Tips for Parents:

- Winston is encouraging parents to create a schedule to help keep students on track during the day. Implementing a schedule will keep students productive and on-track.
  - See a sample schedule here!
- Don’t forget to contact teachers with questions! Winston teachers are working remotely full time to make sure all of our students need are met. They won’t know students have questions until they are asked!

How to Be a Successful Distance Learner

1. **Wake Up Early**: Even though campus is closed, school is still in session! It is important that students wake up before 9am every morning to maintain routine.
2. **Get Dressed**: Dressing in “real” clothes helps to trick your brain into being more alert and productive.
3. **Set Up a Space**: Rather than logging on while in bed, students need a designated spot to work. This can be the dining room table, an outdoor seating area, or in the family office—as long as it is somewhere they can designate for work.
4. **Read Emails**: During distance learning, email is the primary form of communication. Every morning, check your email and read each message from your teachers. Continue to check your student email periodically throughout the day for important updates.
5. **Stay Connected**: Classmates can be a great resource for students. Set up time for students to talk to one another through Facetime, Zoom, or even gaming systems like X-Box. Socialization is so important during this quarantine!

   And lastly…

6. **Take a Break**: Just like during the regular school day, brains need an occasional break. Remember to go outside and get some fresh air between lessons!
At-Home Activities for Students & Families

Don’t forget to take care of your body and your brain during this period of social distancing! You can use these resources to stay healthy and entertained during your breaks from distance learning.

- [National Park Virtual Tours](#)
- [Healthy Home Activities](#) from Action for Healthy Kids
- [Museum Virtual Tours](#)
- [Write a Short Story](#)
- [Free Exercise Classes](#) from San Antonio Magazine
- “Visit” the San Diego Zoo
- [Learn About Mars](#)
- Visit [Khan Academy](#) for age-appropriate supplemental lessons