



Tips for supporting my child at home during remote learning

Establish a Regular Schedule for Your Child & Stay Engaged with their Learning

- It's important that we help our children establish and maintain a **routine and structure** for their day, beginning with a **regular bedtime and wake-up time each day**. While some of our students may want to stay up late and sleep in, establishing a regular school day routine will help your child establish and retain a sense of normalcy and remain engaged in learning.
- Let's work together to **build in "breaks"** for your child during the school day, encouraging them to stand up and move around so they are not just sedentary throughout the day.
- Begin and close each "school day" with a brief **check-in** as well as checking in throughout the day at regular intervals to ensure your child is successfully engaging day-by-day.
- Reach out to your child's teacher if you observe your child struggling to stay focused.
- Setting **clear expectations** with your child, in partnership with your child's teachers, about regular school day hours and procedures will help them maintain a schedule and stay on top of schoolwork.

Create a Study Space for Your Child

Productive learning is often shaped by an environment conducive to learning. We recommend creating a **separate, quiet space** in your home for your child to study. The family room sofa with close proximity to a television or your child's bedroom may not be the optimal place for them to learn. We recommend choosing an open area in the family living space (kitchen table, dining room, etc.) to **avoid isolating** your child and to facilitate easy monitoring of your child's learning and screen activity.

Stay in Communication with your Child's Teachers

- Your child's teachers will maintain regular communication with you. The frequency of the communications will depend on your child's grade level, developmental stage, and level of independence.
- While teachers are available as resources for your child and for you, please keep in mind that our teachers will need to be in regular email communication with all their families. As such please strive to be succinct and focus on the essential when communicating with teachers.
- When possible, and unless the teacher indicates otherwise, please use email, rather than text messaging, as your primary method of contact with teachers.

Encourage Independence and Allow for Productive Struggle

From time-to-time, ask your child questions and have them share thoughts while **encouraging their independence** so they can take ownership of their own learning. Some **productive struggle is essential** to learning, so give your child room to grapple with problems and try coming up with ideas for tackling them. Stepping in too quickly every time can deprive your child of the opportunity to learn, try new approaches, and develop deeper independence and confidence. If your child becomes discouraged and/or overwhelmed by schoolwork, reach out to your child's Lead Teacher to discuss.

Help your Child Maintain Social Contact with Peers

In addition to meet-ups organized by faculty and staff members, it will be very important to set aside opportunities for your child to interact with friends through virtual means (like FaceTime and Google Meet) and phone conversations while physical distancing is required. Social interaction with friends and loved ones will help us all take care of ourselves

Encourage Physical Activity

Physical movement and exercise are vital to maintaining physical and mental health, reducing stress and anxiety, and improving concentration and focus.

- Please pay close attention to your child's stress level and reach out to your child's classroom teacher for advice as needed. Our Family Support Team (including our Family Life Coordinator, School Counselor, and School Psychologist) is ready to provide support as well.
- Please also ensure that your child engages **in daily physical activity** by participating in school-based activities that will be provided (via PE and otherwise) and at home, especially on days when classes do not meet.

Time Management

At times when working remotely, some students may need help with time management. Teachers are available to assist, but it is vital that parents and guardians monitor their child's device use to ensure students 1) make good choices when completing school work, and 2) avoid streaming or playing video games (Netflix, YouTube, Fortnite, etc) during designated class meetings.