
Middle School Parent Recommendations

Distance Learning

1. Establish routines and expectations

Establishing a regular routine is essential for setting your child up for success and for maintaining well-being. We recommend parents set regular hours for schoolwork and maintain usual bedtimes. ASP is supporting a regular learning routine by using Zoom as a communications platform to 'meet' with the students.

Teachers and students will follow their usual 8-day class schedule, and most classes will begin at the regularly-scheduled time with an all-class video conference. The video conference will not last the whole block, so it is important that students are "on time to class." **Students should be dressed as if they were attending school.** You can find more information on the distance learning web page.

2. Organize an appropriate space for learning

We ask parents to establish a suitable space at home where children will spend their time learning. This is ideally in a public or shared space, not in the child's bedroom. This will allow light support and supervision. Students can use earbuds or headphones to isolate the audio when they have a Zoom class.

3. Support your child in managing their time and workload

Students will spend much of the time working independently on assignments set in PowerSchool Learning. They are expected to complete all the work that the teacher sets and to turn in assignments online and on time. If a student has questions or needs extra help, they should let their teacher know either in the all-class video conference or via email using their ASP email account. Teachers may arrange extra small group or one-to-one Zoom tutorial sessions.

Check-in with your child, ideally at the start and end of each school day, to see how they are progressing and to ensure they are understanding their assignments.

If your child needs technical assistance, they should email ithelp@asparis.fr.

4. Monitor how much time your child is spending online

We wish to avoid students staring at a screen for 7–8 hours per day. We ask that parents actively support students in taking activity breaks as well as maintaining a fitness schedule. Our PE teachers will advise on some stretching and exercise routines. Please encourage your child to go out walking or take advantage of other

sporting opportunities. Support your children in catching up on reading with paper-based resources—dust off those books!

5. Remain mindful of the potential for stress and isolation

The cause for the campus closure may be weighing on your child's mind and most people are unsettled by a significant change in routine. Give your child opportunities to discuss this with you, remain positive yourself, and model resilience. Working in this new way is tiring and a lack of face-to-face social interaction is hard to manage. Keeping routines in place and staying active and connected are especially important.

If you or your child has a concern or is struggling, please reach out to their school Counselor or Division Director.

Communications

We kindly ask that during the transition, parents are mindful of the challenge that distance learning presents to teachers, who must rework their curriculum and teaching methods to a very different context. Please do not contact teachers for issues related to technology or non-urgent issues; they will have a large workload and will be unable to provide instant responses. As per normal school expectations, teachers should not be contacted outside of working hours, unless the matter is urgent.

If you have questions regarding one of the below topics, please contact:

- **An assignment, learning activity, or class** – the teacher of the class
- **A technology-related question or issue** – ithelp@asparis.fr
- **A personal, academic, or social concern** – your child's school Counselor
- **Other issue related to distance learning** – Divisional Director or Head of School

General updates

- We will send emails from the Head of School or Division Directors to community members
- We will post all updates on the ASP website