

As we all are aware, New Mexico will finish the school year by going virtual or remotely. We are all tasked with figuring out how to manage online learning and ensure our kids finish the year strong to prepare them for next year. This will be a big adjustment for everyone, but our educators are preparing for this transition to assist you through this transition. **Your child may be experiencing fear, concern or may even lonely. A parents goal is to convey calm and create a family plan for success.**

- **Ensure you know the expectations that your student's teacher has** established for completing their schoolwork from home and how teachers can be reached (phone, email, class website).
- **Prepare a schedule** A general rule of thumb is 30 to 50 minutes of learning and then a break. Breaks may need to be more frequent for younger students.
- **Preview lessons and assignments** with your student; ensure understanding of what needs to be done by asking the student to describe the assignment to you.
- **Review and reflect on the day.** Cap the day with some time to ask students to show you what they worked on and ask them a few questions about what they learned.
- **Don't miss live lessons.** Ensure that your student attends any live, synchronous online classes or collaborative activities that the teacher schedules.
- **Organize your space.**
- **Quiet** and away from distractions like television or siblings engaged in other activities.
- **Monitor the** online learning process and offer a healthy amount of independence, you should be able to check-in easily to monitor progress.
- **Comfortable** learning space and allow them to move from desk to a cozy chair or the floor. All is ok as long as your child is progressing through the work

Help your student develop a "growth mindset", so they can persevere through this change.

- **Set Goals for Learning.** To keep your child from struggling, develop a plan, "let's set some goals together to help you complete this work." Goals should be challenging but attainable. Examples include:
 - #1 read the chapter, #2 take notes on the chapter, #3 complete the writing assignment associated with the chapter.
 - Consider ways in which you can help monitor progress towards goals— anything from a simple checklist to a chart with star stickers.
- **Give Students Ownership.** When making your schedule, let your student make decisions about their activities and day. For example, let them decide if they would rather do math or reading first. Ask them how much they think they should do each day to meet the teacher's expectations
- **Read.** If technology is not being your friend and you find yourself offline without access to lessons, read. Consider reading the same book as your child and discussing the story or material together or have your child read aloud to you to reinforce comprehension.

- **Socialize.** Remember that much of your child's time at school is about having fun, connecting with new ideas and friends. With technology kids can be anywhere in the world without having to leave home. Take virtual field trips to museums or foreign countries, play interactive games, and video call with friends and family..
- **Ask for Help.** If your child's teacher has shared contact information, don't hesitate to reach out for support. This is an unprecedented time and parents aren't expected to go-it-alone