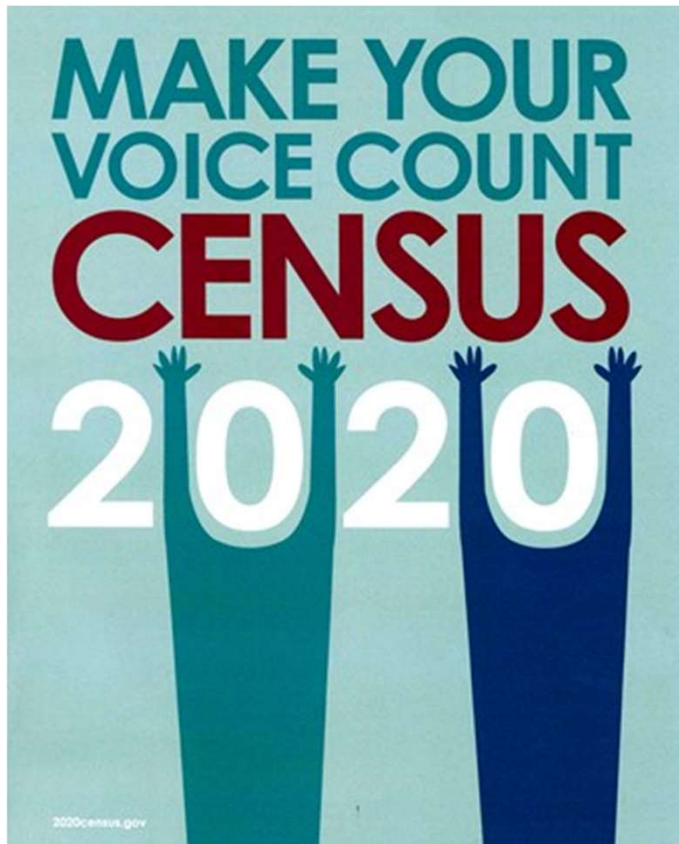
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**Wellness Check-in &
Tips for Sakinah in the House
AFA Virtual School**

Parent Community Meeting April 1 2020



Agenda

Welcome

Roses and Thorns!

Your Questions Answered

What Does Wellness Look Like?

Our Houses as Sakinah Spaces

Tips for Parents

Support @ Home

The Makings of AFA VS Learning

Schedules

Parent Check In Surveys



Rose and thorn

**Activity
@Home**

**Share
something
positive - rose
and something
difficult - thorn**

**We need both
to grow in
beautiful
people**

Your Questions

1. After spring break, what updates to expect in the virtual school program?

Please refer to the email that was sent yesterday for changes/updates in Preschool through 4th grade when we return from Spring Break. This primarily addresses updates to live sessions and weekly scheduling.

1. I was wondering if we could change the middle school schedule in the afternoon to allow more time for dhuhr prayer. Current “break time” is 1-1:30. It would be nice to extend that to 1:40 until Ramadan.

This week is our first go with the schedule and our team will be re-evaluating the schedule at the end of the week and will make adjustments as necessary.

1. How is grading determined since this week kicks off the actual week of new learning?

Students' learning will continue to be assessed. Students will still be asked to demonstrate understanding through assignments.

1. Can the preschool please have all the live sessions for the day completed in one go? Or at least not with longer breaks.

Although logistically we know that it might be easier to schedule live sessions back-to-back, there are two main considerations that were taken in scheduling the breaks as they are:

1) *The attention span of young children, particularly PS-KG, is approximately 15-20 minutes.* This is the same whether they are engaging in an activity in class that's hands-on and even more so applicable when they are sitting in one place (including a screen)

2) *Children (and adults) of any age need breaks from screen time.* We remain cognizant of how much screen-time students are being asked to participate in and are purposeful in how the live sessions are scheduled out. We want to model and build healthy habits when it comes to screen time and, inshaAllah, our schedules try to reflect that.

What Does Wellness Look Like?



Our Houses as Sakinah Spaces



- Parents and caregivers are the **sakinah (calm)** in the middle of the current “storm” for children
- Our emotions are built by the brain from collecting information in the environment.
 - **What emotions are your children collecting from their home environment?**
- Provide them with:
 - Safety
 - A voice
 - Love
 - Hugs

We need **4** hugs a day
for
SURVIVAL

We need **8** hugs a day
for
MAINTENANCE

We need **12** hugs a day
for
GROWTH

Virginia Satir

**Turn up the compassion for
each other**

Empathize with each other

Carve out quiet for yourself

Sakinah Space

@AFA

Ask your child
about the sakinah
space in their
classroom at
school

Background:

Sakinah سَكِينَة means tranquility or peace. Students and teachers need a space in the classroom where they can refocus themselves in mind and action. Instead of a “time-out” place used for reaction/punishment for misbehavior, Sakinah Space is a self-selected and self-directed area for times when a person feels frustrated, distracted, sad, angry, otherwise needing a break. Items in the space can be used to regain self-control, students may pray or make dhikr quietly.

There is no retribution or repercussion for those who choose to use the space; someone can indicate that he or she ready to go to the space or leave the space. An alternative or addition to Sakinah Space is suggesting students make wudu to calm down or refocus themselves.

Sakinah Space is represented within the core values of AFA: Serenity and Peace, Community, Good Character

Possible Tools Placed in Sakinah Space (based on age appropriateness):

- Stones for counting
- Tasbih
- Sand box
- Pictures/images of peaceful landscapes
- Prayer rug
- Tactile materials
- Audio of calming sounds



To help focus:
Trace each of your fingers on one hand with your pointer finger of
the other hand.
As you trace up a finger, take a deep breath in slowly.
As you trace down a finger, push the breath out slowly.
Go around all 5 fingers and thumb until you've taken 5 deep breaths.

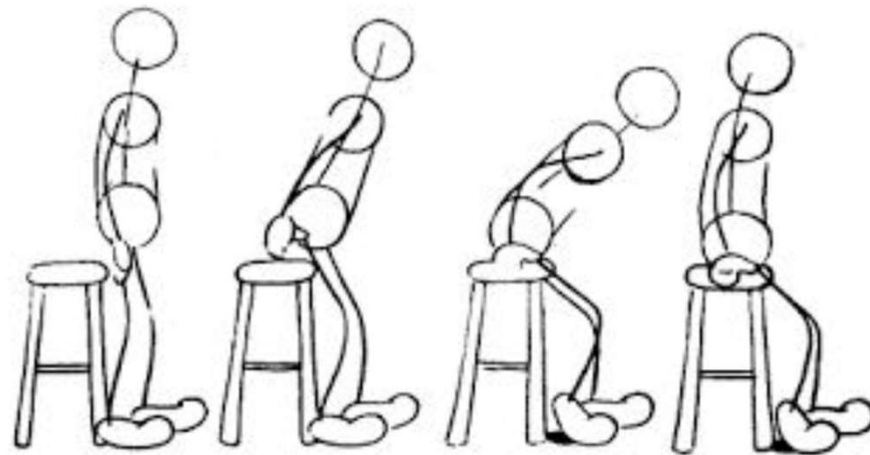


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OPENING YOUNG MINDS TO GREAT WONDERS

**Tools AFA
students
know from
school**

**From AFA
Elementary
School
Guidance
Upcoming
Lessons**

Sunnah of the Prophet (PBUH)



The Messenger of Allah (ﷺ) said: **When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down**

(Sunan Abi Dawud 4782)

Creating Sakinah- Tips for Parents/Families

1. Family schedule agreed upon together, posted
2. Exercise routine for everyone
3. Limiting news and social media consumption to designated breaks
4. Intentional family time especially around prayers
5. Pockets of personal time for all family members
6. Outside time both structured and non
7. Plenty of sleep

Tips for Parents of Elementary School-age Children

1. Explain the slides to younger children i.e. Preschool - 2nd grade
2. You don't have to do everything on the slide deck at once. You can spread things out during the week
3. Make a visible schedule -- you don't have to stick to it everyday; create a sense of **routine**
4. Write down passwords all in one place where it is visible
5. Allow time for breaks from screens
6. Build in time for movement
7. Students shared many feelings with their counselor this week during their Zoom call. Most of them have mixed feelings like **happy**, **sad**, **scared**, **confused**, and **anxious** -- some students are experiencing many feelings at once. Reassure children that we are experiencing this together for the first time and we *will* get through it, Insha'Allah.
8. And for the reasons above, *please keep things simple*.

Tips for Parents of Middle School Children

1. Facilitate ways for older children/adolescents to talk to their **friends** on Hangouts, Facetime, Zoom, etc - it's important to see their faces and not only type/chat.
2. Keep **Zoom IDs and schedules** in a visible place to look at every morning.
3. Check all **Google Classrooms** daily.
4. Take **screen breaks** - every hour or so, remind them to get up and walk around the house, eat a snack, talk to a family member, jam to a song, then get right back into it.
5. Notice when they become agitated, frustrated - these are signs they need your **help**. Say, "Take deep breaths. This is hard - but **you can do hard things.**"
6. Social Media- "**post/read what makes you happy** and filter out the negative and stress inducing content."
7. Say, "keep telling us how you feel and what you're thinking. Use your coping skills, talk to Allah (swt) and remember you are not alone."

WORKING FROM HOME WITH KIDS

A CHEAT SHEET FOR PARENTS

1. SHARE THE LOAD

Ask your child to take ownership of their own routines. At first, they might need guidance and encouragement, so try to stay positive and be patient.

2. NAME YOUR TEAM

Foster an attitude of teamwork with your child by explaining your shared goal and inviting them to come up with a fun family team name.

3. BANK YOUR HOURS QUICKLY

Wake up before your child to make the most of the quiet morning hours.

4. FILL THAT TANK

When you see your child during work breaks, make it a priority to connect in a meaningful way. That will fill their connection "tank" and cut down on their natural urge to interrupt you while you're working.

5. SET A FIRM BOUNDARY...TOGETHER

Work together to set a boundary for what will happen when you're working:

- Make a sign to put on your office door
- Brainstorm a list of activities your child can do independently
- Share the science of why interruptions make everything take longer
- State the exceptions when it's acceptable to interrupt you
- Plan for how your child can record what they want to say in the moment

6. MAKE A SPACE

Dedicate a separate area in your home to being your office space.

7. CHOOSE YOUR OWN ADVENTURE

Let your child have a say in how they'll be spending their time while you're focused on work. Brainstorm a big list together, then each time before you head off to a work session, ask them to set their intention for what they'll be doing. Remember: Make sure you have realistic expectations for how long your child can play independently given their age and developmental stage.

8. FIND YOUR RHYTHM

Some parents prefer a detailed hour-by-hour daily schedule, but that doesn't work for everyone. A detailed schedule might make you feel frustrated and possibly lash out at your child when you get off track. Establish a daily rhythm instead so that you can still have some structure while being flexible.

9. SUPERCHARGE YOUR FOCUS

Focus on one task at a time using The Pomodoro Technique:

1. Pick one task to focus on and set a timer for 25 minutes
2. Work on that one task until your time's up
3. Take a short break, like 5-10 minutes, and check in on your child if you need to
4. Repeat steps 1-3, then every fourth time, replace step 3 with a longer 10- or 15-minute break

10. SET A TIMER

Set a timer before you head off to a work session to communicate to your kids how long they'll have to wait.

11. MAKE SCREEN TIME COUNT

Choose the best kind of screen time for your child so that you don't end up with behavior issues to deal with later on:

- Watch old Mister Rogers episodes
- Set your child up with a kid-friendly documentary
- Queue up video adaptations of children's books on Kanopy Kids
- Let a famous actor or author read aloud to your child
- Encourage your child to FaceTime or Skype a relative
- Set a timer or an app time limit to minimize the negative effects

12. REMEMBER THREE IS A MAGIC NUMBER

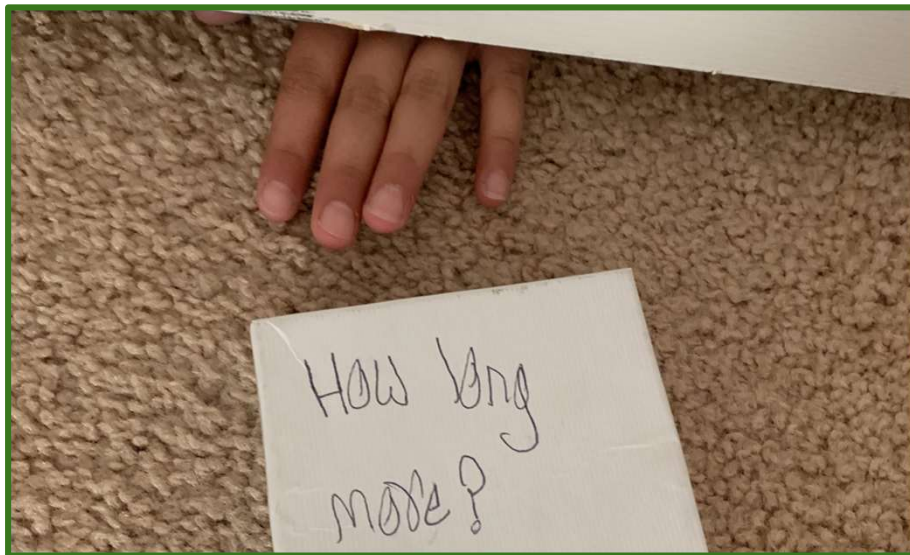
Before you do anything else each morning, pick your three Most Important Tasks for the day and jot them down. Then when you get time to focus do your MITs first.



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OPENING YOUNG MINDS TO GREAT WONDERS

Tips and Strategies!



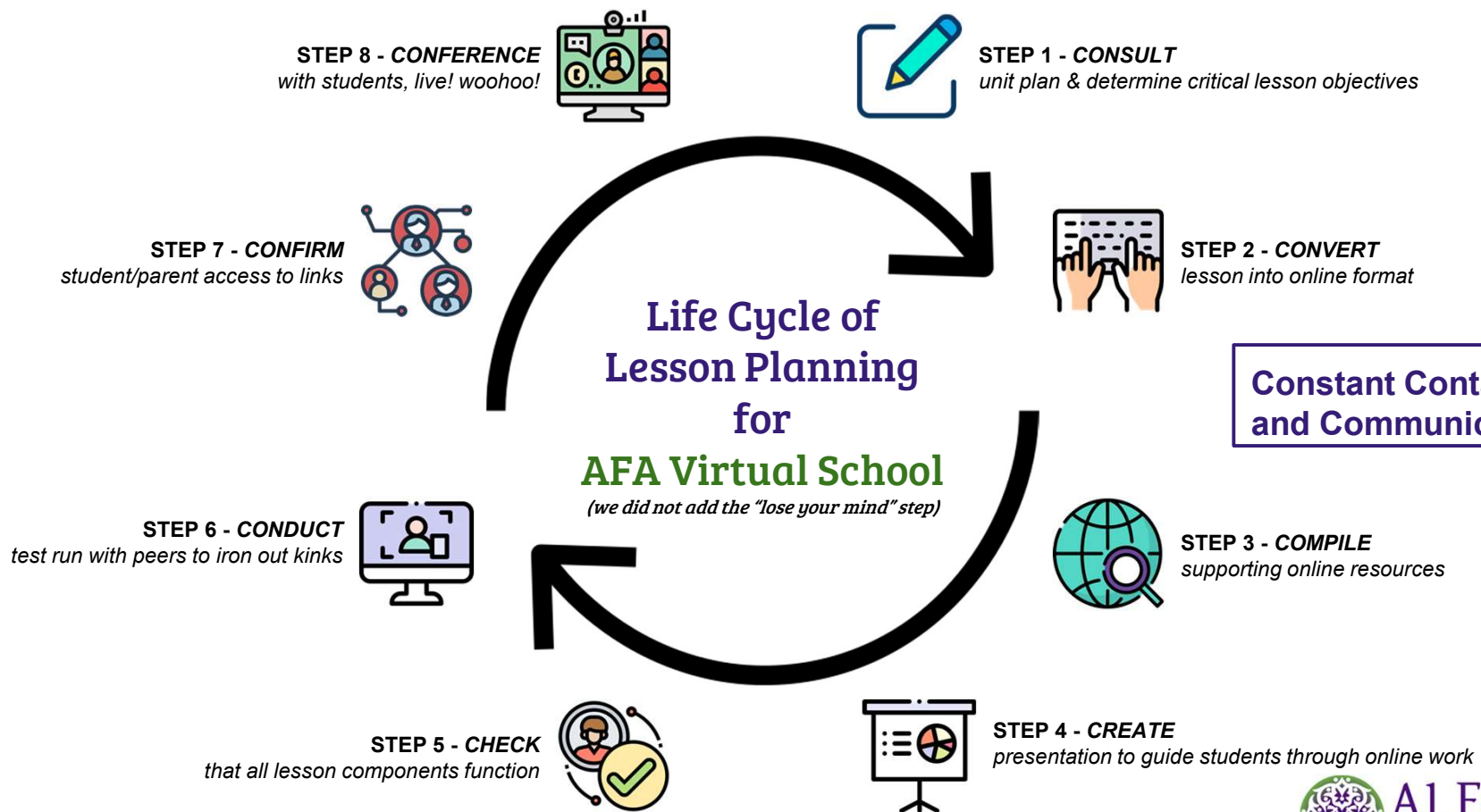
Weekly Wellness Survey

for Parents and Students

Supporting Students @ Home

- **Let children work through the assignments independently.**
 - It may be tempting to jump in and “help” by correcting a mistake or teaching them the concept but it does not reflect what the child has understood or is able to do on their own.
 - The teachers have seen their work so far. They can tell when the child has received assistance.
- **It's ok if they don't understand something**
 - They don't need to know everything all at once! And many aren't able to! Let them learn to crawl first.
 - Self-advocacy is an important skill. Encourage them to ask their teacher. Help when needed.
- **Supervise but give space!**
 - As best as you're able, allow children physical and mental space as they do their work.
 - Often, children display different learning behaviors in front of their parents than they do with their teachers and peers.
- **Help your child stay focused during live Zoom sessions by being mindful of their surroundings.**
 - Try not to engage with your child during live sessions
 - Keep siblings out of view of the camera and away from the microphone
 - Be aware of background sounds. It may be helpful to provide noise cancelling headphones with a built-in microphone if background sounds are unavoidable.

*Lack of organization is not a character trait that is permanent.
Organization is a skillset that all students can learn.*



AFA- Virtual School Schedule

AFA- Virtual School Schedule			
<p>Week 1: Week 16-20</p> <ul style="list-style-type: none"> • Gradual onboarding for parents and students of platforms and expectations. • Parents can expect check-ins from administration, teachers, PE/Art, and counselors during this week. • No formal instruction 	<p>Week 2: March 23-27</p> <ul style="list-style-type: none"> • Teachers make contact with students using Zoom. • Share instructional resources that students can use for parent-guided and self-guided learning • links to resources and activities that will allow students to practice skills, review content and explore topics at home. 	<p>Week 3: March 20-April 3</p> <ul style="list-style-type: none"> • More formal instruction implemented • Increased Live Sessions • Grade Level daily & weekly schedules shared • Live Arabic & Quran Sessions • Live PE & Art Sessions • Week 3 Experience Checkpoint Survey 	<p style="text-align: center;">SPRING BREAK April 6-13</p> <hr/> <p>Week 4: April 14-17</p> <ul style="list-style-type: none"> • Continue toward full implementation of program. <p><u>Considerations</u></p> <ul style="list-style-type: none"> • Attendance • Grading • Scheduling adjustments • Evaluate Parent experience feedback
COMPLETED	COMPLETED	WE'RE HERE!	COMING SOON!

Grades PS-4	Week of 3/30 – 4/3 <i>(This Week/Current)</i>	Week of 4/14 – 4/17 <i>(Week returning from Spring Break and Teacher Workday)</i>	Week of 4/20 and beyond <i>(with some adjustments as necessary)</i>
Homeroom Teacher Live Morning Meeting	2+/week	Daily	Daily
HR Teacher Live Instruction Session 1 (small group or large group)	2/week	3+/week	Daily
HR Teacher Live Instruction Session 2 (small group or large group)	1/week	2/week	4/week
Elementary School Counselor	1/week	Every Tuesday	Every Tuesday
Arabic and Quran Teacher Live Session	1/week	2+/week	Daily M-Th
PE Live Session <i>(KG-4th Only)</i>	No live sessions this week	1/week	1/week
TBD: Art Live Session	No live sessions this week	Anticipated 1/week	1/week

Look for AFA
Virtual School
Parent Check In
Survey

**We Are in
This
Together!**

Looking at the map for some
Spring Break travel ideas





NURTURING YOUNG MINDS TO:

- BE INTENTIONAL & MINDFUL
- PRACTICE STEWARDSHIP & SERVICE
- TRANSFORM KNOWLEDGE INTO ACTION
- UPHOLD EXCELLENT CHARACTER
- CREATE SERENITY & PEACE
- BUILD COMMUNITY



Preschool - Grade 8
Muslim Independent School
A Nonprofit Organization

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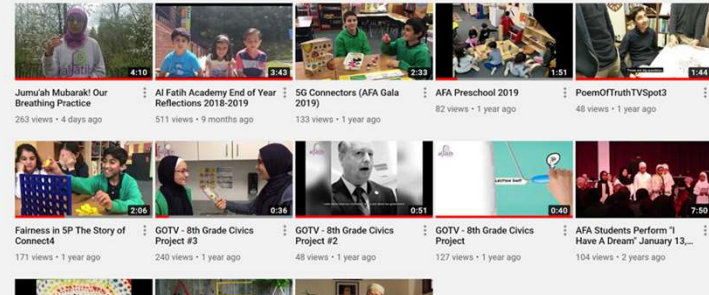
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And YouTube




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Take a deep
breath...

It's sunnah!

Office Hours

Admin Office Hours

- Admin will be available to meet with parents virtually (phone, email, video-conference) by appointment between 9am-5pm.
- Parents may email appointment requests directly to an admin team member.

Teacher Office Hours

- Teachers will communicate with parents how best to connect.

You're Doing

GREAT!