

## Helpful Hints for Home Learning

- **Establish routines**—Help your child structure her or his time throughout the day and evening. Print the learning modules and have your child use his/her weekly planner to create a game plan!
  
- **Create a learning space**—Help your child select a location that is suitable for learning to engage in her or his new virtual environment. It should be as free from distraction as possible and promote learning.
  
- **Monitor communications/technology activity**—Your child will likely need help monitoring our online platforms staying on top of information and assignments. You may need to more closely monitor your child's use of technology (gaming, phone use, social media, etc.) use during the home learning time.
  
- **Check-in**—As you would normally do, check in about school. Ask what your child is learning. Give your child space to speak about any frustration they might be having with this new model.
  
- **Require activity and exercise**—While we are trying to be aware of how much time on screen we require as a school, help your child get out for exercise or activity. This is essential for overall health.
  
- **Pray together**—If you are in the habit of praying as a family, continue to do that. If you aren't, now is a great time to start. Starting soon, we will have daily prayers coming to students in lieu of the morning prayer over the PA. You might pray those as a family.
  
- **Observe**—Watch for any signs that your child might be stressed or worried about school or about the state of things with COVID-19. With your child spending less time physically present to teachers, coaches, moderators, counselors, and peers, it will be a challenge for us to know who might need a little, or a lot, of reassurance. Contact our school counselors (Mrs. LaRossa at [hlarossa@christking.org](mailto:hlarossa@christking.org) and Mrs. Smith at [ksmith@christking.org](mailto:ksmith@christking.org)) with any concerns you have.