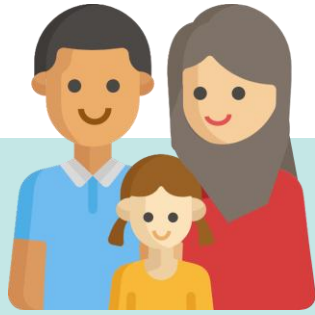


# GUIDELINES FOR PARENTS



- 1. Recommended Platform**
- 2. Setting Up a Learning Environment**
- 3. Other useful tips**



# 1

## Recommended platforms

Your child's teacher may choose to use one or more of the following services as part of your child's learning:



A range of online Google Apps



Your child may use this for group work or project-based learning



Adobe Connect

Your child's teacher may deliver classes using this video conferencing and screen sharing tool.



WhatsApp

Your child's teacher may use this app to communicate with you or your child.



Try to make sure **you know how and who** to contact at your child's school for **technical support**, should they choose to use digital devices as part of their remote learning plan.

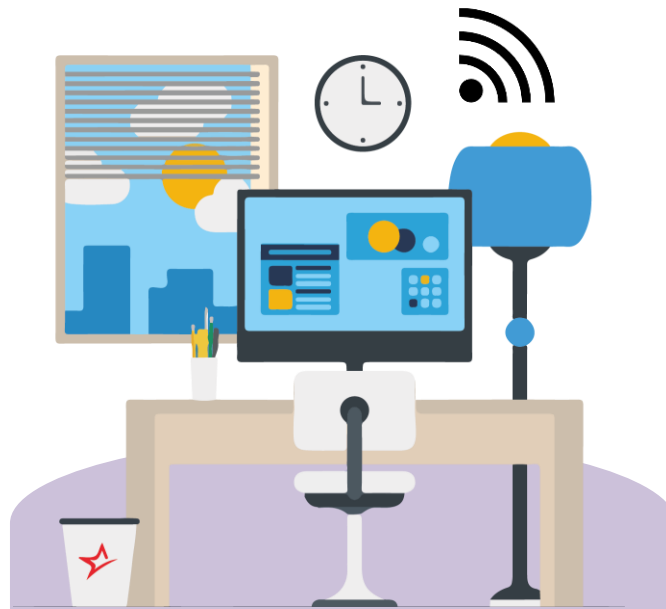
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# 2

## Setting Up a Learning Environment

Try to create a quiet and comfortable learning space for your child.

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They may have a regular place to do their homework under normal circumstances, but it may not be suitable for working for an extended period of time.



A location for extended learning should ideally be a public/family space.

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If you can, try to find a place that can be quiet at times especially if your child is in secondary school. The area should have access to an internet connection, if it is available at home. It should be somewhere where you or another adult can monitor your child's learning.



# 3

## Other useful tips

You can provide support for your child when they are learning from home with these helpful tips:

-  Establish routines and expectation
-  Define a space for your child to work in
-  Monitor communications from teachers
-  Begin and end each day with a check-in.
-  Take an active role in helping your children process their learning.
-  Encourage physical activity and/or exercise.
-  Check in with your child regularly to help them manage stress.
-  Monitor how much time your child is spending online.
-  Keep your children social, but setting rules around their social media interactions
-  Support their children to learn independently
-  For younger children, you may need to supervise them to some extent
-  Consult the teachers for extra support in supporting the online learning for their children