



## Teaching and Learning Parent Guide

As we enter into an unparalleled time in history, Lake Dallas ISD will not waiver from its commitment to **BUILD** relationships, **THINK** students first, and **CREATE** a passion for learning and excellence. Our Lake Dallas ISD community will come through this stronger than ever.

Understanding that families are facing unprecedented challenges, LDISD has made a conscious commitment to go beyond simply providing resources for parents. While planning for learning opportunities we have been careful to adhere to a set of core values:

1. **Relationships:** Individual connections with students and families are key.
2. **Student Experiences:** Learning opportunities are tailored to meet the needs of our students.
3. **Heroic Educators:** Teachers know their students and are empowered to utilize their knowledge and expertise, coupled with district guidance and resources, to create positive learning opportunities for the students in their classes.

As we all come to terms with the new normal of families working from home and supporting their children's instructional continuity, here are some thoughts and suggestions to consider:

1. **Keep it simple.** Don't try to do every activity, everyday, all day. For younger students, arrange an indoor activity or two, along with an outdoor activity or two. For older kids, let them take the lead (with a little bit of your guidance) and make suggestions on activities they'd like to do.
2. **Develop routines.** At school, kids know what to expect. At home, things are less clear. Creating a tentative schedule each day, and talking about it, can allow work around business meetings and time to play. Breakfast routines should still be in the morning, though a bit of extra sleep is not bad. Schedule some time in the day to prioritize a short walk or stretches. Children are not good at being sedentary, and it is important to feed into natural tendencies.
3. **Take breaks.** Use outside, music, dancing, stretching, and physical activity as breaks. You don't need to keep your child sitting at a table or desk for 6 hours straight. Take lessons in 20-minute increments. Allow play and physical activities in between.
4. **Go on a field trip in your backyard.** There are many things lurking there you never noticed before. With spring approaching, look at all the things blooming, nesting, and living. Your kids will enjoy a chance to breathe fresh air, get exercise, and commune with nature.
5. **Go down the rabbit hole.** Now is a great time to empower your child to explore other types of learning opportunities and interests. When you are out exploring and you come across an interesting rock, and your child asks, "Where do rocks come from?" go with it! Research it and keep going until they are satisfied. If that leads to an entire mineral study, your child will be so excited to learn about a topic they initiated.
6. **Read books.** You can never read too many books. Read together. Read alone quietly. Read aloud over snacks. Read outside. Read everywhere.
7. **Have fun.** This is not a time to try to impersonate your child's (amazing) teacher from school. Don't stress about making sure your child completes every single activity suggested by their teacher. While maintaining a focus on learning is important, have fun and enjoy the time getting to know your child's interests and learning style.
8. **Stay calm and positive.** Children are much more flexible than we think and typically adjust more quickly than adults. Stay calm and positive and they will too.