

TIPS FOR PARENTS

SUPPORTING YOUR CHILD WITH E-LEARNING

STUDENT SERVICES

Student Services is still here to help you and your child during e-learning. If you or your child would benefit from connecting with a member of Student Services, please let us know.

BOOK A MEETING

Maybe you are unsure of what you need, but we may be able to helping you think it through or talk it out.

Ms. Stacey is the Support Services Manager in Student Services and is able to provide brief counselling support, discuss wellness and time management strategies, and discuss concerns related to academics. Book a meeting with Ms. Stacey using Calendly.

<https://calendly.com/smarianchuk>

Ms. Amani provides Arabic Support in Student Services and is able to work with students who may be struggling with learning in the online environment. Ms. Amani can also provide translation supports to parents, as needed. Book a meeting with Ms. Amani using Calendly.

https://calendly.com/a_chanaa

HOW TO SUPPORT CHILDREN DURING A TIME OF SOCIAL DISTANCING

We thrive when we can be in relationships with others. While students come to school for their educational needs, they also greatly benefit from the social interactions that are a natural component of the school day. The term social distancing can be a bit misleading though, especially as we live in a society that has so many avenues to socially connect online. While connecting in person rather than through online platforms is typically ideal, we are not in a typical circumstance. We now find ourselves in a time of necessary **physical distancing**, but we can still maintain social connections, just in different ways.

Offer reassurance. Children need to know they are safe and that following guidelines set out by government officials is in their best interest.

Validate feelings. If your child is feeling frustrated, let them know that you understand this must be hard for them.

Facilitate a social distancing check-in. We have been practicing social distancing for a while now. If you notice your child might be spending more time than usual in their bedrooms or are less interactive than typical, check-in with them to see how it is going for them.

- **Check in with how they are feeling:** *“What has social distancing been like for you?” or “How does social distancing make you feel?” or “What is it like for you to not see your friends every day?”*
- **If they miss their friends, suggest:** *“Have you thought about setting up a videocall with your friends?”*
- **If they are younger, maybe give them a few creative ideas of what to play with a friend online:** *“What about if you played a game in a videocall with a friend, like Pictionary or made an at-home scavenger hunt together?”* The whiteboard feature can also be great fun for kids.

Online is as “face-to-face” we are going to get at this time, so we need to find ways to facilitate interactions that extend beyond texting or scrolling though Instagram or Snapchat to establish a sense of normalcy.

AS ALWAYS, IT WILL BE IMPORTANT TO CONTINUE TO MONITOR THEIR SCREEN TIME AND ENSURE THEY ARE ENGAGING SAFELY ONLINE.