



2020 PARENT GUIDELINES FOR DISTANCE LEARNING

As we prepare to embark on distance learning, we provide these guidelines for parents and families. Please be patient as we address challenges, make modifications, and learn from our experiences. Thank you in advance for your cooperation and understanding.

- Distance learning will remain focused on social-emotional, cognitive, and physical development. At the outset, we will focus on establishing new lines of communication and re-establishing social-emotional connections.
- We suggest that families create and provide structure and routines to support learning at home.
- Forsyth will provide remote instruction using pre-recorded and real-time videos, websites, applications, and activities.
- Onscreen and off-screen learning activities and experiences provided or recommended by teachers will emphasize interaction and creativity. These activities will require some technology and minimal specialized materials.
- Learning activities and experiences will include directions for families to best support student learning with adult involvement.

The transition to distance learning will probably be challenging. Families' attitude and support are key for your child(ren). The guidelines below are intended to help families think about how they might help their child(ren) with remote instruction.

- Establish routines and set regular hours for your child(ren)'s schoolwork. Forsyth will provide a schedule for instruction.
- Define a physical space for study. We encourage families to establish a set location where your child(ren) will learn. Find a quiet place, with a strong wireless Internet connection and where adults are present to monitor and support learning. If possible, refrain from using a bedroom or basement as a learning space unless adults are present.
- Make sure your child(ren) is(are) dressed, fed, and ready for learning each morning, which helps to reinforce the mindset that learning is important and that all of Forsyth's behavioral expectations—including the Honor Code—are in full effect.
- Schedule regular physical movement breaks to encourage physical activity and exercise.
- Establish device-free times for your child(ren).
- Monitor communications from teachers who will communicate primarily through email and video conferencing.
- Give your child(ren) chores and responsibilities so they feel valuable and helpful.
- Keep normal bedtime routines; don't let your child(ren) stay up or sleep in too late.

Finally, be mindful of your child(ren)'s stress and concerns.

- Keep normal routines, which help children feel safe.
- Notice and address your child(ren)'s anxiety and range of emotions.
- Use the resources we provide to help address questions. Don't be afraid to ask for help.
- Do your best not to transfer your own stress or concerns to your child(ren).
- Monitor your child(ren)'s time and activity online.
- Help your child(ren) find the right balance between online and offline learning experiences. We want your feedback!
- Keep your child(ren) social, but set rules about online interactions. Students will miss their friends, classmates, and teachers.
- Find ways to help your child(ren) maintain virtual contact with friends and family when circumstances allow.