

# PARENT RECOMMENDATIONS FOR REMOTE LEARNING

As we engage in our remote learning days (March 16th - April 2nd), we recognize the amount of change and uncertainty that our students are facing. In order to make the smoothest transition for our students, it is important for us to partner with you to offer support, guidance, and consistency. Below are recommendations for how to best support your children during this time.

## Create and Maintain Routines

- It will be important for your children to maintain some level of consistency in their schedule while engaged in remote learning.
  - Please help your children maintain regular school day schedules and routines. This should include regular wake-up and bedtimes as well as consistent breakfast, lunch, and dinner routines.

## Create and Define an At-Home Study Space

- If possible, help your children identify and define their at-home study space.
  - Create an area that will be comfortable for your children to be engaged with school assignments for extended periods of time.
  - It can be helpful for this space to be separate from bedrooms or social areas if possible, where children can feel like they are "in school."
- If possible, this should be a comfortable and quiet space with limited distractions.
- If possible, this should also be a space with a strong internet and/or hotspot connectivity.

## Check-In With Your Child Daily

- Check-in with your children about the weekly outline of teacher expectations.
  - Discuss your children's strategies for time management.
  - Ensure your children understand the weekly expectations for when and how to check-in for attendance in each of their classes.
- Ensure your children understand each of their teacher's expectations for attendance, participation, and assignment/assessment submissions.
  - Ask your children if there are things they don't understand or for which they need additional support. Encourage your children to communicate any of these needs with their teachers as soon as they arise.

## Maintain Open Communication

- O'Dowd faculty and staff will be maintaining regular school hours between 8:00 a.m. and 3:30 p.m. Teachers and student support staff are available to connect via e-mail for questions and concerns.
  - Please be mindful that we are all learning and transitioning together and faculty/staff may be receiving an unusually high number of emails. Please keep communication concise and be patient with responses.

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## Support Physical Activity and Exercise

- In some cases, the transition to remote learning may involve your children being behind screens for much longer periods of time than they are used to in classrooms.
  - Encourage your children to use the 15-minute “passing periods” and lunch break to step away from their screens and move around their space.
  - Consider limiting other online activities.
- It is important for students to take a break between their school day and any additional studying that they may need to do.
  - Encourage your children to engage in different types of activities after completing their school day.
  - Consider ways that you might be able to incorporate physical activity and/or social connections as part of your afternoon/evening routines.

## Monitor Stress and Anxiety

- We understand that with the amount of uncertainty and change during this time, your children may feel heightened levels of stress and anxiety. This can cause difficulty focusing in “class” or completing assignments.
- Remote learning can also be a difficult transition in learning how to engage with the curriculum, access resources, and complete various types of assignments.
- Encourage your children to reach out to their counselor if:
  - They are feeling heightened levels of stress and/or anxiety.
  - They are having difficulty focusing on their classes and/or assignments.
  - They are struggling to manage their time and/or ability to meet teacher/class expectations.
  - They have any other questions or concerns that aren’t able to be answered by their teacher.
  - They have any other concerns for which they might usually see their counselor.
- Counselors will be available for support during regular school hours between 8:00 a.m. - 3:30 p.m.

## Maintain Community Connection

- Social distancing is not the same as social isolation. Though circumstances may limit our ability to engage in social settings and social interactions, it is important to ensure that your children do not become isolated.
  - Even though school is unable to meet in person, encourage your children to maintain connections with friends, teammates, etc. If circumstances permit, support your children in engaging in social interaction to whatever degree possible.

## Engage with Patience and Flexibility

- Transitioning to remote learning days will require our flexibility. Please remember that we are all in this learning and transition together. As a community, we ask that we all be patient with each other and assume best intentions.