

TIPS FOR DISTANCE LEARNING



ESTABLISH A ROUTINE

Most students thrive when given clear expectations and routines, so try to establish a routine for your child who is learning from home. Set regular hours for learning, and keep regular bedtimes and wake times as much as possible. It can also help to have a consistent work space for students.

REMEMBER TO MOVE

Students don't spend the whole school day sitting at a desk. This should still be the case at home! Encourage your child to get up and move frequently through the day. Breaks are critical for keeping students engaged- and students who are engaged are students who are learning. Joining Cross Country is a great way to stay moving :)



STAY CONNECTED

Distance learners will be given opportunities to join in with their classmates via Google Meet. When possible, try to give students opportunities to connect and interact with friends and peers. For older students, be aware of social media usage.

BE AWARE OF SCREEN TIME

Every family has differing rules regarding electronics usage, but keep in mind that your student will be completing a majority of his or her schoolwork online. Consider adjusting screen time for non-school related activities.



ASK QUESTIONS

Your teachers are here to help! If you or your student feel overwhelmed with work, understanding content, or staying organized, remember that your teachers are here for you. Teachers will be available during office hours for Google Meet contact, and we are always available within 24 hours via email.

NOBODY IS PERFECT!

No student turns in perfect work 100% of the time! In fact, seeing mistakes and incorrect answers are what allow your child's teachers to better assist them in learning. Don't worry if your child turns in assignments with a few mistakes.

