



PARENT/FAMILY ENGAGEMENT DURING REMOTE LEARNING

Hello Families! We have created a document that can support you during these unprecedented times. Please feel free to contact the Title I staff if you have any questions.

5 Categories to Include in your Child's Day

1. **Educational**- complete all your daily school assignments, but use the following categories to break up the day.
2. **Productive**- encourage your child to clean a closet, dresser drawer, or do a small chore.
3. **Physical**- do some type of physical activity, preferably outside.
4. **Creative**- draw or color a picture, make something out of recycled material, sing, or dance.
5. **Fun**- Do something just for fun, something that you enjoy doing, it can be one of the above, or something else that relaxes you.

Although it is extremely important to complete assigned school work, it is best when combined with the other 4 categories. A well balanced day will help us feel in control and focused during these unsettling times.

<https://www.continentalpress.com/blog/good-homework-habits-for-kids/>

Recommended times for distance learning would be 15 minutes for each year of your child's life. For example, a 5 or 6 year old in kindergarten would spend 75-90 minutes **a day** on school work. While an 11 or 12 year old in 6th grade would spend up to 3 hours doing school related activities. This does not mean to have them sit down and do their work until it is done, they need to have several breaks. Especially for the younger students, they can only sit still and concentrate for short periods of time. If you have access to the internet, try giving them a brain break by watching a youtube video that will tie in an educational topic with movement, or take a walk to get fresh air.

- If at any time you or your child are feeling overwhelmed with anxiety or other challenging emotions in regards to Covid-19 and the school closure, the Department of Human Services has developed a hotline to assist families during this trying time. It is available 24/7 and is toll-free. The number to call is 1-855-284-2494 or for TTY, dial 724-631-5600.
- In addition, *211 (211.org) can assist you in finding local resources related to essential health and human services. This is also available 24/7 via telephone (*211) or internet (211.org).

The following are some virtual educational links you can visit with your children.

<https://www.discoveryeducation.com/community/virtual-field-trips/>

<https://www.weareteachers.com/best-virtual-field-trips/>

Lisa Aiello	laiello@farrellareaschools.com
Kelly Hellmann	khellmann@farrellareaschools.com
Nicole Lombardi	nlombardi@farrellareaschools.com
Jordan Snyder	jsnyder@farrellareaschools.com

