

# Make the Most of Virtual Learning

## Back-to-School Tips for Parents



# Who We Are



Longfellow Lancers



Haycock Cougars  
Haycock Elementary  
School

Franklin Sherman Elementary  
School



Kent Gardens Elementary  
School



Timber Lane Elementary  
School



*Highlanders*

# Agenda

## **Introduction**

- Relationships are the most important priority
- Focus on the Positive/Joy/Gratitude

## **Getting Prepared - Controlling What We Can Control**

- Setting up Schedule/Routines/Boundaries
- Setting up school space
- Technology & Digital Citizenship

## **Considerations for Virtual Learning Success**

- Maintaining focus and decreasing distractions
- Managing Emotions
- Taking care of yourself

## **Breakout Sessions** (Elementary, Middle, High)

# Relationships are the #1 Priority



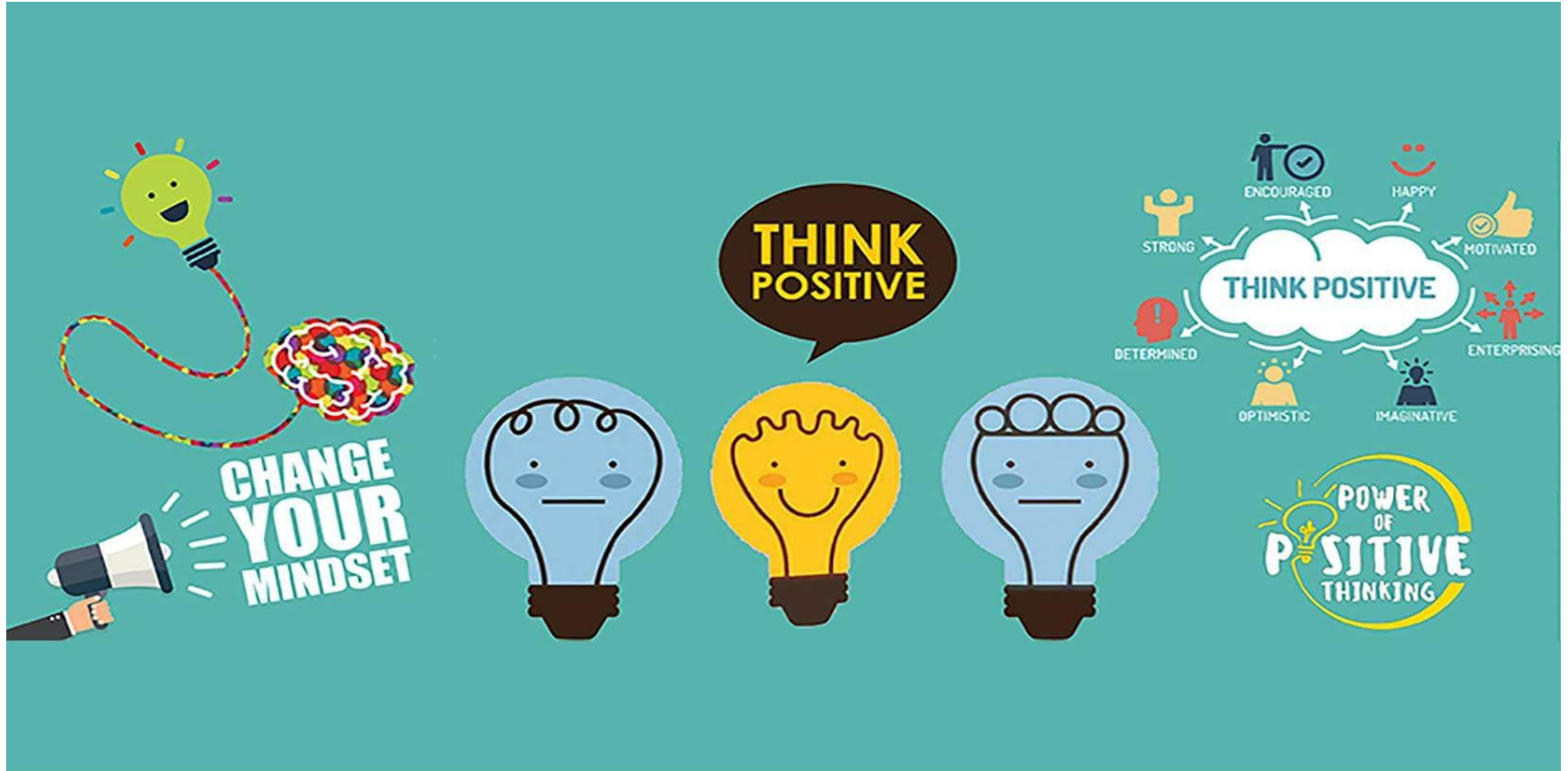
Relationships before rigor.  
Grace before grades.  
Patience before programs.  
Love before lessons.



- BRAD JOHNSON



# Practice Focusing on the Positive/Joy/Gratitude




# Getting Prepared

Controlling what we CAN control



# Setting Expectations & Boundaries

Before school starts, start a dialogue about school day expectations, responsibilities, and goals:

- What does your child need from you to have a successful school day?  
What do **you** need from your child to have a successful day?
  - What level of involvement will you have in your child's school day? What are their independent responsibilities?
  - When and where is each person in the household working?  
When, where, and how are breaks taken?
  - How will people signal when they need privacy or ask when they need help?
- 





Turn this conversation into “house rules”. The most successful “house rules” are:

- Created together - children should be active participants
- Clear, concise, and consistent
- Flexible - can be reviewed and adjusted as needed; an ongoing conversation





# Setting a Schedule & Routines

In unpredictable times, a consistent and predictable schedule can ease stress and increase children's ability to meet expectations independently

## Routines

- Discuss: what will before and after school routines look like?
- Consider "rituals" to start and end the school day to ease transitions and allow for reflection



# Setting a Schedule & Routines

## Schedules



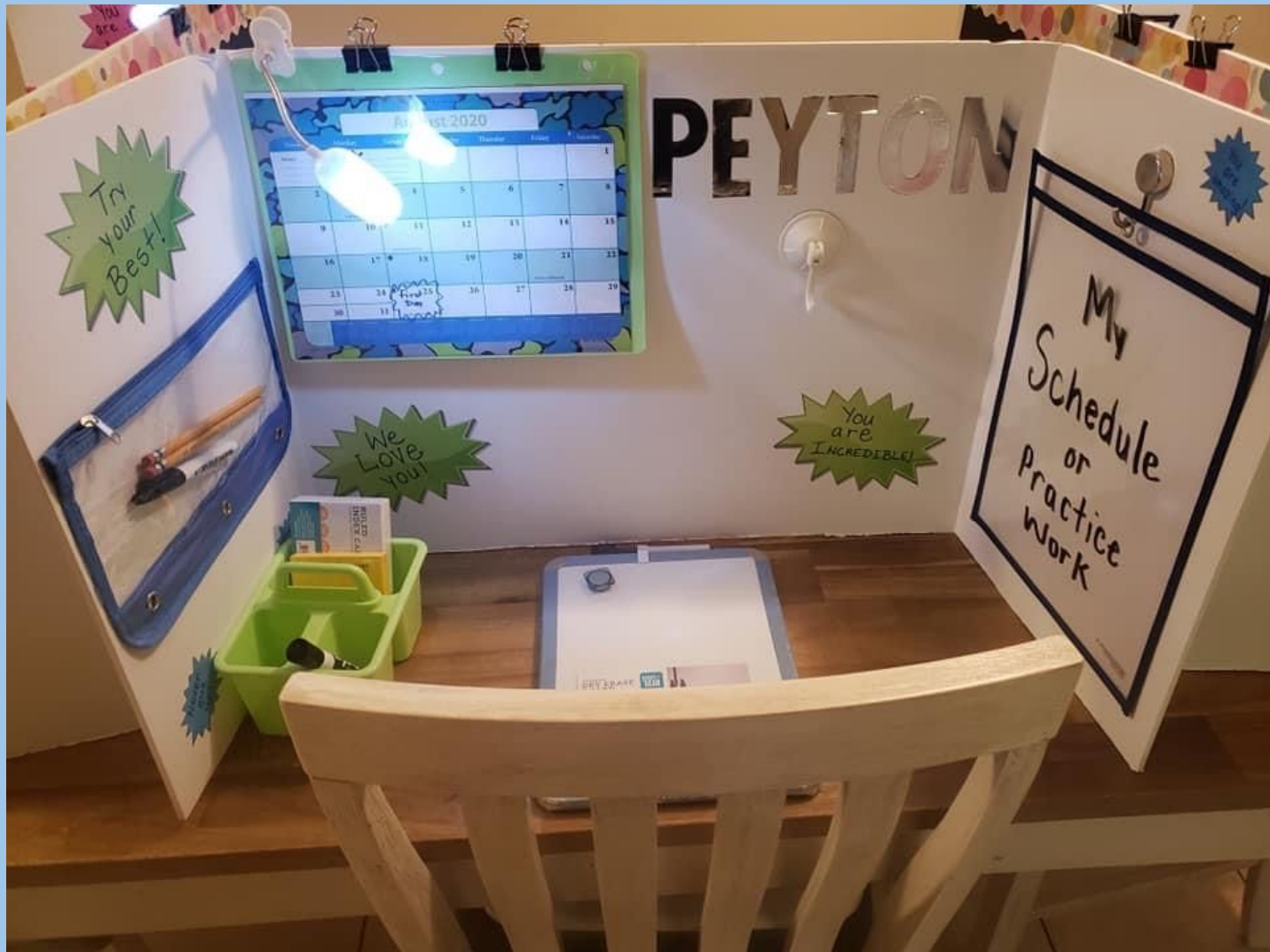
- Schedule provided by your child's school is just a starting point
  - What about the school-provided schedule might need to be adjusted or supplemented for your family?
  - What before or after school activities or responsibilities need to be added?
- What tools does your child need to stick to their schedule?
  - Visual schedules, agendas, timers, calendar events, etc.

# Setting Up School Space: DON'T:









# Let's Do It!



- First: Find an appropriate space.
  - Set parameters but let your child make the other decisions:
    - Work space is not in bed!
    - Work space has minimal distractions
    - Depending on the age of the child, determine if it should be near a parent or other adult
- Decorate the space: Help your child be creative!
- Your child should be the main one organizing the space.
- Have earbuds or headphones for your child that are compatible with their laptop.
- Make school supply shopping an event, either online shopping or in person.
- SHARE of McLean provides school supplies to those who need them:
  - [Shareofmclean.org](https://shareofmclean.org) / 703-229-1414

# Setting Digital Citizenship Expectations

Have a conversation with your child about digital citizenship expectations to support safe, healthy and respectful technology use.

Here are a few discussion points you can focus on:

- **Content type and quality** (age-appropriate, educational)
- **Context of use** (when, where, why, how and with whom)
- **Responsibility** (taking care of technology)
- **Maintaining balance** (screen vs. non-screen time)



Learn more about digital citizenship here:

<https://www.fcps.edu/resources/technology/technology-literacy/digital-citizenship>





# Preparing for Online Learning

Before the start of school, children should:

- Bookmark any essential web pages
- Organize class links into one place
- Attend virtual orientations to practice logging into classes
- Contact teachers or technology specialist for assistance with logging in or technology assistance

More tips here: <https://www.fcps.edu/return-school/tips-online-learning-success>

# Technology Tips for Online Learning Days

## Your child should:

- Turn on the computer and get set up a half an hour before the first class
- Plug in the charger
- Use headphones during class
- Try refreshing or restarting the computer, if technical difficulties arise
- Turn off the computer every night



# Considerations for Virtual Learning Success



# Maintaining Focus and Limiting Distractions

- Assess the learning area- noise level, foot traffic, comfort
- Cell phone location- age and need dependent
- Brain Breaks: off screen & out of the chair
  - [Energy and Calm article](#)- great brain breaks that are easy to implement!
  - [Calming and focus movement breaks](#) for younger children



# Managing Emotions



# Self-Care

G.R.A.P.E.S	
G Gentle with self	Have some compassion for yourself; do something nurturing
R Relaxation	Engage in something that calms your nervous system
A Accomplishment	Set one small goal for yourself that is achievable. Scale the goal to how you are feeling
P Pleasure	Something you will enjoy - don't feel guilty about it
E Exercise	Any amount of physical activity will boost your mood
S Social	Reach out to friends and family - don't withdraw



# Final Thoughts

- Relax
- Flexibility
- Embrace the discomfort
- Stretching not breaking
- All in this together
- Kids First






# Breakout Sessions

Elementary School

Middle School

High School

- Choose one session to attend, either the elementary, middle, or high school session.
- Please use the designated link that is posted in the chat window to access the new “BBCU Room” of your choice.
- Once you are in your preferred session, please exit “Dr. Reilly’s” classroom. (ex. click on tab at the top of your screen.)
- If you have any trouble accessing your preferred session, please stay in or log back in to “Dr. Reilly’s” classroom, click on the “raise hand” icon  and someone will be able to assist you.

***THANK YOU!***





# Resources

**FCPS Parent Technology Help Desk** ([link](#))

**FCPS Parent Resource Center** - <https://www.fcps.edu/resources/family-engagement/parent-resource-center>

**FCPS Mental Health Resources/Emergency Service** -

<https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>

## FCPS Parent Information Lines



### PARENT INFORMATION LINES

If you have questions about FCPS, and English is not your first language, please use our language information lines for support.

አማርኛ | AMHARIC  
571-423-4957

العربية | ARABIC  
571-423-4952

中文 | CHINESE  
571-423-4953

فارسی | FARSI  
571-423-4954

한국어 | KOREAN  
571-423-4951

español | SPANISH  
571-423-4950

اردو | URDU  
571-423-4955

Tiếng Việt | VIETNAMESE  
571-423-4956

[www.fcps.edu](http://www.fcps.edu)



# Chesterbrook Elementary Resources

**School Counselors:** Heather Lomelin (K/3/4/5), [helomelin@fcps.edu](mailto:helomelin@fcps.edu)  
Lindsay Pence (1/2/6), [lpence@fcps.edu](mailto:lpence@fcps.edu)

**School Psychologist:** Miranda Carlson, [mcarlson@fcps.edu](mailto:mcarlson@fcps.edu)

**School Social Worker:** Maria Mahoney, [mtmahoney@fcps.edu](mailto:mtmahoney@fcps.edu)

**School-Based Technology Specialist (SBTS):** Kathleen Fugle, [kgfugle@fcps.edu](mailto:kgfugle@fcps.edu)

**Technology Support Specialist:** Jordan Craig Kuhn, [JLCraigKuhn@fcps.edu](mailto:JLCraigKuhn@fcps.edu)

**PTA:** Anne Rucker, [president@chesterbrookpta.org](mailto:president@chesterbrookpta.org)



# Franklin Sherman Elementary Resources

**School Counselor:** Nikki Bohnert [ahbohnert@fcps.edu](mailto:ahbohnert@fcps.edu)

**School Psychologist:** Ted Tynan [edtynan@fcps.edu](mailto:edtynan@fcps.edu)

**School Social Worker:** Lisa Hershaft [ldhershart1@fcps.edu](mailto:ldhershart1@fcps.edu)

**School-Based Technology Specialist (SBTS):** Christian King [jcking@fcps.edu](mailto:jcking@fcps.edu)

**Technology Support Specialist:** Ken Barton [kgbarton@fcps.edu](mailto:kgbarton@fcps.edu)

**PTA:** <http://www.fsespta.org/>



# Haycock Elementary School Resources

**School Counselors:** Judith Hawley (K, 2, 4 and 6); [jmhawley@fcps.edu](mailto:jmhawley@fcps.edu)  
Veronique Lilienthal (1, 3, 5); [vmlilienthal@fcps.edu](mailto:vmlilienthal@fcps.edu)

**School Psychologist:** Sarah D'Elia - [SNDelia@fcps.edu](mailto:SNDelia@fcps.edu)

**School Social Worker:** Marcie Cohen - [MLCohen@fcps.edu](mailto:MLCohen@fcps.edu)

**School-Based Technology Specialist (SBTS):** Ben James - [BBJames@fcps.edu](mailto:BBJames@fcps.edu)

**Technology Support Specialist:** Nick Choobineh - [NFChoobineh@fcps.edu](mailto:NFChoobineh@fcps.edu)

**PTA:** <http://www.haycockpta.org/>



# Kent Gardens Resources

**School Counselors:** Elizabeth MacDonald, [emacdonald@fcps.edu](mailto:emacdonald@fcps.edu)  
Tyisha Williamson, [tswilliamson@fcps.edu](mailto:tswilliamson@fcps.edu)

**School Psychologist:** Kayla Callister, [kcallister@fcps.edu](mailto:kcallister@fcps.edu)

**School Social Worker:** Jeff Hewitt, [jbhewitt@fcps.edu](mailto:jbhewitt@fcps.edu)

**Parent Liaison:** n/a

**School-Based Technology Specialist (SBTS):** Sarah Talley, [sjtalley@fcps.edu](mailto:sjtalley@fcps.edu)

**Technology Support Specialist:** Terri Pendleton, [tlpendleton@fcps.edu](mailto:tlpendleton@fcps.edu)

**PTA:** <http://www.kentgardenspta.com/>



# Timber Lane Elementary Resources

## **School Counselors:**

Jordan Albrite (K-3rd, 6th) - Monday -Friday, [jealbrite@fcps.edu](mailto:jealbrite@fcps.edu)

Maggie Maldonado (4th & 5th) - Tuesday - Thursday, [mlmaldonado@fcps.edu](mailto:mlmaldonado@fcps.edu)

**School Social Worker:** Maria Rim- MWF - [mkrim@fcps.edu](mailto:mkrim@fcps.edu)

**Parent Liaison:** Margarita Baptiste Medina, [mmbaptiste@fcps.edu](mailto:mmbaptiste@fcps.edu)

**School Psychologist:** TBD

**School-Based Technology Specialist (SBTS):** Tim Kelly, [tjkelly2@fcps.edu](mailto:tjkelly2@fcps.edu)

**PTA:** <https://timberlanepta.membershiptoolkit.com/home>





# Longfellow Middle School Resources

**School Counselors:** <https://longfellowms.fcps.edu/student-services/student-services-staff>

**School Psychologist:** Ted Tynan [edtynan@fcps.edu](mailto:edtynan@fcps.edu)

**School Social Worker:** Jeanne Veraska [jeveraska@fcps.edu](mailto:jeveraska@fcps.edu)

**Parent Liaison:** Frances Wilson [fqwilson@fcps.edu](mailto:fqwilson@fcps.edu)

**School-Based Technology Specialist (SBTS):** Mary Reid [mreid@fcps.edu](mailto:mreid@fcps.edu)

**Technology Support Specialist:** Brian Eastman [bmeastman@fcps.edu](mailto:bmeastman@fcps.edu)

**PTA:** <https://www.longfellowpta.org/>



# McLean High School Resources

**School Counselors:** <https://mcleanhs.fcps.edu/student-services/staff>

**School Psychologists:** Beverly Parker-Lewis [baparkerlewi@fcps.edu](mailto:baparkerlewi@fcps.edu)  
Beth Werfel [bawerfel@fcps.edu](mailto:bawerfel@fcps.edu)

**School Social Worker:** Marly Jerome-Featherson [mjeromefeath@fcps.edu](mailto:mjeromefeath@fcps.edu)

**Parent Liaison:** Frances Wilson [fqwilson@fcps.edu](mailto:fqwilson@fcps.edu)

**School-Based Technology Specialist (SBTS):** Ashley Lowry [aclowry@fcps.edu](mailto:aclowry@fcps.edu)

**Technology Support Specialist:** Brian Stagliano [BMStagliano@fcps.edu](mailto:BMStagliano@fcps.edu)

**PTSA:** <https://mcleanptsa.org/>