

## Parent's guide on how to get most out of remote learning

### **Create a designated study space:**

Wherever possible put a desk or table in a relatively quiet area, away from the television and family gathering spaces. Avoid studying on the sofa or bed — not only does it lead to less focus, but it can also result in hunched shoulders, bad posture, and neck pain. Be sure your space has good lighting and enough room for a computer as well as room to write and take notes.

### **Get organized:**

Make sure your child has timetable written in his/her planner and are attending all lessons on time in Google Classroom according to this timetable.

### **Limit digital distractions:**

It's tempting for teens to play a game or text friends while they should be focusing on an online class or assignment. To help avoid this, have them put their phone on 'Do Not Disturb' and put it away. Also, they should avoid opening tabs online that aren't school-related. It's far too easy for that 5-minute internet browsing break to turn into 45 minutes of wasted time.

### **Establish a routine:**

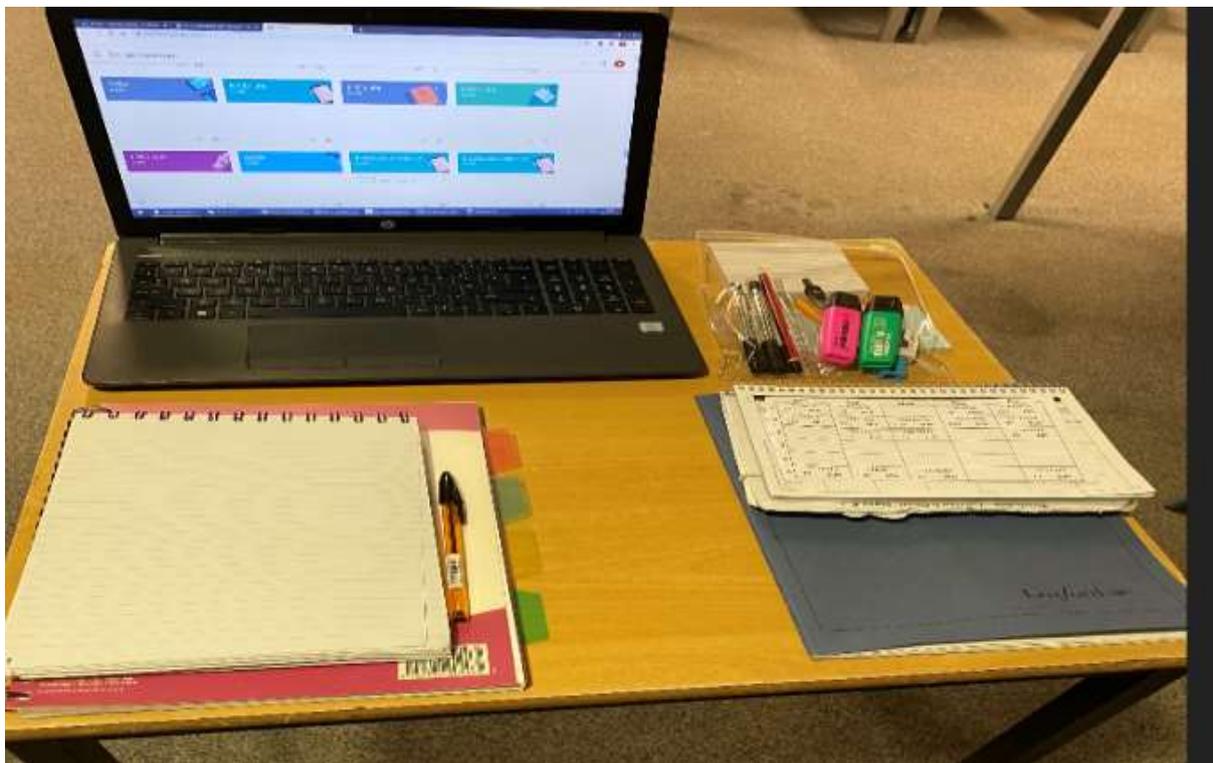
Make sure students stick to their break time and lunch time according to school day. A routine always helps children focus better. They should take short breaks between classes and assignments. It's best if those breaks happen away from the computer. Stretching, walking in the backyard, or getting a snack can help them stay energized and give their eyes a rest from the computer screen.

Encourage your child to make progress in each class every day. They should check online to see if teachers have posted new assignments or notes for

the class and complete the tasks on the to-do list they have created. Putting work off until the last minute can result in falling behind, and it can be hard to catch up once they are off track.

**Regularly review progress with your child:**

Check in with your child on a regular basis. Review grades, teacher feedback, and upcoming assignments online with your child. Ask your child about what they are learning. Can they share an overview of the book they are reading for literature class, a new concept they learned in science, a fascinating piece of history, or how they completed a STEM activity? You may be surprised at what your child can teach you and enjoy discovering more about their interests.



An example of an organised desk for studying