



VIRTUAL INSTRUCTION

Parent/Guardian Tips for Virtual Learning Environment

ESTABLISH ROUTINES AND EXPECTATIONS



It's important to develop good habits from the start.

- Create a flexible routine and talk about how it's working over time. Help students get up, get dressed and ready to learn.
- Set up a place to learn that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Practice good digital safety, have an adult monitor online learning.
- Check-in with your kids about their plans and help them develop a written schedule not only for the day, but for the week. Help them prioritize and learn to create goals, tasks, and deadlines.
- Keep normal sleep routines and wake times.

STAY CONNECTED



Teachers will mainly be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with teachers, school leaders and counselors.

If you have concerns, let someone know.

BEGIN AND END THE DAY BY CHECKING-IN

Start and finish each day with a simple check-in with your child(ren). Have a discussion and ask:

- What are you learning today?
- What are the learning goals?
- How will you spend your time?
- What resources do you need?
- How can I help?
- What did you discover?
- What was hard?
- What could we do to make tomorrow better?



These brief conversations matter. It allows children to process the instructions they receive from their teachers, stay organized, and set priorities. Regular check-ins can also help avoid later challenges.

HELP STUDENTS 'OWN' THEIR LEARNING



No one expects families to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Becoming independent takes lots of practice.

ENCOURAGE PHYSICAL ACTIVITY AND EXERCISE

Plan regular opportunities to get up and move around. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning. Set new fitness goals and plan hands-on, life-ready activities that keep hands busy, feet moving, and minds engaged.



CONNECT SAFELY WITH FRIENDS, AND BE KIND



Help your children maintain contact with friends through video chats, social media and other online technologies. Monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others. Report unkindness and other problems so that everyone maintains healthy relationships and positive interactions.