

Going Virtual

It is a good idea to familiarize yourself with your child's school's virtual learning plan. Some things to pay specific attention to include:

- Find out how your child's classes will be conducted virtually.
 - Will there be regular opportunities for your child to check-in with their teachers or to participate in peer-to-peer learning?
 - Will they be able to engage in live instruction with teachers?
 - Is their school planning socially-distanced or virtual physical activity?
- If your child participates in school meal programs, find out how their school plans to make meals available during virtual learning.
- If your child receives any in-person services, such as speech, physical or occupational therapy, or mental health services, find out how their school will continue these virtually.
- If there are technological barriers preventing your child from learning virtually, such as lack of internet or access to necessary devices, ask your school how they can provide support to allow your child to participate in virtual learning.



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Text adapted from:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html>

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COVID-19



Virtual Learning

Returning to school will likely look very different for children this fall. To combat the spread of COVID-19, many schools are practicing virtual learning for all or some of their students. There are many things you should consider as your child makes this transition.

Making a Plan

It is important to develop a plan for completing your child's virtual learning responsibilities. Learning from home is a big change for many students. To help your child be the most successful they can be, consider the following suggestions:

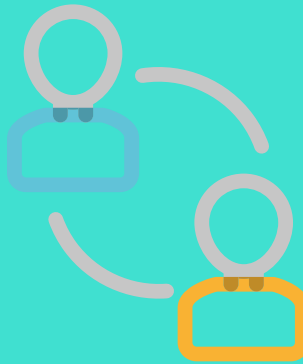
- Create and commit to a schedule with your child to structure their school day. Plan with the rest of your family the best times for your child to complete their work, including physical activity.



- Place deadlines and assignments on a calendar for the whole family to see.



- If you can designate a space for your child's learning that is free from distractions, noise, and clutter for completing school work.



- Identify opportunities for your child to connect with their friends and classmates. This may be a regular virtual meeting or a physical meeting while maintaining appropriate distance and wearing a cloth face covering.

Managing Stress

In addition to the regular stress of returning to school, this year students will have to cope with many new challenges. While paying attention to your child's physical wellbeing, it is important that you also address their mental health too. Some things to consider include:

- Ask your child about how school is going to gauge how they are dealing with these changes while communicating that these feelings are normal.
- Check if your school has a plan to help students transition to at-home learning.
- Be prepared for behavioral changes like excessive crying, irritation, worry, or sadness as well as unhealthy eating and sleeping habits, or difficulty concentrating.
- Identify opportunities for your child to be physically active throughout the day.
- Check if your school has mental health services and how to receive support for your child.
- Be a role model for your child by taking breaks, getting plenty of sleep, exercising, eating well, and staying socially connected.