Guidelines for Digital Education 2020

✢ For Parents

- **Maintaining a positive attitude and learning environment**

1. Motivate your child to attend the online classes in the same spirit that he / she attends the school.
2. Enforce routine and structure to the daily activities. Apart from academic commitments, physical activity and family time must also be included in the routine.
3. Set up a designated area for study and ensure proper arrangement of required tools and devices.
4. Turn off the televisions at home during study time and create a silent environment.
5. Ensure there is no movement behind your child. Any such movement distracts not only your child, but also the other students and the teacher.
6. Be understanding of the efforts of the school and the teachers.
7. Advice children to be regular and punctual to the classes. [In case of requirement for leave , send a mail to the class teacher in advance , stating the reason for the same]
8. Ensure that your ward upholds honesty during online tests. [Let's understand that 'tests' are not just about marks and scores , but is a way to gauge the child's learning and progress.]
9. Do not intervene while the class is on. Any query / clarification with the teacher to be made only after the class concludes.

- **Ensuring health and wellness**

1. Find ways to make physical activity a part of your child's daily life.
2. Set a positive example by leading an active life style yourself and making physical activity a part of your family's daily routine.
3. Ensure that all covid preventive measures are followed at all times

4. Provide healthy and vitamin rich food . Give them at least two fruits of the season each day.

5. Eat dinner together with the family and away from the screen.

6. Check your ward's screen time. Avoid enrolling for online tuitions / courses unless they are really needed and enjoyed by the child.

7. Ensure they have a bed time routine [classes 1 and 2 – by 8.30 pm , classes 3 to 5 – by 9.00 pm, classes 6 to 8 – by 9.30 pm , classes 9 to 12 – by 10.00 pm]

8. Provide support and encouragement at all times, but expects children to do their part. Don't help too much. Let them learn to manage their small problems

- **Ensuring supervision and monitoring**

1. Track your ward's progress in learning from time to time.
2. Keep a watch on the time spent by the child for surfing the net or for entertainment purpose
3. Keep only necessary software. Others may be deleted at regular intervals.
4. Allow usage of device in a location where the child can be supervised.
5. Stay informed about the new malware/ viruses that may attack your device.
6. Ensure that assignments are submitted in a timely manner and that a stipulated time is allotted for reading the text books.
7. Exposure to the net and it's uncensored content give children access to inappropriate content and cyber bullying. Educate them about digital citizenship and how to stay connected, yet safe.

Let's build an atmosphere of collaboration, where teachers and parents work in unison, so that children face this 'new normal' confidently and make use of the online learning in a constructive manner.