Family Guide: Supporting your student during distance learning

As we prepare to begin the school year in a distance learning environment, we know that this can be very daunting for families and that you may have concerns about how to best support your students. We all want our students to receive an excellent education, and in the distance learning environment, families are an even bigger part of the educational process.

Here are a few things that you can do in the home to help support your student’s learning and help to make distance education a successful and enjoyable experience.

1. **Set up, and stick to, a schedule.**
   Your student will have a schedule of classes to follow. In addition, there may be things in the home that need to be part of your daily schedule such as lunch and breakfast time, helping with household chores, assisting siblings with schoolwork and more. The best way to help your student be successful is to work together to make a schedule and then to help your student stay accountable to the schedule.

2. **Setup a workspace in the home.**
   If at all possible, set up a space where your student does their work. The space should have access to an outlet for keeping chromebooks charged, a table or other flat surface, and spare supplies such as paper and pencil. The workspace should also have login information for learning systems such as canvas written down so the student can easily access it. Having a consistent place where schoolwork is done will help to limit distractions and increase focus. It is also advisable that the workspace be somewhere that can be easily monitored, so your student can receive gentle reminders if they are straying off task.

3. **Include breaks in the schedule.**
   Nobody should be expected to sit still and work all day without breaks. In between classes or assigned tasks, your student should take a 5-10 minute break. Break activities are important. Some suggested break activities include: grab a snack, walk the dog, play with siblings, read for pleasure, chat with friends or family. Scrolling social media and gaming are not suggested activities—they are hard to fit into a 5-10 minute time frame and they do not give the brain the type of break that it needs in order to work productively after the activity is over.
4. **Help your student track their assignments.**

   Your student will most likely need help keeping track of their assignments and due dates. There are many tools to help with this. You can use a paper planner or a digital tool like Google Calendar. Daily checklists are powerful organizational tools that help students (and adults for that matter) recognize how much they have accomplished during a day. Your student’s first task each morning could be to write out their daily checklist! You can also use the homepage of your student’s canvas account to see what has been assigned and upcoming due dates.

5. **Ask for help.**

   Asking for help during distance learning will be critical. Email teachers with questions related to assignments and tasks. Email counselors with general questions or concerns. Email administration too! We want every parent to know that the faculty and staff at Edison Preparatory School is going to work so hard to support families and students during distance learning. Contact info can be found on the Edison School website at https://edison.tulsaschools.org/connect-with-us/directory.