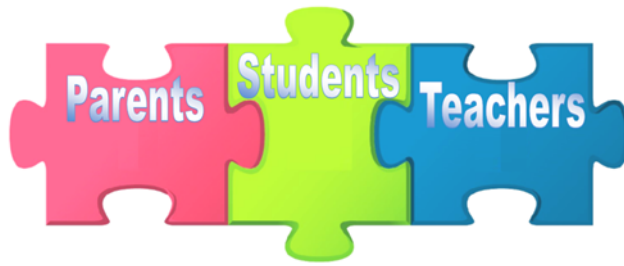# Parent Guide: Tips for Success with Distance Learning

Creating a Positive Learning Environment

- Gather and organize usernames and passwords for varied sites in one safe location for ease of access.
- Designate a working space that allows for the best learning environment. This will help with building comfortability and defining the shift of learning at home.
- Work with your child on creating a schedule for the week that includes things such as rest, play, breaks, creativity and learning opportunities. Adjust the schedule as time progresses and experiences allow for refinements.
- Get engaged in the different platforms and learning opportunities your child will be partaking in. Use tools like the "At-a-Glance" page (on the website and in the weekly newsletter) to get an understanding of the kinds of tasks and learning your child will be engaged in during the week. This is also a great tool to help guide check-ins with your child regarding their learning.
- Continue flexibility and communication with your child's teachers. We are all on a steep learning curve and learning this together. Staff and administration encourage feedback, questions, and suggestions as they're working toward making this the best learning experience given the situation.

Sample Schedules and Daily Routines

- It can be helpful for both you and your student to have daily routines and schedules so that your child will know what is expected of them each day. This can provide structure for your child and your family. The schedule can include things like getting dressed in the morning, eating meals, taking breaks, non-screen time (reading books or playing games, or outside activities).
- It can be helpful to create the schedule with your child, as it's a means to share accountability and showing their voice is valued. Below are two examples of approaches to scheduling:
    - If you would like to follow the same routine each day, here is a sample schedule created by Khan academy. This schedule provides a timeline for all of the daily activities and assignments. This type of schedule is helpful for children who need tasks chunked into smaller parts or for those who do well with routines.
    - If you have multiple children in your home you may prefer what is called the Kanban strategy for planning your family's daily schedules. This method allows for flexibility in tasks, but it is also a consistent organization method and structure. Click here for a video explaining the method or click here for an article explaining the method.

Wellness
- Exercise and movement can be helpful for everyone in the family, including your child. It can be helpful to allots different periods within the day dedicated to a break from schoolwork and screen time as well as help regulate their emotions and well-being. Some ideas for activities include:
    - Family dance party; turn on some music and dance around
    - Go outside for a walk or a bike ride
    - Exercise videos: yoga, zumba, or other preference
    - Set up exercise competitions with your family-for example who can shoot the most baskets in a basketball hoop, or who can do the most jumping jacks.
- These are challenging times for all of us and everyone is emotionally dealing with this crisis in various ways. Consider engaging activities that help relax children and calm their anxieties. Practicing mindfulness activities can help facilitate quiet and reflective moments.

Google Classroom
- Assignments, lessons and learning opportunities from each teacher can be accessed via Google Classroom.
- Access to school google accounts are through student google email and passwords. Google classroom houses all classes students have previously logged into. This means that if they have already accessed one of their teacher's classes during the school year, it will auto-populated within their Google Classroom folder. If the class is new and they have yet to access the class, they will need a class code for the first log-in (it's a short code the teacher shares).
- This video provides more information on how to connect to Google Classroom and how it is set up for students.
- If you would like to be able to monitor your child's work you can log in to Google Classroom with them and review their assignments at the beginning of the week. This can help guide a conversation and next steps of helping them plan a timeline and schedule for completing their work. You can also access the "At-a-Glance" page as a guide for what to expect your child to be learning for the week; it's function is to be a summary page for the week's learning. Here are some weekly planners you can select to use with your student; planner example #1, planner example #2.

Zoom
- Zoom is an online video-conferencing application that allows for groups of people to talk and see each other online all at one time. Beyond conferencing, there are also teacher tools available to support virtual learning opportunities.
- Zoom requires a computer, tablet or phone with a video camera and microphone. The use of earphones or earbuds during a zoom conference is also suggested. This helps cancel out noise. Any live screen time with groups of participants follows noise, which can sometimes be distracting to the main speaker from having the screen time.
- To join a Zoom call, teachers share a link with participants. When first connecting with Zoom, you will be prompted to download the application on your device. It will also ask you to approve access to the audio and video.

- If you would like a step by step tutorial of joining a meeting, downloading Zoom and/or how to use it, click here.

FlipGrid
- FlipGrid is a platform in which teachers can propose a topic for your child to discuss and provide a reply. Everything is in a video response so it creates a fun way to interact. Click here for frequently asked questions on FlipGrid and click here for a brief intro video.
- FlipGrid videos can be accessed and recorded on a computer, tablet or phone using the video camera and microphone with their device. If students would like to use their phones or tablets, there is an app they can download: I-phone or I-pad, Android.
- FlipGrid also allows for teachers to give individual feedback on your child's responses. FlipGrid also has a teacher tool to allow for teacher monitoring of posts and responses, to ensure they are appropriate and relevant.

Helpful Articles for Parents
- 4 Tips to Parents for Online Learning Success
- Working from home with kids feels unsustainable. Here's how to ease the burden.
- Homeschooling is NOT the Same as Crisis Schooling: advice during coronavirus COVID -19 shut downs

Additional Resources
We are here for you if you need additional help. Please contact your student's teacher during office hours for questions. Or you may fill out one of the forms below to get assistance from one of our counselors or for technology support.

Click here to request to speak with a counselor.	Click here to request technology support.