








# DIRECTOR'S WEEKLY NEWSLETTER

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## Five Things Parents Can Do to Support Students Learning Online

Here are five things parents can do to help their child be successful when learning online:

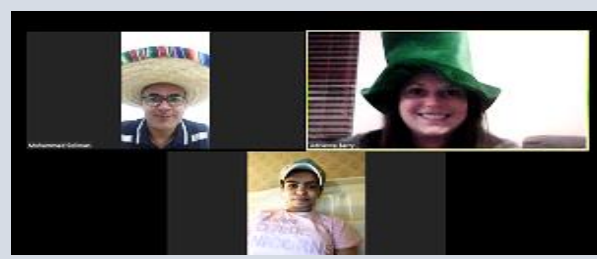
- 1. Build a Schedule:**  Parents can start by sitting down with their child and intentionally discussing what he or she is responsible for accomplishing in their online course work on a daily or weekly basis, how much time those tasks will realistically take, and what other commitments (sports, arts, work, family engagements, etc.) he or she needs to consider.
- 2. Model Hard Work and Persistence:**  Acclimating to online learning platforms, getting accustomed to self-pacing, and working through the normal, productive struggles of learning more independently can be challenging. Talking to your child about your own work and goals is a great place to start. Tell him or her about difficult projects you're working on, new skills you're trying to master, and challenges you've faced.
- 3. Set Up a Designated Workspace:**  The right workspace makes a huge difference in students' mindset and ability to focus. When participating in e-learning, students have the ability to complete their work where they want, so it's important to put thought into what kind of environment is truly most effective for them and make sure that they have a designated space at home.
- 4. Get to Know the Online Learning Platform:**  E-learning means that students spend their school days immersed in an online program (or maybe several). For parents, taking the time to get familiar with what those platforms looks like, how your child is using them, and what resources are available are some of the best ways you can offer support.
- 5. Stay in Communication with Your Student's Teachers:**  Be sure that you are aware of what the expectations are for your child, and proactively reach out to their instructors as questions or concerns arise.

### How to Breathe

<b>One: SUN</b> Look up to the sky and take a deep breath. 	<b>Two: SHOE</b> Breathe all the way down to your foot in your shoe. 
<b>Three: ME</b> Breathe up from your shoes and all the way to your head! 	<b>Four: ONE MORE!</b> If the first three felt good, try one more! 

**Take a break from online learning and try some mindfulness and breathing:**  
 Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe. Close your eyes and spend one minute thinking about the happiest day of your life.

### BIS Virtual Spirit Week - April 26 – 30



**Shout out to the KIDS.**

Everyone is applauding everyone but our children. These little heroes have stayed indoors more than they've ever known in their lives. Their whole worlds have literally been turned upside down. All these rules they've never known. A life they couldn't have imagined. All the things they love like sports, being with friends, going to school, or just being kids have all been taken away from them. Adults talking about others becoming unwell, news reporting death after death. Our poor children's minds must be racing. Every day they get up and carry on despite all that's going on. So here's to our little heroes: today, tomorrow, forever.

- ### Dates to Remember
- May 12:** Last day of e-learning live sessions.
  - May 17:** Last day of e-learning late work submission by 11:00 am.
  - May 19:** Reports Cards available via PowerSchool.
  - May 21:** Last day for teachers and support staff.
  - Sundays – Thursdays:** BIS staff will be online from 9:00 am – 2:00 pm.
  - Mondays – Thursdays:** E-learning classes and assignments will be conducted.
  - Sunday:** Teachers upload "live" schedule, videos and assignments for the week.

**Mission Statement:** Al-Bayan International School personalizes learning to achieve intellectual and individual growth of all students, empowering them to impact their community.