

It Can Be Done

Supporting Your Child in the Remote Learning Process

Dear Parents and Students,

Schools across our country are facing the unprecedented challenge of closing their buildings, and shifting from a face-to-face educational program to a system of remote-learning.

As we face such a sudden and unyielding change, many questions arise. **Will my child do his/her work? Will my child continue to learn and progress? How can I help my child succeed?**

The purpose of this weekly newsletter is to support you and your child through this process. In addition, I'd like you to feel comfortable emailing me at thelearningcurvecoach@gmail.com, if I can be of any assistance. This week, we will focus on setting the stage for a successful experience.

Things to Do Right Away

1. ESTABLISH A WORK AREA

Giving thought to, and then choosing, a suitable work area with your child will be a vital part of developing good work habits.

Ask your child what they think they need in order to be successful. As much as possible, it is best if the site meets certain criteria:

- Has a table or desk and a chair
- Is outfitted with necessary supplies
- Is free from distractions during the work periods
- Is organized and free of other clutter
- Is comfortable, welcoming, and a place your child wants to be
- Can be monitored often or occasionally by you, depending on need
- Says to your child subliminally, "This is where you do important work."

2. ESTABLISH A ROUTINE

To your child, it may seem that this change in schedule affords them all the time in the world, but we have seen time and again, how a task tends to fill the time available and often still goes unfinished. If not careful, one day will

turn into the next, as students feel they can push off to tomorrow, what was assigned for today. The importance of establishing a working routine immediately, cannot be stressed enough. It will also serve to send the message that the work they are doing is meaningful, important, and valued by you.

When establishing a routine, consider:

- *Setting* a consistent time to begin work. Example; every day beginning at 9 am.
- *Establishing* blocks of time devoted to “being in school”. Example; working from 9am – 11am, and from 1 pm – 3 pm.
- *Limiting* breaks to about 5 minutes within a session. Being sure not to start anything during the break that will be hard to pull away from. Example; video games, texting, etc.
- *Identifying* work as “high intensity” (requires increased effort and concentration) and “lower intensity” (easier to do and of a shorter duration) and planning accordingly. Example; doing high intensity work when fresh, and separating high intensity tasks with lower intensity tasks.
- *Doing* the same subject at the same time of day. Example; doing math first thing every morning.
- *Filling* in a schedule template, like the one at the end of this newsletter, at the start of each week. Modify as necessary.

3. *BE ACCESSIBLE AND LEND SUPPORT*

This is uncharted territory for most of us. What might seem simple to you might be very new or very challenging for a student. If your situation allows, here are some ways you can assist.

- Be visible and available to help
- Show interest in what is being learned
- Keep track of your child’s progress
- Access the sites your school uses to convey assignments and grades
- Read school emails for helpful information
- Reach out to teachers and other school personnel if you have questions or concerns

While these are definitely challenging and unprecedented times, the opportunity still remains for our children to grow and learn. In fact, even greater emphasis will be placed on the learning of specific skills such as time management, self-starting, problem solving, and critical thinking skills, among others.

Please do not hesitate to reach out to me if I can assist you in any way in the weeks ahead.

Alice Giarrusso

Academic Coach – Bishop Brady High School, Concord, NH

thelearningcurvecoach@gmail.com

(Schedule Template Below)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am					
9:00 am					
10:00 am					
11:00 am					
12:00 pm					
1:00 pm					
2:00 pm					
3:00 pm					
4:00 pm					
5:00 pm					
6:00 pm					
7:00 pm					
8:00 pm					
9:00 pm					