

# **Parents' Guide to Distance Learning: Learning Space**

**Forestdale Elementary**

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WHILE NO ONE IS SURE YET HOW LONG DISTANCE-ONLY LEARNING WILL CONTINUE, WE KNOW THAT IT WON'T LAST FOREVER. CHILDREN AND YOUNG PEOPLE TAKE CUES FROM ADULT BEHAVIOUR AND ATTITUDES, SO IT IS IMPORTANT TO COMMUNICATE CALM, CONFIDENCE AND OPTIMISM THAT WE WILL PULL THROUGH THE CRISIS TOGETHER. MANAGING OUR OWN EMOTIONS WILL HELP OUR CHILDREN STAY FOCUSED ON LEARNING AND LOOKING FORWARD TO ANOTHER SCHOOL YEAR.

- ACS INTERNATIONAL SCHOOLS

# **Tips to help your child learn at home:**

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# Create a Learning Space

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- Set up a quiet, clutter-free area.
- Instead of focusing on square footage and actual space, think about creating consistency.
- The key is to create a specific routine and spot for your child's learning.
- Get your child's input on where they might work best.



# Reduce Distractions

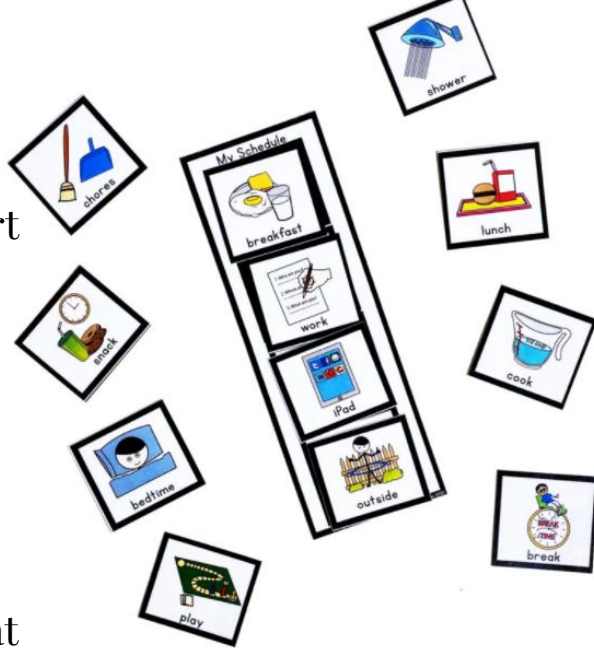
-Make a list of the things that distract you child. Then, find ways to limit them during learning time.

# Exercise

- Exercise helps us think better and improves our problem-solving, memory, and attention.
- Physical activity also helps reduce stress and prevent anxiety.
- You can keep it as simple as doing some jumping jacks or doing a walk around the house.

# Make a Daily Schedule

- Develop good habits from the start
- Create a flexible routine and talk about how it's working over time.
- Chunk your days into predictable segments
- Having a visual breakdown of what the day will look like can help with transitions



[Click Here to Learn More](#)

[Download Free Visual Schedule Here](#)

Home Learning Schedule											
	8:00		breakfast		2:00		learning time		9:00		exercise
	9:00		exercise		3:00		life skills		10:00		shower / hygiene
	10:00		shower / hygiene		4:00		tech time		11:00		learning time
	11:00		learning time		5:00		dinner		12:00		lunch
	12:00		lunch		6:00		quiet activity		1:00		free time
	1:00		free time		7:00		bedtime				

# Use a Calendar

Set up systems to help your child stay on top of school deadlines

Use visual organizers to break an assignment down into steps and the specific strategies needed to complete it.

David's Virtual Learning Schedule  
Tuesday to Friday

Time	Activity	BBCU Link
9:00- 9:15	 Log in to Morning Meeting with Ms. Finney	
9:15-9:30	 Morning Meeting	
9:30-10:00	 Movement Break: do some Yoga, push-ups or dance!	
10:00-10:30	 Math with Mrs. Beland	
10:30-10:45	 Goal Work with Mrs. Beland	
10:45-11:15	 Movement Break	
11:15-11:45	 Adapted Specials with Ms. Mai's Class	
11:45-12:45	 Lunch and Family Choice Time	

## Distance Learning Schedule

### Learning Targets:

**Math:** Learning how to understand, represent, and solve story problems. Learning to apply flexible number sense and reasoning strategies to add and subtract whole numbers.

**Science:** investigate and understand that organisms, including humans, interact with one another and with the nonliving components in the ecosystem

**Reading/Writing:** Readers and writers engage in conversations to understand other perspectives and shape their ideas. Writers reflect on and explore the topics, ideas, and stories that matter most to them.

### Recordings:

Tuesday (9/22)	Wednesday (9/23)	Thursday (9/24)	Friday (9/25)	Monday (9/28)
<b>Math</b> —	<b>Math</b> —	<b>Math</b> —	<b>Math</b> —	See next slide for asynchronous work.
<b>Science</b> —	<b>Science</b> —	<b>Science</b> —	<b>Science</b> —	
<b>Special</b> —	<b>Special</b> —	<b>Special</b> —	<b>Special</b> —	Schedule for Monday will be updated by Friday.
<b>LA</b> —	<b>LA</b> —	<b>LA</b> —	<b>LA</b> —	

# Help Students “own” Their Learning

- Provide support and encouragement, and expect your children to do their part.
- Set clear expectations and enforce them consistently.

# What should I do if I have a concern about our learning space or schedule?

- Contact your child's teacher (email, talking points, phone call)
- Contact the presentators:
  - Amity Kim (Social Worker)-[-ankim@fcps.edu](mailto:-ankim@fcps.edu) 703-313-4300
  - Nicole Campbell (Psychologist)-[-ncampbell@fcps.edu](mailto:-ncampbell@fcps.edu) 703-313-4331
  - Sofia Echaide (Counselor)- [-scechaidevia@fcps.edu](mailto:-scechaidevia@fcps.edu) 571-290-9030
  - Stephanie Felix (Counselor)-[-ssfelix@fcps.edu](mailto:-ssfelix@fcps.edu) 703-313-4320
  - Rosario Carrasco (Parent Liason)-[-rdcarrasco@fcps.edu](mailto:-rdcarrasco@fcps.edu) 703-313-4300

# I.T Support During Distance Learning

For technology help, families can call the FCPS Parent Technology Help Desk at **(833) 921-3277 (833-921-FCPS) from 7:00 a.m. - 11:00 p.m., seven days a week.** Parents or guardians who need help in a language other than English should let help desk staff know, and an interpreter will join them on the line.

FCPS has also set up an online [Parent and Student IT Portal](#) to allow older students, parents, and guardians to request technology help directly.

Families are also encouraged to continue to utilize the [parent information phone lines](#), available in eight different languages, in which a staff member can assist with general questions about FCPS.

# Discussion

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# Parent Resource Center Consultation

The Parent Resource Center offers free consultations for families and FCPS staff.

The Parent Resource Center professionals have extensive knowledge, training, and experience. They can brainstorm strategies and possible solutions to help you address your concerns. They are able to draw upon resources and support from FCPS, as well as community, state, and national centers.

They can help parents and educators of all students, including those with learning challenges, special needs, and disabilities.

Phone 703-204-3941

Email [prc@fcps.edu](mailto:prc@fcps.edu)

# Webinars Hosted by the Parent Resource Center:

- **Challenging Behaviors: Prevention Strategies and Teaching Self-Control:**  
**10/22/2020 6:30-8pm** [Register for Challenging Behaviors: Prevention Strategies and Teaching Self-Control](#)
- **Challenging Behaviors: ABCs of Behavior & How to Respond: 11/19/202**
- **All Behaviors Happen for a Reason: Behavior as Communication 12/17/2020**

Previous webinars can be found at the following website:

<https://www.fcps.edu/resources/family-engagement/parent-resource-center/workshops-youtube>

# Resources:

- <https://www.acs-schools.com/parents-guide-distance-learning>
- <https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/online-learning-how-to-prepare-child>
- <https://kern.org/wp-content/blogs.dir/4/files/sites/4/2020/04/Parent-Tips.pdf>
- <https://www.waterford.org/resources/how-to-create-an-at-home-learning-space/>
- <https://www.fcps.edu/index.php/return-school/tips-online-learning-success>