

Essential Tips for Working and Learning from Home:

As we embark on Distant Learning, we recognize it can present different opportunities and challenges for families and students. While our number one goal is to continue high-quality instruction, we recognize the challenges and obstacles our students and families may face in the upcoming weeks will be exciting, yet apprehensive. To prepare for this new approach to learning, it is important that we help our students adjust to the new normal and begin to develop good learning habits. Here are a few tips to help students find success in this new environment:

1. Take a deep breath.
2. Be there for your child as a parent.
3. Continue to maintain family norms and be supportive.
4. Know that you are doing the best you can.
5. Celebrate your accomplishments and progress!



Here are a few ideas to consider how you can support your student educationally.

STUDENT SCHEDULE FOR CONTINUITY OF INSTRUCTION

MIDDLE & HIGH SCHOOL SCHEDULE

Robinson students will meet with ALL teachers during the appropriate class period for synchronous instruction. There will also be opportunities for asynchronous instruction and questions outside of the assigned bell schedule times.

SYNCHRONOUS VERSUS ASYNCHRONOUS

With synchronous learning, students will “meet” at the same time in various formats and can receive immediate feedback from their fellow students or teachers during their session. Asynchronous learning doesn’t enable that type of instruction, but work can be completed independently, and students can reach out to teachers at another time.

ROBINSON SECONDARY'S

WEEKLY SCHEDULE

Monday – Student Directed Work Time

Tuesday/Thursday:

1 st pd 9:15-10:00AM	2 nd pd 9:15-10:00AM
3 rd pd 10:30-11:15AM	4 th pd 10:30-11:15AM
Lunch Break	Lunch Break
5 th pd 12:15-1:00PM	6 th pd 12:15-1:00PM
7 th pd 1:30-2:15PM	8 th pd 1:30-2:15PM

Wednesday/Friday:

- Student Work Time
- Staff Office Hours for Student Support

What is 2nd period?

- Optional student directed learning

WHERE DO I START?

Try starting with one thing, and if it doesn't work out, try something different

How will I teach my child? No one expects you to do home-schooling. Your child may be your best guide as to when, how much, and how often instruction should happen. Don't feel like he or she is behind. The great part of this is that there is suddenly plenty of time to work at his/her preferred pace, to catch up, to work when and where he/she is most comfortable. Create a visible schedule so all family members know what is expected.

What if my student is feeling anxious and not ready or "available" for learning? It's not easy to suddenly have to coexist all day, every day, for the foreseeable future. Your child may need to build up his/her stamina for work – be patient. His/her emotional health is most important. He/she may need time to process what's happening. Give latitude to emotional outbursts; kids tend to "let loose" where they feel safest.



DIGITAL LEARNING 101

What will my student be working on?

- FCPS 24-7 Learning/Blackboard.

Where will they complete the assignment?

- FCPS 24-7 Learning/Blackboard, Google Classroom, or an alternative application.

How will I know what grade they earned?

- Posted in SIS and accessible through ParentView and StudentView.



NO RAMS WILL BE LEFT BEHIND.



FCPS RESOURCES

Academics and Continuity of Learning Plan for Students and Parents - <https://www.fcps.edu/news/coronavirus-update-academics-distance>

AP and IB Updates - <https://www.fcps.edu/news/new-updates-ap-and-ib-students>

Keeping Children Occupied during Week #1 - <https://www.fcps.edu/blog/keeping-your-children-occupied-while-schools-are-closed-1>

FCPS 24-7 Learning/Blackboard - <https://www.fcps.edu/resources/technology/fcps-24-7-learning>

SIS ParentView (Grades) - <https://www.fcps.edu/resources/technology/fcps-24-7-learning/parent-help>

Robinson Secondary School - <https://robinsonss.fcps.edu/>

WE WILL SUPPORT ONE ANOTHER THROUGH THIS AND COME OUT ON TOP!

ADDITIONAL RESOURCES

(each image is hyperlinked)



COVID-19 DAILY SCHEDULE		
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with Pet Dog, Yoga, or a walk
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Lego's, magnifying, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe up kitchen table and chairs B - wipe up floor, handsets, light switches, and desk tops C - Wash the dishes, sink and toilet
1:00-2:00	Quiet time	Reading, puzzles, etc.
2:30-4:00	Academic time	ELECTRONICS OK iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid shows x3
8:00	Bedtime	All kids

so your classes are all online now?

TIPS FOR A SUCCESSFUL TRANSITION

- 1 CREATE A DEDICATED WORK SPACE**
Decide on a regular space to study that is quiet and distraction-free such as a desk in a bedroom or at the kitchen table. Be sure to have your textbooks, notes, calculator, and any other supplies you will need nearby. Let your roommates or family members know when you're working and ask not to be disturbed.
- 2 STRUCTURE YOUR TIME**
Having an unstructured day makes it easy for time to slip away, so discipline is key. Create a schedule with specific times to watch lectures, study, read, and do homework and stick to it! Remember that you should plan for 2-3 hours of study time each week per credit to be successful.
- 3 MINIMIZE DISTRACTIONS**
Put your phone on silent and out of sight and turn off the TV. Close social media platforms and other websites that may tempt you. A good pair of headphones could be helpful to block out distractions too.
- 4 STAY MENTALLY ENGAGED**
Take notes during online lectures just like you would in a traditional classroom setting and ask questions throughout the lecture. Many virtual platforms have the option to virtually raise your hand or enter a question into a chat box.
- 5 ENGAGE WITH OTHER STUDENTS... VIRTUALLY**
Isolation can weigh on your mental health. Be sure to continue to connect with other students. Facetime your friends, use Google Hangouts to chat, and create virtual study groups for each of your classes.
- 6 USE CAMPUS RESOURCES AND ASK FOR HELP**
Your campus resources have not gone away! Your email and most campus websites have academic coaching, the writing center, etc. We've just moved online! Check them out.
- 7 TAKE A BREAK!**
Trying to study for 10 hours straight is your blood flowing and give your eye a rest. Remember to take breaks and do the things you enjoy.



TIME for KIDS

FROM THE EDITOR
NEW: FREE DIGITAL LIBRARY!

If you're experiencing disruptions to your school routine or making plans for distance learning, the *TIME for Kids* team is here to help.

We're providing a free digital library for all grades for the rest of the school year, made possible by Google, AT&T, HP and PwC Charitable Foundation. Teachers and parents, visit time.com/tf-k-free or click here.

We know the world is complicated. We'll navigate it together, no matter what. We'd love to hear your challenges and triumphs, and how we can help—write to us at tfkteachers@time.com.

All the best,
Andrea Delbanco
EDITOR IN CHIEF

NEED HELP? MENTAL HEALTH RESOURCES
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call 911

CrisisLink Regional Hotline: 703-527-4077
CrisisText: Text **NEEDHELP** to 85511
Dominion Hospital Emergency Room: 703-536-2000
Inova Emergency Services: 703-289-7560
Mobile Crisis Unit: 1-844-627-4747
National Suicide Prevention Lifeline: 1-800-273-TALK or 1-800-SUICIDE
Merrifield Center Emergency Services: 703-573-5679
TTY dial 711

🏠 At-Home Resources for Families 🏠

Read Alouds/Reading	Art/Creativity	Virtual Field Trips	Animals	PE/Movement	STEM
Storytime from Space	Lunch Doodles w/ Mo Willems Live M-F @12 CT	Farm Foods 360 11 Farm Tours	Cincinnati Zoo Live M-F @ 2:00 CT	Spell Your Name PE	Cotton Ball Launcher
Storyline Online Great books read aloud by celebrities!	Harptoons Publishing Live M-F @1:00 CT	Yellowstone National Park	Kansas City Zoo #kczoolive on FB Penguin live cam	Go Noodle!	Pringles STEM Challenge
Pete the Cat Club Storytime w/ author James Dean M-F @11:00CT	Art Teacher Cassie Stephens Live M-F @11:00CT Videos from Week 1 Robot Week	One Globe Kids Explore various parts of the world with kids in different countries.	Live Cameras at the San Diego Zoo	Cosmic Kids Yoga	Wonderopolis Where will your curiosity take you?
Storytime with Olaf (Josh Gad) On Twitter nightly @6:30PM CT	Nick Bruel Draw Bad Kitty Create a comic Write your own story	Mars 360 View with curiosity rover	Georgia Aquariums Live Cam	The Adventures of Super Stretch App for meditation, health, & wellness	MKE with kids 14 Science Experiments to do at Home
Audible Free audiobooks streamed for kids!	Art for Kids Hub Draw Alongs & Art Lessons	Boston Children's Museum	Monterey Bay Aquarium Live Cam	Ms. William's PE At-Home Resource	Global Cardboard Challenge April 1-15
Scholastic Read at Home	Lindsay's Art Cart Virtual Art Lessons M-F 10 AM CT	12 Famous Art Museums via Google Arts and Culture	Switch Zoo Animal Learning games & more	Free PE Classes with Joe Wick M-F @9:00AM	Discovery #mindblown
Peter H. Reynolds (author of The Dot) Read Alouds Live M-F 11:00CT		The Great Wall of China	Abnormal Normal Zookeeper Talks March 23-27 Live 11:30CT	ABC Challenges Exercise Challenge Indoor & Outdoor Scavenger Hunts	NASA Kids Club

		Explore Live stream of places and animals	Sedwick County Zoo Live Virtual Visits M-F 11:00 & 2:00CT	PE with Coach Wood	Tufts Design & Engineering Family Challenges
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