

Scroggs Family Summit - Summer 2020

Transitioning back to school (remote)
Tips for Success

Housekeeping

- Please stay muted to limit the background noise (of course unmute to ask a question, but while listening please stay muted :-))
- We would love to see all of your faces, but please feel free to turn your camera off if you feel more comfortable.
- Be sure to ask questions in the Chat box - this is a great way to communicate with other participants and the presenter!
- If you are calling in on a phone, please let us know who you are since we can't see you or your name

Introduction

Please introduce yourself in the chat box and let us know the grade of your child(ren) this school year

Disclaimer:

We realize that parenting and educating is not a one-size-fits all.

What we hope to provide are a variety of tips, ideas, and researched based strategies that will help alleviate some of the stressors you and your child(ren) may face with the transition back to school.

We realize there is no magic wand to make this seamless - but we offer support in finding ways to make it better.

Seriously though, how many days has it been?

130 (157 by Aug 17th NBD)



This is fine.

Self-Care - That means you!

You have to take care of yourself before you can take care of others. Self-care doesn't have to be the same for everyone. Be intentional about setting aside a part of every day for you. Don't let the parent-guilt creep in - You need time away and your kids need to see you taking care of yourself.

Time away can simply be going into another room in your house and reading a book, taking a bath, or just lying down and closing your eyes. It can be taking a walk, calling a friend or family member on the phone, working on a hobby you enjoy - anything that allows you to take a break and time to recharge your battery so that you are available for your family.

****Remember to tell your child that you are taking care of yourself. Model, model, model!****

Ideas for balancing ALL.THE.THINGS

Trying to work from home and remote learning?

- Designate a specific spot in the house as your office. This can be anywhere and does not have to be fancy. Even if it is your bedroom, go to the same place to work when you need privacy, so that there is little confusion of if this is work time or not.
- The same goes for your child. Designate one place where they do schoolwork. Again, this does not have to be Pinterest-worthy. Just make it a designated spot in your home.

- Don't be Charlie Brown's parent! Write it down, draw it out, make a [visual](#). Make a schedule of your day and your child's day so you both know what is happening when. Use your [child's interests!](#)

- For older children, make office hours! Let them know when they can enter your "office" and what is off-limits.

- Consider using Saturday & Sunday as school days to give yourself some flexibility during the week (if possible).

- Hold a family meeting to discuss. Remember, our kids may not realize you are not just "home" but are actually working as if you were in the office.

Maintain routine and structure

If you were planning to pack lunch, pack lunch. Have your child (ren) eat from their lunch box.

Pack a snack - Use their school stomach!

Put their work in their backpacks at the end of every day rather than leaving it in a spot in your home.

Follow the same schedule that they would in school (lunch/recess together, reading at the same time, math at the same time).

[Example elementary schedule & quick facts](#)

Do the hardest things first - Get them while they are fresh

Take breaks!! Play quietly, read, nap, go for a walk, just take some time away from each other.

Remember, your children are not sitting in front of a teacher for 7 hours a day normally. There is social time, brain breaks, transitions, walking in the hallway, recess, specials, independent reading/work, etc.

Bedtime! Set a bedtime and wake-up time. We cannot stress the importance of this - for the routine and to ensure the adequate amount of sleep.

How do I know that I am ready to learn online?

Make a visual checklist

What materials do I need? Comfy chair, place to put my computer, paper, pencil

Have I gone to the bathroom?

Be ready about 15 minutes before the start

Do I have a water bottle?

Have I done any assignments that are due today?

Are my toys put away?

Online Etiquette

Tips for how to
be a good online
classmate!

A few tips:

- Stay muted when you are not speaking
- Practice using the mute and camera button
- Be dressed as if you were at school
- Eliminate distractions (i.e video games, toys, pets, etc.)
- The chat box should only be used for conversation relevant to the lesson
- Say (or wave) hi at the beginning and Goodbye (or wave) at the end
- Remember that everyone's homes are different - stay focused on the teacher topic
- Look at who is speaking - eye contact, nod your head, gives a thumbs up if you agree

*****Think to yourself - Would I do this if I were in the classroom?****

As a parent, how can I help promote independence and encourage my child to treat remote learning as he/she would in person?

We can't stress enough the importance of encouraging your child to be an independent learner. Please promote independence and respect the privacy of other students by resisting the urge to "pop in" or stand behind your child during a session. Be nearby to help troubleshoot with technology, but allow the child to learn from their teacher as if they were in school.

Our staff is more than ready and willing to answer any questions you may have - feel free to reach out at another time if you have questions.

Parents have the advantage of having seen their child as an online learning in the Spring. Try to think about strengths and weaknesses (organization, motivation, focus, following directions, time management, etc.). Work in rewards and incentives around the areas for growth.

Rewards don't have to cost money!

- Choose what's for dinner
- A walk with the parent of your choice after dinner
- Extra craft time
- 2 extra books at bed
- Disco bath (with bubbles and glow sticks)
- 15 minute family dance party
- Stay up 30 minutes later (on a weekend!)

Pro Tip for rewards/incentives:

If setting up a reward system in your home, be sure that it doesn't unintentionally turn into a punishment. Avoid systems that are "all or nothing" such as "IF you get 10 stars by the end of the day, you earn _____". Sounds great right? Well, let's say towards the end of the day the wheels start falling off and they realize 10 stars is out of reach. Game. Over.

Instead, try this "WHEN you earn 10 stars, you earn _____." This is a slight change in wording, but it puts more control into the hands of the child. It can take as long or short as they want - but there is no "Sorry all those stars you earned earlier don't count"

Also - the best systems have small, frequent rewards (i.e extra screen time, stay up late, treat after dinner). You can save the bigger rewards for longer term goals.

We have an opportunity to show our children the true meaning of “We are all in this together”

- Be inclusive with all online playdates
- Offer tech support to other families
- Be inclusive with ALL students if gathering in pods/study groups/tutoring. Ask the teacher who may also be interested.
- Even if you choose all remote vs. hybrid, maintain ALL social connections
- When offering help or making requests, think broadly - How can I help the class? The grade? The school? The district?
- When teachers ask for input from families, try to amplify the voices/thinking of those who may not be well-represented.
- Remember, this is NO ONE’s ideal scenario - we ALL want to be with our students, when it is safe to do so.

We understand that we are all in the same storm but not necessarily in the same boat.

Not all stress is the same...

Please reach out to our **School Social Worker, Bonita Joyce**, if you have concerns regarding housing, utilities, childcare, clothing, food, or other personal needs that have not been addressed.

Bonita Joyce, School Social Worker

BJoyce@chccs.k12.nc.us

(919) 918-7165

Thank You!

Contact us with specific questions:

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Emily Picquet, School Counselor Epicquet@chccs.k12.nc.us