Parental Supports for E-learning
Immaculate Conception School

What is eLearning?

- Blended learning
- Access curriculum
- Learning management system (LMS)
- Technology
- Innovative strategies
- Collaborative
- Engaging
- Digital literacy, computer science standards
- 21st Century Skills/4 C's

9 tips for parents navigating online learning with their children due to Coronavirus

https://www.theladders.com/career-advice/tips-for-parents-online-learning-with-children

Working from home

Tips & Resources to Help You Learn Remotely

Health & Wellbeing

Activity & exercise

- Stand up, move around and stretch
- Try a daily exercise routine
- Explore resources, apps and experts

Breaks & nutrition

- Ensure regular breaks while working on screens
- Stay hydrated!
- Try to eat healthy foods

Creativity & socializing

- Make time to be creative by making, cooking, gardening, or another activity
- Stay connected with friends and family

Sleep

- Keep to a schedule and ensure you are getting enough sleep
- Explore resources, apps and experts such as John Joseph

Goal-setting & Organization

Daily planner

- Set daily goals
- Schedule breaks around classes and *Zoom* meetings
- Make time for health and wellbeing

Weekly planner

- Set weekly goals
- Use a calendar or planner to keep track of assessments and activities

Balance & Productivity

Screen time

- Use *Screentime*, *Rescuetime*, or *Focus* to monitor screen usage and make adjustments
- Limit distractions (reduce notifications & multitasking)

Managing healthy technology

- Ensure device-free time (eg meal times)
- Work in a visible space
- Don't charge devices in bedrooms

https://www.foxnews.com/opinion/coronavirus-lessons-parenting-pandemic-jeannie-cunnion

https://www.today.com/parents/funniest-posts-parents-about-homeschooling-t176811

Yes, AND

@HOLISTICALLYGRACE

Yes, | we can feel grateful | AND | DISAPPOINTED ABOUT THINGS BEING CANCELLED

Yes, | we can enjoy extra time with loved ones | AND | FEEL OVERWHELMED BY THEIR PRESENCE

Yes, | we can be hopeful | AND | FEEL LIKE EVERYTHING IS FALLING APART

Yes, | we can be a source of support for others | AND | PRIORITIZE OUR NEEDS, FILL OUR OWN CUP

https://www.galesburg.com/opinion/20200331/mom-stop-column-learning-new-kind-of-homework