

# TIPS FOR PARENTS

## During Remote Learning

We understand remote learning has its challenges. The two things we have seen successful students do during remote learning is communicate by asking for help and follow a daily schedule! Here are a few tips to set your child up for success during the hybrid/ virtual learning period at GVHS.

### FOLLOW A SCHEDULE

Students thrive on structure. When things are unpredictable, a tool students need is a daily schedule.

**Here is a template your student can use.**

Have them look up their teachers' learn schedules so they know when they are available as well!

### SET DAILY GOALS

Setting goals helps give our day purpose. When goals are achieved, it gives us a sense of accomplishment.

**Try using a daily goals sheet template like this.**

### MOVEMENT

Movement is mandatory for sustained energy and focus.

**Encourage breaks and stepping away from their workspace.**

**Walking outside on nice days to get some fresh air a few times a day can make a huge difference in mood and motivation.**

### ASK FOR HELP

A great predictor of success is a students' ability to **advocate for themselves** and **communicate with their teachers** when they need help! Do not allow them to wait for a teacher to reach out to them. Have them email their teacher, stay on the zoom at the end of class, or attend a teacher's learn to ask questions.

The zoom link for "learn" can be found on each Schoology page and students do not need to sign up in advance.

### CONNECTION

Loneliness and isolation can lead to a decline in mental health. Have your student set up **FaceTime lunches** or **online study groups** with friends. Find time to connect and have fun as a family. Lastly, have your student **turn their camera on** during class to feel more connected with their teacher and classmates!

### FOCUS ON EFFORT

Any type of positive feedback is important! This is a great opportunity to praise your students' effort vs. their grades. Celebrate any positives you see in how they approach learning, or how they are connecting with teachers and showing resiliency

### SCHOOL WORK REFUSAL

We understand remote learning has not been easy or ideal for you or your student. It's ok to reach out for extra support and ask for new ideas and resources if your student is not engaging in online work. Communicate with your student's teachers or counselor to see if we can problem-solve together.

***We are in this together!***