



Learning at Home NEWSLETTER

April 2020

Parent Support for Learning at Home



Home and School Connection

What is Laveen's Plan?

Your child's school has created a plan that is designed for remote learning. Please make sure that you visit the "About Us" tab on our [website](#) to find a list of staff contact information. Additionally, you will want to familiarize yourself with the "Students" tab as this is where the links to all curriculum materials are housed.

Online learning doesn't necessarily require you to be their teacher, it will require parent involvement. It will be important and beneficial for you to stay involved. This will be by checking emails sent from the school or from your child's teacher, logging into your child's Google Classroom account and reviewing feedback given by their teacher.

Our schools have provided an alternative to online learning by making printed resources available for pick up at your child's school. All of these resources are meant to guide you and your child, however, it is important to stay connected with the teacher. We are here and always willing to help! Check out our [parent help desk ticket](#).

Student Schedule and Routines

How can I set up a schedule and routine?

Your child is familiar with a school day structure, therefore you can create a routine for your child(ren) to follow at home. For example, you could create a checklist for each activity, including breaks that your child will complete daily. You will want to establish a start and end time with some flexibility as needed. Remember, the goal is not to replicate a typical school-day schedule while at home but to help students continue to feel connected by providing as much support as you can by connecting them to teachers, other students, and school-based activities. (Richards and Valentine, 2020).

How do I manage my child's classwork and break time?

Generally speaking, you can plan on 30-40 minute work sessions with 10-15 minute breaks throughout the planned routine. During a break, you may want to consider providing choices of what your child can do. Try to provide a break that your child can transition to and from easily. This might look different for each child.

How do I provide a balanced day?

It is okay to have some downtime! Enjoy being together as a family. Let's not forget the power of play, physical activity, art, and music. When practicing basic skills, you can get creative with playing cards and dice. Cooking could also be an opportunity to apply math skills in a fun way! Many games and puzzles not only build skills, but they often focus on taking turns, strategizing, and critical thinking.

Guiding your Child's Success

What is the parent's role?

To begin with, make sure you are providing yourself and your child the time and space to adjust. Remember to give yourself permission to be a "beginner". This will also require you to be adaptable, flexible, and sometimes, having a sense of humor will help. (Richards and Valentine, 2020).

You may be surprised how proficient your child is with the online learning tools. Most of the teaching tools being used in our digital classroom are tools your child has been taught previously at school, but it is still important for you to monitor this learning time. The Family Online Safety Institute brings resources such as family technology agreements, tips for parents on how to have conversations about [internet safety](#) and ways to include your child in creating screen time guidelines at home.

How do I know what my child should be learning?

All of the online instruction and student resources provided by your child’s teacher are aligned to the [Arizona K-12 Standards](#). It will be important to follow the instruction your child’s teacher is providing. All classroom instruction will be delivered in your child’s Google Classroom. Here are the directions to better understand Google Classroom: [Parents Guide to Google Classroom](#).

How can I keep my child motivated?

Motivating your child throughout this process is highly recommended. Motivation can be anything from establishing a personal goal, like studying for one hour every day, to praising them for their daily accomplishments. You might consider offering incentives along the way. Celebrating achievements will show your child that you’re proud of the work they’re doing and it ensures that their efforts don’t go unnoticed!

Social and Emotional Support

How to support my child’s emotional development?

Supporting your child’s emotional development as they transition from school to online learning at home starts with respecting this change is disruptive and will bring challenges. Allowing and encouraging children to express their feelings, both positive and negative can support their emotional development. Remember to listen with your full attention and validate them by restating their feelings to check that you understood them correctly. This will open up the opportunity to have a reflective conversation to help them process and begin accepting the change. Use this time off school to spend quality time together. Spending time together will reassure your child that no matter what is happening in the world around them they are loved.

Additional Resources

If you are wondering how to discuss COVID-19 with your child, this is a helpful resource that provides guidance on reassuring and not worrying our children:
[Talking to Your Kids About the Coronavirus](#)

References

R. Richards & S. Valentine (2020): *How to Keep School Rhythm and Routines for Young Children at Home*. Retrieved from:
<https://www.edsurge.com/news/2020-03-17-how-to-keep-school-rhythm-and-routines-for-young-children-at-home>