

PARENT TIPS FOR DISTANCE LEARNING



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San Pasqual Valley Unified School District
2020-2021

Establish Routines and Expectations

- Have your student get up and get dressed for school.
- Breakfast and lunch can be picked up on Tuesdays from 7:30 am to 9:00 am. (Cafeteria, New Sub Park, Old Sub Park, Sheriff's Substation)
- School starts at 9 am and ends at 1 or 1:50 pm depending on the site.
- Expect your student to stay in the learning area for the duration of school.
- Keep a normal bedtime routine.
- Expect your student to participate in the learning (have their camera on and be ready to learn).



SCHOOL HOURS

Students are in school and should be working from at least:

- *9 am to 1 pm at the Elementary (TK-2)*
- *9 am to 1:30 pm at the Elementary (3-5)*
- *9 am to 1:50 pm at the Middle School*
- *9:10 am to 1:00 pm at the High School*
- *9 am to 1 pm at Bill M. Manes*
- *9 am to 1 pm at CDS*
- *12 pm to 3 pm at the Pre School*



CHOOSE A GOOD PLACE TO LEARN

Make sure your “Learning Space” is

- Quiet
- Free from distractions
- Good internet connection.
- Monitored by adults

Also,

- Keep doors open,
- Practice good digital safety.



STAY IN TOUCH WITH YOUR CHILD'S TEACHER

- Teachers will mainly be communicating regularly through our online platforms and virtual learning environments.
- Make sure everyone knows how to find the help they need to be successful.
- Stay in contact with classroom and support teachers, school leaders and counselors.
- If you have concerns, let someone know.
- **SB 98 Requires the teacher to call home if the student does not log into ZOOM. Also, we are required to at least contact the parents weekly to discuss student progress.**
- We have several ways you can keep in contact: Remind, Class Dojo, Phone Calls, and Google Classroom. Please expect to hear from your child's teacher daily.



STAY
IN
TOUCH

BEGIN AND END THE DAY BY CHECKING-IN

In the morning, you might ask:

- What classes/subject do you have today?
- Do you have any assessments?
- How will you spend your time?
- Do you have all your school supplies?
- Did you finish your homework from yesterday?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?
- Do you have any homework?



ENCOURAGE PHYSICAL ACTIVITY AND EXERCISE

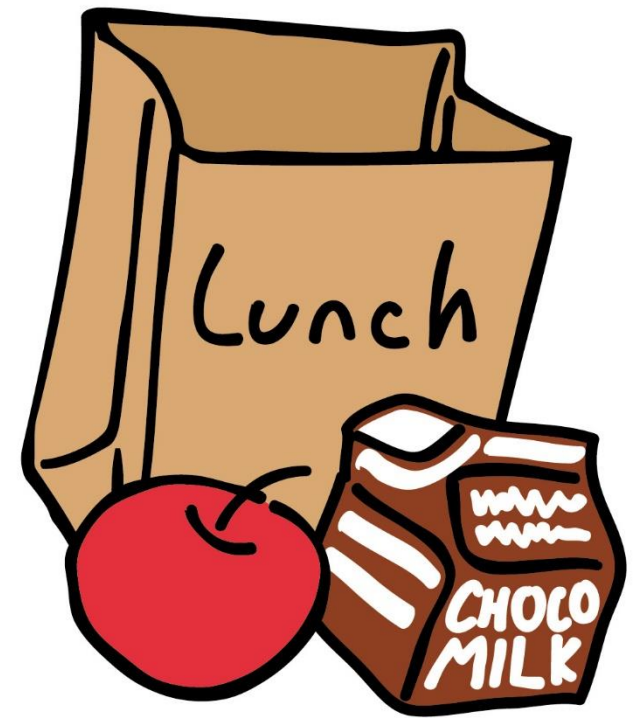


- Students will be given PE through the school
- Encourage students to take stretch breaks in between classes or lessons.
 - Students can do jumping jacks
 - Students can walk around the room
 - Students can just stretch
- Encourage students to go outside and play when safe and the weather permits.



NUTRITION

- Parents may pick up a breakfast and lunch every Tuesday.
 - They will receive 5 meals at a time.
 - Older students may pick up their own meals
- We have 4 distribution sites:
 - Cafeteria
 - Old Subs Park
 - New Subs Park
 - Winterhaven Sheriff's Substation
- Meals are delivered between 7:30 am and 9:00 am



MONITOR TIME ON-SCREEN AND ONLINE

Guidelines for *for kids*

TECHNOLOGY

www.thirtyhandmadedays.com

AGE APPROPRIATE

Cell phone, tablets, devices

0-2 years	0-1 hr/day
3-5 years	1 hr/day
6-12 years	2 hr/day
13-18 years	2 hr/day

THE FACTS

75% of 12-17 yr olds have cell phones.

Girls text 2.5 more times than boys do.

On avg. teens 12-17 send 167 texts per day.

GENERAL RULES FOR CELL PHONE

- Distance learning does not mean staring at computer screens seven and half hours every day.
- Teachers will aim to build in variety, but it will require some trial and error before everyone finds balance between online and close-space offline learning experiences.
- Work together to find ways to prevent 'down time' from becoming just more 'screen time'.
- Monitor non-school related screen time by age.

