



One of the most important things parents can do to help their kids learn at home is to establish a routine. According to experts, children do best when their routines are regular, predictable and consistent. Consistent routines help children establish a sense of security that helps students ease their anxiety. Routines help them know what to expect each day. The school is recommending the following steps to assist you with establishing a successful routine for learning during COVID-19 school closure:

Step 1: Communicate with your child’s teacher

Your child’s teacher is your partner in your child’s Pathways Personalized Education Plan (PPEP) for distance learning. The teacher will facilitate instructional sessions virtually and/or telephonically. The teacher will assign curriculum lessons for your student to complete. Each week, the teacher will keep you updated on your child’s progress and reach out to meet your family’s needs during this time. Let them know your preferred communication method: email, phone calls, texts, etc. and what day and time you are available to discuss your child’s progress and any needs the family may have.

Step 2: Create a schedule

Collaborate with your student’s teacher to help you create a daily schedule. Having a clear vision of what is expected of your child gives the child much needed structure. The daily schedule also sets a routine that promotes positive habits.

Step 3: Create a learning space

Your child will achieve their best work in a quiet, comfortable, and dedicated space that is strictly devoted to learning. When there are several members of the family at home due to Stay-At-Home Orders, space may be limited. You can encourage your child to wear headphones while engaging in virtual learning sessions so that environmental noise is not distracting to them. You can collaborate with your child’s teacher on any planning materials or technology materials that your child needs.

Step 4: Limit distractions

Students may become distracted from schoolwork when they have access to their phones, televisions, and gaming equipment. You can limit their use of their devices, other than what they need to complete their work, until their schoolwork is done.

Step 5: Maintain healthy breaks

Children will function best if they have planned snack and meal times, exercise breaks, and fresh air activities, and creative time scheduled within each day. 10-minute breaks are recommended every 30 minutes during screen time activities.

Step 6: Positive communication

It is important for students to feel encouraged and reassured during this time. Take time each day to discuss school with your child and offer positive words that reflect their efforts. Ask them what they need in order to engage in school. Help them problem-solve barriers to learning with the support of their teacher.

Daily School Schedule: Example	
Time	Activity
8:00-9:00	Wake up, eat breakfast
9:00-9:30	Organize study materials and log into Edgenuity
9:30-10:30	Complete 3 activities and take notes on instruction
10:30-10:45	Take a snack and stretch break
10:45-11:45	Complete 3 activities and take notes on instruction
11:45-12:15	Participate in virtual lesson with teacher
12:15-12:45	Take a lunch break
12:45-1:45	Complete 3 activities and take notes on instruction
1:45-2:00	Email or text your teacher-share progress, ask questions
2:00-3:00	Fresh Air & Physical Activity: Move your body
3:00-4:00	Creative Activity: Listen to Music, Paint, Draw, Journal