

DISTANCE LEARNING 101

Oak Ridge Schools Family Engagement
2020-2021





Welcome!

Welcome Oak Ridge School families!



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01

LEARNING
FROM HOME





We are all in this together!

Learning from home is a new challenge for all of us! Everyone has different family situations and needs. We are all doing the best we can and we know you are as well! Here are some tips and suggestions to support learning from home.



PARENT TIPS FOR LEARNING FROM HOME

1. Set (and Keep) a Schedule

Even if your child is doing school online, treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time every day, get properly dressed, and eat a healthy breakfast.

2. Make Space for Learning

Your children will achieve their best work in a quiet, comfortable, and dedicated space that is strictly devoted to learning. This space should be a different set-up than where they normally play games or watch television.



PARENT TIPS FOR LEARNING FROM HOME

3. Limit Distractions

A “digital quarantine” might be necessary to keep your child’s attention focused on their schoolwork. You should limit their use of their devices, other than what is needed to complete their work, until their schoolwork is done.

4. Create a Daily Plan

Creating a daily plan isn’t just a matter of scheduling. A daily plan looks at the schedule and then identifies to-do items for that day and combines the two for a specific plan for that specific day. Make sure to check in with them at the end of the day.



What is not a way to support your child during Distance Learning?

A. Set a schedule.

B. Take them on a vacation.

C. Limit distractions

D. Make a space for learning



PARENT TIPS FOR LEARNING FROM HOME

5. Schedule Regular Check-Ins

Schedule time, daily, to sit down with your child to confirm that all work is completed, answer any lingering questions and provide extra support if needed.



PARENT TIPS FOR LEARNING FROM HOME

6. Encourage Physical Activity

Your child will be sitting in front of their computer for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks — any movement helps!



PARENT TIPS FOR LEARNING FROM HOME

7. Check Skyward and Canvas

Two of the most powerful tools a parent have are Skyward and Canvas. Visit these pages regularly to see your child's assignments, grades, online lessons and teacher communication.

8. Stay Connected with Schools

Teachers will be communicating regularly through online platforms and virtual learning environments. Stay in contact with teachers, school leaders and counselors but understand it may take a day or two for them to respond. Make a list of all the important emails and numbers to use when necessary.



PARENT TIPS FOR LEARNING FROM HOME

9. Social & Emotional Wellness

Learning from home can be difficult, new, and frustrating. Be flexible to change it up based on your child's learning needs and emotional state at the time. Contact your school's principal and counselors for support during this time.

10. Take Care of You

This one is extra important, take care of you. If you're not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Even 10-15 minutes of scheduled "me" time during the day is beneficial.



HELPFUL TIPS FOR WORKING OR WORKING FROM HOME PARENTS

1. Written Daily Schedule

Write a daily schedule that includes: learning time, breaks, snacks and meals. Review the schedule with your child before leaving for work. It would be beneficial to model the routine with younger children.

2. Prep and Label Meals

Prepare meals, snacks and beverages for your child and label them with time to be eaten or meal name.



HELPFUL TIPS FOR THE WORKING PARENT

3. Encourage Your Child

Check in on your child during your breaks, or as many times as your work allows it. Encourage your child to stay focused and motivated as they are learning from home.

4. Set Clear Expectations

Set clear expectations for behavior, rules, and what to do if they need your help. Make sure they know that you can help them but will not do the work for them. Make sure they understand what plagiarism is and what would be considered cheating.



HELPFUL TIPS FOR THE WORKING PARENT

5. Reward Your Child

Ask them details about their day and about each subject.
Hold them accountable for their daily progress and reward them when they have met expectations.

6. Commend Yourself!

Distance Learning is extremely difficult for working parents. Congratulate yourself for managing both your job and your child learning from home.



INTERNET SAFETY

When your kids begin socializing online, you may want to talk to them about certain risks:

- **Inappropriate conduct:** The online world can feel anonymous. Kids sometimes forget that they are still accountable for their actions.
- **Inappropriate contact:** Some people online have bad intentions, including bullies, predators, hackers, and scammers.
- **Inappropriate content:** You may be concerned that your kids could find adult content, violence, or hate speech online.

You can reduce these risks by talking to your kids about how they communicate – online and off – and encouraging them to engage in conduct they can be proud of.



TALKING ABOUT INTERNET SAFETY

Talk Early and Often

As soon as your child is using a computer, a cell phone, or any mobile device, it's time to talk to them about online behavior, safety, and security. Use everyday opportunities to talk to your kids about being online.

Create an Honest, Open Environment

Kids look to their parents to help guide them. Be supportive and positive. Listening and taking their feelings into account helps keep conversation afloat. You may not have all the answers, and being honest about that can go a long way.

Communicate Your Values

Be upfront about your values and how they apply in an online context. Communicating your values clearly can help your kids make smarter and more thoughtful decisions when they face tricky situations.

Be Patient

Resist the urge to rush through conversations with your kids. Most kids need to hear information repeated, in small doses, for it to sink in. If you keep talking with your kids, your patience and persistence will pay off in the long run. Work hard to keep the lines of communication open, even if you learn your kid has done something online you find inappropriate.



What is one thing you can do to teach your kids about internet safety?

A. Tell them to watch a video

B. Never mention internet safety

C. Talk to them often about it

D. Have one quick conversation with them



02

SOCIAL AND EMOTIONAL WELLNESS





Social and Emotional Health is Important

We're living through some strange times. Besides the mixed emotions you're feeling, your kids are going through something entirely unknown and scary in their own way. How can you help them navigate?



SELF-CARE TIPS

Keep a Journal

Meditate

Go for a Walk

Read a Book or Magazine

Learn a Dance

Try a New Recipe

Play with a Pet

Make a New Playlist

Draw or Color

Write a Letter to a Friend

Clean Out Your Closet

Spend Time in Nature

Do a Puzzle

Ride a Bike

Call or Facetime a Friend



FAMILY BONDING



[Family Bonding Activities](#)

During quarantine, we have limitations on what activities we can engage in because many things are unsafe. What can we do to fill the time, together? How can we use this opportunity to bond with our families?

It's time to get creative. For those sheltering in place with family, COVID-19 provides an opportunity for connection, if we allow it. And there are many things you can do as a family that don't require going to crowded places. Click on the links provided for resources and ideas.



SIGNS OF ANXIETY AND HOW TO MANAGE IT



Uncontrollable
worry or dread



Stomach and digestion
problems



Trouble with
concentration, memory or
thinking clearly



Increased heart rate



Changes in energy and
difficulty sleeping



Irritability and/or
restlessness

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

- Ask someone to be your support buddy. Call, text, or video chat as needed.
- Exercise at home
- Use resources online for support
- Set boundaries with your phone
- Use mindfulness or meditation app
- Set time for every hour to get up and stretch or take a walk
- Create a new routine
- Take 10 deep breaths when you feel stressed.



03

COMMUNICATION





Update Contact Information

It is very important that your school has your updated, phone numbers, email addresses, mailing addresses and emergency contact information. A lot of the information is being sent through email, autodialers and the mail. It is vital that the information is correct so you can receive up to date information.



OAK RIDGE SCHOOLS WEBSITE

Our website provides an abundance of helpful and up to date information on:

- Covid-19 Updates
- Connect OR
- School Board Information
- Important Parent Links
- School Information
- Upcoming Events
- School Calendar, etc.....



Oak Ridge
SCHOOLS

www.ortn.edu



ELEMENTARY SCHOOL WEBSITES



[Glenwood
Elementary
School](#)



[Linden
Elementary
School](#)



[Willow Brook
Elementary
School](#)



[Woodland
Elementary
School](#)

School websites are a great resource for students, staff and families

- Contact information for teachers, counselors, staff and school leaders
- Links to social media accounts
- Links to email, Skyward, Canvas, Seesaw, Clever and important class sites
- Resources for students and parents
- Digital Learning Tools
- Family Resource Center information



SOCIAL MEDIA

- Educational leaders use social media to communicate with and engage community members.
- Social media is the fastest way to receive up to date news and information.
- You can follow your school or district on some of the social media accounts shown here.
- Check your school website for available social media accounts.



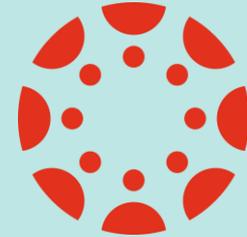
OTHER COMMUNICATION TOOLS

Teachers may use other applications and websites to communicate with families. Below are some of the most popular:

- [Covid 19 District Page](#)
- School website
- Newsletters
- Canvas
- Seesaw
- Skyward Phone call/emails



[Seesaw](#)



[Canvas](#)



[Skyward](#)



04

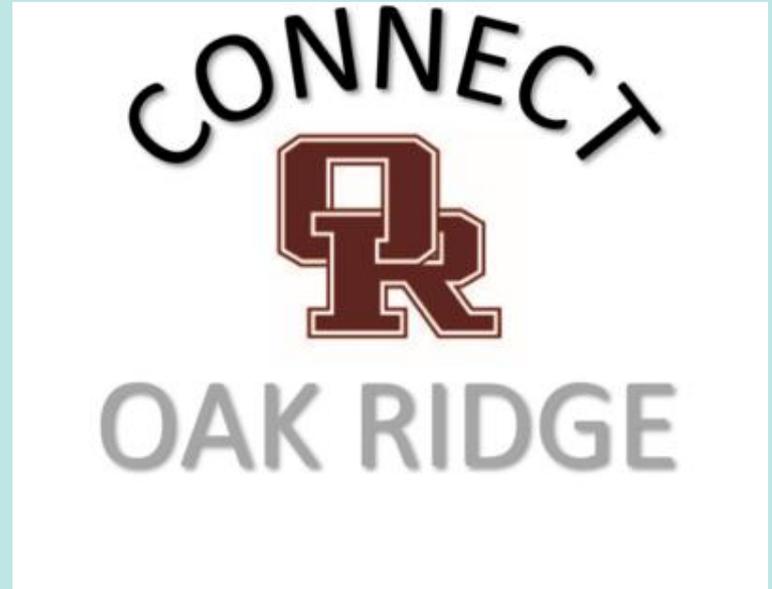
STUDENT
LEARNING SITES



Connect OR Information

Please see our District Webpage for tons of information on Connect OR.

We have many informational videos on how to navigate the virtual tools that your child will use, how to print from the local library, how to access free meals, contact information on who to contact with questions or concerns, etc.



[Connect OR](#)



What is Canvas?

Canvas is our main digital tool where you will find assignments, calendar, modules, pacing guides, etc.

On their website you can find many tutorial videos that will help you as you navigate Canvas.



Canvas Tutorials/Information from Connect OR Teachers

[Canvas
Tutorial on how
to Review
Grades](#)

[Canvas
Tutorial on
How to Access
Canvas Tools](#)

[Public
Library
Printing
Assistance](#)

[Canvas
Tutorial on
How to
Submit
Assignments](#)

[Connect OR
Tech Help
Flyer](#)

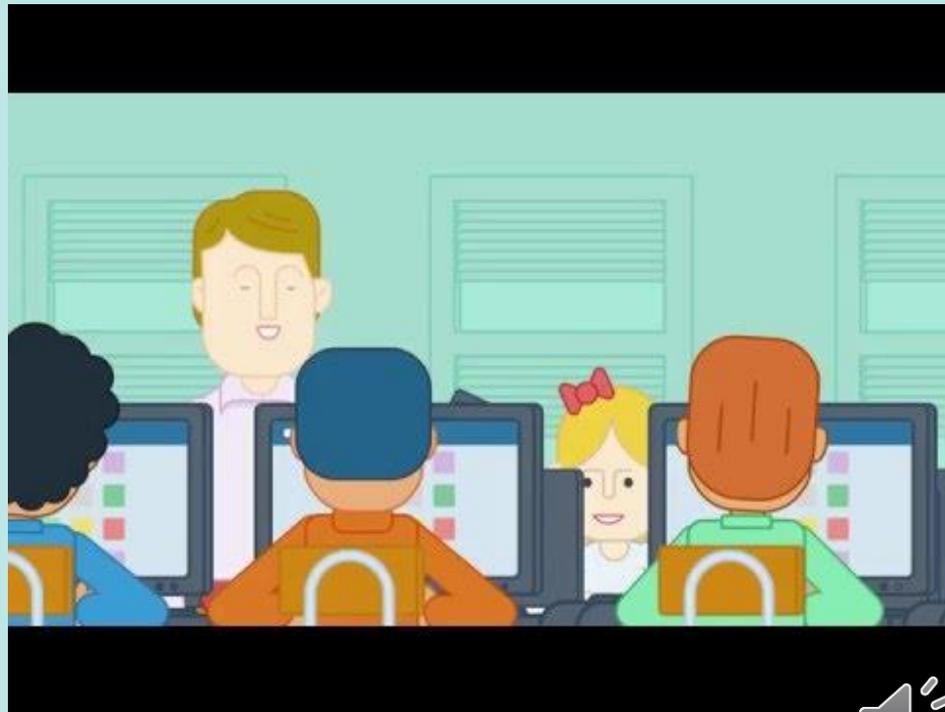
[Sight Word
Assistance](#)



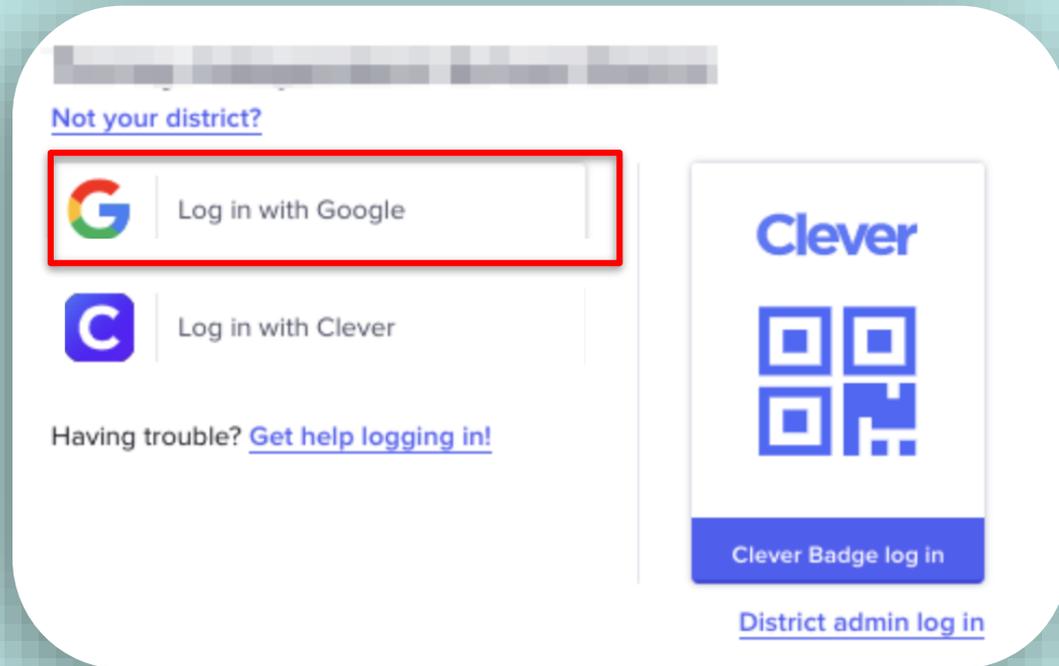
WHAT IS CLEVER?

Clever is an easy way for your child to access all of the learning applications they use at school. It allows them to access all of their learning applications with a single username and password. If your child is using an iPad they will need a Clever Badge, which is a QR code, provided by their teacher.

Just like with adults, remembering multiple usernames and passwords can be tricky for students. With Clever SSO, one username and password is your child's key to learning with any app, on any device.



CLEVER SCREEN



CLEVER SCREEN

Instant Login Applications



Earn Wi-Fi access



The DBQ Project



Code.org



Formative



Desmos Graphing Calculator



Scientific Calculator



Carnegie Learning



I-Ready



Learning A-Z



SymbolooEDU



WeVideo



Imagine Math



Imagine Language & Literacy



Imagine Español



Amplify



Amplify - Teacher Only



GoGuardian



PBIS Rewards



Scholastic



Newsela



Zoom - Teachers & Staff



Common Sense Education

Google and Non Clever Apps



Synergy StudentVUE



Seesaw



SchoolCity Student Login



Google Classroom



Google Drive



Gmail



Google Docs



Destiny Discover



OverDrive



Xello



FlipGrid

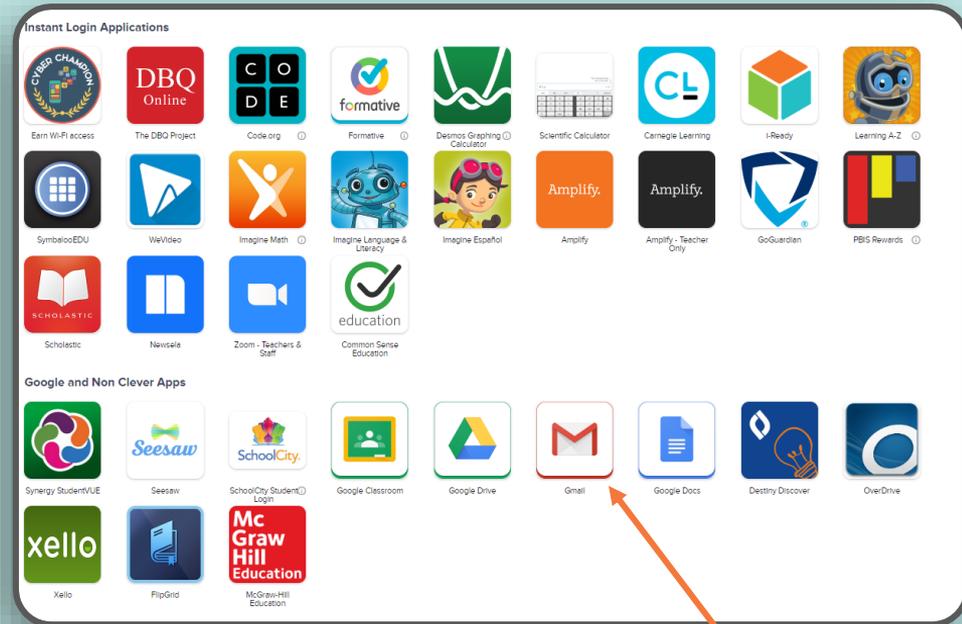


McGraw-Hill Education



EMAIL

- Email is one of the best ways to stay in contact with teachers, counselors and school leaders.
- Email addresses can be found in school websites.
- It is very important to properly format an email to make sure the teacher receives the email.
- Teachers are working hard to respond within 24 hours. Please email back or call the school if you haven't heard back within 24 hours.



Student's Email



WHAT IS ZOOM?

- Zoom is a virtual meeting platform we are using during Distance Learning.
- All staff and students at ORS have access to a Zoom account.
- Teachers will usually provide links to the Zoom meeting via Canvas, Seesaw, email or other communication tool.
- Students will use their Google Accounts to sign in
- You may use Chromebooks, iPads, desktops, laptops or cellphones to join a meeting.



ZOOM ETIQUETTE



Mute yourself!



Be on time!



Turn on your video!



Come prepared!



Stay focused!



Be respectful!



Find a quiet place!



Raise your hand to talk!



No eating!



ZOOM ETIQUETTE VIDEO



THAT'S ME!



WHAT IS SEESAW?

Seesaw is a platform for student engagement that inspires students of all ages to do their best, and saves teachers time!

- Students use creative tools to take pictures, draw, record videos and more to capture learning in a portfolio.
- Teachers find or create activities to share with students.
- Families only see their child's work and leave comments and encouragement.



SEESAW FAMILY TUTORIAL



Seesaw Demonstration

[bit.ly/familysees](https://bit.ly/familyseesaw)

[aw](https://bit.ly/familyseesaw)



WHAT IS NEARPOD?

Your student's teacher or school counselor may use Nearpod as a tool to help facilitate engagement and/or learning in the classroom, whether in person or online. As a caregiver or parent, you may see your student working in Nearpod, or need to assist with their assignment, so here's what to know!



NEARPOD - WHAT PARENTS NEED TO KNOW



1

Students only need a web browser and Wifi to use Nearpod. The teacher will create an interactive lesson, and students will login by visiting www.nearpod.com and entering a code, or by clicking a link the teacher provided.



2

Teachers can launch a live lesson to see student's work as it is happening, so they can monitor student progress and give feedback as needed. Teachers may use Nearpod in conjunction with a video conference call to work on a lesson together.

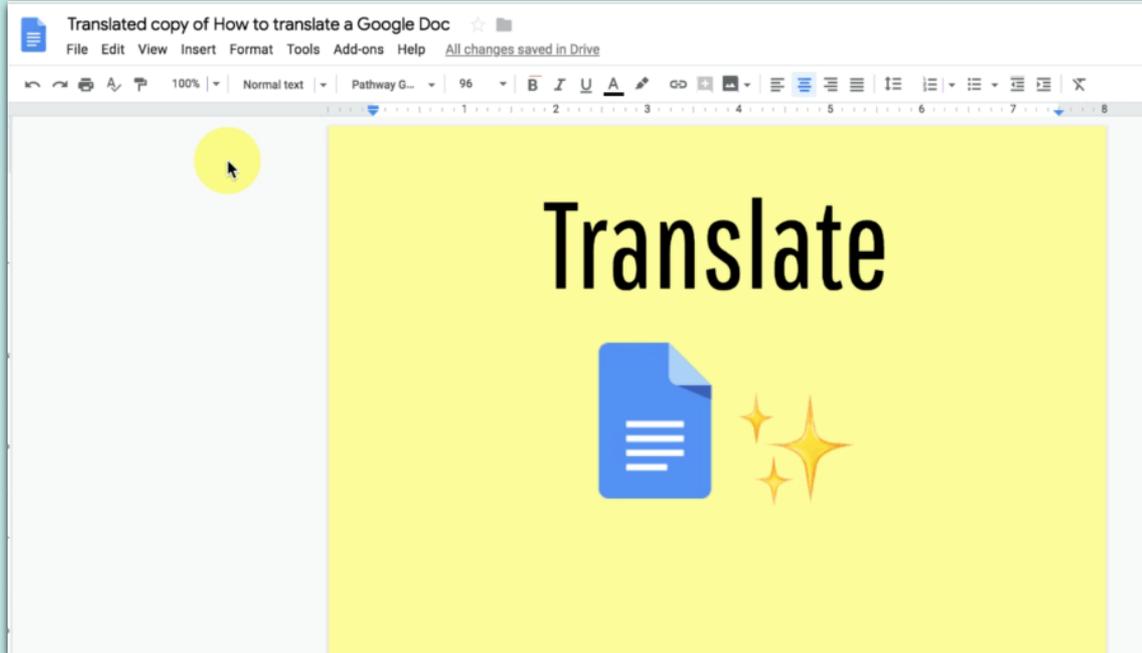


3

Teachers can also assign student paced lessons, for student's to work on their own time. If the lesson is student paced, the student is able to complete the lessons individually and the teacher will see results once they complete the lesson.



TRANSLATION TOOLS - GOOGLE DOCS



[Practice Here](#) (CREATE DOC)

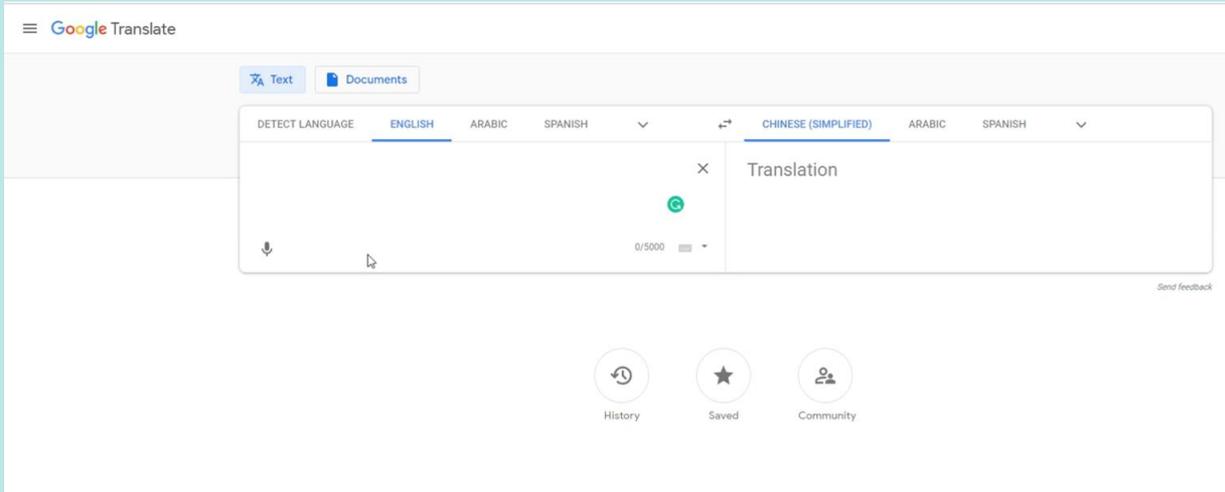
HOW TO:
OPEN A GOOGLE DOC
THEN...

- Click Tools
- Click "Translate Document"
- Pick a Language and Click "Translate"

*It will create a NEW translated copy of the document



TRANSLATION TOOLS - WORD OR PHRASE



[Practice Here](#)

HOW TO:
When on a computer...

Go to translate.google.com

Type the word or phrase you need translated

REMEMBER (CTL+C=COPY & CTL+V=PASTE)

Choose the language you want it translated from and to



TRANSLATION TOOLS - WEBSITE IN CHROME

newsela

https://newsela.com/read/historic-news-sputnik/id/15617/

newsele

Invite students to your classroom.

Invite Students

Want more out of Newsela?

Teach the way you've always wanted to with Newsela PRO. [\\$60/900](#)

A replica of Sputnik 1 at the U.S. National Air and Space Museum

Newsela Editor's Note: This article originally appeared in the November 1957 issue of Scientific American.

The Soviet Union made history in 1957.

A Russian rocket was launched into space on Oct. 4, 1957. It sent a satellite called Sputnik circling around the Earth.

First Man-Made Satellite

Most rockets that go up eventually fall back down. If a rocket is high enough and is traveling fast enough, though, it can stay in space. Like the moon, it can start circling the Earth. Things that circle the Earth are called satellites. The moon is a natural satellite.

Sputnik is the first man-made satellite. In Russian, Sputnik means "fellow traveler."

[Practice Here](#)

HOW TO:

When on a computer in the Chrome Browser...

Right click the website page

Tap the touchpad with two fingers (Chromebook)

Hold down the Control key on your keyboard while you click (Mac)

Click "Translate Page"



TRANSLATION TOOLS - CLOSED CAPTIONING IN YOUTUBE



[Practice Here](#)

HOW TO: Open YouTube Video

Click on the settings icon

Click on Subtitles/CC

Find desired language

If you don't see it, don't worry. You can get YouTube to do this automatically.

Click on Auto-translate and choose your language. If auto translate isn't clickable, first check an existing subtitles language and then try again. This should work





Questions?

Please email your child's teacher or contact the Tech Help line for any questions or concerns you may have.



Additional Resources



IDEAS FOR DIFFICULT DAYS

Focus on your relationship above all else.

Your first priority in your weird new hybrid parent / teacher role is to focus on your relationship with your kid and keeping that strong. If they're pushing back against distance learning on a particular day - or you find yourself kind of going head-to-head with them to get them to finish a particular assignment - step back and remember that what matters most right now is that you guys keep your relationship strong.



Get Playful

If they are resisting an assignment, could you ask them to play teacher and lead a class walking a younger sibling through it? They'll still digest the material, and suddenly it feels more like a game. If they're resisting a math assignment, could you give them a dry-erase marker and let them work out some equations on your bathroom tiles? You can be playful at home and blend in learning. It may take a lot of trial and error to figure out what works, and that's OK.



30

Things **YOU** can do for **YOUR** Emotional Health

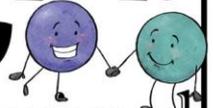


Practice a breathing technique.	Make a list of the feelings you can think of.	Play emotion charades. Can your family guess your feeling?	Write a letter to someone to let them know you appreciate them.	Do your chores without being asked.	Make a poster about KINDNESS for your classroom.
1	2	3	4	5	6
Make a list of 10 ways to show respect at school.	Explain to an adult what empathy means.	Go outside and count how many things that are red.	Make a list of 30 things you are grateful for.	Practice hot cocoa breathing. Smell the cocoa and cool it off!	Clean up with out being asked.
7	8	9	10	11	12
Make a list of 25 things you love.	Write what it means to be a good friend.	Make a list of all the ways you showed kindness this week.	Write about your hero.	Talk to an adult about your favorite place.	Write a note to someone you miss.
13	14	15	16	17	18
Practice sitting still for one minute. What sounds did you hear?	Name 3 ways you can calm down if you are feeling stressed.	Make a card for someone you love.	Draw a picture of your future self. What is your career?	Make a list of things that are important to you.	Read a book. What feelings did you notice as you read?
19	20	21	22	23	24
Ask an adult about a career they are interested in.	Try to name 10 different colleges.	Name 3 things you love doing and 1 thing you want to try.	Name 3 things you can do to be helpful in your community.	Play a game with someone.	Name 5 things you love about yourself.
25	26	27	28	29	30

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30

Cosas que **PUEDES** hacer por **TU** Salud Emocional



Practica una técnica de respiración.	Haz una lista de los sentimientos que conoces.	Juega charades emocionales. Puede su familia adivinar sus sentimientos?	Escríbete una carta a alguien para hacerle saber que la/lo aprecias.	Haz tu quehaceres sin que te pidan.	Haz un póster sobre la amabilidad para tu clase.
1	2	3	4	5	6
Haz una lista de 10 maneras de como mostrar respeto en la escuela.	Explicale a un adulto lo que significa empatía.	Sel y cuenta cuántas cosas son rojas.	Haz una lista de 30 cosas por las que estés agradecida/o.	Practica la respiración de chocolate caliente. Huele el cacao y refréscalo!	Limpia sin que te lo pidan.
7	8	9	10	11	12
Haz una lista de 25 cosas que amas.	Escribe lo que significa ser un buen amigo/a.	Haz una lista de todas las formas en que mostraste amabilidad esta semana.	Escribe sobre tu hero.	Habla con un adulto sobre tu lugar favorito.	Escribe una nota a alguien que extrañas.
13	14	15	16	17	18
Practica sentarte quieto por un minuto. Qué sonidos escuchaste?	Nombra 3 formas de calmarte si te sientes estresado.	Haz una tarjeta para alguien que amas.	Haz un dibujo de ti en el futuro. Cuál es tu carrera?	Haz una lista de cosas que son importantes para ti.	Lee un libro. Qué sentimientos notaste al leer?
19	20	21	22	23	24
Pregúntale a un adulto sobre una carrera que le interesa.	Intenta nombrar 10 colegios diferentes.	Nombra 3 cosas que te encanta hacer y 1 cosa que quieres intentar.	Nombra 3 cosas que puedes hacer para ser útil en tu comunidad.	Juega un juego con alguien mas.	Nombra 5 cosas que te gusta de ti mismo/a.
25	26	27	28	29	30

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COPING SKILLS



A **coping skill** is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills - **healthy** and **unhealthy**.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples

- Using positive self-talk
- Talking to a friend
- Sharing your feelings
- Deep breathing
- Playing a sport or game
- Taking time by yourself
- Reading a book
- Hanging out with friends
- Talking to a trusted adult
- Going for a walk
- Listening to music
- Taking a hot bath/shower
- Volunteering
- Doing yoga or meditating
- Resolving the problem
- Exercising
- Drawing or painting
- Being in nature

Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples

- Name-calling or insulting
- Reckless behaviors
- Being passive-aggressive
- Being violent towards others
- Using drugs or alcohol
- Getting revenge
- Spreading rumors
- Shutting down
- Destroying property
- Yelling and screaming
- Emotional eating
- Pretending not to care
- Hurting yourself
- Blaming others
- Oversleeping
- Threatening
- Avoiding the problem
- Negative social media posts

Teen Stress

Help your teen identify stressors, learn healthy coping skills, and model positive stress management in your own life.

Sources of Stress



Academics



Extracurricular Activities



Friends/Family



Post-High School Plans

Because of stress...



36% report feeling fatigued



30% report feeling sad or depressed



31% report feeling overwhelmed



23% report unhealthy eating habits

Signs of Stress

- Irritability
- Anger
- Excessive Worry or Anxiety
- Substance Use
- Disordered Eating (overeating or eating too little)
- Psychosomatic Symptoms
- Insomnia/ Sleep Disturbances
- Neglecting Responsibilities
- Negative Thoughts
- Feeling Overwhelmed
- School Avoidance

Talking to Your Teen About Stress

1. Recognize your teen's symptoms and ask them about it.
2. Communicate and discuss balance.
3. Help your teen identify healthy coping mechanisms.
4. Provide support when under stress.
5. Model healthy behaviors.
6. If needed, seek guidance from a professional.



SELF CARE TIPS

and other fun things to try



JOURNAL

READ A BOOK, MAGAZINE, OR AN ARTICLE

PLAY WITH A PET



WRITE A LETTER TO A FRIEND

DO A PUZZLE



TAKE A NAP

LEARN A DANCE

MAKE A NEW PLAYLIST



CLEAN OUT YOUR CLOSET



GO FOR A WALK

TRY A NEW RECIPE



RIDE A BIKE



DRAW OR COLOR

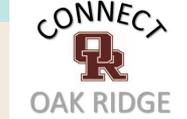
DRAW WITH CHALK OUTSIDE

TAKE A BATH

CALL OR FACETIME A FRIEND



Title I Information



All Oak Ridge Elementary Schools are Title I Schools.

[Glenwood Title I Information](#)

[Linden Title I Information](#)

[Willow Brook Title I Information](#)

[Woodland Title I Information](#)

Each school has their specific Title I information posted on their school webpage.

[Linden Kindergarten compacts](#)

[Glenwood Compacts](#)

[Linden 1st Grade Compacts](#)

[Willow Brook Compacts](#)

[Woodland Compacts](#)

[Connect OR Family School Compact](#)

Each school also has a Family School Compact that shows what your rights/responsibilities are as a parent of a Title I student.

[Linden 2nd grade Compacts](#)

[Linden 3rd Grade Compacts](#)

[Linden 4th grade compacts](#)

You can also learn more about Title I on our District Website under the Parents tab or by emailing Allison Peters at AKPeters@ortn.edu.



Thank you!

