Supporting Online Learning
Norms

1. Stay engaged
2. Mute your microphone
3. Refrain from mentioning sensitive student and staff information
4. Write your comments or questions to the speakers –at any time- in the public chat space
Expected Outcomes

Learn the importance of supporting online learning

Establish a daily schedule and learning space

Identify strategies to manage stress at home

Apply new approaches to online learning
Overall, improves thinking and memory

Develops positive study habits and skills that will serve children well in the future

Children do not learn to cope with high levels of early stress; it can affect their behavioral and emotional development

If avoided, children have a higher chance for numerous health consequences during adulthood
Challenges for Online Learning

- Technology
- Management
- Time
- Internet
- Cyberbullying
- Issues
- Self-Motivation
- Language
- Literacy
- Adaptability
- Resources
- Struggle
- Computer
- Barrier
- Technical
Creating a Daily Schedule & Learning Space

Set clear expectations to help your child succeed.

Help your child keep track of deadlines.

Plan a daily schedule.

Stick to a daily routine.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Time</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital check-ins with homeroom and/or content-area teachers</td>
<td>Teachers connect with students using online collaboration tools such as Microsoft Teams</td>
<td>15-20 minutes per content area/course</td>
<td>Daily</td>
</tr>
<tr>
<td>Independent work in core foundation courses (ELA, math, science, social studies)</td>
<td>Students engage in learning activities for their enrichment courses</td>
<td>15-20 minutes per content area/course</td>
<td>Daily</td>
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<tr>
<td>Independent work core enrichment courses (HPE and Fine Arts)</td>
<td>Students engage in learning activities for their enrichment courses</td>
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</tr>
<tr>
<td>Physical activity</td>
<td>Students engage in safe physical activity of their choosing (e.g., walk, jog, skip, ride a bike, jump rope, calisthenics, yoga, work out, etc.)</td>
<td>30-60 Minutes</td>
<td>Daily</td>
</tr>
<tr>
<td>Other student choice activities</td>
<td>Students can read, write, create, plan, connect, or do anything else that is of interest to them</td>
<td>As Desired</td>
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## Middle & High Sample Schedule

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<tr>
<td>Independent work in HUB master course(s) and/or PBL assignment(s)-core foundation courses(ELA, math, science, social studies)</td>
<td>Students engage in learning activities in their HUB courses and/or project-based learning activities for their core courses</td>
<td>15-20 minutes per content area/course</td>
<td>Daily</td>
</tr>
<tr>
<td>Independent work in HUB master course(s)- core enrichment courses (HPE, LOTE, fine arts, etc.)</td>
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Supporting Online Learning
How To Apply It

1. Make Reading A Daily Routine
2. Choose a Quiet Time and Place
3. Diversify activities throughout the day
4. Include free time in their schedule
5. Limit long periods of unnecessary screen time
Managing Daily Stress During Online Learning
What Can I Do?

- Take time to talk with your child or teen
- Limit exposure to news coverage of the event, including social media
- Safety Reassurance
- Try to keep up with regular routines

Feeling Overwhelmed?

Stay Connected
Your school is likely creating a plan for digital learning. Stay in touch with teachers and school officials, and most importantly, don’t be afraid to ask for help.
How to Stay Connected

• Become familiar with virtual communication platforms
  – Zoom
  – Microsoft Teams
  – Class Dojo

• Utilize social media platforms for additional communication by school and teachers
  – WhatsApp
  – Google Hangouts
  – GroupMe
  – Remind

• Check E-mail and voice messages from teachers and school daily

• Send an email for any work that remains incomplete and needs clarification
  – "I would like clarification on step 3 of the activity so that Jane can turn it in tomorrow by noon"

• Ask for additional resources and enrichment activities
Parent Self-Care

- **Start your day** with a few quiet moments of breathing and meditation.
- **Control what you can**, and stop stressing about what you cannot.
- **Call someone** you love everyday.
- **If you watch** something before bed, make sure it is funny.
- **Today had its ups and downs. . . and that’s ok.**

I'm a working mom of 3, and these daily self-care practices are helping me cope. Dana Cohn - https://www.popsugar.com/family/how-parents-can-practice-self-care-during-coronavirus-47342965
New Approaches to Online Learning
Online Learning Spectrum

**Face-to-Face Instruction**
Takes place in a traditional classroom, and virtual learning is used to facilitate activities, deliver content, and/or assess students

**Virtual Learning**
All interaction, curriculum, and activities take place online
Face-to-Face Instruction

Elementary: 7:30 a.m.–3 p.m. | K-8 & Middle Schools: 8:30 a.m.–4 p.m. | High Schools: 8:30 a.m.–4:10 p.m.

Certified teacher will provide in-person instruction for students

Students will follow their daily schedule, including all courses selected and/or assigned, as well as extracurricular activities, if applicable

Breakfast and lunch will be served in the classroom in elementary schools

The number of students participating in face-to-face instruction will determine the type of schedule a campus will follow, such as a hybrid or rotating schedule.

Physical distancing will be practiced in the classroom, hallways, common areas and throughout the building inside and out.

Transportation will be provided to special education, homeless, elementary and specialty school students. Service may also be provided to some students in middle school or who live along high-risk routes if resources are available.

Virtual Learning Instruction

Elementary: 7:30 a.m.–3 p.m. | K-8 & Middle Schools: 8:30 a.m.–4 p.m. | High Schools: 8:30 a.m.–4:10 p.m.

Certified teacher will provide instruction to students virtually.

During virtual instruction, students will maintain a similar schedule as they would during face-to-face instruction.

Students can interact with their teachers during short live lessons and ask questions/receive feedback from teachers during virtual office hours.
Important Questions to Ask

What academic standards do you use, and what do I need to know about them?

How will you respond if or when my child struggles in class?

What are the most important and complex (content-related) ideas my child needs to understand by the end of the year?

What are the most common instructional strategies you will use this year?

What kinds of questions do you suggest that I ask my children daily about your class?

What are the best school or district resources that we should consider using as a family to support our child in the classroom virtually or face to face?

What can I do to support literacy in my home?

Is there technology you’d recommend that can help support my child in self-directed learning?

HISD Online Resources
HISD offers a variety of digital resources to all students, teachers, parents, and administrators in HISD. Access to these resources requires a username and password.

- You will need your child's student's 7-digit ID # and their birthdate

**Example:**
Username: student\s1234567
Password: 09102010
External Online Resources
External Sources

Houston Library

Houston library is currently closed but it is providing HPL To Go services were students can check out book using My Link or Learning Link and pick up the books on the curbside

https://houstonlibrary.org/learn-explore/student-resources/elementary-school

Houston Astros

Fun free activities for kids to work on, including a word search and a maze

https://www.mlb.com/astros/fans/activities/

Texans Huddle Home

At home activities for kids, including texans story time, math drills, and more

https://www.houstontexans.com/community/huddle-at-home
External Resources

123 Homeschool 4ME
This will bring the hands-on learning back to your child. It provides you with a wide assortment of different topics and printable activities to do based on those topics. The website is also divided by age level, so it is easy to maneuver when searching for what is age appropriate and cognitively challenging for kiddos.
https://www.123homeschool4me.com/

DOGO News
Does your child love reading and watching the news? Created by a San Francisco mom, this kid-friendly news site is the perfect place for curious minds to catch up on current events, with articles written specifically for a younger audience.
https://www.dogonews.com/

Storyline Online
Online books that are read aloud.
https://www.storylineonline.net/
External Resources

**Space Foundation**
Offering free downloadable stem lesson plans for students in grades k-8 to help keep kids engaged during the gap in traditional class time

[https://www.discoverspace.org/education/for-educators/stem-lesson-plans/](https://www.discoverspace.org/education/for-educators/stem-lesson-plans/)

**Children's Museum Houston**
Has a database for activities and videos to incorporate into your classroom or experience at home


**Splash Learn**
Your Perfect Home Learning Companion for K-5 Math Fun, Curriculum-aligned & Guided Learning

[https://www.splashlearn.com/](https://www.splashlearn.com/)
Resources

Academics
• Email: Academics@HoustonISD.org

HISD Service Desk
• Email: ServiceDesk@HoustonISD.org
• Phone: 713-892-7378, 7:30-4:30, M-F

Instructional Technology
• Email: InstTech@HoustonISD.org
• Website: Book an Online Appointment

School Office
• Email: SchoolOffice@HoustonISD.org

Social and Emotional Learning Supports and Questions
• Email: hisdsel@HoustonISD.org
References

Contact Us

- Phone: 713-556-7290
- Email: FACE@HoustonISD.org
- Website: www.HoustonISD.org/FACE
- Twitter: @HISDFACE
Thank You