

## Remote Learning: Learner and Parent Responsibilities

### Roles & Responsibilities - Learners

- Dedicate appropriate time to learning, as guided by your teacher(s)
- Check appropriate online platforms, as directed by the school, for information on courses, assignments, activities and resources daily.
- Identify an appropriate space to study/learn.
- Submit all assignments in accordance with provided timeline and/or due dates.
- Be mindful of your social and emotional well-being.

### Roles & Responsibilities - Parents

Support their child / children in their learning by:

- Providing an environment conducive to learning (access to technology, appropriate study space during daytime).
- Engaging in conversations on posted materials / assignments / activities.
- Monitoring time spent engaging in online and offline learning, including variables such as preferred learning times (morning, afternoon, evening). Too much screen time must be avoided.
- Support emotional balance by providing ample room and time for reflection, physical activity, conversation, and down-time.

Parents can also access more information about supporting children's wellbeing here:

- [www.moodcafe.co.uk](http://www.moodcafe.co.uk)
- [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)
- [www.anxietycanada.com](http://www.anxietycanada.com)
- [www.annafreud.org](http://www.annafreud.org)
- YoungMinds Parent Helpline – 0808 8025544
- Social Story to discuss Corona Virus in child-friendly language - <file:///C:/Users/Lstean-85/Downloads/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>