



PARENT/GUARDIAN GUIDE FOR REMOTE LEARNING AT HOME WITH HIGH SCHOOL STUDENTS



<h2 style="margin: 0;">Begin and end each day with a check-in</h2>	<ul style="list-style-type: none"> ● Start and finish each day with a simple check-in with your student. Make sure they are logging in EVERY DAY. ● Check <u>your</u> email for Google Classroom notifications (you can select daily or weekly updates). If you find that you need more information about assignment details and are not signed up for Google Classroom notifications, please contact one of your student’s teachers. ● Have discussions with your student: <ul style="list-style-type: none"> ○ What are you learning today? ○ How will you spend your time? ○ How can I help? <p>Please note: This brief conversation matters. It helps students organize and set priorities. Parents should establish these check-ins at regular times each day and possibly write down a schedule for the day with further check-in times.</p>
<h2 style="margin: 0;">Routines and Expectations for Learning at Home</h2>	<ul style="list-style-type: none"> ● Help your student create a realistic schedule for getting work done in defined periods, building in breaks and times for socializing, exercising and entertainment. <i>The key principle:</i> do a session of work first, then reward with something relaxing. ● Remember that <u>COMMUNICATION</u> is very important! Emphasize to your student that they should be checking in regularly with their teachers. A simple email will go a long way! ● If your student is struggling, try sitting down with them to look at Google Classroom and their emails. If your student feels overwhelmed by a class or an assignment, they should email their teacher for assistance. ● Maintain regular sleep routines and wake times. ● Provide a space for your student to work that you are accessible to check-in, monitor progress, and assist/support. ● It is very important for students to advocate for themselves if they are in need of assistance. If their efforts are not successful, then parents should begin contacting the teacher to resolve the concern. If both of the above options are not resolving the concern, an email to the counselor or an administrator would be appropriate. ● As always, parents can keep up to date with student grades by using the parent portal on Infinite Campus. All grades for remote learning will be under the category “Remote Learning”.