

TIPS FOR PARENTS

During Extended Campus Learning

We understand remote learning has its challenges. The two things we have seen successful student do during remote learning is communicate by asking for help and follow a daily schedule! Here are a few tips to set your child up for success during their time as an Extended Campus Learner at SHS.

FOLLOW A SCHEDULE

Students thrive on structure. When things are unpredictable, a tool students need is a daily schedule.

[Click here for a template your student can use.](#) Have them fill in their remote teachers' office hours so they remember when they need to check-in with their teacher-of-record.

SET DAILY GOALS

Setting goals helps give our day purpose. When goals are achieved, it gives us a sense of accomplishment. Try using a daily goals sheet template like this.

[Click here for a Goal Setting Sheet](#)

MOVEMENT

Movement is mandatory for sustained energy and focus. Encourage breaks and stepping away from their workspace. Walking outside to get some fresh air a few times a day can make a huge difference in mood and motivation.

ASK FOR HELP

A great predictor of success is a student's ability to advocate for themselves and communicate with their teachers when they need help! Do not allow them to wait for a teacher to reach out to them. [Have them email when they have questions and utilize their teachers' zoom hours each week.](#)

CONNECTION

Loneliness and isolation can lead to a decline in mental health. Have your student set up FaceTime lunches or online study groups with friends. [Find time to connect and have fun as a family.](#)

FOCUS ON EFFORT

Any type of positive feedback is important! This is a great opportunity to praise your student's effort vs. their grades. Celebrate any positives you see in how they approach learning, or how they are connecting with teachers and showing resiliency.

SCHOOL WORK REFUSAL

We understand remote learning has not been easy or ideal for you or your student. It's ok to reach out for extra support and ask for new ideas and resources if your student is not engaging in online work. Communicate with your student's teacher-of-record or counselor to see if we can problem-solve together. [This resource has great tips of how to encourage even the most reluctant learners.](#)

We are in this together! Together, we are stronger!