



CARROLLWOOD DAY SCHOOL

Education with Character

Distance Learning Tips for Parents

The transition to distance learning will be challenging for families. Parents will need to think differently about how to support their children; how to create structures and routines that allow their children to be successful; and how to monitor and support their children's learning. Some students will thrive with distance learning, while others may struggle. The guidelines provided below are intended to help parents think about what they can do to help their children find success in a distance learning environment.

Establish routines and expectations

From the first day CDS implements distance learning, establish routines and expectations. CDS encourages parents to set regular hours for their children's school work. Most teacher check-ins will begin between 8:00 am to 8:30 am. Keep normal bedtime routines for younger children and expect the same from your MS and US-aged children, too. Your children should move regularly and take periodic breaks as they study. It is important that parents set these expectations for how their children will spend their days starting as soon as distance learning is implemented, not several days later after it becomes apparent a child is struggling with the absence of routine.

Monitor communications from your children's teachers

Teachers will communicate with parents and students through email, Seesaw, and Schoology when and as necessary. The frequency and detail of these communications will be determined by your children's ages, maturity, and their degree of independence. Parents are welcome to contact their children's teachers. However, we ask parents to remember that teachers will be communicating with dozens of other families, and that communications should be essential and concise. Teachers will try to respond within 24 hours.

Begin and end each day with a check-in

Parents are encouraged to start and finish each day with a simple check-in. In the morning, ask what is your child learning today? What are their learning targets or goals? How will they spend their time? What resources do they require? What support do they need? This brief grounding conversation matters. It allows children to process the instructions they've received from their teachers. It helps them organize themselves and

set priorities. Older students may not want to have these check-ins with parents, but they should nevertheless. Parents should establish these check-ins as regular parts of each day. Not all students thrive in a distance learning environment; some struggle with too much independence or lack of structure. These check-in routines should be established early, before students fall behind or begin to struggle.

Take an active role in helping your children process and own their learning

In the course of a regular school day at CDS, your son or daughter engages with other students or adults dozens if not hundreds of times. These social interactions include turning to a classmate to exchange a thought or idea, participating in small or large group discussions, asking questions for clarification, collaborating on group projects, and countless other moments. While some of these social interactions will be re-created on virtual platforms, others will not. Humans learn best when they have opportunities to process their learning with others. Beyond the check-ins recommended at the start and end of each day, parents should regularly circle back and engage with their children about what they're learning. However, it's important that your child own their work; don't complete assignments for them, even when they are struggling.

Establish times for quiet and reflection

A challenge for families with multiple children will be how to manage all of their children's needs, especially when those children are different ages and have different needs. There may be times when siblings need to work in different rooms to avoid distraction. Parents may even experiment with noise-cancelling headphones to block out distractions.

Encourage physical activity and/or exercise

Make sure your children remember to move and exercise. This is vitally important to their health, wellbeing, and to their learning. CDS's physical education teachers will recommend activities or exercises, but it is important for parents to model and encourage exercise. Think also about how your children can pitch in more around the house with chores or other responsibilities. Don't let your children off the hook – expect them to pitch in.

Remain mindful of your child's stress or worry

These are unsettling times for all and it is imperative for parents to help their children manage the worry, anxiety, and range of emotions they may be experiencing. Difficult though it may be, do your best not to transfer your stress or worry to your children. They

will be out of sorts, whether they admit it or not, and need as much normal routine as parents can provide. (The “Resources for Parents” tab on the [COVID-19 Information Hub](#) on the CDS website contains articles about talking to children.) Our school counselors and learning specialists will also be available remotely to conference with you to help support your child’s well-being.

Monitor how much time your child is spending online

CDS does not want our students staring at computer screens for 7-8 hours a day. We ask that parents remember most teachers are not experts in distance learning and that it will require some trial-and-error before we find the right balance between online and offline learning experiences. Division heads and teachers are always open to hear from you about what you’re seeing at home and what we need to adjust. We thank you in advance for your patience and partnership!

Keep your children social, but set rules around their social media interactions

There’s always excitement when school closes. However, the initial excitement of school being closed may already be fading as students start missing their friends, classmates, and teachers. Help your children maintain contact with friends through appropriate channels. Please also monitor your children’s social media use, especially during an extended school closure. Older students will rely more on social media to communicate with friends. Social media apps such as SnapChat, Instagram, WhatsApp, or Facebook are not official, school-sanctioned channels of communication. Remind your children to be polite, respectful, and appropriate in their communications and to represent your family’s values in their interactions with others. A student’s written words and tone can sometimes offend or cause harm to others.