

## 10 Guidelines for KPR Families

The transition to remote learning can be complex for families. Families will need to think differently about a) how to support their children; b) how to create structures and routines that allow their children to be successful; c) how to monitor and support their children's learning. Some students will thrive with remote learning, while others may need time to adapt. The ten guidelines provided below are intended to help families think about what they can do to help their children find success in a remote learning environment.



### 1—Establish routines and expectations

KPR encourages families to set regular hours for their children's school work. Educators will follow the regular school day schedule to create consistency for family planning. Keep normal bedtime routines for younger children and expect the same from your older aged students, too. (Don't let them stay up late and sleep in!) Encourage your child to move regularly and take periodic breaks as they study. It is important that families set these expectations for how their children will spend their days.

### 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, such as through remote 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 where adults are present and able to monitor their children's learning.

### 3—Monitor communications from your children's educators

Educators will communicate with families through established platforms (e.g, Edsby, Google Classroom, D2L). If families do not have access to the internet then communication will take place by phone. KPR encourages families to contact their children's educators to be partner's in their child's education.

### 4—Begin and end each day with a check-in

Adults are encouraged to start and finish each day with a simple check-in. In the morning, ask what is your child learning today? How will they spend their time? What resources do they require? What support do they need? This brief grounding conversation matters. It allows children to process the instructions they've received from their educators. It helps students organize themselves, set priorities and continue to engage in the learning.

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

In the course of a regular school day at KPR, your child engages with other students or adults frequently. While some of these social interactions will be re-created on virtual platforms, others will not. 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, adults are encouraged to regularly circle back and engage with their children about what they're learning. It's important that you let your child own their work. Educators will be explicit and distinguish for students and parents/guardians learning "in progress" tasks (when parents/guardians can

support) from assessment independent tasks (when it is important that students show what they know on their own).

#### **6—Establish a schedule and structure for learning**

As families with multiple children adapt to the routines of learning remotely, they will need to work to balance all of their children's needs, especially when those children are different ages and have different schedules for learning. There may be times when siblings need to work in different rooms to avoid distraction.

#### **7—Encourage physical activity and/or exercise**

Make sure your children remember to move and exercise. This is vitally important to their health, wellbeing, and to their learning. Building in for opportunities for movement or a change of scenery will support students to sustain focus during learning.

#### **8—Remain mindful of your child's stress or worry**

It is imperative for adults to help their children manage the range of emotions they may experience due to school closure. Support your child to see a positive perspective through modelling an optimistic outlook on situations and maintaining a normal routine as much as possible.

#### **9—Monitor how much time your child is spending online**

Finding a balance between online and "offline" learning experiences is important for supporting student well-being. Encourage your child to reflect on whether after interacting online throughout the day, they would benefit from offline down time, instead of engaging in virtual activities after school hours.

#### **10—Keep your children social, but set rules around their social media interactions**

Help your children maintain contact with their peers. Please monitor your children's social media use during this extended school closure. If your child uses social media to connect with peers, encourage respectful and appropriate use of technology as a part of being a responsible digital citizen.