

7-12 Grade Students,

I know that right now things are crazy. There is a lot of uncertainty. You are going to be thrust into the world of Distance Learning.

I will not lie to you: It will be hard. Some of you will thrive. Others will struggle. And that's okay. Know that your teachers are here for you and will help you.

Here are some Tips and Tricks:

- Create a schedule for you to complete your work for all classes, and stick to the schedule. Try to set aside about an hour a day for each class.. But you can set this schedule however you want to, but you cannot neglect a class. During that hour, you can review any lessons, read material, and complete work. Keep in mind that this schedule will be what works best for you. You are not confined to the normal school hours. This will also help you manage time, especially if you are watching your younger siblings and helping them with their school work. Once you create a schedule, stick to it. Don't keep changing it. You and your family have to create that structure.
- Find a place where you can work with little to no distractions. This will help you focus. Distractions include but are not limited to television, cell phone, music, pets, siblings, family members, and people in general. Please note: I am not saying that you should be in total isolation. I also know that it may not be possible for you to be removed from all distractions, especially if you are working online. However, I will encourage you to make sure that you are somewhere you can work and focus. You need to make sure that you are focused on your work and not on what is going on around you, just like when you are in class.
- Communicate. I cannot emphasize this enough. You must communicate with your teachers. This is more important in a distant learning setting than in an in-person setting. Remember that your teachers are not mind-readers, nor do we try to be. This also means that you need to communicate with your parents/guardians, so that they can help you if you have any questions and if you need the time to work on your work.
- Take brain breaks. A brain break is a 5-10 minute window where you step back from your work. General rule: for every 45-60, you get one 5-10 minute break. Make sure to set a timer for this and do not go over.
- Be flexible. This will be a learning curve for you, your teachers, and your parents. Mistakes will be made. Changes may come up unexpectedly. Just try your best to roll with it. We are in this together.
- Keep your integrity. Do your work honestly.
- Try your personal best. We ask no more than that and will accept nothing less.
- Be patient. With yourself. With your parents and siblings. With your teachers.