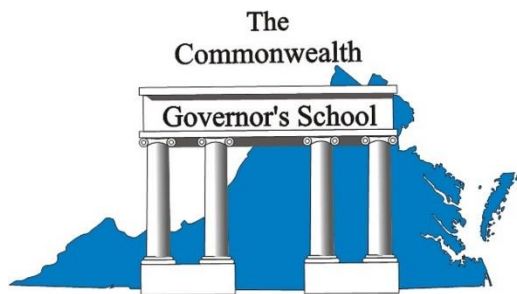


# The Commonwealth Governor's School



## 2020-2021 Instructional Plan

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## **Overview**

The Commonwealth Governor's School (CGS) is a regional Academic-Year Governor's School program which serves gifted and highly motivated students across four counties, Caroline, King George, Spotsylvania, and Stafford.

Across these four participating school divisions, CGS has six separate sites and twelve participating high schools.

County	Site	Participating High Schools
Caroline County King George County	King George Site	Caroline HS King George HS
Spotsylvania County	Riverbend Site	Chancellor HS Riverbend HS
Spotsylvania County	Spotsylvania Site	Courtland HS Massaponax HS Spotsylvania HS
Stafford County	Colonial Forge Site	Brooke Point HS (Grades 11-12) Colonial Forge HS
Stafford County	North Stafford Site	Mountain View HS North Stafford HS
Stafford County	Stafford Site	Brooke Point HS (Grades 9-10) Stafford HS

## **Models of Instruction**

The Commonwealth Governor’s School will offer two models for delivering instruction: virtual learning and hybrid instruction. CGS will provide models of instruction that match each participating school division.

All four participating school divisions are starting the school year with a 100% virtual learning plan. Each school division has delineated their start dates and potential dates for transitioning into hybrid instruction. CGS will honor these dates, and note that they are subject to change as determined by each individual school division. Please see the chart below.

<b>School Division</b>	<b>Start Date</b>	<b>Earliest Potential Transition Date to Hybrid Learning</b>
Caroline County	August 24, 2020	October 13, 2020
King George County	August 31, 2020*	To Be Determined (TBD) once calendar is adjusted for new start date
Spotsylvania County	August 17, 2020	October 12, 2020
Stafford County	August 31, 2020	SCPS will reassess after winter break.

\* Will reassess on August 24 to determine if this date will stand as the official start date

In the CGS virtual learning model, students will be provided synchronous (together with teachers), online instruction using Zoom daily and teachers will use Blackboard as the learning management system (LMS). Please note: teachers are provided flexibility to utilize Canvas or Google classroom for instructional purposes. However, all teachers will provide a link on their Blackboard page if they choose to use a separate system for organization and instruction. Blackboard is the central hub for CGS teachers and students, and families can access this site to find any and all materials for their CGS classes.

In the CGS hybrid learning model, students who have selected to return to school will be divided into two groups by their comprehensive high school. Those who attend in person will do so according to the schedule delineated by their school division.

- On days when hybrid learning students are not attending in person, those students will login to class via Zoom and receive synchronous instruction from their teachers with the other half of students who are attending in-person.
- CGS students who elect to stay 100% virtual when the hybrid plan goes into effect will continue to login to class via Zoom and will participate in classroom instruction virtually with the rest of their CGS grade level.

If and when hybrid instruction begins and rolling closures occur due to COVID-19 exposure or spread, CGS students will revert back to the virtual learning model.

## **Schedules of Instruction**

Due to the vastly different schedules between the four participating school divisions, CGS will be providing instruction in sub-regional pods for the 2020-2021 school year. All three sites in Stafford County will act as a pod, and the two sites in Spotsylvania and the one site in King George County will act as a second pod. Although the times do not align perfectly across the six sites, the CGS staff made a concerted effort to plan and schedule in a manner that allows students across the sites and region to interact with one another.

Calendars will be provided to students often via Blackboard or email to ensure they know when and where they should login for any particular class/activity. Please review the attached schedules closely as each county will follow a different schedule.

Caroline County Schedule – Caroline HS Students

Grades 9 & 10 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am – 9:00am	A1	B1	Students Work at Home	A1	B1
9:30am – 10:30am	A2	B2		A2	B2
10:30am – 11:15am	<b>LUNCH</b>				
11:19am – 12:55pm	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science	<b>CGS</b> • Culminating • Guest Speakers • Virtual Field Trips	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science
12:59pm – 2:35pm	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English	• Special Classes	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English

Please note: Students will have both whole class instruction as well as small group and/or individual meetings during each of their CGS instructional blocks. They may not be online for the entire 96 minute block.

Caroline County Schedule – Caroline HS Students

Grades 11 & 12 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am – 9:06am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math	<b>CGS</b> • Culminating • Guest Speakers • Virtual Field Trips	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math
9:10am – 10:46am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies	• Special Classes	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies
10:46am – 11:55pm	<b>LUNCH</b>				
12:00pm – 1:00pm	A3	B3	Students Work at Home	A3	B3
1:30pm – 2:30pm	A4	B4		A4	B4

Please note: Students will have both whole class instruction as well as small group and/or individual meetings during each of their CGS instructional blocks. They may not be online for the entire 96 minute block.

King George County Schedule – King George HS Students

Grades 9 & 10 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am – 9:06am	1	1	Students Work at Home	1	1
9:10am – 10:46am	2	2		2	2
10:46am-11:19am	<b>LUNCH</b>				
11:19am – 12:55pm	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science	<b>CGS</b> • Culminating • Guest Speakers • Virtual Field Trips • Special Classes	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science
12:59pm – 2:35pm	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English		<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English

Please note: Students will have both whole class instruction as well as small group and/or individual meetings during each of their instructional blocks. They may not be online for the entire 96 minute block.



King George County Schedule – King George HS Students

Grades 11 & 12 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am – 9:06am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math	<b>CGS</b> <ul style="list-style-type: none"> <li>• Culminating</li> <li>• Guest Speakers</li> <li>• Virtual Field Trips</li> <li>• Special Classes</li> </ul>	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math
9:10am – 10:46am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies		<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies
10:46am – 11:19pm	<b>LUNCH</b>				
11:19am – 12:55pm	3	3	Students Work at Home	3	3
12:59pm – 2:35pm	4	4		4	4

Please note: Students will have both whole class instruction as well as small group and/or individual meetings during each of their instructional blocks. They may not be online for the entire 96 minute block.

Spotsylvania County Schedule – CGS Riverbend & Spotsylvania Site Students

Grades 9 & 10 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am – 8:45am	A1	B5	Students Work at Home	A1	B5
8:55am – 9:40am	A2	B6		A2	B6
9:50am – 10:35am	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science		<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science
10:45am – 11:30am	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English		<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English
11:30am – 12:00pm	<b>LUNCH</b>				
12:05pm – 12:35pm	A1	B5	Attendance Check-In & Students Work at Home	A1	B5
12:40pm – 1:10pm	A2	B6		A2	B6
1:15pm – 2:20pm	<b>CGS</b> Math and/or Social Studies  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Labs/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b> English and/or Science  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Lab/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b>  <ul style="list-style-type: none"> <li>• Culminating</li> <li>• Guest Speakers</li> <li>• Virtual Field Trips</li> <li>• Special Classes</li> </ul>	<b>CGS</b> Math and/or Social Studies  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Labs/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b> English and/or Science  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Lab/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>

Please note that CGS students are expected to login to their Zoom sessions in both the morning and afternoon.

Spotsylvania County Schedule – CGS Riverbend & Spotsylvania Site Students

Grades 11 & 12 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am – 8:45am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math	Students Work at Home	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math
8:55am – 9:40am	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies		<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies
9:50am – 10:35am	A3	B7		A3	B7
10:45am – 11:30am	A4	B8		A4	B8
11:30am – 12:00pm	<b>LUNCH</b>				
12:05pm – 1:10pm	<b>CGS</b> English and/or Science  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Labs/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b> Math and/or Social Studies  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Lab/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b>  <ul style="list-style-type: none"> <li>• Culminating</li> <li>• Guest Speakers</li> <li>• Virtual Field Trips</li> <li>• Special Classes</li> </ul>	<b>CGS</b> English and/or Science  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Labs/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>	<b>CGS</b> Math and/or Social Studies  <ul style="list-style-type: none"> <li>• Special Sessions</li> <li>• Labs/Demos</li> <li>• Small Group Work</li> <li>• Collaboration</li> <li>• Remediation</li> </ul>
1:15pm – 1:45pm	A3	B7	Students Work at Home	A3	A4
1:50pm – 2:20pm	A4	B8		A4	B8

Please note that CGS students are expected to login to their Zoom sessions in both the morning and afternoon.

Stafford County Schedule – CGS Colonial Forge, North Stafford, & Stafford Site Students

Grades 9 & 10 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 11:00am	Student Check-Ins & Work at Home	X1	Y1	X1	Y1
11:05am – 12:05pm		X2	Y2	X2	Y2
12:10pm – 12:50pm	<b>LUNCH</b>				
12:55pm – 1:55pm	<b>CGS</b> <ul style="list-style-type: none"> <li>• Culminating</li> <li>• Guest Speakers</li> <li>• Virtual Field Trips</li> <li>• Special Classes</li> </ul>	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Social Studies 10 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : English 10 <sup>th</sup> : Science
2:00pm – 3:00pm		<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Math 10 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 9 <sup>th</sup> : Science 10 <sup>th</sup> : English
3:05pm – 3:30pm	Student Support Hours	Student Support Hours	Student Support Hours	Student Support Hours	Student Support Hours

Stafford County Schedule – CGS Colonial Forge, North Stafford, & Stafford Site Students

Grades 11 & 12 CGS Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 11:00am	<b>CGS</b> <ul style="list-style-type: none"> <li>• Culminating</li> <li>• Guest Speakers</li> </ul>	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : English 12 <sup>th</sup> : Science	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Social Studies 12 <sup>th</sup> : Math
11:05am – 12:05pm	<ul style="list-style-type: none"> <li>• Virtual Field Trips</li> <li>• Special Classes</li> </ul>	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Science 12 <sup>th</sup> : English	<b>CGS Virtual Classes</b> 11 <sup>th</sup> : Math 12 <sup>th</sup> : Social Studies
12:10pm – 12:50pm	<b>LUNCH</b>				
12:55pm – 1:55pm	Student Check-Ins & Work at Home	X3	Y3	X3	Y3
2:00pm – 3:00pm		X4	Y4	X4	Y4
3:05pm – 3:30pm	Student Support Hours	Student Support Hours	Student Support Hours	Student Support Hours	Student Support Hours

## **Health & Safety Plans**

When CGS students return to school or participate in select on-site events or activities, they will follow the health and safety plan of the school or venue. Listed below are the links to each school division's Return to Learn instructional plan, which includes their health and safety precautions, or their health services page.

Caroline County Public Schools – pages 11-17

<http://www.ccps.us/wp-content/uploads/2020/07/CCPS-R2L-Instruction-Plan.pdf>

King George County Schools – pages 6-7 (Processes & Systems)

[https://www.kgcs.k12.va.us/UserFiles/Servers/Server\\_2822000/File/News%20Documents%202020/KGCS%20NEW%20Instruction%20Plan%20VA%20Phased%20Reopening%20for%20VDOE%207\\_2020.pdf](https://www.kgcs.k12.va.us/UserFiles/Servers/Server_2822000/File/News%20Documents%202020/KGCS%20NEW%20Instruction%20Plan%20VA%20Phased%20Reopening%20for%20VDOE%207_2020.pdf)

Spotsylvania County Public Schools – pages 16-23

[https://www.spotsylvania.k12.va.us/cms/lib/VA01918722/Centricity/Domain/4/Return%20to%20Learn%20Proposed%20Plan%20for%20Fall%202020\\_DRAFTupdate7.28.20.pdf](https://www.spotsylvania.k12.va.us/cms/lib/VA01918722/Centricity/Domain/4/Return%20to%20Learn%20Proposed%20Plan%20for%20Fall%202020_DRAFTupdate7.28.20.pdf)

Stafford County Public Schools

<https://www.staffordschools.net/Page/29163>

## **Student Instruction & Related Services**

CGS is committed to providing quality, rigorous instruction to all students in all learning models.

### Addressing Learning Gaps

Students had a wide variety of experiences during the spring of 2020 during the initial COVID-19 school closures. Due to differences between school division plans, students may have experienced learning gaps in instructional content.

CGS will address these learning gaps using the following strategies:

- Providing summer assignments that review all pertinent concepts needed for upcoming course work in 2020-2021;
- Offering a virtual Mathematics Booster course to review Algebra I skills for all rising freshmen;
- Assessing students before, during, and after instruction and providing appropriate recovery strategies and progress monitoring to ensure success;
- Including review concepts during introductory instruction to ensure appropriate scaffolding of skills; and
- Using scheduled remediation and support time to help those in need.

### Technology

Students will utilize a plethora of technology in order to participate in CGS learning this year.

- Zoom – CGS has purchased licenses for all CGS teachers to utilize Zoom as our virtual instruction platform. The paid version of Zoom has a variety of safety features that will keep our students safe, and it also provides many instructional components that help students stay more engaged with their peers and instructors. All Zoom lessons are recorded and archived in the Blackboard system, which is secure and password protected (in a similar manner that our Broadcast lessons were previously).
- Blackboard – Blackboard is the CGS Learning Management System (LMS) where all CGS courses can be accessed. If teachers choose to use another program (such as Canvas or Google Classroom), students will be able to access that program directly by logging into Blackboard and clicking a link on their course page.
- Virtual Lab Software – CGS is purchasing various types of laboratory software for students to be able to participate in labs in the sciences.
- Device Needs – Each school division is providing all students with a device if one is needed. Each school division will release information on when and where students may pick up a device.

- Internet Access – Students who do not have any internet access or insufficient access may be able to come to their comprehensive high school building to obtain access (depending upon the school division). Additionally, some school divisions are loaning hot spots to students without access in areas where they will work efficiently. If internet access is a concern, please contact the CGS Director, Mrs. Jennifer Grigsby, at [jgrigsby@cgs.k12.va.us](mailto:jgrigsby@cgs.k12.va.us) or 540-548-1278 so she can assist you.

### Assessments

The CGS Honor Code (<http://cgsva.org/honor-code/>) is a key component of our belief system and focus on learning in this program. Grades are an indication of mastery of content, and honesty in the process of earning grades is paramount to truly helping students grow and develop fully as learners. Students will be assessed in the following ways:

- Formative assessments during virtual learning,
- Guided practice with peers,
- Independent practice,
- Summative assessments that may be take-home and open-note and/or completed while online with teacher supervision without resources, and
- Performance assessments including writing assignments and project-based learning assignments.

### Field Experiences

CGS provides unique field experiences to students in our program. Currently, CGS has scheduled virtual field experiences through the remainder of 2020. We have tentatively scheduled in-person field experiences starting in 2021, but we will reassess these trips and COVID-19 conditions as we get nearer to the departure dates.

### Transportation

If and when school divisions begin offering the hybrid model of instruction, all participating school divisions will continue offering transportation to our travel students who come from remote comprehensive high schools to the CGS sites. Additionally, school divisions who are permitting students without internet access the ability to access the school building will provide bus transportation for those students as well. Please contact your school for more information.



## Communication

The CGS Director and CGS teachers will communicate with families via email with information and instruction updates. In mid-August, all CGS students will receive an email with a link to a Google form from the CGS Director. This form must be completed in order to create a database of valid emails for all CGS families across all six sites. If form completion is a concern, families may contact Mrs. Grigsby at 540-548-1278.

## Special Services

Students with an Individualized Education Plan (IEP) or 504 Plan will continue to receive their services and accommodations. All school divisions will be conducting meetings with families to update these plans to reflect the virtual learning environment and create strategies to best help those students to succeed in all of their classes, including CGS. CGS teachers will be available to help students outside of the assigned classroom instructional hours as indicated on the division schedules.

Since CGS is a program focused on meeting the needs of gifted and highly motivated learners, we will continue to provide instruction and learning opportunities focused on differentiating instructional pace, process, and product that meet the needs of our students.

## Family Support

Parents should check-in with their child daily to ask about their child's learning and stress level. Ask open-ended questions that provide the student an opportunity to share what they learned and what activities they did to master the content and interact with their peers and teachers. Ask your child how they are feeling and if you can help them in any way (reading them questions from a study guide, help them organize their time/space, etc.).

Helping teenagers get the appropriate amount of sleep, eat healthy meals, engage in physical activity daily, and have a designated space to learn from home without distractions are all helpful strategies to increase a student's ability to maximize success in a virtual learning environment.

If your child is struggling in any manner, please reach out to your child's teacher and site leader as soon as possible. The CGS staff at each site want to help your child succeed, and they may have strategies to offer to help your child in the areas where they are struggling.

## **Social Emotional Well-Being of Students & Families Resources**

The following resources are available to assist families who may be experiencing a difficulty in framing discussions and/or meeting various needs of their child(ren):

- [Information Resources for Supporting Wellness During the Pandemic](#)
- Resources for Engaging in Multicultural Conversations about Diversity
  - [Tips for Respectful Conversations in Schools, Workplaces, and Communities](#)
  - [Talking to Kids about Discrimination](#)
  - [How to Talk to Kids About Race](#)
- Local, Community-Based Supports
  - A number of community and mental health supports can be found on the following websites:
    - [Caroline County](#)
    - [King George County](#)
    - [Spotsylvania County](#)
    - Stafford County
      - [Mental Health & Emergency Resources](#)
      - [Mental Health Provider Listing](#)
  - In addition, parents/guardians/students should reach out to their child's comprehensive high school or CGS site with any questions or concerns, or if you need assistance in accessing any of the programs provided.

## **Social Emotional Well-Being of Staff Resources**

Employees or their family members who find themselves in need of assistance should not hesitate in reaching out to their CGS Director, school principal, and/or the Office of Human Resources for your school division.

### Employee Assistance Program

- [King George County](#) – Use Control+F to search for Employee Assistance Program.
- [Spotsylvania County](#)
- [Stafford County](#)

## **Contact Information**

CGS Regional Director – Mrs. Jennifer Grigsby  
540-548-1278  
jgrigsby@cgs.k12.va.us