



Supporting Your Child's Learning A Parent's Guide for Secondary Students

April 8, 2020



"An innovative, inspiring and unified Learning Community"

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The COVID-19 pandemic has drastically altered virtually every aspect of our lives. As a result, many of you are currently struggling balancing work responsibilities with taking care of your families and supporting your children's shift to learning from home. It is important to recognize that feeling overwhelmed is normal and understandable. In times such as these, our goals as a district are maintaining safety and supporting well-being over learning. We need to consider the human element of our learners, our peers and ourselves first and foremost. As such, the Langley School District will continue to prioritize care, compassion, community and connection.

Keeping that at the forefront, Langley teachers will begin the delivery of service for at home learning starting on Tuesday April 14th. To help you navigate the demands of work, life and at home learning during a pandemic, please see the suggestions below.

Learning is going to look different now. Be patient and ease into it. While you may hear the term "online learning" used, most of our students will not be engaging in a true definition of online learning. They may be using online learning tools and connecting with teachers electronically, but ultimately, this is a new experience for everyone involved and we will all be learning as we go.

Take an active role in your child's learning. Be curious about your child's learning and ask them what they need to do or are working on. Depending on what they are working on, you may be able to offer suggestions or, if you are experienced in working or learning from home, you may be able to provide some useful tips on navigating this new way of learning.

Assist your child with navigating demands. The maximum amount of learning grade 9 to 12 students should be expected to engage in within any given week, accumulatively across all classes, is 15 hours. As high school students are juggling anywhere from 4 to 12 courses, depending on their schedule, it is important that students and parents communicate with their teacher(s) as quickly as possible if they are struggling or the workload demand is too great.

Monitor your child's well-being. The physical and mental health and well-being of our students is most important during these uncertain times. Please monitor how your child is doing both physically and emotionally. If you are finding that your child is struggling with the demands being placed on them or the situation that we are currently facing, please reach out to your school for support.

Create a workspace. With parents working from home and multiple children all on different learning plans, sharing of space, materials and technology access may present challenges for families. Include your children in a process of figuring out a workable solution for all – this may involve developing a schedule for computer access.

Teachers will share schedules of when they are available and when they need students to be available so perhaps this family plan could be developed once students have this information in the next week.

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When considering spaces for students to work on their learning, be sure to talk to your children about being comfortable and limiting distractions. A suggestion is to turn off social media notifications on devices while working.

Get some fresh air. School work and learning should not consume your children during this time. Find time for physical activity such as a daily walk with the family. Get outside and get some fresh air. This is not only good for our brains and help with learning but is also good for the soul as well!

Don't be too hard on yourself. This is not going to be easy for any of us so please be kind to yourself and to others. Be open with your children and be willing to share your own concerns, fears and uncertainty as this will reassure them that they are not alone. And be sure to practice physical, emotional and social wellness! Exercise, eat well, relax, and stay connected to friends and family! You need to make time for yourself and your family as do your children.

We are all navigating a world and situation we have never experienced before, and we all need to work together and support each other during this time. It is our goal in the Langley School District to try and provide some normalcy around school and learning in a time that is anything but normal. However, the most important thing for all of us is the health, safety and well-being of our students and their families.

For more information and to continue to be informed, please continue to monitor the school district website for updates at <https://www.sd35.bc.ca>

Please also see the BC Ministry of Education's Keep Learning site to support parents at <https://www.openschool.bc.ca/keeplearning/>

While you wait...

Learning from Home

These are exceptional times and while it is important for children to keep learning, it is not expected that the pace and rigour of a normal school day will be duplicated at home. Teachers will continue to provide instruction. Parent/Caregiver involvement will depend on the age and ability of the child and the time that parents/caregivers are able to give. Your family will determine what works best for you in discussion with your children's teachers. Make use of what you have available and don't worry that your child is missing out if you don't have the latest technology. Simple everyday items and activities offer great learning opportunities.

Your child will officially begin remote learning on Tuesday, April 14th in Langley. While you wait, we thought we would share some ideas and resources to use at home until the formal learning plan is shared by your child's teacher.

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Getting Started

A. Routine

Disruptions in routines can be stressful. A regular schedule will help to maintain a sense of normalcy and stability. As a family, it would be good to set up a weekday schedule including:

- regular bedtime, wake-up and mealtimes
- getting dressed and ready for school even though they are at home
- a set time for learning
- set times for breaks
- daily physical activity
- daily communication with friends and family.

B. Space to Work

Setting up home learning space to work can help children focus. If possible, the space should include:

- a quiet atmosphere
- good lighting
- a desk or table at a comfortable height for your child
- a storage basket or bin to keep supplies (paper, pens, pencils, markers, books, etc.)
- access to a computer/tablet or other smart device if possible.

C. Supporting and Assisting Your Child

Your child's age and needs will determine how much involvement you will have in the learning.

General suggestions for children of all ages include:

- Be patient with your child and yourself. This is a new experience for everyone, and it will require some adjustment time. The most important thing is that your child feels safe, loved, and supported.
- Be positive and cheerful in your approach. Let your child see and enjoy your interest in the learning.
- Encourage the development of good work habits. Help your child to take pride in the work.
- Offer praise and encouragement for the work that is being done. Constructive suggestions, gently shared, are supportive.
- Allow your child to take breaks when needed. These may be frequent depending on whether you see your child becoming frustrated or tired. When that happens, it's okay to step away and come back to the work later. Physical activity time can be beneficial after each learning activity or following an extended work period and it should be encouraged.
- Your teenager will most likely be missing the social engagement of school. Encourage them to keep up with friends and family virtually.

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Suggested Learning Activities

The Ministry of Education has directed school districts, that in addition to discipline-based learning, there should be a focus learning on the core competencies (Communication, Thinking, Personal and Social). Details on the core competencies is available at [core competencies](#). For additional information on curriculum competencies you might also want to review the [First Peoples' Principles of Learning](#).

Learning is not limited to academic tasks and workbooks. Children learn through their daily routines and their interactions with their environments.

We have compiled a list of suggested activities that your child may wish to complete. In addition, we have included some ideas to support individual health and well-being.

Discipline-based Learning

- The Fraser Valley Regional Library has just launched online library card registration. They are very excited that this new service will help them reach even more people in the community with their large collection of digital resources, including eBooks, audiobooks, magazines, video streaming and eLearning. Go to <https://onlineregistration.fvrl.bc.ca/> to obtain a card, if necessary, and then, check out all the online books and resources that are available on the website.
- Read daily.
- Read aloud to members of the family (a novel, news of the day, a piece of personal writing, etc.). Take turns reading and listening to siblings.
- Engage in discussions where everyone in the family takes a turn to talk about what they've read.
- Write daily notes to siblings, friends, or family.
- Keep a writing and/or drawing journal.
- Keep a photo diary by taking pictures that highlight your day to day experiences while you are away from school.
- Become a primary source by keeping a daily journal of what is happening in your life, your community, your country, or around the world. *What can you share about your experience that others may find interesting in the future? What parts of your life are personally meaningful for you to write about?*
- Write a letter or email to a future employer. *Why is it in their best interest to hire you? What can you offer to their business/place of employment? What strengths/skills about yourself can you highlight? What experiences do you have that will be beneficial?*
- Watch a news report or a documentary film. Write about it or talk to someone about it. *What is the main topic of this news report? What is your reaction to this story? What do you want to know more about after viewing?* You can use this link or others for news reports:
<https://www.cbc.ca/news/canada/british-columbia>

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- Watch a movie you have been wanting to see. Write a short review based on your viewing OR watch the movie and discuss it with friends via technology.
- Create questions and interview a grandparent or family member by phone or technology. *Is there a hobby or job they do, or something they have experienced that would be interesting to talk about?*
- After reading part of a novel, create a storyboard or a comic strip that captures the main points OR create a storyboard or comic strip based on your own ideas.
- Connect with a classmate via technology and challenge them to a daily math problem.
- Create a personal budget. Identify income and expenses that should be included in your budget. Explain considerations that must be made when developing a budget (e.g., prioritizing, recurring and unexpected expenses). Modify a budget to achieve a set of personal goals.
- Research tuition costs for various post-secondary institutions and how to submit scholarship and bursary applications. Learn about associated costs such as books, student fees, commuting, accommodation, etc.
- Plan and create a cost estimate for a dream vacation.
- Study the nutritional value of the canned and packaged foods that you use. Study the Canada Food Guide. Develop a daily or weekly food plan that will meet your nutritional needs. Track your calorie intake and output as well as your daily intake of fat and recommended vitamins and minerals.
- Create your own review sheet for a Mathematics concept or a recently completed unit in another subject. You may also want to create the corresponding answer key.
- Play card or board games (Sudoku, Cryptoquotes, KenKen, Magic Squares, Logic Puzzles, Chess, Cribbage, Kakuro, Nim, etc.). Do jigsaw puzzles.
- Website Suggestions:
 - Take a virtual field trip. Discuss and write about the experience and the learning.
 - [Virtual Museum Canada](#)
 - [National Geographic](#)
 - [Royal BC Museum Learning Portal](#) – Free multimedia educational resources about British Columbia's natural and human history for learners of all ages. Much of the content aligns with K-12 curriculum, and some resources include classroom activities or lesson plans.
 - [Resources for Rethinking](#) - Lesson plans, activities and videos that explore important issues and events unfolding in our world. Available in English and French.
 - [JABC Online Learning](#) – Online, self-directed courses on financial literacy, work readiness and entrepreneurship for grades 4-12.
 - [Audible](#) – Free audiobooks for children, available in English, French and other languages.

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- [CEMC courseware](#) – Math courses that include online teaching, interactive components, and lots of opportunities for practice. This is a great way for students who are not in class to continue learning. The Grade 9/10/11 Courseware includes curriculum maps that explicitly show how the lessons connect to the various Canadian provincial curricula.
- [Gale in Context: High School](#) - Integrating reference content, biographies, primary sources, multimedia, critical essays, news, academic journals and more, High School is updated daily, offering nearly 1,000 issue, topic, and geographic pages across the curriculum.
- [PebbleGo Next](#) - Over 150 science articles with vocabulary support and read-aloud features.
- [Science World](#)– Science activities for students.
- **ONF** - Streaming videos on issues of global importance from a Canadian perspective including documentaries, animations, experimental films, fiction and interactive works for K-12 Canadian curriculum, critical thinking, and student engagement.

Health and Well-being

- Website Suggestions:
 - [Habitat Conservation Trust Foundation Education](#) – Suggestions for free, easy outdoor activities.
 - [BC Get Outdoors](#) – Educator's guide to outdoor activities, pages 41-51 could be done at home.
- Join a free online fitness class or activity virtually with your friends.
- Develop a heart pumping workout to do with your family.
- Set a goal to get your 60 mins of heart pumping physical activity every day. Write it down and keep a journal.
- Create a video of a workout and share with someone.
- Make a video of a sport or movement skill to teach a younger person (i.e., dribble a soccer/basketball, yoga poses, dance moves, etc.).
- Plan movement breaks throughout the day to interrupt sedentary behaviour.
- Start a virtual physical activity challenge with friends/family.
- Describe a concrete plan you have for staying organized while learning at home. In your plan, include any challenges you might face while learning at home and how you plan to overcome them.
- How do you plan to practice self-care and manage stress while you're learning at home? Name three things that you will do, when and how you will achieve those things, and any challenges.
- Stay connected with your friends and family online.
- Learn something new: sewing, chess, dance steps; create art and crafts projects: beading, drawing, painting, etc.

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The following links provide useful information for parents and guardians:

[Interim Guidance to Social Service Providers for the Prevention and Control of COVID-19 in their Facilities](#)

[Pandemic Toolkit for Parents](#)

[Managing Anxiety and Stress in Families with Children and Youth During the Covid-19 Outbreak](#)

[Covid-19 Specific Resources for Children Living with Autism](#)