

# Schooling from Home : Tips For Success

Monday, March 16, 2020

Counseling/Guidance Department - Closter Public Schools

## Create Daily Structure



- **Set a Daily Routine/Schedule**

Children/teens do best when they have structure in their days. This will look different based on your family's needs. Some things you may want to account for in your daily routine are school time, breaks, down time, outside time, daily responsibilities, and family time.

- **Have Set Bed Times and Wake Times**

Creating and holding to set times that work for your family for waking up and going to sleep during the school week will help your child get into a rhythm and be at their best during this time of online schooling.

- **Create a Designated Work Space**

Create a set space for doing school work with everything your child needs (ex. paper, computer, charger, pencils, etc.). Keep distracting items like cell phones away from this work area. Most students work best away from spaces they relax such as bedrooms and couches. It is also ideal if they work where they can easily get help from an adult or sibling.

## Allow For Balance



- **Plan for Time Outside**

Take advantage of the coming spring weather -- when safe and possible, plan outside activities such as bike riding, walks, and more for your family. Staying active and being outside helps keep us healthy physically and mentally.

- **Be Intentional About Screen Time**

While many students have dreams of more time on screens these next few weeks, it is important to highlight the value of learning to balance their use of screens (passively consuming vs. actively engaging) and teach them to plan for time off of screens each day.

- **Look For Opportunities to Help Others In Need**

This is a time that many are fearful and/or facing challenges. It is also a great time to teach your children about empathy and looking beyond themselves. As a family you can look for ways to help out those currently in need.

- **Focus on Student's Developing Life Skills**

Learning to create a routine, be responsible for our learning, and find balance in how we spend our time in a day are important life skills. Pointing out some of these skills and supporting students as they learn them will help them develop confidence and the ability to regulate themselves.

## Be Flexible



- **Find What Works for Your Family**

A benefit of online schooling is that you have flexibility as to when and how to structure your days based on your child's needs and ideal learning times.

- **Allow Children to Give Ideas**

Students will often be more engaged and willing to work with structure when they have some say or choice in parts of how it is set up. Determine what is negotiable and not and allow your child's input to be considered when possible.

- **Reevaluate as Needed**

This situation is a new experience for most of us. Plan to reevaluate and adjust as needed until you find what works best for your family.

- **Be Willing to Reach Out**

Talking to other parents, family, and school staff are a great way to share ideas and get support.

## Contact Info and Resources

School Counselors will be accessible Mon – Fri between 8:30am and 3pm.

Do not hesitate to reach out if you have a question or concern.

- **Hillside:** Ms. Dara Weiss  
[weiss@nvnet.org](mailto:weiss@nvnet.org)

- **Tenakill:** Ms. Alexandra Earle  
[earlea@nvnet.org](mailto:earlea@nvnet.org) or Schoology message  
201-768-1332 x 42214 (will be checking voicemail)

Resources will also be posted to the Tenakill Counseling/Guidance Page.

To read more on this topic see the below article:

<https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>

(some ideas in this sheet were adapted from the above article)