



District of Columbia
Office of the State Superintendent of Education

DISTANCE LEARNING RESOURCE GUIDE FOR FAMILIES

Division of Teaching and Learning

March 2020

What is the Purpose of This Resource Guide?

The purpose of this guide is to provide families with resources that support remote learning. Families are partners with schools in supporting their student(s) in remote learning.

Each section provides:

- Key questions
- Resources to address each question, and
- Guidance on how to apply the resources to practice.

This is not meant to serve as an exhaustive list, but to provide curated resources with guidance addressing how to provide students low-tech and high-tech supports.

How Can Families Support Their Students' Remote Learning?

Distance Learning Model	Guiding Questions	Relevant Resources	Ways to Use These Resources
<p>Home Habits: Healthy routines can help students with the transition to remote learning, and families can support their students to set up and maintain these routines.</p>	<p>How can I help my child to be ready for distance learning?</p>	<p>Make a schedule.</p>	<p>Most kids are used to having a schedule for the school day, so recreating something similar at home can ease the transition to a different learning environment.</p>
		<p>Build-in breaks and provide physical activities.</p>	<p>Traditional school programs incorporate some sort of recess or outdoor time, and a work from home schedule should be no different. Outside time and fresh air have huge physical and mental health benefits.</p>
		<p>Get crafty.</p>	<p>Art is an important part of education and working with your children at home also provides parents with an opportunity to get creative with the arts.</p>
		<p>Stick to a sleep schedule.</p>	<p>While it might be tempting for your older children to stay up late every night and sleep late every morning, changing healthy sleep habits is not beneficial to their physical and mental health.</p>

How Can Multilingual Families Support Their Students' Remote Learning?

Distance Learning Model	Guiding Questions	Relevant Resources	Ways to Use These Resources
<p>Multilingual Family Supports: Families can use their linguistic and cultural assets to support students' remote learning.</p>	<p>How do I know what my child will do, learn, and practice during distance learning if I don't speak English?</p>	<p>Stay connected with your school to understand what their plan is for instruction during your child's time at home, in addition to the technology needs you may need to consider.</p>	<p>Call your child's teacher or school to receive information about the procedures, dates, and times for conferencing.</p> <p>Make sure to save the teacher's email or another communication channel available.</p>
	<p>How can I support my children to express their feelings and emotions during distance learning?</p>	<p>Provide a journal or notebook to your child. Writing, sketching, or drawing in a journal helps students to process their feelings in this uncertain time.</p>	<p>You can set aside a time to talk as a family about how everyone is feeling and coping with the outbreak.</p>
	<p>What do I do to check my child's work if I don't speak English?</p>	<p>Most online classes aren't a virtual meeting. There are lists of assignments, discussion boards, forums, and projects that are accomplished at the student's own pace. Your child is not in the same room as the teacher. Don't think you must be in the same room as your child or speak English to help.</p>	<p>You can set a time to talk about what content and/or learning tasks were assigned.</p> <p>Ask your child what was his/her favorite activity, what activity or content was the most difficult to accomplish, and why.</p>
	<p>Do I need to speak the language of instruction to help my child during distance learning?</p>	<p>You don't need to speak the language of instruction to help your child during distance learning.</p> <p>You can always use the language in which you feel more comfortable explaining your ideas or giving directions.</p>	<p>You don't have to be an expert! One of the most supportive things you can do is to be a partner in your child's investigations and thinking. Think out loud or describe what you are doing as you do it, whether it is cooking, fixing something, taking care of pets, or other housework. Ask questions, even when you do not know the answer!</p>

What Resources Can Support Families of English Learners During Remote Learning?

Distance Learning Model	Guiding Questions	Relevant Resources	Ways to Use These Resources
Supporting Families of English Learners (ELs)	How can parents foster home language development in their child?	Four-week calendar	Downloadable calendar allows families to embed language learning into daily routines; in English, Spanish, Portuguese, Somali, Arabic, Chinese, French, Urdu, and Vietnamese (K-8).
		Grade-specific guides	These guides support parents in helping their student with school work at home; available in English and Spanish, from the National PTA.
	What resources can families use to learn more about the COVID-19 pandemic and how to keep themselves and their families safe?	Center for Disease Control (CDC) Coronavirus Resource Center and Fact Sheets in English, Chinese, Spanish	This CDC sheet gives an overview of Coronavirus symptoms, who is most at risk, how to prevent illness, and what to do if ill.
		Colorin Colorado	COVID-19 fact sheets in multiple languages
		Microsoft Translator	Live captioning and translation to support language access to COVID-19 resources
	What challenges might families experience as a result of COVID-19?	U.S. Citizenship and Immigration Services "Public Charge" rule	This federal notice (as of 3/13/2020) addresses concerns about non-citizen testing for COVID-19 in light of the new "Public Charge" rule.
		Legal Aid at Work's Undocumented Workers' Employment Rights, Coronavirus FAQs in English, Spanish & Chinese Nationwide resources for immigrants	Info sheets that clarify the right to work including issues of pay and discrimination; Listing of resources across the country including financial, legal, food and medical
		United We Dream's Healthcare access rights of undocumented people	Compilation of free or low-cost health care sites that welcome undocumented and/or uninsured patients.