

Parent Tips to Help Your Student with Distance Learning

While our faculty and staff are working diligently to provide your student with the best distance learning experience possible, your partnership is critical in ensuring its success.

We hope these quick tips help you as we navigate distance learning together.

Tip 1

Designate a Learning Space

Your student should have a designated learning space that eliminates distractions and provides continuity in their day. This area should offer comfort

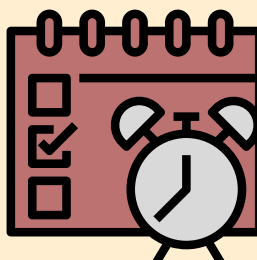


and supplies for a successful learning environment. Set up a place in your home where your student can focus on schoolwork: a desk, a quiet corner, the kitchen table, etc.



Tip 2

Establish a Routine



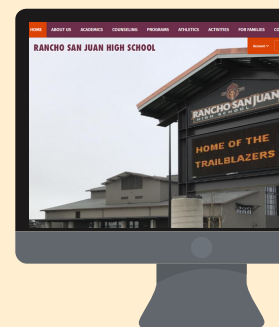
Stick to routines or create new ones. Wake up in the morning at the usual time: shower, get dressed, have breakfast. There is an adjustment period for you and your student.

Remember that some students are naturally more organized and self-directed than others, so this is a great opportunity to work on time management and independence with your teen.

Tip 3

Stay up-to-date on school communications

Communication is key, now more than ever, whether it be announcements from our district office or lesson plans from your students teachers. RSJ is working diligently to build a bridge to make it as easy as possible for parents to stay up-to-date in this ever-changing climate. We are updating our school website on a daily basis and sending text messages and e-mails. If you have not received an e-mail or text message, please feel free to contact Victoria Verduzco at 831-273-7700 ext 3416 or e-mail victoria.verduzco@salinasuhd.org. You can also stay up to date with your students progress through ParentVue. If you do not have access to your account, please contact Brenda Roman at brenda.roman@salinasuhd.org or dial ext 3414.



Tip 4

Ask about their classes

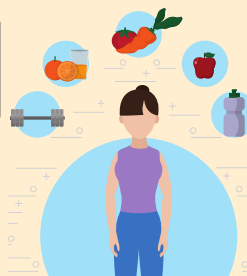
Check-in regularly with your student about what they're learning throughout the day. Ask questions about their classes or if they are struggling, this will help to track their progress.



Tip 5

Follow healthy habits

It's easy to get trapped on the computer during distance learning. Encourage your student to eat healthy snacks and proper hydration, take breaks, get a good night's sleep and, when possible, to step outside and enjoy the sun.



Educational Resources



KHAN ACADEMY

These a few free learning resources:

- parenttoolkit.com
- khanacademy.org
- coolmath.com
- SAT Word Slam - free on ios devices