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.

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
How families can support each other's mental health during self-isolation

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

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

03: 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).

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

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

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

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

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

09: Identify self-care activities that you can do together and individually (e.g., cooking together).

10: 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 though ParentView and StudentView

FCPS Resources


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://lakbraddockss.fcps.edu/

No Bruins will be left behind.

We will support one another through this and come out on top!
** COVID-19 DAILY SCHEDULE **

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Wake up</td>
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<tr>
<td>7:00-9:00</td>
<td>Morning meal</td>
</tr>
<tr>
<td>9:00-1:00</td>
<td>Academic time</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Break</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Afternoon meal</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Free TV time</td>
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<tr>
<td>4:00-5:00</td>
<td>Bedtime</td>
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** TIPS FOR A SUCCESSFUL TRANSITION **

1. **Create a dedicated workspace.**
   - Designate a regular space for study that is quiet and distraction-free, such as a desk or a corner of the living room.
   - Make sure it has good lighting and a comfortable chair.

2. **Structure your time.**
   - Having an unstructured day makes it easy to procrastinate disciplined.
   - Create a schedule with specific times for breaks, study, reading, and activities.

3. **Minimize distractions.**
   - Put your phone on silent and turn off the TV, close social media, and other distractions that may tempt you.
   - Use a good pair of headphones if necessary.

4. **Stay mentally engaged.**
   - Take notes during online lectures.
   - Write down questions and concerns beforehand.
   - Ask your instructor to repeat information or answer questions.

5. **Engage with other students virtually.**
   - Break small meetings into smaller groups.
   - Engage with your classmates during online discussions.

6. **Use campus resources and ask for help.**
   - Use online resources, such as tutoring centers.
   - Ask your instructors for help on assignments.

7. **Take a break!**
   - Try to study for 30-40 minutes at a time and then take a short break.
   - Come back refreshed and ready to learn.

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** 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: 703-289-7550
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

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** 25 WAYS TO GET MOVING AT HOME **

1. Stand up and walk around every 30 minutes.
2. Do a jumping jack every 30 minutes.
3. Practice deep breathing exercises.
4. Take a short walk around the house.
5. Do yoga.
6. Practice meditation.
7. Take a bath.
8. Go for a walk.
9. Do some stretching exercises.
10. Drink plenty of water.
11. Drink a glass of milk.
12. Make your own smoothie.
13. Make your own breakfast.
14. Drink a glass of orange juice.
15. Drink a glass of water.
16. Drink a glass of lemonade.
17. Drink a glass of milk.
18. Drink a glass of water.
19. Drink a glass of milk.
20. Drink a glass of water.
21. Drink a glass of milk.
22. Drink a glass of water.
23. Drink a glass of milk.
24. Drink a glass of water.
25. Drink a glass of milk.