

# YOUR INVOLVEMENT COUNTS

## (For parents & guardians)

Dear **Parents and Guardians...**

The COVID-19 pandemic has significantly impacted the education sector causing us to re-think and re-strategize suitable ways of continuing our students' education through remote learning. As we do so, your involvement is critical. Here are a set of suggestions to help you do your part.

Best wishes,  
CEO



A production of the Curriculum Development Unit  
in collaboration with  
The Education Media Unit  
Ministry of Education, National Reconciliation and Information  
St. Vincent and the Greandines



### Limit devices

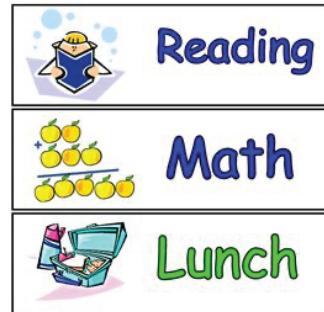
Until all school work is finished, allow only the devices that your child needs to attend class online, complete assignments, etc. Monitor your child's activities on these gadgets (even the ones used for school) to ensure that they are being used appropriately.

## Make space for learning

Create a specific space for your child to use as his/her classroom. Children are likely to function best in a quiet, comfortable and dedicated space, that is devoted to learning. This space should be a different set-up than where your child normally plays games or watches television.

## Maintain breaks

Routines and schedules are extremely important for children at school, and this is no different with their 'at-home' school. Setting alarms similar to those they would encounter at school can be helpful for keeping them on a schedule. Around lunch time, encourage them to get up, get some fresh air, go for a walk, etc. so that they don't sit for the entire day.

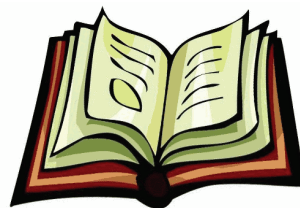


## Allow your child to interact with friends via video chats

At school, children are used to a lot of social contact, so they will feel the effects of being distanced from their peers. While it might not be safe for your child to see his friends in person, you can allow him to interact with them online, beyond social media or text messaging. Video chats are often the closest thing to seeing someone in person, and are a good way to get in some social time without endangering yourself or others. Where electronic interaction is not possible, you can allow him to meet with a small group of friends and practise physical distancing.

## Mix screen time with old-school learning mediums

The overuse of screen time can have adverse effects on the young brain, so it is important to mix screen time with old-school learning mediums during a time like this. Teachers have been advised not to sideline the standardized textbooks and hard copy materials and you too should encourage print and book reading as much as possible.



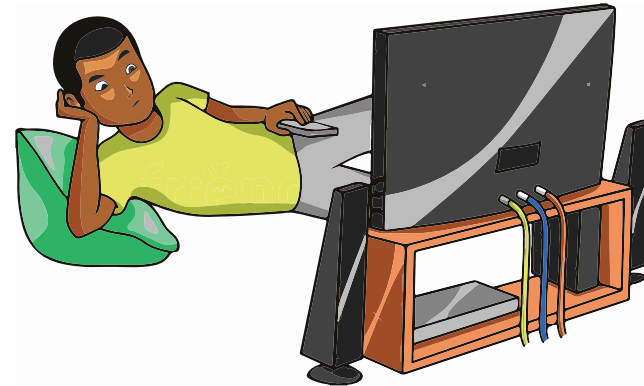
## Keep in touch with other parents

Social distancing is important during this time, but staying in touch with others via virtual communication is very important. Each parent that has a child at home is going through a new experience. Check in with other parents to see what they have found to be effective and offer to help where necessary.

## Don't underestimate the power of a schedule

A schedule for your child's work is extremely important. Experts recommend keeping them on the same or similar sleeping schedule that they have when they are going to school. Having a clear vision of what is expected of your child will help him to realize that being home does not mean that there's no work to be done. Help your child prioritize and learn to create goals, tasks and deadlines.

## Don't let your child treat this as a vacation



Does this time at home feel like a vacation for your child? It is important to remind him that his education still comes first. Obligations like class assignments, tests, etc. are not disappearing because classes have moved online.

## Remember to schedule time for fun

While this is certainly not a vacation, it is important to allow the children to have some fun. Remember "All work and no play makes Jack a dull boy!"