

## **GD Goenka Global School**

### **Essential Agreements for Virtual Learning.**

#### **1. Digital quarantine**

Consider limiting your children's cell phones and tablets until their schoolwork is done satisfactorily, so that it can receive their undivided attention. Apps, games, and messaging features are fun, but they can also be distracting.

#### **2. Make space for learning**

Students achieve their best work in a quiet, comfortable and dedicated space devoted to learning. During Ms Teams teaching and learning sessions, please ensure that there **is no noise or music playing in the background.**

#### **3. Be punctual**

Students should log in at least 5 mins before the teaching time.

#### **4. Avoid feeding students during teaching and learning sessions**

Students can have a snack during the break between the teaching sessions.

#### **5. Monitor the (computer) monitor**

In this new learning milieu, you can help by monitoring your children's levels of interest and engagement in adapting to their new schedule and at-home materials. **Monitoring is important to avoid any form of Cyberbullying or stalking.** If you find that your child is not engaging with the lessons, don't be afraid to contact the school teachers to better explore the issue. Sometimes, easily remedied technical problems such as bad audio, a poor connection or an unhelpful camera angle can make all the difference.

#### **6. Digital recess**

Make sure your kids take plenty of breaks in order to get physical activity and time away from screens.

#### **7. We're all in this together**

Remember that you're not alone in this journey. Check in with other parents to see what they have found effective or to ask if they need help. Share your concerns and useful hints.

#### **8. Plan your work and work your plan**

Good planning can relieve stress for both children and parents. Check in with your kids about their plans and help them develop a written schedule not only for the day, but for the week as a whole. Help them prioritize and learn to create goals, tasks and deadlines, just like adults do when they go to work.

#### **9. Don't forget to have fun**

Write predictions for a TV show that the whole family watches. Organize a tournament, family card games, charades or chess. Follow your community's guidelines about safe behaviour and events, of course, but make sure you still find time to have fun with your kids.