

Whether you've selected Comprehensive Distance Learning or Seaside Online Thrive, the school year will begin online for all students. It's important to consider what your student's learning space will look like for them to be comfortable and work as effectively as possible away from school. Creating a dedicated work space will also help your student to develop a school routine while working remotely.

## Create a Learning Space

The learning space should be well-lit and have adequate space for a computer and other materials. Consider your student's learning style. Would they work best in a quiet area free of distractions or would they be comfortable with other people around them?

Online learning means that your student will be meeting with teachers and peers on-camera via video conferencing so it's important to consider what others will see in the background when your student is online. Common areas may have personal effects or people moving in the background that you don't want to appear on video.

The computer monitor should be set up to be level with the student's head so they are not straining their neck or slouching when working on the computer. Get a comfortable seat with good support for students while they're working.



## Develop a Schedule and Routines

Going to bed at the same time each school night and waking up at the same time will help your student to get into an effective school routine and ensure that they are getting enough sleep.

It's important to limit distractions when your student is participating in academics away from school. When multiple devices or other activities clutter the work space it can be distracting for students.

Teachers will set the expectations for online classes and work time, but it may be helpful to develop routines for your student working away from school during the day. Designating time for breaks, snacks, and movement between academic blocks may help to increase productivity during the day.

Try to log-in to online classes a few minutes early each day. This will give your student time to get situated and troubleshoot any tech issues that come up.



## Materials

Many students find that using headphones make it easier to focus by blocking out external noise when working

Academic materials should be easily accessible while your student is working online or doing homework independently.

Some materials to consider that may be helpful for students:

- Three ring binders
- Spiral notebooks
- Paper
- Pens, pencils

