

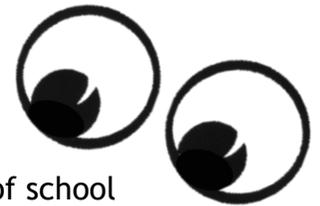
DISTANCE LEARNING RESOURCES FOR PARENTS



East's Distance Learning Plan (As of September 2, 2020)

Key Words:

- Distance Learning = a learning model with the physical separation of students and teachers during instruction and the use of technology to facilitate communication
- Synchronous Learning Time = instructional time where students and teachers work together at the same time
- Asynchronous Learning Time = learning time where students and teachers work separately according to their own schedules



A Quick Look at East's Distance Learning Plan:

- The first day of school will be Monday, September 14th
- All scholars will participate in distance learning for the first 10 weeks of school
- The school day will run from 8:00 a.m. - 2:55 p.m.
- Scholars will have *synchronous* learning time on Mondays, Tuesdays, Thursdays, & Fridays
- Scholars will have *asynchronous* learning time on Wednesdays (except for Family Group)
- Attendance will be taken on synchronous learning days for each class

Scholar "Bell Schedule":

Time	Monday (Synchronous)	Tuesday (Synchronous)	Wednesday (Asynchronous)	Thursday (Synchronous)	Friday (Synchronous)
8:00 - 8:55	Optional SEL	Optional SEL	Asynchronous	Optional SEL	Optional SEL
9:00 - 9:55	1A	1B	Asynchronous	1C	1D
10:00 - 10:55	2A	2B	Asynchronous	2C	2D
11:00 - 11:55	3A	3B	Asynchronous	3C	3D
12:00 - 12:55	Lunch	Lunch	Asynchronous	Lunch	Lunch
1:00 - 1:55	4A	4B	Family Group 1:00 - 1:40	4C	4D
2:00 - 2:55	5A	5B	Optional OH 1:45 - 3:30	5C	5D
SEL = Social-Emotional Learning			OH = Office Hours		

East Online Learning Platforms

While you can expect for teachers to use a variety of high quality strategies for teaching virtually, there are several platforms we recommend you become familiar with or sign up for so that you can support your scholar's learning.



- Google Classroom - Scholars will have a unique virtual "Google Classroom" for each class they are taking. They will receive their Google Classroom codes from their teachers, and they will use those codes to "join" the class for the remainder of the year. Through their class' Google Classroom, scholars can communicate with their teacher and classmates, view their assignments, and submit their work. As the parent or guardian, you are able to receive updates about each of your scholar's Google Classrooms. Many scholars will already be familiar with how to use Google Classroom; however, we will continue to share instructions with you and your scholars on how to use the platform.



- Zoom - Most classes will hold synchronous instruction via Zoom. Teachers will begin each class by taking attendance based on which scholars are present on the Zoom call. Instruction will continue throughout the call, with direct content facilitation, shared discussions, and breakout rooms. We will continue to share with you and your scholars instructions on how to use Zoom.



- PowerSchool Parent Portal (<https://www.rcsdk12.org/parentportal>) - The Rochester City School District uses a platform called PowerSchool to share student grades, attendance, and assignments with scholars and parents. Scholars should have received access to their PowerSchool account in their district email address. As a parent, you can sign-up for a PowerSchool Parent Portal account at the webpage linked above. When signing up for the account, you should "link" your child to your account by entering their access code ID and password found on a letter that you should have received in the mail from the district. For questions on how to use PowerSchool Parent Portal please contact parentcenter@rcsdk12.org or (585) 324-9999.

Update Your Contact Information



Because of distance learning, it is more important than ever to ensure we have your up-to-date contact information, including your address, phone number, and email. Please do not assume we have your most recent information. Please let us know your up-to-date contact information by connecting with us at eastlowerinfo@rcsdk12.org, eastupperinfo@rcsdk12.org, or (585) 288-3130.

Create the Right Learning Environment

It can be hard for children to “get in the zone” for learning when they are not in a classroom. Without a quiet, safe space to focus on schoolwork, learning at home can be difficult. Try to work with your children to create the right learning environment.

- Create daily rituals and routines - students are used to the school bell schedule regulating their days. Suddenly having less structured time can be disruptive. Try to create a daily schedule with your child that is realistic. Rituals and routines can promote productivity and create meaning during the day.
- Flex space - it can be difficult to feel stuck inside during COVID-19. If space is tight, try to be flexible with it. The kitchen table might change between eating and studying, and the yard might be used for play or quiet space. Headphones are great for both reducing your noise output and blocking out others' output.



Read and Write, Everyday

The ability to read and write is a crucial, life-long skill, no matter what field your child will pursue. Encourage them to read or write every day—you can even join them! Start a family book club. Send letters to friends. Use the library system. Listen to audio books. Reading and writing crosses every subject area and activates a lot of brain activity.

- Utilize the library (<https://libraryweb.org/>) - Many libraries are open or offering curbside pickup and drop off, eBooks, and other community resources.
- Listen to audiobooks (<https://stories.audible.com/start-listen>) - Audible has a large selection of audiobooks, many of which are free for children during COVID-19.



Hello

Access Community Resources

COVID-19 has affected us all, but some of us are affected more than others. If adults are struggling then children will likely struggle, too. Do not forget about several community resources available to help you through these times.



- Call 311 for City Services - The city's 311 hotline is a one-stop shop for questions about city services.
- Call 211 for Essential Resources - The 211 lifeline is a one-stop shop for help accessing food, clothing, shelter, crisis support.
- Visit Free Meal Sites (<https://www.rcsdk12.org/Page/53408>) - Many area schools and recreation centers are offering free pack-and-go meals throughout COVID-19.
- Contact The Mental Health Association (<https://www.mharochester.org/>) - The Mental Health Association offers a variety of trainings and services to promote lasting mental wellness.
- Contact The Children's Institute (<https://www.childrensinstitute.net/>) - The Children's Institute offers trainings and services to promote children's social and mental health, along with resources to help children process living during COVID-19.

