

A thick black L-shaped frame is positioned around the text. It starts at the top left, goes right, then turns 90 degrees down to the bottom left. Another thick black L-shaped frame is positioned on the right side, starting from the top right, going left, then turning 90 degrees down to the bottom right.

HYBRID LEARNING: TIPS AND TRICKS

How to Handle Distance Learning
and Brick & Mortar in Our
“New Normal”

CREATING DESIGNATED WORKSPACE IN YOUR HOME



- **Two essentials:** spacious work surface and comfortable seating.
- Let your child take part in creating their workspace.
- **Some noise is okay**, but too much can be an easy distraction.
- Make **all supplies available** so there isn't time wasted gathering them.
- **Keep a calendar, wall calendar, planner, and/or post-it notes** for your child to manage tasks and record assignment due dates and other important information. (A physical reminder of a child's daily schedule can be helpful, for early learners to high school students.)
- Working at a **common area** such as the kitchen table, try bringing out the "homework supplies" as a great way to indicate that study time has begun.

SETTING NON-NEGOTIABLES

“When kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally. This holds true for kids of all ages and in all kinds of families,” said Denise Pope, a senior lecturer at Stanford University, and her colleagues, [an article](#) in the Harvard Graduate School of Education.

TIPS ON SETTING NON-NEGOTIABLES

Open communication with your child when working together is important to establish non-negotiables.

- **Allow your child to contribute** to the set of non-negotiables.
- Keep them clear and precise. Short and sweet.
- **Write** them down and **post** them in your child's workspace.
- **Empathy is essential** when establishing and upholding the non-negotiables.
- **Sometimes kids can have a bad day.** Allow space for your child to land safely with his or her thoughts.



WHO'S WHO?

There are **A LOT** of people on your child's team this year. Here are some helpful hints to figure out who to ask for what.

Who?	What?
Teacher	Questions regarding: <ul style="list-style-type: none">• Schoology• Classwork• Homework• Assessments• Recovery/remediation
Guidance Counselor	Questions regarding: <ul style="list-style-type: none">• Your child's schedule• Graduation requirements (high school only)• Concerns that you may have in regards to your child's mental, social, and academic health
Gifted Consultative Teacher	Questions regarding: <ul style="list-style-type: none">• Educational Plan (EP) needs• Enrichment ideas• Concerns that you may have in regards to your child's mental, social, and academic health
Administration	Questions regarding: <ul style="list-style-type: none">• School policies/procedures (DL or brick & mortar)• COVID response

HOW TO: SCHOOLGY

Use the following hints for any of your child's courses and/or groups.

Check out the Updates.

Scroll down a bit to ensure that you have not missed anything.

EXAMPLE PAGE:

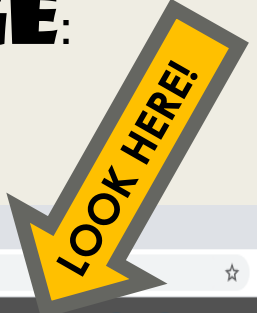
The screenshot shows a web browser window displaying the Schoology interface for a course titled "6-8 Liberty Pines Academy: Section 1". The browser's address bar shows the URL: <https://stjohnsschools.schoology.com/course/3055284696/updates>. The page header includes the St. Johns County School District logo and navigation tabs for COURSES, GROUPS, RESOURCES, and GRADES. A user profile for "Ellie Earnshaw" is visible in the top right corner. The main content area features a course announcement from "Freedom Crossing Academy" regarding "LUNCH BUNCH" and a list of dates for 6th, 7th, and 8th grades. A large yellow arrow points to the "Updates" tab in the left sidebar, which is highlighted. Another large yellow arrow points downwards on the right side of the page, labeled "SCROLL". The bottom of the page shows a Windows taskbar with various application icons and a system clock indicating 11:51 AM on 10/2/2020.

HOW TO: SCHOOLOGY

Use the following hints for any
of your child's courses and/or
groups.

Then check the **calendar**.

EXAMPLE PAGE:



The screenshot shows the Schoology calendar interface for St. Johns County School District. The browser address bar shows the URL: <https://stjohnsschools.schoology.com/calendar/55419266/2020-10>. The page header includes the school district logo and navigation links for COURSES, GROUPS, RESOURCES, and GRADES. The user's name, Ellie Earnshaw, is displayed in the top right corner.

The calendar view is set to "October 2020" and "All Calendars". The calendar grid shows the following events:

- Monday, October 28:** DL ONLY - 6th - Adv Reading-Per 2 - Sept 28th- Hamburger Paragraph 11:25 am; Main Idea hamburger Assignment 11:59 pm; Page 75 Evens.
- Tuesday, October 29:** DL ONLY - 6th - Adv Reading-Per 2 - Sept 28th- Main Idea Matching 11:50 am; Math Homework page 81 Evens.
- Wednesday, October 30:** Formative (2-1 through 2-3) 2:00 pm; Math Homework page 89 Evens; Quiz Lessons 2.1, 2.2, 2.3.
- Thursday, October 31:** "Call It Courage" Summative Test; Value Study Packet 11:59 pm.
- Friday, October 2 (Today):** 6th Science Potential and Kinetic Energy and Law of Conservation of Energy 11:59 pm; Math Homework page 99 ALL.
- Saturday, October 3:** 6th Science Unit 5, Part 1 Summative Test (Lessons 1 and 2).

The Windows taskbar at the bottom shows the time as 11:56 AM on 10/2/2020.

HOW TO: SCHOOLGY

Use the following hints for any of your child's courses and/or groups.

Check out **Materials** to find assigned work.

Often, Schoology courses have a folder for the current week's assignments and a folder for previous week's assignments.

EXAMPLE PAGE:

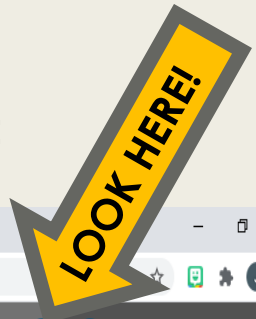
The screenshot shows a web browser window displaying a Schoology course page. The browser's address bar shows the URL: <https://stjohnsschools.schoology.com/course/2887660044/materials>. The page header includes the St. Johns County School District logo and navigation tabs for COURSES, GROUPS, RESOURCES, and GRADES. The user's name, Ellie Earnshaw, is visible in the top right corner. The main content area is titled 'M/J World History Advanced: Section 3-1' and 'Liberty Pines Academy 6-8'. A large purple square with the number '1' is prominently displayed. Below this, a sidebar menu lists various course elements: Materials (highlighted with a yellow arrow), Updates (2), Grades, Attendance, Members, Biology(Standard) - Sav..., Conferences, Culinary Arts - GW, Environmental Science..., Financial Algebra - Walch, Gale eBooks, and Gale In Context: Elements. The main content area shows a list of materials, including 'World History- Week 5 (Sept. 28- Oct. 2)', 'Previous Weeks', and 'Schoology Help'. On the right side, there is an 'Upcoming' section for Monday, October 5, 2020, featuring a calendar icon and a link to 'Chapter 4- Mesopotamia Test'. The Windows taskbar at the bottom shows the search bar and several application icons, with the system clock indicating 12:00 PM on 10/2/2020.

HOW TO: SCHOOLGY

Use the following hints for any of your child's courses and/or groups.

Lastly, check out the **messages** for additional information.

EXAMPLE PAGE:



A screenshot of a web browser showing the Schoology interface. The browser address bar shows the URL: https://stjohnsschools.schoology.com/course/2887660044/materials. The page header includes the St. Johns County School District logo and navigation tabs for COURSES, GROUPS, RESOURCES, and GRADES. The user's name, Ellie Earnshaw, is in the top right corner. The main content area is titled "M/J World History Advanced: Section 3-1" and lists materials like "World History- Week 5 (Sept. 28- Oct. 2)", "Previous Weeks", and "Schoology Help". A sidebar on the left shows a list of materials and updates. On the right, a "Messages (2)" section displays two messages from a user named [REDACTED]. The first message is about a Mesopotamia Kahoot Review. The second message is about a vocabulary quiz. The bottom of the screen shows a Windows taskbar with various application icons and the system clock displaying 12:05 PM on 10/2/2020.

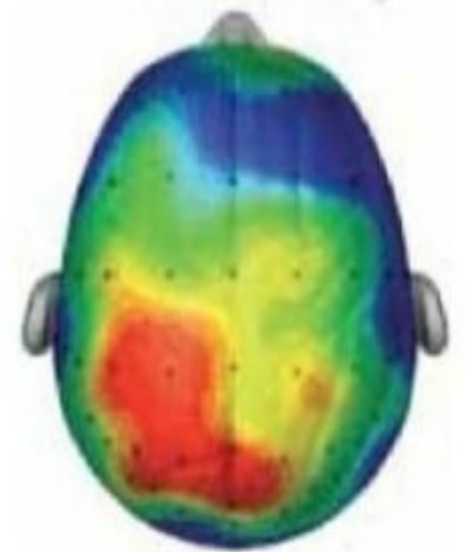
BRAIN BREAK POWER

- Brain Breaks are short, energizing bursts of activity that boost blood flow, send oxygen to the brain, and help kids better retain information. Research has shown that Brain Breaks increase students' on-task behavior AND the amount of physical activity they get every day.
- Breaks keep our brains healthy and play a key role in cognitive abilities such as reading comprehension and [divergent thinking](#) (the ability to generate and make sense of novel ideas).
- Angela Hanscom, a pediatric occupational therapist, writes in the [Washington Post](#): Children naturally start fidgeting in order to get the movement their body so desperately needs and is not getting enough of to "turn their brain on." What happens when the children start fidgeting? We ask them to sit still and pay attention; therefore, their brain goes back to "sleep." In order for children to learn, they need to be able to pay attention. In order to pay attention, we need to let them move!

Cognitive Effects of Exercise in Preadolescent Children
Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk



Brain after sitting quietly



Brain after 20 minute walk

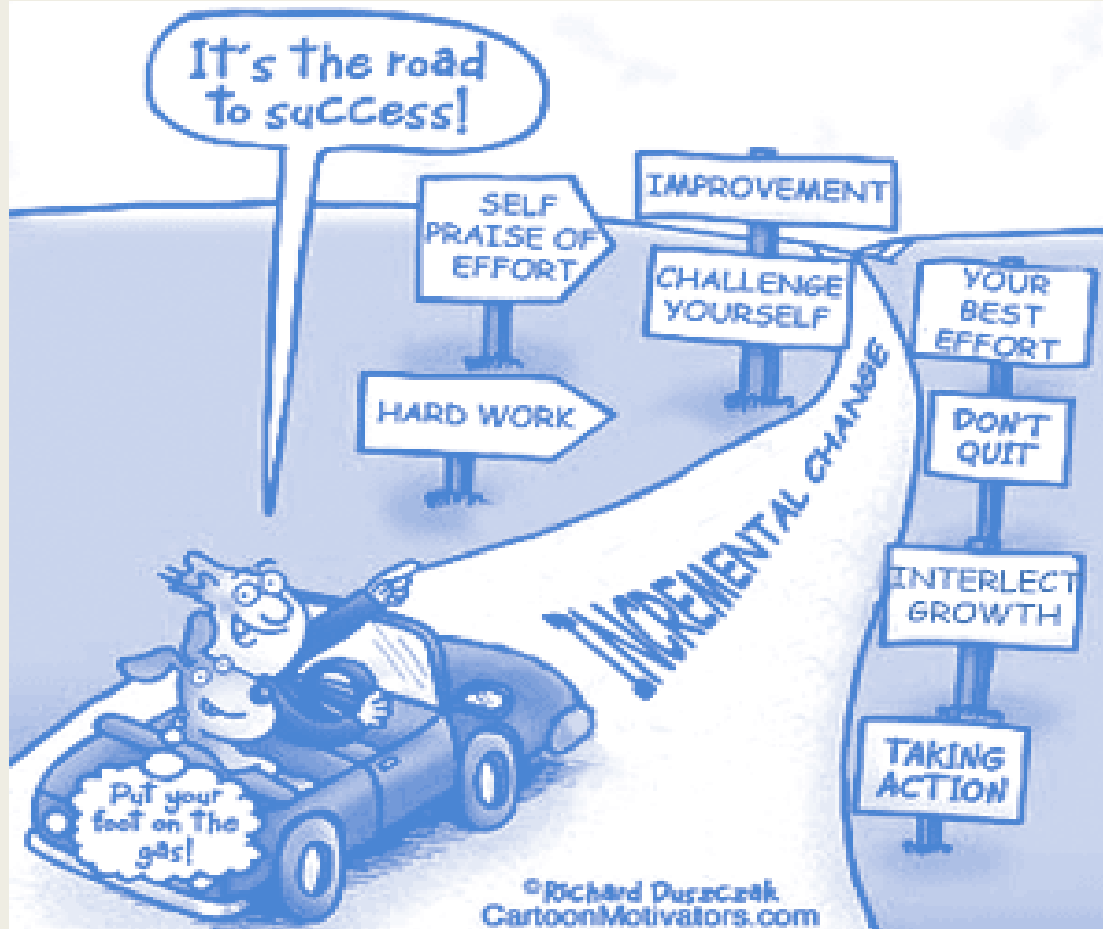
Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).

BRAIN BREAK POWER

- Taking a small walk or even a simple breathing activity can boost productivity and quality work.
- **Exemplified Breathing Activity:** Use the breath as a focus point. Have students place one hand close to but not touching their nose and the other on their belly. As they breathe in, have them feel their bellies expand. As they exhale, they can feel the warm air hit their hand. Students will focus on this breath for only one minute. Let them know that it's OK when thoughts sometimes come into the mind uninvited. Tell them to exhale that thought away.

Breathe in

TEMPERATURE CHECK: ACCOUNTABILITY CHECK-IN



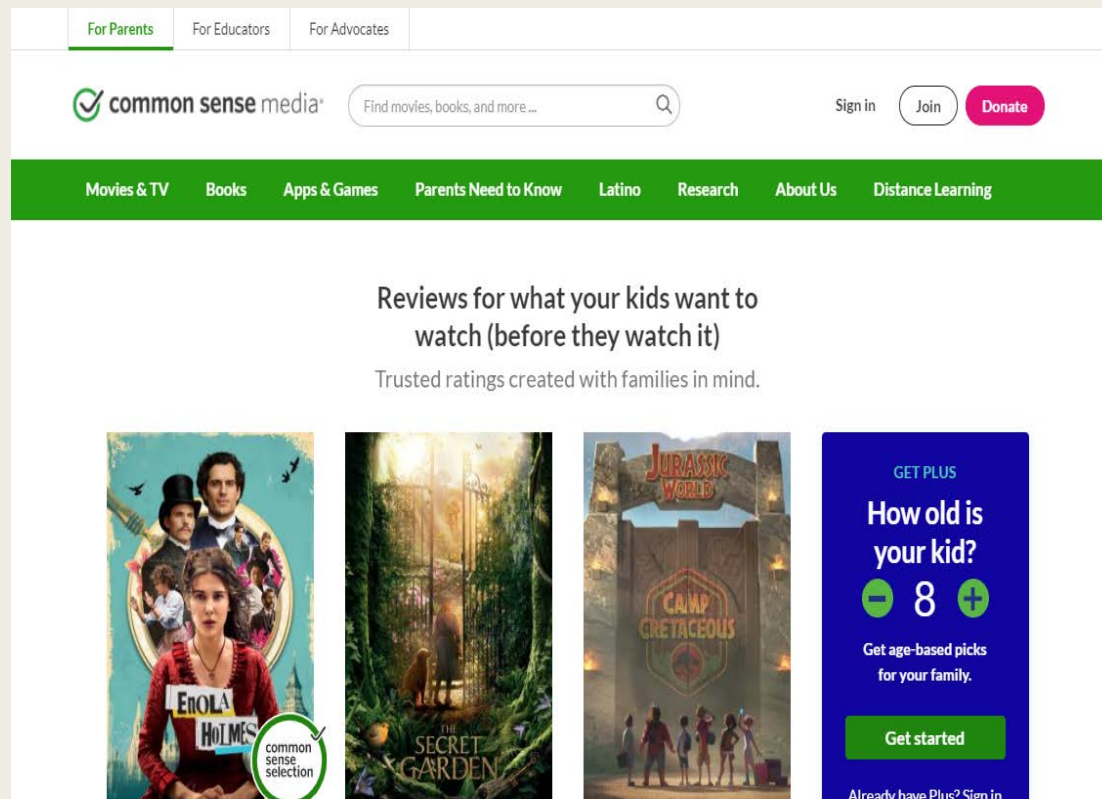
This Photo by Unknown Author is licensed under [CC BY](#)

- **Trust your distance learner.** They need to learn from their teachers and make the most of teachable moments – **to make mistakes and self-correct.** Allow them to rely on internal validation – knowing they successfully did it on their own.
- **Trust the process.** Even if your child is learning from home, your child's teacher knows what they're doing.
- **How's your child holding up?** Check in with your brick & mortar and/or distance learning children. Your child may not be able to articulate feelings of uncertainty with all of the craziness of 2020.

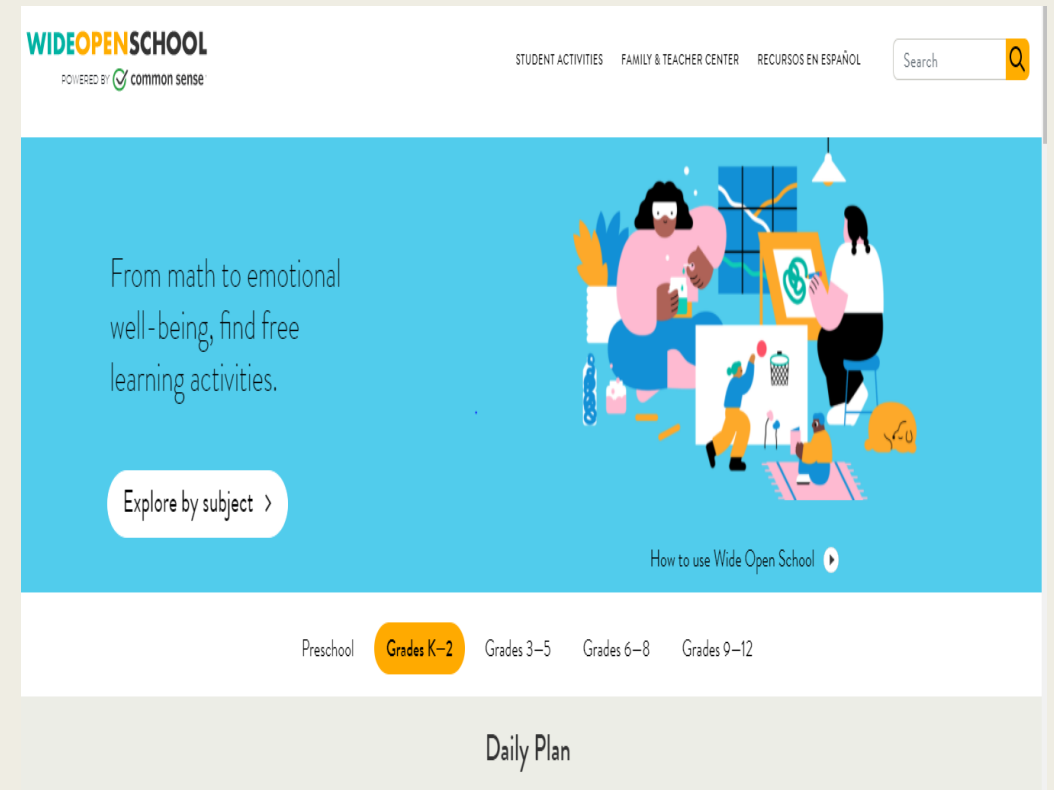
ENRICHMENT

Use these resources if you need ideas for enrichment. Whether your child is distance learning or brick and mortar, they can benefit from activities that pique their interests!

<https://www.commonsensemedia.org/homepage>



<https://wideopenschool.org/#grades-k-2/>



FAMILY TIME!

Need an injection of **fun** to break up the monotony? **Don't lose sight of time with your family.** Here's a list of some ideas that you could try!

- **Break out the games.** You can have a regular game night, making sure to engage all ages, or play a hand or two of Uno every night after dinner. Puzzles are another great common pursuit.
- **Eat a theme.** Maybe it's Taco Tuesday or Chili Wednesdays. Pick the theme together and stick to it. The regularity is comforting and dependable for kids. Breakfast for dinner can be a fun – and easy – theme. You can also reverse roles and enlist older kids to plan, prepare, serve and clean up dinner.
- **Take a walk.** Many people are walking or biking after dinner as a way to get out of the house and still practice social distancing. It can be a healthy habit, too.
- **Go to Hollywood.** Plan regular movie nights – either in the house or using a projector in the backyard. Take turns picking the movie, and make popcorn or hot fudge sundaes to heighten the fun factor.
- **Start the conversation.** Dinner is a great time to engage all members of the family in meaningful conversation. Ask each person to share something – a fun fact, something they're grateful for, or something they're excited to do the next day.
- **Celebrate.** Look up national celebrations and pick some to celebrate together. Root Beer Float Day, anyone? Or, pick someone's half birthday and bake a half cake with half candles to celebrate.
- **Preserve memories.** Order fancy paper, stickers and other decorations and go through family photos to make a scrapbook. Going forward, every time you celebrate a holiday or go on vacation, plan to add to the scrapbook with new pages of memories.
- **Dance on.** Put fun music on loud and host a regular family dance party. Kids will love seeing your special moves.
- **Enjoy the outdoors.** It's the perfect time of year to be in the yard, so pack up a picnic or pitch a tent for an overnight adventure.

LET IT GO!

- Realize that your child **may not be perfect** during this time. We're all adjusting and learning.
- **Don't feel the need to sit with your child** during their class time. This can make both your child and the teacher nervous or anxious.
- Remember: Just, **"Let it go!"**

