



# Proud District Of A **HARD-WORKING STUDENT AND FAMILY**

GATES CHILI CENTRAL SCHOOL DISTRICT

## **Tips for Families: *Creating family-friendly at-home learning spaces for students***

*The following information is provided to our GC families to help parents and caregivers reinforce expectations for at-home learning opportunities as our district navigates the ongoing COVID-19 situation. While these tips are not mandatory, they are meant as suggestions of student-centered daily schedules that promotes structure and a sense of normalcy through academic routines and healthy social-emotional and physical habits.*

### **TIP 1: Family first!**

At this time, there is no perfect or required time schedule for your children. Allow your family's needs to shape your schedule, rather than an idea of how a traditional school-day runs.

### **TIP 2: School work should not take all day.**

Remember, a traditional school day also includes non-academic tasks (travel between classes, recess, lunch, etc.). Students working independently at home will not need the same amount of time-on-task as they may at school. Below are some *suggested timeframes* to consider for focused schoolwork while at home.

Grade Level	Core Subjects	Special Area Subjects	Service Providers, if applicable
Elementary UPK-2	1 ½ - 2 hours/day	20-30 minutes/week	20-30 minutes/week
Elementary 3-5	2-3 hours/day	20-30 minutes/week	20-30 minutes/week

Grade Level	Core Subjects/Elective 6 out of 8 day cycle	Elective Areas 3 out of 8 day cycle	Service Providers, if applicable
Grades 6-8	30-45 minutes/day	30-40 minutes/week	30-40 minutes/week
Grades 9-12	30-45 minutes/day	30-40 minutes/week	30-40 minutes/week

\*Special Area Subjects may include: Music, Art, PE

\*Elective Areas may include: Art, Business, Health, PE, Technology, FACS, Music

### TIP 3: Create a plan together.

Ask your children for input into their daily or weekly schedule and to share ideas for when and where they will accomplish their schoolwork, manage their time, and get help when they get stuck

- Create a designated working zone that is away from distractions and make sure materials are readily available
- You may not need to sit with your child as they work but check in with them often and ask questions about their assignments
- When your child asks for help, provide guidance, not answers. Encourage them to think about how they might solve the problem if they were in school, or if needed, suggest they (or on their behalf, you) contact their teacher or a classmate for assistance
- Watch your child for signs of frustration. Let your child take a short break if they are having trouble keeping focused on an assignment
- *For older students:* Ask them to draft their own schedule and then finalize it with you so you are aware of their plan. Revisit the plan after a few days to a week to determine if it may be revised

### Sample Daily Schedule | Grades PK – 2

Please Note: Families may prefer to combine “schoolwork time” into one a.m. or p.m. session only. Times may be adjusted based on a family’s schedule or a student’s learning needs.

Time of Day	Tasks
Early Morning	Breakfast and Choice Activity (Color or draw, play games, sculpt with playdough, draw on the sidewalks with chalk, build blocks or Legos, imagination play, etc.)
Mid-morning	School work <ul style="list-style-type: none"><li>• Approximately 30 minutes to 1 ½ hours</li></ul>
Late-morning	Snack and Choice Activity (Examples may include read a-louds, listening to an audio book, play, physical activity, dancing, singing, playing musical instruments, drawing, painting, coloring, sculpting, building, cooking/baking, sewing, etc.)
Lunch	
Early-afternoon	School work <ul style="list-style-type: none"><li>• Approximately 30 minutes to 1 ½ hours</li></ul>
Mid-afternoon	Rest (Naptime, if applicable), and/or “The Spartan Way” Time (This time may be used to reinforce our “Spartan Way” expectations of <i>responsibility, respect, hard work and compassion</i> . Some examples might include: Chores, help care for pets, yardwork, straighten up bedroom or put away toys, etc.)
Late-afternoon	Physical activity time (Play outdoors, ride bikes, choice activity)

## Sample Daily Schedule | Grades 3-12

Please Note: Families may prefer to combine “schoolwork time” into one a.m. or p.m. session only. Times may be adjusted based on a family’s schedule or a student’s learning needs.

Time of Day	Tasks
Early Morning	Breakfast and Choice Activity (Draw or color, play games, build, connect with friends, go for a walk, etc.)
Mid-morning	School work <ul style="list-style-type: none"> <li>Approximately 1 to 3 hours</li> </ul>
Late-morning	Snack and Choice Activity (Examples may include reading, listening to a podcast, play, physical activity, dancing, singing, playing musical instruments, drawing, painting, coloring, sculpting, building, cooking/baking, sewing, etc.)
Lunch	
Early-afternoon	School work <ul style="list-style-type: none"> <li>Approximately 1 to 3 hours</li> </ul>
Mid-afternoon	“The Spartan Way” Time (This time may be used to reinforce our “Spartan Way” expectations of <i>responsibility, respect, hard work and compassion</i> . Some examples might include: Chores, care for pets, yardwork, straighten up bedroom or put away toys, clean dishes, text a family member to check in or call a friend, etc.)
Late-afternoon	Physical activity time (Workouts, play outdoors, listen to music, take a walk, choice activity, etc.)

### TIP 4: Be kind to yourself!

This is a unique experience for us all. We are so thankful for the time and efforts you have made to support our children’s and teens continued learning through this crisis. When things get tough, remember you can take a break, too!



I THINK I COULD USE A BREAK!

**RECHARGE**

Take a moment to re-energize yourself. Stand up and stretch, drink a glass of water, or go for a short walk.

**SPARTAN AT-HOME BREAK PASS**