

TIPS FOR PARENTS

SUPPORTING YOUR CHILD WITH E-LEARNING

STUDENT SERVICES

Student Services is still here to help you and your child during e-learning. If you or your child would benefit from connecting with a member of Student Services, please let us know.

BOOK A MEETING

Maybe you are unsure of what you need, but we may be able to helping you think it through or talk it out.

Ms. Stacey is the Support Services Manager in Student Services and is able to provide brief counselling support, discuss wellness and time management strategies, and discuss concerns related to academics. Book a meeting with Ms. Stacey using Calendly.

<https://calendly.com/smarianchuk>

Ms. Amani provides Arabic Support in Student Services and is able to work with students who may be struggling with learning in the online environment. Ms. Amani can also provide translation supports to parents, as needed. Book a meeting with Ms. Amani using Calendly.

https://calendly.com/a_chanaa

12 QUESTIONS TO ASK YOUR CHILD INSTEAD OF "HOW WAS YOUR DAY?"

This is a difficult time for everyone, especially children as they adapt to and become flexible with the current situation. Please know that your best is good enough, even when it probably doesn't feel like it. The school is here to support you and your child(ren) as we navigate this time of uncertainty.

Below are some questions that can help parents to gauge how your child is managing e-learning and social distancing. It is important that we all take care of ourselves during this time and take time to reflect on our days. We also need to have fun! When we are calm and experiencing joy, we are better able to tap into our motivation and the academics can naturally fall into place.

- 1. What made you smile or laugh today?**
- 2. What made you feel proud?**
- 3. What was the best thing that happened today?**
- 4. Rate your day on a scale of 1-10.**
 - a. What made your day that number?
 - b. What could have made it better? (for example, if it was a 5, ask what could have made it a 6 or 7?)
- 5. If you could change one thing about your day what would it be?**
- 6. What are you looking forward to tomorrow?**
- 7. Teach me something you learned today.**
- 8. What is something that challenged you today?**
- 9. What were some ways you engaged in your studies today?**
 - a. Do you find you were more or less engaged than when you were at school?
- 10. What was social distancing like for you today?**
- 11. Did you get to see a friend online today?**
- 12. Is there anything on your mind that you'd like to talk about?**