3 Ways to Support Your

# Virtual Learner

Family Guidelines

Safe

- Talk to your child's teacher about Board Policy (BP) 379: "Education Technology Use" at GDOE.NET.
- Talk about BP 379 with your child before they begin their online courses.
- Talk every day with your child about cyber-bullying.
- Remind your child not to talk about private subjects online.

Responsible

- Create a daily education schedule with your child.
- Be sure to sign an Education Technology Use Policy form.
- Talk with your child's teacher about assistive technology your child may need in class.
- Be sure your child is physically and mentally prepared for their online classes.
- Talk with your child about their assignments and deadlines.
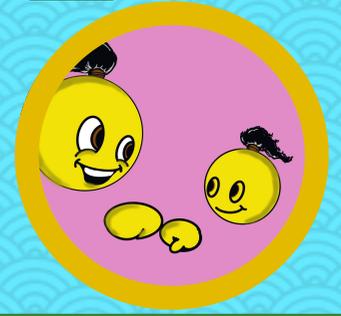
Respectful

- Create a learning space for your child that is quiet with little distractions.
- Be sure your child has eaten and is dressed appropriately before their classes begin.
- Go over the rules for your child's online classes.
- Contact your child's teachers during the indicated office hours to address any questions or concerns.

Tips for Parents and Guardians

- Have color-coded calendars as visuals for deadlines and projects.
- Set up "brain breaks" for your child to step away from electronic devices for a while.
- Keep your child active with a daily exercise routine.
- Go over healthy ways to cope with stress with your child.
- Be consistent with daily schedules.
- Develop a support system and self-care routine with your child.

DEPARTMENT OF EDUCATION

Jon J.P. Fernandez, Superintendent
Joseph L.M. Sanchez, Deputy Superintendent
Curriculum & Instructional Improvement
Division of Curriculum and Instruction

For more advisement and guidance on Board Policy 379, please contact the administrative team at your child's school.