

# Virtual School Guide for Parents

## Establish a Routine

Establish a structured routine to follow on a daily basis. Provide a consistent schedule and expectations for time to work, time to play, and time for family



## Create a Learning Space

Find a comfortable and quiet learning space



## Assess and Adapt



Be aware that this is a new environment for students and check in from time to time on how they are feeling

## Maintain a Balance



Help your child maintain a Healthy, Active, Balanced life during virtual school

## Talk about the Learning

Talk to your children about their learning, ask questions about the content and reflect on the learning process



## Ask for Support



Contact your child's teachers or tech support if you have questions or need help

## Offset Screen time



Pay attention to how much screen time your child has and try to balance it as much as possible with other activities

## Stay Connected



Help your child find ways to stay connected virtually with friends and classmates.

## Reach Out



Talk to other parents who also have children in virtual school

