



Guidelines for St. Mark Parents

The transition to distance learning may be challenging for families. Parents will need to think differently about how to support their children; how to create structures and routines that allow their children to be successful; and how to monitor and support their children's learning. Some students will thrive with distance learning, while others may struggle. The guidelines provided below are intended to help parents think about what they can do to help their children find success in a distance learning environment.

1—Establish routines and expectations

From the first day St. Mark implements its DLP (Distance Learning Plan), parents need to establish routines and expectations. St. Mark encourages parents to set regular hours for their children's school work.

2—Define the physical space for your child's study

Your child may have a regular place for doing homework under normal circumstances, but this space may or may not be suitable for an extended period of time during distance learning. We encourage families to establish a space/location where their children will learn most of the time. This should be a public/family space, not in a child's bedroom. It should be a place that can be quiet at times and have a strong wireless internet signal, if possible. Above all, it should be a space where parents are present and monitoring their children's learning.

3—Establish times for quiet and reflection

A huge challenge for families with multiple children will be how to manage all of their children's needs, especially when those children are different ages and have different needs. There may be times when siblings need to work in different rooms to avoid distraction. Parents may even experiment with noise-cancelling headphones (no music necessary!) to block out distractions.

4—Monitor communications from your children's teachers

Teachers will communicate with parents through email, when and as necessary. The frequency and detail of these communications will be determined by your children's ages, maturity, and their degree of independence. St. Mark wants parents to contact their children's teachers. Teachers will be checking email regularly.

5—Take an active role in helping your children process and own their learning

In the course of a regular school day at St. Mark, your son or daughter engages with other students or adults dozens if not hundreds of times. Human beings learn best when they have opportunities to process their learning with others. Beyond the check-ins recommended at the start and end of each day, parents might be wise to regularly circle back and engage with their children about what they're learning. However, ***it's important that your child does his/her own work; don't complete assignments for them, even when they are struggling.***

6—Monitor your child online (how much time and exposure to content) St. Mark does not want its students staring at computer screens for 7-8 hours a day. (See Distance Learning Guidelines).