

## K-6 Parent Guidance for Distance Learning

Anchorage School District has created activities and resources for students in grades K-6 during school closure. These activities and resources do not take the place of regular classroom instruction but can be used for supplemental student learning at home. Assignments are not required nor graded. These activities are meant to provide optional opportunities for student learning while they are absent from school.

Distance Learning will include instructional activities for your child(ren) that provide additional practice with content that has already been taught in the classroom. The intent is for students to continue practicing what they have learned and maintain that learning during distance learning operations.

Online resources for students and parents will continue to be available to all students through [ASD Educational Resources](#) and [Clever](#). Print materials will be announced at a later date.

### Materials in K-6 Distance Learning:

<p><u>Reading and Writing</u></p> <ul style="list-style-type: none"> <li>● phonics and/or grammar review</li> <li>● independent reading</li> <li>● writing activities</li> <li>● vocabulary practice</li> </ul>	<p><u>Math</u></p> <ul style="list-style-type: none"> <li>● fluency practice</li> <li>● individual student practice</li> <li>● math activities for families</li> </ul>
---	--

### Suggested Weekly Schedule for Distance Learning:

Use this schedule as a guideline for what your child(ren) should focus on each week.

	Monday	Tuesday	Wednesday	Thursday	Friday
Try to do these <i>every day</i>	<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Exercise or Outside	<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Exercise or Outside	<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Exercise or Outside	<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Exercise or Outside	<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Exercise or Outside

Try to do these a <i>3 times a week</i>	<input type="checkbox"/> Writing Practice <input type="checkbox"/> Creative Time <input type="checkbox"/> Connect with someone outside the house (electronic/phone/written)	<input type="checkbox"/> Writing Practice <input type="checkbox"/> Creative Time <input type="checkbox"/> Connect with someone outside the house (electronic/phone/written)	<input type="checkbox"/> Writing Practice <input type="checkbox"/> Creative Time <input type="checkbox"/> Connect with someone outside the house (electronic/phone/written)
---	---	---	---

Try to do these <i>1-2 times a week</i>	<input type="checkbox"/> <input type="checkbox"/> Family Fun time (games, adventure, etc) <input type="checkbox"/> <input type="checkbox"/> Connect with your teacher and/or class (Zoom, etc) <input type="checkbox"/> <input type="checkbox"/> Help with household chores
---	---

## **Suggested Daily Learning Schedule for Distance Learning:**

**K-2:** Students in Kindergarten through 2nd grade should spend approximately 15 to 20 minutes in each subject: Reading, Writing, and Math. Ensure that time is permitted for opportunities for movement and brain breaks with chunks of instruction in 10 to 15 minutes increments. In addition, include 10 to 15 minutes per day for independent reading or family reading.

**3-6:** Students in 3rd through 6th grade should spend approximately 25 to 30 minutes in each subject: Reading, Writing, and Math. Ensure that time is permitted for opportunities for movement and brain breaks with chunks of instruction in 10 to 15 minutes increments. In addition, include 15 to 20 minutes per day for independent reading or family reading.

## **Supporting Your Child(ren) During Daily Learning:**

- Set-up your child's learning space in an area as free of distractions as possible and provide access to supplies e.g.: pencils, pens, crayons, paper (lined and blank), books, worksheets, etc.
- Try to establish a daily routine and schedule for your child(ren). This includes a regular bedtime and wake-up time each day.
- Plan for breaks during learning. Encourage your child to spend breaks away from screens.
- Check-in with your child throughout the day. Start your child's day with a check-in to ensure they are clear about the plan for the day and end with a check-in to discuss what was learned.
- Support your child's independent learning as much as possible. Let your child(ren) work through the challenges of learning and solving problems. Productive struggle is essential to learning. Try to avoid quickly offering a solution, or doing the thinking for your student.
- Remain positive about how your child is approaching tasks and encourage them to try different strategies to solve problems when they are stuck.
- Keep lines of communication open. If you have questions or concerns during this time, reach out to your child's teacher.
- Encourage your child to stay physically active and have opportunities for movement and play each day.