



Time

Teachers do not expect learning from home to be the same as learning at school. Our secondary classes are 80 minutes long and your child has four classes a day. This is 320 minutes per course each week! We know that this is not realistic.

Learning from home guidelines:

- Grades 8-9:
approx. 60-120 minutes a week per course
- Grades 10-12: approx. 90-120 minutes a week per course

Routine

Setting up a consistent routine is key. This will look different for each family and should be flexible. When teens know what to expect, it helps reduce anxiety. Some teens like and need routine more than others. Having an organised and predictable routine has benefits for everyone. Let them help make a plan and a schedule with you.

Why routines are good for Teens



Helps teens to feel safe and secure during a time of change

- Including time for fun together can strengthen the connection with your teen.
- Having an important job to do in their daily routine (such as feeding and walking the dog, chores, cooking) can help teenagers to become responsible.
- Helps teens develop basic work and time management skills.





Some Tips

- Set a daily schedule with the same wake-up times and bedtimes for each school day—and stick to them. Having a regular bedtime can help set your teenager’s body clock so their body ‘knows’ when it’s time to sleep.
- Make study time part of your teenager’s daily routine, with more time for study when assignments are due.
- Include time off— a reward for all that hard work is a great motivator.



Make it visual—draw up a chart, make a checklist, keep a day planner on the fridge, record the routine on your teen’s phone or computer.

Include your teenager’s deadlines for school assignments on your calendar or planner so they can see what is coming up.

Practise, practise, practise. It’s the only way to make a routine stick.

No one’s perfect. If the day does not go to plan, just smile, stay positive and start again the next day.

Examples of tools to help Teens take ownership of their learning

ITEM	NOTES
<u>Student-Created Day Plan</u>	Includes times, actions, targets, reflection, next steps
<u>Teacher Tracker</u>	Helps students keep track of how each of their teachers will be communicating, which technology they will be using, etc. Helpful for parents to have as well. (To avoid a situation where students need to use this Teacher Tracker, please see the Grade Team supports below.)
<u>Strategic Action Cycle</u>	A self regulated learning tool made by teachers at Seaquam. Helps students move through an assignment more independently because it makes the phases of doing a task visible. You can even teach them what to do in each phase of task completion!

