

PARENTS

- ◆ With your student create a school workspace
- ◆ Limit social distractions during school time
- ◆ Maintain breaks throughout the day to stay fresh
- ◆ Reach out to other parents for helpful tips
- ◆ While learning is virtual, students may still need notebooks, paper, pencils, pens, calculators, etc.
- ◆ Don't underestimate the power of a schedule, especially for a teenager
- ◆ Don't let your children treat this as a vacation as school is still in session
- ◆ Don't lose your role to communicate with your child's teachers when you need to support his/her learning
- ◆ You'll never have this opportunity again to be home with your child!
Use this time to bond, ask them about their learning, and set aside time to have some fun.

Parents, if your child is struggling

Academic Support—Your **FIRST** contact should be with the teacher using this link: [STAFF](#)

Social/Emotional Support with our Guidance Counselors:

Last name A—G: Dawn.Hinton@boone.kyschools.us

Last name H—O: Lesley.Vickers@boone.kyschools.us

Last name P—Z: Beth.Askins@boone.kyschools.us

Additional Support with our Assistant Principals:

Last name A—G: Malinda.Brooks@boone.kyschools.us

Last name H—O: Chandra.Dixon@boone.kyschools.us

Last name P—Z: James.Schroer@boone.kyschools.us

STUDENTS

- ◆ Create a distraction-free work zone
- ◆ Attack each day with a plan:
 - ◇ Check in to each course on Canvas
 - ◇ Create a to-do list for the day
 - ◇ Communicate with teachers when you have questions before 2:25 pm
- ◆ Take study breaks as needed to recharge
- ◆ Participate in online discussions and conferences
- ◆ Stay motivated
- ◆ Disengage from social media

