

Educator-Led Distance Learning Tips for Families



1. PRIORITIZE WELLNESS

We are going through unprecedented and challenging times. Your continued attention to your children's questions and concerns is important to their well-being. Model remaining calm, patient and kind. We know that educator-led distance learning is new for everyone - for you, for your child, and for your child's teacher. Be flexible with your child's learning. If learning does not happen on one day, that is okay! The following day is a new opportunity to try again. Together, we will get through this. Resources to support mental health and well-being are available [on our website](#).

2. FOLLOW A ROUTINE

A routine is helpful to maintain overall well-being. Set regular hours for sleeping, eating and to complete schoolwork. The routine should reflect the needs of the family.



3. IDENTIFY A WORKSPACE

Designate a space where students will learn most of the time. Involve them in making that space their own by including books they love, art they created and other personal items to make the space feel welcoming.

4. COMMUNICATE WITH THE EDUCATORS

Educator-led distance learning is not homeschooling. Our educators are supporting the learning of your children by preparing lessons, activities and assessing learning. Each week, they will provide you and your child with a plan of learning for the week. Maintain regular communication with educators to understand your children's progress, needs and how to support learning at home.



5. ENCOURAGE PHYSICAL ACTIVITY

Movement and exercise are vitally important for health, well-being and learning. Encourage frequent breaks for movement throughout the day. [Ophea](#) has created some great resources to encourage physical activity at home. Make it a fun family activity and everyone can benefit!

6. FOCUS ON OUTDOOR LEARNING

The Kindergarten Program focuses on outdoor learning as it provides many opportunities for play-based learning while encouraging physical activity. Please respect park and playground closures and follow proper physical distancing practices to help stop the spread of COVID-19 during this time.



7. MONITOR SCREEN TIME

Encourage learning activities that do not require technology such as reading, writing, math games and more. Avoid having students engaged with a computer screen for lengthy periods. Your patience is appreciated as educators learn how to use technology effectively to support distance learning.

8. BE CREATIVE

This time is challenging us to think creatively and to be innovative. Educators may suggest tasks, activities and ways of learning that are new and different. Consider learning opportunities in everyday tasks like cooking.



District School Board
Ontario North East

LEARN MORE AT
WWW.DSB1.CA