

# MS/HS Family Series: Successful Strategies for Distance Learning



# Zoom Language Feature



# Agenda

- Schedules and Routines
- Create a Learning Environment
- Technology Platforms
- Communication
- Zoom Etiquette
- Sleep
- Monitor Screen Time
- Take Care of Yourself
- Tips for Engaging Your Student

# Routines and Schedules

Traditional school days provide students with a lot of structure. Students and families can work together to create routines and schedules to ensure success during distance learning.

## **Routines** are:

- predictable and comforting
- can reduce stress
- help your child establish the mindset that they are going to school

Writing routines and checklists can be useful. Help create the message that tomorrow is a school day by having your child prepare outfits, set an alarm, and make lunch the night before. Encourage your child to set a morning and a night routine (brush teeth, get ready for the day, etc).

-Students who will be returning to school next week will have a different schedule. DL days will be less rigid and more flexible for students.

## **Each day:**

- Begin and end the day by checking in
- Establish times for quiet and reflection
- Encourage physical activity, exercise, and time outdoors each day

## FMS Distance Learning Checklist: Week of January 11th

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<input type="checkbox"/> Infinite Campus Attendance	<input type="checkbox"/> Infinite Campus Attendance	<input type="checkbox"/> Infinite Campus Attendance	<input type="checkbox"/> Infinite Campus Attendance	<input type="checkbox"/> Infinite Campus Attendance
<input type="checkbox"/> 1st Hour CONNECT at <b>9:00</b>	<input type="checkbox"/> 1st Hour CLASSWORK	<input type="checkbox"/> Falcon Time Connection at <b>9:00</b>	<input type="checkbox"/> 1st Hour CONNECT at <b>9:00</b>	<input type="checkbox"/> 1st Hour CLASSWORK
<input type="checkbox"/> 2nd Hour CLASSWORK	<input type="checkbox"/> 2nd Hour CONNECT at <b>9:00</b>	<input type="checkbox"/> 1st Hour CLASSWORK	<input type="checkbox"/> 2nd Hour CLASSWORK	<input type="checkbox"/> 2nd Hour CONNECT at <b>9:00</b>
<input type="checkbox"/> 3rd Hour CONNECT at <b>10:00</b>	<input type="checkbox"/> 3rd Hour CLASSWORK	<input type="checkbox"/> 2nd Hour CLASSWORK	<input type="checkbox"/> 3rd Hour CONNECT at <b>10:00</b>	<input type="checkbox"/> 3rd Hour CLASSWORK
<input type="checkbox"/> 4th Hour CLASSWORK	<input type="checkbox"/> 4th Hour CONNECT at <b>10:00</b>	<input type="checkbox"/> 3rd Hour CLASSWORK	<input type="checkbox"/> 4th Hour CLASSWORK	<input type="checkbox"/> 4th Hour CONNECT at <b>10:00</b>
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<input type="checkbox"/> 6th Hour CLASSWORK	<input type="checkbox"/> 6th Hour CONNECT at <b>1:00</b>	<input type="checkbox"/> 5th Hour CLASSWORK	<input type="checkbox"/> 6th Hour CLASSWORK	<input type="checkbox"/> 6th Hour CONNECT at <b>1:00</b>
<input type="checkbox"/> 7th Hour CONNECT at <b>2:00</b>	<input type="checkbox"/> 7th Hour CLASSWORK	<input type="checkbox"/> 6th Hour CLASSWORK	<input type="checkbox"/> 7th Hour CONNECT at <b>2:00</b>	<input type="checkbox"/> 7th Hour CLASSWORK
		<input type="checkbox"/> 7th Hour CLASSWORK		

**Faribault High School**  
**STUDENT Weekly Distance Learning Schedule**  
**2020**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:50	1st hour <b>Connections</b>	2nd hour <b>Connections</b>	<b>9:00 - 11:00 am</b> <b>Open Office &amp;</b> <b>Connections time</b>  <b>12:30 - 3:00 pm</b> <b>Open Office &amp;</b> <b>Connections time</b>	1st hour <b>Connections</b>	2nd hour <b>Connections</b>
10:00-10:50	3rd hour <b>Connections</b>	4th hour <b>Connections</b>		3rd hour <b>Connections</b>	4th hour <b>Connections</b>
1:00-1:50	5th hour <b>Connections</b>	6th hour <b>Connections</b>		5th hour <b>Connections</b>	6th hour <b>Connections</b>
2:00-2:50	7th hour <b>Connections</b>	<b>Open Office</b>		7th hour <b>Connections</b>	<b>Open Office</b>

**“Connections”** will be determined by the classroom teacher. Examples of what a **“Connections”** may include: Meets sessions, schoology messaging, assignment submission, email. This is the time that you should be checking in with this hour class through Google meets or Schoology.

**Open Office:** Staff will be readily available via schoology, meets, email, or phone to provide academic support. Students are encouraged to use this time to communicate with their teachers, paras, counselors, and school social worker with questions that they have

What kinds of successes and challenges have you or your child had in regards to schedules and routines?



# Create a Learning Environment





# Create a Learning Environment

Creating a consistent and convenient workspace can make a huge difference in students' mindset and ability to focus. A consistent workspace will allow students to form habits relative to that space.

- Ideally, the location is not in the student's bedroom
- Eliminate distractions, like TV and background noises
- Make it comfortable, but not *too* comfortable
- Ensure the learning space has good lighting
- Have learning materials in that space (chargers, pencils, notebooks)
- Ideally, in a location where the student isn't isolated and can socialize
- Develop plans for taking breaks from the learning space to exercise, socialize, and get water/food. Ideally, the space is only used for learning
- Let your child add decorations and pictures

# Know the Technology Platforms

Faribault Public Schools uses Google Classroom, Google Meet, Schoology, Infinite Campus, and other learning platforms.

- It's okay if you don't know everything about these learning platforms. Your student should be knowledgeable about navigating the platforms.
- Monitor your child's progress using Infinite Campus. You can check grades, attendance, assignments, and more.
- Your child can use these platforms to communicate with teachers.
- You can ask for a hotspot through your child's school.
- Reach out to your child's school if you are in need of additional technology assistance. [Technology Support for Families.](#)

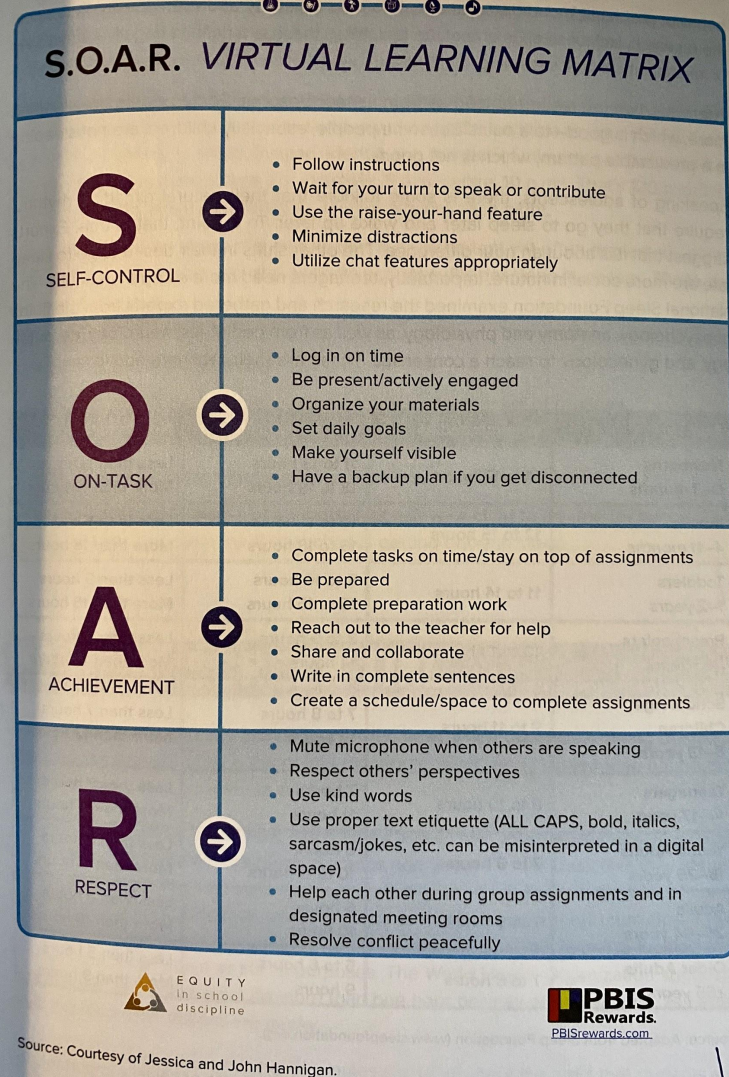


How has your experience been with technology as the main learning platform for your child?

# Zoom Etiquette

Regardless of the learning platform, there are certain behaviors and expectations to follow when learning digitally.

- Synchronous vs asynchronous learning
- Ensure your child knows the schedule for live sessions
- Encourage your child to reflect on their participation and learning in live sessions
- There are several features on Google meet including mute, chat, virtual backgrounds, polls, and an option to turn off self-view
- Know the distance learning expectations sent out by your school and support them
  - [FMS/FHS Distance Learning Expectations](#)



## Faribault Middle School \* Distance Learning Expectations \* Winter 2020



**School hours:**  
7:30 am to 3:30 pm.

### EVERYDAY IS A SCHOOL DAY

Students are expected to **ENGAGE** in **ALL** of their classes as needed throughout the week.

“**Connections**” requirements are in place to ensure that **structured** communication is taking place in each of their classes **at least** twice each week. (see Calendar of Teacher Availability table)

**OPEN OFFICE:** Staff will be available via schoology, Google meets, email, or phone to provide academic support. Students are encouraged to use this time to communicate with their teachers, paras, counselors, or our school social worker. (see Calendar of Teacher Availability table)

Students must CHECK-IN using **INFINITE CAMPUS** everyday. Attendance calls will be made home each day a student does not check in!

A complete resource of information can be found at <https://fms.faribault.k12.mn.us>  
Information will be added when available. Check back often to stay current with news and updates.



# Communication

Just because students are learning online doesn't mean they are learning independently. Teachers still play a critical role in distance learning.

- Think of your child's teacher as a partner
- Partnerships require strong communication to be effective
- You do not have to be "the teacher" to ensure your child learns
- Establish a communication plan with your child's teacher (phone calls, Google Meet, email, etc)
- Encourage your child to reach out to teachers when they have questions
- Talk to your child more about their learning than what they are "doing;" encourage self-reflection
- Ensure your child has a weekly schedule of classes so they can build a routine around it
- Be involved in your child's education
- Get familiar with the resources and support available at your school



Questions or comments on communication?



## Faribault Middle School \*Calendar of Teacher Availability \* Winter 2020

Students are expected to **ENGAGE** in **ALL** of their classes as needed throughout the week. The “**Connections**” requirements are in place to ensure that **structured** communication is taking place in each of their classes **at least** twice each week.

**School hours: 7:30 am to 3:30 pm.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>	8:00 am <i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>
9:00 am	1st hour <b>Connections</b>	2nd hour <b>Connections</b>	9:00 am Required Falcon Time	1st hour <b>Connections</b>	2nd hour <b>Connections</b>
10:00 am	3rd hour <b>Connections</b>	4th hour <b>Connections</b>	9:30 am Teacher Scheduled <b>Connections</b>	3rd hour <b>Connections</b>	4th hour <b>Connections</b>
11:00 am	<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>		<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>
12:00 pm	<i>Staff Lunch</i>	<i>Staff Lunch</i>	1:00 - 3:00 pm <i>OPEN OFFICE</i> & Teacher Scheduled <b>Connections</b>	<i>Staff Lunch</i>	<i>Staff Lunch</i>
12:30 pm	<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>		<i>OPEN OFFICE</i>	<i>OPEN OFFICE</i>
1:00 pm	5th hour <b>Connections</b>	6th hour <b>Connections</b>		5th hour <b>Connections</b>	6th hour <b>Connections</b>
2:00 pm	7th hour <b>Connections</b>	<i>OPEN OFFICE</i>		7th hour <b>Connections</b>	<i>OPEN OFFICE</i>

# Sleep

- Think of pre-COVID vs. the present: How has your child's/your family's sleep schedule changed?
- Sleep is as important as food water and physical/emotional safety
- Lack of sleep contributes to behavior problems, mood disturbances, emotional instability, and even obesity
- Lack of sleep has a definite negative impact on children's learning
- Sleeping in a predictable pattern is important. Create an evening routine to avoid arguments and tantrums.
- TV and tech devices should be off 1 hour before bedtime because blue lights stimulate our brains and is not good for sleeping

Age	Recommended	May be appropriate	Not recommended
Newborns 0–3 months	14 to 17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
Infants 4–11 months	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
Toddlers 1–2 years	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
Preschoolers 3–5 years	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours
School-Age Children 6–13 years	9 to 11 hours	7 to 8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers 14–17 years	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young Adults 18–25 years	7 to 9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours
Adults 26–64 years	7 to 9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
Older Adults ≥65 years	7 to 8 hours	5 to 6 hours 9 hours	Less than 5 hours More than 9 hours

Source: Adapted from Sleep Foundation ([www.sleepfoundation.org](http://www.sleepfoundation.org)).

How do you feel about the increased use of screens among students for the purposes of school, entertainment, and social media?



# Monitor Screen Time

Between distance learning, entertainment, and social media, students are spending more time than ever on devices.

- There is no magic number of how long your child use screens; instead, think of what your child is *not* doing when they are using screens
  - Playing, talking with family members, doing chores, competing projects, spending time outdoors?
  - Consider the number of tasks being done vs. the number of minutes being spent
- Technology and screen time are not inherently bad
- Encourage your child to include screen free time in their daily routine
- For complex tasks and texts, the brain prefers paper. Encourage your child to use pencils and paper and to read on old-school paper when possible



# Take care of yourself

The COVID-19 pandemic has created many additional stressors. Make sure to take care of yourself!

- Routines can be protective actions you can take to ward off stress. Taking breaks, sleeping, socializing, nutrition, exercise, and communicating with someone outside of your home each day is beneficial to your health
- Develop a work life balance plan
- Keep a dedicated workspace
- Set ground rules with the people in your space
- Create a morning routine
- Take breaks throughout the day
- End day with a routine



# Empowering your child

Empowered and motivated children learn well. You can do the following to empower your child:

- **See the power of other partners in your child's education by collaborating with them**
- Value what your child brings to the family and to the world
- **Listen, build trust, and know how to gradually release responsibility**
- Allow your child to take risks and struggle
- **Praise efforts and not intelligence**
- **Encourage positive-self talk**
- Have high expectations for your child
- Use your words wisely and be a role model
- Encourage your child to follow their interests
- Know your child's current level of understanding



Source: Spencer, John. "Empowered Learners Are Engaged Learners." *John Spencer*, 28 Apr. 2020, [spencerauthor.com/empower-distance-learning/](http://spencerauthor.com/empower-distance-learning/).

Additional comments and questions?



# Thank you for attending!

## Additional Sessions:

- Thursday, January 21 “Supporting Your Child’s Social and Emotional Wellbeing at Home” by MS/HS social workers and guidance counselors
- Thursday, January 28 Digital Wellbeing “Parenting in an Unknown Frontier: Listen, Learn, Lead, Love” by KK Meyers and Maree Hamptom from LiveMore ScreenLess
- If you were one of the first 30 registrants, be on the lookout for an email from us!
- recorded and placed on the website.

<https://www.faribault.k12.mn.us/district/family-engagement>