

## Parent Roles and Responsibilities for Distance Learning

You can provide support for your children by adhering to the these guidelines:

- Establish daily routines and expectations by setting regular hours for schoolwork.
  - If possible, have students begin their school day at 8:15 AM.
  - Keep normal bedtime routines for younger children and be sure middle schoolers don't stay up too late!
  - All students should take periodic breaks and get regular exercise.
  - It is important to set these expectations for how children will spend their days starting as soon as distance learning is implemented.
- Define the physical space for your child to study.
  - If possible, find a place that can be quiet at times, as well as a space that can be monitored by an adult.
- Monitor communication from your children's teachers.
  - Teachers will communicate through emails as necessary.
  - Contact your child's teachers as needed, however please remember that teachers will be communicating with other families, as well.
  - Please allow for up to 24 hours for a response during the regular school week.
- Begin and end each day with a check in.
  - In the morning, ask your child what they are learning today? How will they spend their time? What resources do they need? What support do they need? This will allow children to process the instructions they have received from their teachers.
  - It will help children organize themselves and set priorities.
  - Families should establish these check-ins as regular parts of each day.
- Take an active role in helping your children process their learning.
  - Children learn best when they have opportunities to process their learning with others.
  - Be sure to engage with children about what they are learning, however it's important that your child completes their own work even if they are struggling.
- Established times for quiet and reflection.
  - This can be a challenge for families with multiple children at different ages with different needs. Consider experimenting with noise-cancelling headphones.
- Encourage physical activity/exercise.
  - Schedule regular breaks to get out and move!
- Remain mindful of your child's stress or worry.
  - Be mindful of what you share with your children knowing that they can take on your stress.
- Monitor how much time your child is spending online.
  - Students should not be on computer screens all day.
  - Teachers will establish time frames for each class/ subject for each day.

- Please communicate with your teacher if your child is struggling with the time frames as determined by each grade level.

<b>For Questions About:</b>	<b>Contact:</b>
A course, assignment, or resource	Teacher
A technology-related problem or issue	Operations Director, Julie Jongsma
A personal, academic or social-emotional concern	Teacher, either director, or school counselor
Other issues related to distance learning	Either director