



Essential Tips for Working and Learning from Home

As we embark on Distant Learning, we recognize it can present different opportunities and challenges for families and students. While our number one goal is to continue high-quality instruction, we recognize the challenges and obstacles our students and families may face in the upcoming weeks will be exciting yet apprehensive. To prepare for this new approach to learning, it is important that we help our students adjust to the new normal and begin to develop good learning habits. Here are few tips to help students find success in this new environment:

1. Take a deep breath
2. Be there for your child as a parent
3. Continue to maintain family norms and be supportive
4. Know that you are doing the best you can
5. Celebrate your accomplishments and progress!

Here are a few ideas to consider how you can support your student educationally.

STUDENT SCHEDULE FOR CONTINUTITY OF INSTRUCTION

SECONDARY SCHOOL SCHEDULE

LBSS students will meet with ALL teachers during the appropriate class period for synchronous instruction. There will also be opportunities for asynchronous instruction and questions outside of the assigned bell schedule times.

SYNCHRONOUS VERSUS ASYNCHRONOUS

With synchronous learning, learners, students will “meet” at the same time in various formats and can receive immediate feedback from their fellow students or teacher during their session. Asynchronous learning doesn’t enable that type of interaction, but work can be completed independently, and students can reach out to teachers at another time.

“ The beautiful thing about learning is that no one can take that away from you. ”
~B.B. King

WEEKLY SCHEDULE

FOR LAKE BRADDOCK

Monday - Student Work Time

Tuesday/Thursday

1 st period 9:15-10:00 AM	2 nd period 9:15-10:00 AM
3 rd period 10:30-11:15 AM	4 th period 10:30-11:15 AM
Lunch Break	Lunch Break
5 th period 12:15-1:00 AM	6 th period 12:15-1:00 PM
7 th period 1:30-2:15 PM	Optional Clubs, Activities, and Check-in Time 1:30-2:15 PM

Wednesday/Friday

- Student Work Time
- Staff Office Hours for Student Support

HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION



Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?



Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress



Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)



Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it



Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days



Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement



Work together as a team. Be a strong unit that supports, cares and encourages



Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family

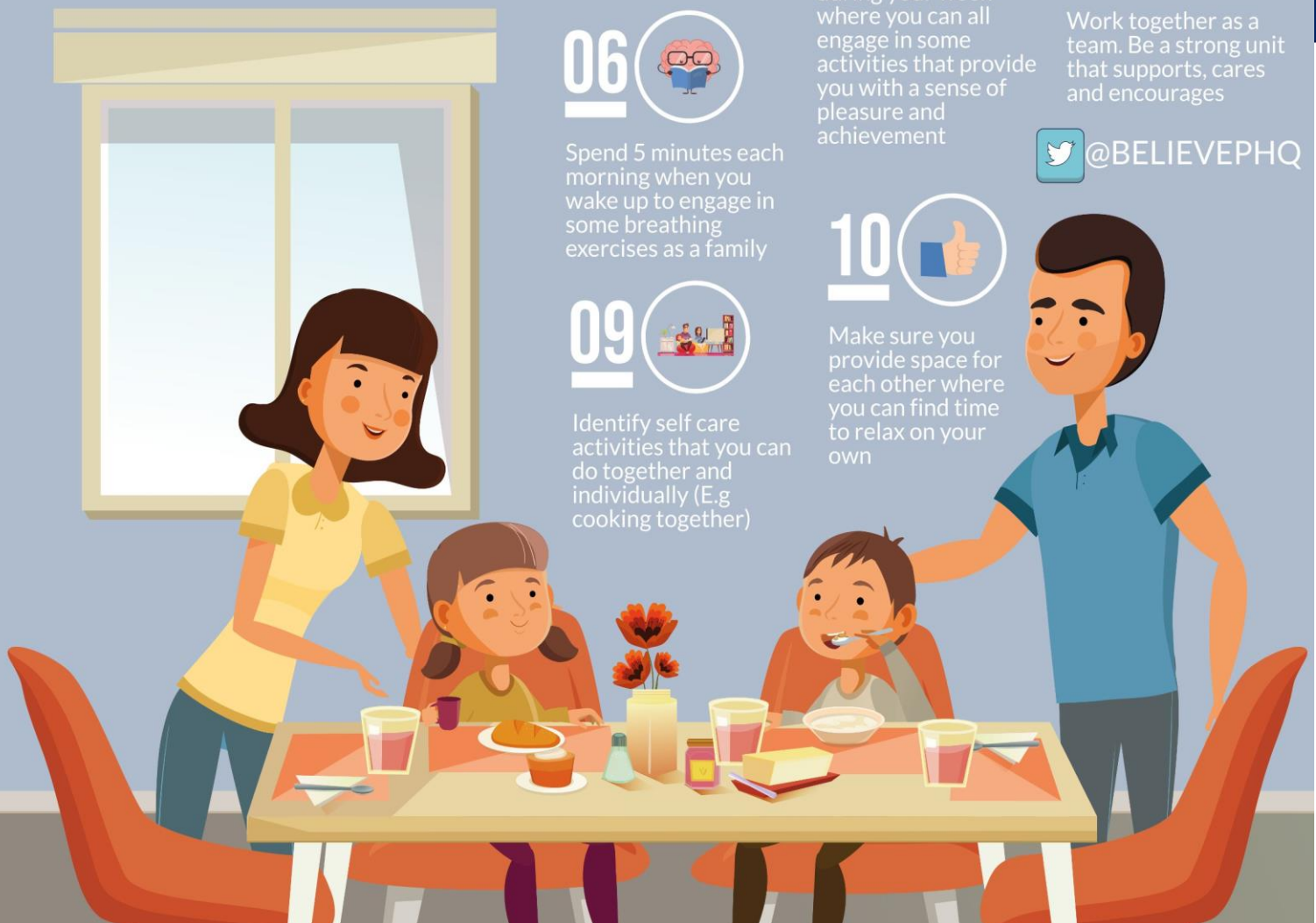


Identify self care activities that you can do together and individually (E.g. cooking together)



Make sure you provide space for each other where you can find time to relax on your own

 @BELIEVEPHQ



Where do I start?

Try starting with one thing, and if it doesn't work out, try something different.

How will I teach my child? No one expects you to do home-schooling. Your child may be your best guide as to when, how much and how often. Don't feel like he or she is behind. The great part of this is that there is suddenly plenty of time to work at his/her preferred pace, to catch up, to work when and where he/she is most comfortable. Create a visible schedule so all family members know what is expected.

What if my student is feeling anxious and not ready or "available" for learning?

It's not easy to suddenly have to coexist all day, every day, for the foreseeable future. Your child may need to build up his/her stamina for work, be patient. His/her emotional health is most important. He/she may need time to process what's happening in his/her world. Give latitude to emotional outbursts; kids tend to "let loose" where they feel safest.



DIGITAL LEARNING 101

Where can I find the assignments that my student should be working on?

- FCPS 24-7 Learning/Blackboard

Where will they complete the assignment?

- FCPS 24-7 Learning/Blackboard, Google Classroom, or an alternative application

How will I know what grade they earned?

- Posted in SIS and accessible through ParentView and StudentView



FCPS Resources

Distance Learning Plan -

<https://www.fcps.edu/news/coronavirus-update-academics-distance>

AP and IB Updates - <https://www.fcps.edu/news/fcps-shares-important-updates-ap-and-ib-students>

Keeping Children Occupied While Schools are Closed - <https://www.fcps.edu/blog/keeping-your-children-occupied-while-schools-are-closed-week-1>

FCPS 24-7 Learning/Blackboard -

<https://www.fcps.edu/resources/technology/fcps-24-7-learning>

SIS ParentView -

<https://www.fcps.edu/resources/technology/fcps-24-7-learning/parent-help>

Lake Braddock Secondary School -

<https://lakebraddockss.fcps.edu/>

No Bruins will be left behind.

We will support one another through this and come out on top!



Additional Resources

(each image is hyperlinked)



so your classes are all online now?

TIPS FOR A SUCCESSFUL TRANSITION

- 1 CREATE A DEDICATED WORK SPACE**
Decide on a regular space to study that is quiet and distraction-free such as a desk in a bedroom or at the kitchen table. Be sure to have your textbooks, notes, calculator, and any other supplies you will need nearby. Let your roommates or family members know when you're working and ask not to be disturbed.
- 2 STRUCTURE YOUR TIME**
Having an unstructured day makes it easy for time to slip away, so discipline is key. Create a schedule with specific times to watch lectures, study, read, and do homework and stick to it! Remember that you should plan for 2-3 hours of study time each week per credit to be successful.
- 3 MINIMIZE DISTRACTIONS**
Put your phone on silent and out of sight and turn off the TV. Close social media platforms and other websites that may tempt you. A good pair of headphones could be helpful to block out distractions too.
- 4 STAY MENTALLY ENGAGED**
Take notes during online lectures just like you would in a traditional class setting and ask questions throughout the lecture. Many virtual platforms have the option to virtually raise your hand or enter a question into a chat box.
- 5 ENGAGE WITH OTHER STUDENTS...VIRTUALLY**
Isolation can weigh on your mental health. Be sure to continue to connect with other students. Facetime your friends, use Google Hangouts to chat, and create virtual study groups for each of your classes.
- 6 USE CAMPUS RESOURCES AND ASK FOR HELP**
Your campus resources have not gone away - they've just moved online! Use your email and visit campus websites to find out how to access tutoring, academic coaching, the writing center, counseling, advisors, office hours, etc.
- 7 TAKE A BREAK!**
Trying to study for 10 hours straight will likely be unsuccessful. Take your blood flowing and give your eyes time to rest. All of these changes are overwhelming, so remember to take care of yourself and find time to do the things you enjoy.

COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



NEED HELP? MENTAL HEALTH RESOURCES

24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: 703-527-4077
 CrisisText: Text **NEEDHELP** to 85511
 Dominion Hospital Emergency Room: 703-536-2000
 Inova Emergency Services: 703-289-7560
 Mobile Crisis Unit: 1-844-627-4747
 National Suicide Prevention Lifeline: 1-800-273-TALK or 1-800-SUICIDE
 Merrifield Center Emergency Services: 703-573-5679
 TTY dial 711

