UPPER SCHOOL
PARENTS' GUIDE
TO
REMOTE LEARNING

CREATE THE SPACE

- Establish a well-lit, quiet space dedicated to school work, preferably at a table or desk.
- Make sure students have a strong WiFi signal and are near an outlet.
- Gather the necessary technology (computer and charger) and school supplies (books, notebooks, binders).
- Keep blank paper, a calculator, several pens and pencils, post-its, and highlighters close by.
- Honor the learning space by reducing distractions (TV, conversations, your own work calls).

ORGANIZE FOR SUCCESS

- Establish a daily routine of personal time and school time
- Help your child check their Google Calendar to see their weekly sync session times.
- Support your child getting up on time.
- Support your child in setting alarms on their phone to be on time for all meetings.
- Honor the learning time by limiting interactions during class and independent work.

LET LEARNING HAPPEN

- Learning inherently involves confusion, frustration, and struggle. Let learning happen by supporting self-advocacy and solutions-based problem solving.
- Let students talk out their confusion and point them in the direction of answers without giving them the answers outright.
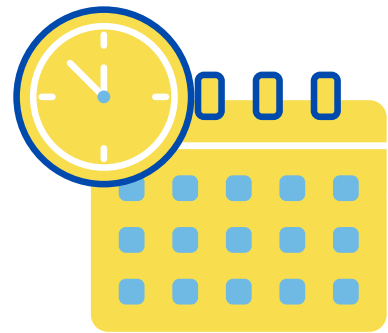- Encourage and praise them for perseverance.

SUPPORT SELF-CARE

- Encourage exercise before and/or after school.
- Consider eating lunch or breakfast outside.
- Stretch together!
- Know that down-time is necessary for learning too. The brain needs breaks from time to time.
- Encourage reduced screen time outside of the school day.
- Play, laugh, and relax as a family.

STAY IN TOUCH

- We are here for you. Get in touch with us early and often!
- Tech issues? Email the tech team (helpdesk@aimpa.org)
- Content confusion? Email the individual teacher
- Overwhelmed? Falling behind? Email Dr. Zielinski (kzielinski@aimpa,org)
- Don't know who to email? For any and all worries, questions, celebrations, or discussion, email Dr. Williams (awilliams@aimpa.org)

HEY PARENTS, THIS IS HARD.

KNOW THAT WE ARE IN THIS TOGETHER.